

1. Take 1 pound of lean gravy beef, and cut it into pieces as small as possible. A sausage-machine will accomplish this most thoroughly, and thus save half the time of step No. 5, while it will enable you to extract all the goodness of the meat more thoroughly.

2. Place the meat in a preserve jar with one salt-spoonful of salt, and put the jar in a saucepan sufficiently large to allow the lid to be placed on when the jar is in it.

3. Mix in a large jug equal quantities (carefully measured) of boiling water and cold water.

4. Put a half a pint of this mixed water into the jar which contains the meat, and pour sufficient of the remainder into the saucepan outside the jar to reach as high as the water inside the jar, then put the lid on the saucepan, and place it on the hearth, not on the fire or on the hob. It will do no harm to cover the saucepan with a cloth or anything which will keep in the heat.

5. The meat must remain in the jar from three-quarters of an hour to two hours, according to the fineness to which it has been chopped, being stirred every quarter of an hour. If cut into pieces a little smaller than dice, one hour and a half will be sufficient. At the end of this time take out of the jar and strain through a hair sieve, or through muslin, with gentle pressure.

6. Place the red meat juice thus obtained in a small saucepan, and heat it to boiling while you stir. It will turn brown, and curdle. Strain off the solid flakes, and rub these thoroughly with a small teaspoonful of arrowroot or corn flour, then boil these again five minutes with the liquor which was strained off, and set it on oneside for the present.

7. Now take the meat which was left in the sieve at the end of step No. 5, and put it into a saucepan with a quart of boiling water, cover, and let it simmer over a slow fire for three hours; then allow it to boil and strain immediately.

8. Now boil this strained liquor down to half a pint

9. Then mix this half pint with the half pint left at the end of step No. 6, and you will have one pint of strong beef tea containing all the soluble portion of the meat.—*Druggist*.

THE USE OF IODINE AS A STOMACHIC SEDATIVE.

The employment of iodine for the relief of the vomiting of pregnancy has been somewhat in vogue for a number of years. And while the success attending its use has been pointed out with more or less enthusiasm its exact value has never been established.

Dr. T. T. Gaunt (*American Journal of the Medical Sciences* for April, 1883) has for a number of years been employing the compound tincture of iodine in drop doses in nearly all forms of emesis, and reports thirteen cases of the most varied character in all of which vomiting was promptly arrested by the use of this drug.—*American Journal of the Medical Sciences*.

ACTIVE LOCAL TREATMENT IN GLEET.

Dr. J. S. Main writes as follows to the *British Medical Journal*: G. B., aged nineteen, intelligent, of strumous temperament, came under my care over twelve months ago, suffering from gleet of five weeks' duration, following upon a sharp attack of gonorrhœa. The discharge was abundant and purulent; the patient himself in a weak condition, and suffering considerably from moral depression. Exploration with a bulbous-pointed catheter enabled me to detect that the raw surface lay just behind the fossa navicularis, and so I thought it a good case for local treatment. Accordingly, having kept the patient in bed, and prepared him by giving, a few hours previously, thirty minims of laudanum, I inserted a medicated urethral bougie, containing half a grain of nitrate of silver (the patient having previously emptied his bladder), the orifice of the urethra being kept closed by lateral pressure with the fingers. This "bit" rather severely, and was followed by the symptoms of acute urethritis. After these had passed off, however, I found that the treatment had been effectual, as no symptoms of gleet returned.

I have just lately seen this patient, and he informs me that the cure has been permanent. He mentions, however, that for some months afterwards, when he thought "his stomach was out of order," he felt a hot sensation at the part when making water, followed by a sensation of itching. The only other treatment in this case was a tonic of steel and quinine to relieve the depression.

I would remark that, in such cases, unless the patient can be kept in bed for a few days afterward, active local treatment can not be entertained. I have known a case in which acute epididymitis with orchitis (testitis of Bryant) followed the use of a strong injection of sulphate of zinc, the patient being allowed to go about as usual. Supporting the testicles with a suspensory bandage is not sufficient in such cases. In all cases, however, where active local treatment is employed, it is useful, and should not be omitted.—*N. Y. Med. Jour.*

IS CONSUMPTION A SPECIFIC AND CONTAGIOUS MALADY, OR IS IT NOT?

Dr. Formad, the pathologist of Philadelphia, in a paper read before the Philadelphia County Medical Society, claims to have proven the fallacy of Koch's theory as to the specific nature of tuberculosis; and he denies the existence of the tubercle bacillus, except as an accidental and secondary circumstance. Tuberculosis is, therefore, not contagious.

Prof. H. C. Wood, his co-laborer in the same field of study, holds the same opinions. Dr. H. D. Schmidt, of New Orleans, believes that he has made it certain that Koch's tubercle bacillus is only a fat crystal. A number of foreign experimenters are equally unable to find the tubercle bacillus; but very recently, Dr. Hirshfelder, of San Francisco, has found it again, and has shown,