

SICK ROOM COOKERY.

BEEF TEA.

Mince or shred finely 1 lb. lean beef; place in self-sealing jar with 1 pint cold water. Stir and let stand an hour. Then set in full saucepan of water over fire and let it *approach boiling* for an hour. Remove jar, strain, salt to taste.

ESSENCE OF BEEF

One pound lean beef, chop fine, pound in a mortar with 3 tablespoons water; let it stand 2 hours. Place in covered earthen jar with a little salt, cement cover on. Place in pot half full of water; keep short of boiling 4 hours. Strain through coarse sieve, and 6 oz. should be obtained for 1 lb. meat. Dose is 1 teaspoonful at a time. To vary it some give a teaspoonful of cream mixed with 4 oz. of essence.

MEAT FOR CONVALESCENT

Take a chop or steak, cement in self-sealing preserve jar; place in water on the stove short of boiling till cooked soft and tender. The juice formed in the jar must be eaten with the meat.

A MELODEON OR ORGAN WANTED.

The want of a melodeon or small organ is greatly felt at the Hospital Sunday Services, as the music is much liked by the patients, and one of the nurses is always willing and able to preside at it. For a full year through the kindness of the Willis Piano Co., who have loaned a fine instrument gratuitously, the patients have been enabled to enjoy a delightful hour each Sunday afternoon which makes the present deprivation the more marked.

Should any of the kind friends of the Hospital be willing to donate a small instrument or even its loan for a time it would be much appreciated.

DONATIONS FOR OCTOBER.

Old Linen—Mrs. Farrel, Mrs. Thomas, Mrs. Sumner, Mr. James Baylis. Magazines—Mrs. Murphy, Mrs. Barnes, Miss Jenkins, Mrs. Farrel. Flowers—Montreal Flower Mission. One gown, a box of toy bricks, no name. Barrel cabbage and beets from Chambly. Basket of grapes for nurses, Mrs. Stewart. Three waiter's jackets, linen bag for patients, going for board room, from Mrs. J. A. Sheffield. Collard head for nurses, Mrs. Thomas. One dozen doylies, Mrs. W. E. Phillips. One quart cream, also one gallon cream for "sale," Loynachan & Ford.

HINTS.

A correspondent of a Gorman Homœopathic journal recommends *Ledum pal.*, in one drop doses of the mother tincture, for bad coughs in persons of a rheumatic constitution; also for coughs in those given to drinking.

Arnica internally, and the diluted tincture externally, is highly commended for inflammation of the knee joint. When *Arnica* tincture is used externally it should always be diluted, say half a teaspoonful in a half pint of water.

A few doses of *Belladonna* is the best known preventive of scarlet fever. Dr. Stierenart once gave it to two hundred persons exposed to the contagion, and not one contracted the disease. Fifty others refused the remedy, and of these fourteen were seized with the fever.

Gelsemium is said to permanently cure many cases of habitual sick-headaches when other remedies have failed.

Melancholy young persons subject to epilepsy have been much benefited by *Indigo* 3.

Ineffectual urging to stool, flatulence, eructations and mental depression are the general symptoms calling for *Lycopodium* in constipation.

Tartar emet. has cured dull headaches from deranged stomach, with nausea, vertigo and trembling; condition greatly aggravated by walking.

Tartar emet. is a good remedy for attacks of suffocative breathing in which the chest expands with difficulty; also, for suffocative coughs with rattling in chest, as though choking with phlegm. The *Tartar emetic* syrup sold at homœopathic pharmacies is the best form in which to administer the remedy.

"Asthma, he cannot lie with his head in a low position," Nitrum. Hahnemann.

Always worse in damp weather is one of the indications of Natrum sulph.

Ruta grav., internally, is an excellent remedy from strained eyes, from reading or work.

Nitrum: Great enlargement of the eyeballs for many days; the left eye cannot recognize the letters at the usual distance; at a longer distance they become clearer but smaller. Hahnemann, Chronic Diseases.

Fluttering of heart, Natrum mur.

Dr. Proell says that where the urine cannot be completely excreted, or the bladder entirely emptied, Natrum sulph. will cure the condition.