

public, and of justice to the Nursing profession. We have grounds for feeling confident in our power to carry out our programme, and hope, at the close of another twelve months, once more to meet our readers with "something attempted—something done." We now offer all of them our heartiest, truest greeting and our best wishes for their health, happiness and prosperity during the New Year.

The Treatment of Cholera.

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CHAPTER I.

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CHOLERA.

DIET IN CHOLERA.—During the progress of the disease the diet is limited to milk and lime water, varied with a teaspoonful of beef tea or soup, but when convalescence sets in the appetite requires to be coaxed.

Cold Raw Beef Tea.—Mince half a pound of lean gravy beef or rump steak very fine, pour over it three-quarters of a pint of cold water and let it stand for twenty minutes, then stir in one teaspoonful of Extract of Meat and mix well together; stand for 15 minutes, strain, and it is ready for use.

A Nutritious Beef Tea.—Time, four hours. For one and a-half pints of beef tea, $\frac{3}{4}$ lb. of veal, $\frac{3}{4}$ lb. of neck of mutton, with one pint of water. When nearly done, add two teaspoonfuls of Extract of Meat, mixed in a half-pint of boiling water.

This should be cooked in a jar, covered down in the oven. Turn out to cool, skim, strain and warm up, as wanted.

Gravy Jelly.—Corn flour prepared from rice. Boil in water, mix with a little strong meat gravy and put into a shape to cool.

Lady Effingham's Recipe for Beef Tea. Cut 1 lb. of lean beef into small dice, cover it with cold water; keep stirring it on the fire until it boils. Let it simmer five minutes and pour it off, but do not strain it; put some more water on the meat, and let it simmer for some time. Add $\frac{1}{2}$ lb. of fresh beef the next day, the same as before. Dissolve in each cupful a little Isinglass, which is useful in cases of extreme exhaustion and debility.

"HEALTH" COCOA.—Is the finest cocoa procurable, and most invaluable for invalids. A Quarter-pound tin costing 8d. will Make 30 cups of delicious cocoa. The "Lancet" says:—"Very soluble, excellent in flavour, perfectly pure, and deserves frank praise." Free sample sent on application to H. THORNE & Co., Ltd. Lady Lane Leeds

Chicken Broth with Isinglass.—Cut a nice chicken up in good-sized pieces; put it on the fire in cold water; add a little salt, and boil gently for six hours. Dissolve some Isinglass in it, and take a spoonful at a time, hot or cold, as may be preferred.

Gravy Soup.—Take one pint of gravy or beef tea, etc., and bring to the boil. When almost boiling add $\frac{1}{2}$ oz. cornflour mixed with a little water and boil eight minutes.

Lady Hilda's Chicken Broth.—Cut a chicken up into small pieces, put them on the fire in cold water, add a little salt; boil gently for six hours. This way yields all the essence of the chicken, and is very strengthening.

Excellent Meat Juice.—Put 6oz. of gravy beef into a jar, cover with half-a-pint of cold water. Stand it in the cool for six hours, when it is ready for use. This makes enough for twice, and should be put into Bovril, beef tea, or clear soup. The strength of it is considerable, and the nourishment contained in it is valuable, especially in cases of extreme debility.

Invalid Barley Water.—One ounce of Patent Barley, mix it with one wineglassful of cold water, pour this into a stewpan with one quart of boiling water, stir this over the fire for five minutes while it is boiling, flavour with lemon peel or cinnamon, and sweeten according to taste.

N.B.—When the patent barley is used to make a summer beverage, only $\frac{1}{2}$ oz. must be taken.

Gruel for Invalids.—Two ounces cornflour, 10z. sugar, and a pinch of salt are thoroughly mixed with two pints of milk, and then stirred over a brisk fire for 15 minutes.

Jelly for Invalids.—Mix in a tumbler a teaspoonful of cornflour with a little cold water. Pour upon it sufficient boiling water to form a clear jelly, stirring it well during the time the water is being poured on it. Then add a glass of sherry and a little sugar if desired.

Barley Broth.—Take the best end of a neck of mutton or lamb, put it in a pan with two quarts of cold water and a teacupful of Patent Barley. Let it boil; skim well. Have ready, cut in small slices, one breakfast-cupful each of carrots, turnips, cabbage, and four onions minced fine, and rounds of cooked potatoes. Let the whole boil for three hours, skim off most carefully every particle of fat, well-chopped parsley and salt and pepper to taste, and serve immediately. Most sustaining and good.

Milk Broth.—Take a piece of fresh butter the size of a walnut, put it into the broth pan and let it melt, turn the pan about, so that the oiled butter will run all over the bottom. This is to prevent

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