

Because of the readiness with which these ingredients are given up, fruit drinks are easily made, and prove refreshing and wholesome beverages. To make apple-drink, wash two pippins and cut them in small pieces. Boil the apples till they are quite soft, using one quart of water, and sweeten to taste with honey or sugar. Strain when cold, and serve.

Currant-drink is made in the same way, using a pound of fruit to the quart of water.

Failing fresh fruit, home-made jam can be used, but it should be boiled in water, and not simply infused. This will give a more nourishing drink than if fruit syrups are used, for most of the fruit syrups of commerce consist of sugar and water, coloured and flavoured with ethereal bodies, many of which are products of the gas factory.

It has been shown that milk is not a beverage, and that, on account of the changes which it undergoes in the stomach, it should only be taken at meal-times. Some of its large percentage of water can be separated from the coagulable portion, and forms a cooling and nourishing drink. Its nutritive value is far below that of milk, and is chiefly owing to the presence of nearly all the carbo-hydrate of the milk, in addition to the mineral matters and a small amount of soluble proteid. It is of great value in infant feeding when mixed with cream, in cases where ordinary milk cannot be digested. It is slightly aperient and diuretic, and, taken in large quantities, it is useful as a cure for dyspepsia in adults. It is also used for chronic bronchitis, for jaundice, and for dysentery. There are several methods of preparing it, but the most common and the simplest is by the action of rennin. A pint of milk is brought to blood-heat, and to it a teaspoonful of essence of rennet is added, and the milk is allowed to get cold. After two hours the milk will clot, and the longer it stands the denser will be the clot. At the end of three or four hours the clot should be broken up by beating it with a fork, and the liquid part strained off and served as whey. Powdered alum is sometimes used instead of rennet, and its use counteracts the laxative properties of the whey.

Occasionally, too, vinegar diluted with an equal quantity of water is used instead of rennet, a tablespoonful of the mixture being used instead of a teaspoonful of rennet.

White-wine whey is an agreeable way of administering a mild stimulant, when such is allowed. To make it, add a wineglassful of light white wine to half a pint of boiling milk. Bring it to the boil a second time, allow it to get cold, and then strain it.

The question of alcoholic beverages is still open to further discussion, and nothing definitely can be laid down regarding it, beyond the injunction to strictly carry out the doctor's orders. Alcohol is a powerful drug, and the ordering of it should be as unreservedly in the doctor's hands as that of any other drug.

Progress at Charing Cross Hospital.

Right in the heart of the metropolis, within a stone's-throw of Trafalgar Square, stands Charing Cross Hospital, which is thus in a position to render much-needed service to many injured and sick persons. To do this effectively, however, it is necessary to keep pace with modern requirements, and consequently the Committee are carrying out very necessary structural alterations and additions. The administrative block is undergoing extensive alterations, which should add greatly to the convenience of the executive officers, while the resident medical officers will in future be accommodated in quarters especially designed for their use, where, in addition to common rooms, each will have a separate sitting-room and bedroom. The former is a luxury which is uncommon, yet, if hard-worked medical officers are to be able to rest when off duty and to have opportunity for quiet study, these separate sitting-rooms are surely essential. The additional wards, which are at present not finished, will afford accommodation for seventy-seven more patients when complete, the number of beds in the hospital being at present 166, while, when the new wards are open, there will be 243.

The hospital is connected by corridors with the new Nurses' Home in Chandos Street. A large lift conveys both the patients and the staff to the various landings. A second smaller lift communicates with the new isolation wards, where four patients and their nurses can be accommodated, so that no suspicious or infectious case need enter the lift which is in general use.

At the top of the building is the Levi Ward, with the necessary offices, which is endowed for the reception of twelve Jewish patients. The ward is sufficiently large to accommodate a greater number of beds and yet give the patients sufficient air space, but by the wish of the donor they are limited to twelve. From the windows there is a fine view of the centre of London. Considerable attention has been devoted to avoiding lodging-places for microbes, and even the ceiling is arched. The windows have no ledges, and open inwards in three divisions by means of a handle, while the lowest division is altogether removable — an arrangement which seems to afford undesirable facilities to a delirious patient.

We are glad to learn from the Matron, Miss Mildred Heather-Bigg, whose portrait we have pleasure in presenting to our readers, that the regulations for the probationers and nurses have been revised. Henceforth the course of training will be for four years.

During the first three years the probationers will have systematic courses of lectures. The first year

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