

of Chaplains made compulsory. 1815—Pillory abolished except for forgers. 1815—Mrs. Fry began work in Newgate. 1817—Treadmill first set up—at Brixton. 1818—518 prisons in the United Kingdom to which above 100,000 prisoners were committed in the year. 1820—Last commitment (of the Cato Street conspirators) to the Tower. 1,236 sentenced to death in England and Wales; 107 hung, of whom only ten for murder. 1829—Last execution for forgery. Metropolitan police established. 1833—A child, nine years old, sentenced to be hung for poking a stick through a window and stealing 2½d, reprieved by "the gracious mercy of the Sovereign."

"Pressing," abolished in 1772, was a veritable relic of barbarism, and it is almost incredible that such horrible cruelty could have been permitted in our law courts until this recent date. This punishment is best explained in the words of the judge sentencing a contumacious prisoner.

"That you be taken back to the prison whence you came to a low dungeon, in which no light can enter: that you will be laid on your back on the bare floor with a cloth round your loins, but elsewhere naked; that there be set upon your body a weight of iron as great as you can bear—and greater; that you have no sustenance, save on the first day three morsels of the coarsest bread, on the second day three draughts of stagnant water from the pool nearest the prison door, on the third day three morsels of bread as before, and such water alternately from day to day until you die."

Dr. Ernest Noel Reichardt, who was indicted for receiving lunatics into his house, which was not licensed for the purpose, has been acquitted of the charge. No evidence was brought forward which could have supported any other conclusion, and Dr. Reichardt is to be congratulated on the issue of the case. At the same time we think the adequate control and supervision of private asylums is a matter requiring serious consideration. From personal knowledge we do not consider that in these institutions sufficient care is by any means always given to the patients, who are of course exceptionally defenceless, as any statement as to improper treatment is apt to be regarded as evidence of mental aberration.

We are glad to see that a fund is being raised with the object of erecting in Egypt a memorial to Lady Cromer, who was greatly beloved in that country. It is hoped that the sum raised will suffice to establish either a hospital for children, or an asylum for incurables.

It is reported that at a meeting of the Cape Town Hospital Board, held last month, it was stated by Dr. Anderson that "a large number of consumptives came to the hospital in the *last stages* of the disease, and he found it hard to send them away. These arrived by steamers, and many unfortunate persons landed in a penniless state. At present there was a boy in one ward dying of phthisis. This lad had been sent out with only 10s. in his pocket. He thought letters should be written to home papers *stating very strongly* that it was most advisable that such cases should be sent out." We entirely sympathise with this view. It seems most unfair that Cape Colony should be subjected to the infection of a most fatal disease, imported by dying patients sent out from this country.

## Review.

### A YEAR'S COOKERY.

WE have received from the publishers, Messrs. Cassell and Co., a book entitled "A Year's Cookery," by Phyllis Browne, the price of which is the inconsiderable sum of one shilling. It should prove a boon to housewives, for the reputation of Phyllis Browne as an authority on cookery is well established, and she gives within the limits of this book menus for breakfasts, luncheon, and dinner for every day of the year, with recipes for the dishes recommended, and practical instructions for their preparation. The book is designed to suit people of moderate income. To many housewives, especially to those who have only recently begun to keep house and who are discovering by bitter experience that housewifery is an art, which, like every other, requires much experience and technical skill if it is to be adequately performed, the book will be most welcome. Each day a list of the "things which must not be forgotten" is given, and this department should prove a very valuable and popular one. Marketing lists for each day are also given. The book closes with an appendix upon "Food for Invalids," in which many useful recipes are given. We recommend this excellent handbook to the attention of our readers, as we believe it would be of much use to them, and its price brings it within the reach of all.

### THE DICTIONARY OF DAINTY BREAKFASTS.

WE have also received from the same publishers, and by the same author, the "Dictionary of Dainty Breakfasts," with a tabular introduction by a mere man. The remarks of the mere man appear to us exceeding pertinent. Firstly he lays down that a breakfast should consist:—

- A. Of a fundamental dish.
- B. Of one or more trifling accessories for the benefit of (1) those who are so hungry that the fundamental dish does not suffice, and (2) those who feel so sick that they cannot touch it.
- C. Of fresh fruit, stewed or tinned fruit, jam or marmalade.
- D. Of drinks.
- E. Of bread, toast or scones.

His advice on the subject of bloaters is as follows: "These should be gently smoked and not salted. It is best not to split them, or remove the backbone, as by these processes the natural anatomy of the fish is deranged, and you get your mouth full of bones. It takes ten minutes longer to eat a bloater the backbone of which has been removed, and there is added risk to life." Curried prawns are, the mere man holds, the best breakfast known to man.

Kidneys stewed with mushrooms are a dream. Hot rolls may be provided—for the reckless.

Breakfasts are divided under the following headings: "Made up Breakfasts" (made from cooked fragments that is to say). "Night before Breakfasts" (breakfasts wholly or partially prepared over night), and "Ten Minutes Breakfasts." The housekeeper therefore has an ample selection.

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