

bitions are now being held in England, in which British subjects are stupefied by hypnotism to the extent of rendering of them totally incapable of intelligent and independent thought, that under influence of this temporary mental paralysis, they are commanded to drink loathsome liquids with absurd antics of approbation, or submit to being terrified or hurt by imaginary assaults on their person, a doubt as to whether this is the kind of entertainment an enlightened public *should* tolerate, rises in our mind, and when experts assure us that hypnotic experiments are not harmless, and we feel that young people, who come "for the fun of the thing," are amusing themselves at an exhibition of temporary lunacy, the gravity of the thing comes home to us. When, further, men of note and thought, as Dr. Krafft-Ebing and Dr. Tuckey, give us instances of sensitive girlhood, blighted by permanent insanity, in consequence of senseless and wicked experiments, our indignation and disgust is roused. We are told that Tlma Szandor, a young Hungarian, very susceptible to hypnotic influence, had, among other cruel experiments, a large burn, "*which took MONTHS to heal,*" raised on her arm by the application of a pair of scissors. The sequel of the story, Tlma's total and apparently hopeless loss of reason, is hardly to be wondered at.

Would our ancestors have been altogether benighted, if, coming across a set of morbidly curious, strong-minded brutes torturing a helpless girl, they had decided that the works of the said brutes were Satanic, and unfit to contaminate the community?

Doubtless the measures which our forefathers employed to dishearten indiscriminate metaphysical dilettantism are shocking to our modern ideas of justice, but underlying those rough laws was a keen sense of the danger of allowing the undefined and unrestrained exercise of the spiritual influence dear to man's conceit, and a true instinctive feeling that the mystery of spirits and the communion of souls are subjects only to be safely approached by man with due humility, and recognition of their Divine origin.

The law now coming into force in France against the indiscriminate exercise of hypnotism, endorses the justice of the convictions that gave rise to those ancient laws against sorcery, and though dealing with penalties in keeping with the milder spirit of the age, is in fact nothing more or less than a new legislation to oppose modern witchcraft.

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Tasty Tit-Bits and Dishes Dainty, FOR INVALIDS AND CONVALESCENTS.

Compiled specially for "The Nursing Record"

BY
LADY CONSTANCE HOWARD.
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SAVOURY RICE PUDDING.

Wash 1oz. of Patna rice, put it in a pie-dish with half-a-pint of beef-tea, or any kind of broth or stock.

Bake in a moderate oven for about one hour, until well cooked. Boil a quarter pint of milk; pour it on to one egg lightly beaten; stir well together, mix with the rice; season with salt and pepper; put in a pie-dish. Bake very slowly one and a-half hours, and serve.



SAVOURY BREAD PUDDING.

Pour half-a-pint of beef-tea, boiling, over the crumb of a French roll; beat well and soak for half-an-hour; add two eggs beaten with quarter pint of boiling milk; season with pepper and salt; beat for five minutes; put in a tart-dish and bake quickly three-quarters of an hour. One onion boiled and pulped may be added, if liked.

SHERRY MACCARONI.

Break half-an-ounce of macaroni into a quarter pint of sherry, mixed with the same of water; boil until tender, and the liquid is absorbed. Serve, dusted over with castor sugar and a pinch of cinnamon.

FISH ASPIC.

Make a jelly with 2lb. of knuckle of veal, one ox-foot, lean bacon, carrots, onions, shallot, a bouquet of herbs, spice, pepper, and salt to taste, and two quarts of water. Skim well; simmer until quite strong; strain; when cold remove the fat; clear with the whites of two or three eggs and one glass of sherry; strain through a jelly-bag. When nearly set, pour a little in a jelly-mould; put a layer of filleted soles, lobster, salmon; fill the mould with alternate layers of jelly and fish; dip in hot water for an instant. When quite firm turn it out carefully. Ice it in the summer.

SORREL SOUP.

Take 1lb. of sorrel, pick it clean, wash and put it in a saucepan. When quite cooked, turn it out on to a hair-sieve, let all the moisture run out, throw it away, and pass the sorrel through the sieve. Put 1½oz. of butter in a saucepan, with one onion and one carrot, sliced fine. Toss on the fire until quite done; add the sorrel and as much common stock (free from grease) as you want soup, pepper and salt to taste, and a pinch of castor sugar. When quite hot, strain through a cylinder in the tureen over *croutons* of fried bread.

NOTICE—Messrs. Baelz and Co. respectfully invite correspondence from the members of the Nursing profession, to whom they will be happy to forward full particulars of Messrs. Loefflund and Co.'s products, and quote special terms in such cases as may be found conducive to a thorough and practical test of these "excellent preparations." 14-20, St. Mary Axe, E.C.

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