

gardener of a friend of mine went to consult him in Cambridge for acute dyspepsia. It was elicited that the man always took two large cups of tea with his meals, and that he was accustomed to eat rather rapidly. These two facts were quite sufficient in Sir GEORGE'S eyes, and he somewhat laconically dismissed the case, with the following advice—"Break one of your cups and chew your food."

A QUICKLY prepared and most appetising soup is made by taking a breakfastcupful of hot milk, and adding a teaspoonful of Liebig's Extract of Meat to it, with pepper and salt to taste. It seems a rather strange combination, but is extremely nice and restorative. It contains all the nutrition of the milk without the "milky" taste, which is unpleasant to so many people.

DR. ALFRED T. SCHOFIELD writes in *The British Medical Journal*: "Recently I tried an experiment, so entirely satisfactory and yet so ridiculously simple, that my only excuse for recording it is that it appears to be almost quite unknown to either Hospital authorities or Private Nurses. I have for many years been engaged in studying invalid foods and varieties of beef-tea and beef essences, and yet, I am ashamed to say, that never till last week did the simple fact dawn on me that beef-tea could be made as well with milk as with water, the result being to form a new invalid food of the most nourishing character. The article may, and doubtless is, familiar to many of your readers, for surely the experiment must have been frequently tried, and still the fact remains that I have not yet found a Hospital official, a sick Nurse, or private person who knows anything about it. One thing is therefore certain, that at any rate it is not nearly so well known as it should be. Take half a pound of gravy beef chopped up small, and let it soak in a little salt and water for a few minutes, and then proceed to make the beef-tea with milk instead of water, using the proportion of a pound to a pint, straining off the meat when done and serving hot. The result is delicious. It can, of course, be made with veal or chicken to even greater perfection. In fact, once the idea is grasped, the varieties are endless, and yet I have seen no invalid cooking books (though many of them give a dozen or more varieties of beef-teas and of milk compounds) that make any reference to 'milk beef-tea.'"

LONDON MASSAGE AND GALVANIC HOSPITAL FOR PARALYSIS AND DISEASES OF DEBILITY (Patron—The Very Rev. the Dean of Lichfield), 55, Weymouth Street, Portland Place. Open daily, except Saturday, half-past one o'clock; Wednesday evening, six o'clock. Free to destitute; others contribute small sums. Contributions solicited.—JOHN SCOTT, Hon. Sec.

NURSES would find this a capital substitute for the everlasting tea, which is so injurious to health and temper alike. The average Nurse would hardly like to confess, even to herself, the number of cups of tea taken in the twenty-four hours. It seems to be the rule in most Hospitals for the staff to take tea for breakfast, again at 9'30; immediately after dinner, and again in the afternoon, besides sundry cups in their rooms and as an extra pick-me-up. Now these cups added together make an alarming total; and make the solution of nervous headaches a very simple matter. Hospitals have been described as places where one class of people (the Nurses), sacrifice their lives in order that others may live; and they certainly put a good many nails in their coffins by the amount of tea they take.

ACTON can boast, and the public will be pleased to hear, of a new Institution for Hospital Trained Nurses. The principal object of the Institution is to provide the medical profession and the public with a skilled and experienced class of Nurses; and, by special arrangement accommodation for ladies can be made during their accouchement, or while undergoing special operations, and any Doctor may send in and personally attend his own patients. The Institution, which was undoubtedly greatly needed in this neighbourhood, is solely under the management of Mrs. GORDON ELLIOTT (herself a skilled Nurse of considerable experience), and has already been well patronised by medical men in the neighbourhood and the surrounding districts. At present there is a good staff of Nurses, who are thoroughly qualified for their duties by professional training of several years' standing. During the great increase of sickness, a large number of cases were refused daily. The idea is to increase the present staff, and open a "branch" in Ealing, and carry Acton on as headquarters. This is an important point in places like Acton and Ealing, which are rapidly increasing. The West Middlesex Institution (as it is called), started some time before Christmas, is conducted on an almost co-operative system, and is situated in Woodhurst Road, Cumberland Park. And anyone who likes being in the country, and near town, could not find a more delightful spot, dotted as it is with splendid trees in various parts, rendering it most picturesque, and having gravel soil and perfect drainage, is one of the most healthy suburbs of London. Another advantage is the Cumberland Park Tennis Club, which numbers some of the most select and influential inhabitants of the surrounding district, as well as tenants on the Park; this combined with the natural beauty of the place, would to many be an extra source of attraction.

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