

separation from friends and relatives would object to carry out the simple rules of disinfection. In India, isolation amongst the soldiers is carried out in a different and more effective manner than is possible in England. On the occurrence of the second case (the first is seldom recognised until the appearance of the second), the troops are moved under canvas, and the patient remains behind in Hospital.

The Cholera Scare.—Cholera is not in reality so formidable a disease as is popularly supposed. Exaggerated views are current of the enormous mortality, chiefly due to the large number of deaths amongst the natives of India. It should be remembered that at the time of an epidemic every death is attributed to it. A great deal is heard about the wholesale deaths amongst the pilgrims to Mecca, but many important details bearing on the cause of death are ignored. As a rule famine has undermined the constitution, the long and trying pilgrimage has exhausted their strength, and the real wonder is not that so many die, but that so many live to return to their homes to narrate their experiences. So great is the alarm of a disease, the presence of which is so rare in England as to be to the majority practically unknown, that the mere mention of the name creates a panic, and the occurrence of one or two cases, officially designated cholera, a name for which there is not any justification, arouses all the health authorities to activity, and gives rise to a demoralizing scare. The mortality, albeit severe during certain epidemics, is neither alarming or extraordinary, and the percentage of recoveries compares favourably with all diseases of a like severe type and character. Sun-stroke, for instance, is a more fatal disease, but any number of deaths from this cause only call forth an expression of opinion on the intensity of the heat. Cholera is not without its advantages, for the patient after recovery is rid of any old-standing disease, and starts afresh with a healthy constitution.

Prevention of Cholera.—The prevention of cholera is of even greater importance than the cure, and happily not half so difficult. From a practical point of view it is of little moment how the disease originates and spreads, so long as the means of prevention are thoroughly understood and are able to be put in force. The following rules should be strictly enforced:—

Lead a steady and regular life, avoiding late hours.
Avoid fatigue, either mental or bodily.

Cleanliness in habits and house is essential to health.

All Wool Durable House Flannel Squares.—19 inches by 19 inches, 2s. 6d. dozen; 15 inches by 15 inches, 1s. 6d. dozen. Very Special. Soft, absorbent, economical. Lasts three times longer than ordinary House Flannel. Write for sample dozens. W. MOORE & Co., Lauderdale Buildings, Aldersgate, London.

Tasty Tit-Bits and Dishes Dainty,

FOR INVALIDS AND CONVALESCENTS.

Compiled specially for "The Nursing Record"

BY

LADY CONSTANCE HOWARD.

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Hanover Soup.

MAKE a good *purée* of carrots, turnips, celery, leeks, parsnips, potatoes, and serve with boiled rice, mixed with *curry powder* and *croûtons* of fried brown bread.

Nourishing Celery Soup.

WELL wash two or three heads of celery and cut them into small pieces. The outer parts must not be cut but *boiled*, tied with thread. First put about 2oz. of butter into a saucepan, add as much flour as it will absorb, and let it brown slightly; then stir in a little cold water. Add the celery and one small onion; stew them until quite soft, then add the requisite quantity of water. Season with salt and ground white pepper. Beat three eggs in the tureen; toast slices of bread, and butter them while hot. Pour the boiling soup upon the eggs, and throw in the toast. Cover a few minutes and serve very hot.

Green Corn Soup.

STEEP the corn over night and boil the next morning in good stock until quite soft. Then strain it as you would green peas. Take some more stock in which celery and parsley roots have been boiled, or flavour to taste with herbs. To this, add the boiled corn, boil it again for a few minutes quite fast, and serve with dice of toast or small dumplings. The soup should be clear, and to give it a deeper shade of green, colour with "*Vegetable Colouring*," which is harmless and all that can be desired.

Another Way.

TAKE a large breakfast-cup full of the green corn, and put it into a stemper with 2ozs. of butter, stir until the butter is melted; add water or broth sufficient to allow for boiling in, and simmer until the corn is tender, season it with salt, ground white pepper, chervil and parsley to taste, mincing the two latter very fine. Beat some yolks of eggs in the tureen, shake on these some ground nutmeg, and pour in the boiling soup. If not green enough, a few spinach leaves may be boiled with it.

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