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W. T. FERNIE, M.D.



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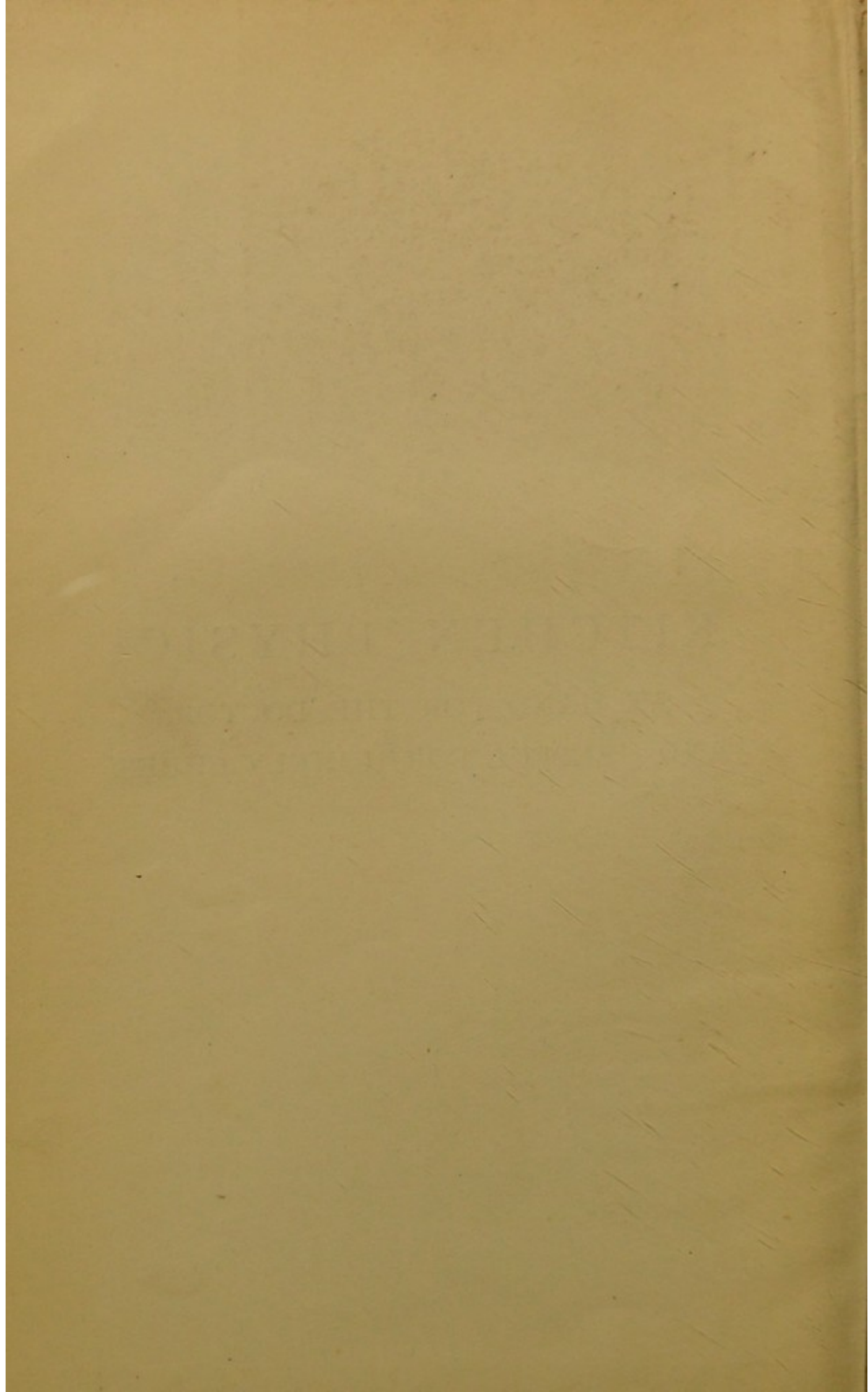
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KITCHEN PHYSIC:

AT HAND FOR THE DOCTOR,
AND HELPFUL FOR HOMELY CURES.



KITCHEN PHYSIC:

*AT HAND FOR THE DOCTOR,
AND HELPFUL FOR HOMELY CURES.*

BY

W. T. FERNIE, M.D.

*Author of "Herbal Simples," "Animal Simples,"
"Botanical Outlines," etc., etc.*

"Then Elisha said, 'Bring meal': and he cast it into the pot: and he said, 'Pour out for the people that they may eat'; and there was no more harm in the pot."

"And Elisha said, 'Bring me a new cruse, and put salt therein': and they brought it to him: and he went forth unto the spring of the waters, and cast the salt in there, and said, 'Thus saith the Lord: I have healed these waters.' So the waters were healed unto this day."

"When Hezekiah was sick unto death, Isaiah said, 'Take a lump of figs:' and they took and laid it on the boil: and the king recovered."

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312 DIET



IW / FER

JOHN WRIGHT AND CO.,
PRINTERS AND PUBLISHERS, BRISTOL.

TO
MY "DEARLY BELOVED BROTHER" (OF BURTON RECTORY);
AND TO THE MANY GOOD SAMARITANS OF HIS CLOTH
WHO SEEK TO SUCCOUR THE SICK AND
THE WOUNDED,
BY POURING IN OIL AND WINE,
THIS HANDBOOK OF
KITCHEN PHYSIC
IS FAITHFULLY INSCRIBED.

“ I saw then that Christian and Hopeful went on their way to a pleasant River, called by John, the River of the Water of Life. Here therefore Christian and his companion walked with great delight: they drank also of the water of the River, which was pleasant and enlivening to their weary spirits; besides, on the banks of this River, on either side, were green trees that bore all manner of fruit: and the leaves of the trees were good for Medicine. With the fruit of these trees they were also much delighted; and the leaves they are to prevent surfeits, and other diseases that are incident to those that heat their blood by Travels.”—*The Pilgrim's Progress* (JOHN BUNYAN, 1678).

PREFACE.

WITH the accession of his Most Gracious Majesty, King Edward the Seventh, and with the beginning of a new century, it has become necessary to amend the Book of Common Prayer, bringing it loyally up to date. No less needful is it at this same time, by reason of advanced dietetic knowledge, and of fresh medical culinary discoveries, to revise the practice of Kitchen Physic. Its scope has become of late so materially enlarged, and an insight into its capabilities so widely extended that a fresh Manual of its methods and motives is a public want. To supply this requirement, however incompletely, is the earnest purpose of the present volume. Previous writers have shadowed forth in former years the connection—more or less intimate—which they believed to exist between food and physic for the cure of disease; though they seem to have then seen only through a glass darkly such leading principles in this direction as we can now discern face to face. According to the *Secret Miracles of Nature, fit for the service of those who practise Physick*, London (1658), it was said, "The country people in this our Island do make use of Kitchen Physic; and common experience tells that they who least employ apothecaries' physick live freest from all manner of infirmities." Again, the ultimate conclusion arrived at by Dr. Arbuthnot, noted for learning, in his

Essay on *The Nature and Choice of Aliments* (1732), was that "All the intentions pursued by medicines might be better obtained and enforced by diet." To the same effect ran a popular proverb of the eighteenth century, "Diet cures more than the lancet"; its surgical condition being happily now obsolete, though its significance is truer than ever.

In further proof of these facts other abundant testimony may be readily adduced; so that, such being the case, a clear course lies open for the object now held in view.

Dr. Graham in his able *Domestic Medicine* (1858), which is still a standard authority, declares it is "the duty of a good man to preserve his fellow creatures, and to instruct others how to save them from death, even after his own decease." And long ages back in the classic days of the Roman Empire, Cicero propounded a similar doctrine: "*Neque enim ulla aliâ re homines propius ad deos accedunt quam salutem hominibus dando.*" "For in nothing do men approach nearer to gods than when promoting the better health and the recovery from sickness of their own kind." "When Cæsar," says Plutarch, "had taken Gomphi, a town of Thessaly, by assault, he found therein not only provisions, but likewise physic for his army; they met with plenty of wine which they drank freely; warmed by the same, and inspired by the gods they jollily danced along, and thus shook off their disease, contracted from their former crude and scanty diet, changing in this way their whole constitution and state."

From Herodotus we learn that the Babylonians obliged themselves by an express law to carry those ill of diseases into places or streets of public resort, so as to enquire of all who passed by whether they had heard of, or seen such a distemper as the sick person present laboured under, and what manner of feeding had been effective to remove it. Hippocrates in his *Book of Precepts* has admonished physicians not to think it below them to learn from the vulgar the history of any cure which might be of use to them, and he adds, "I am persuaded that the whole art of physic was first acquired in this manner." "*Narrant Hippocratem e dedicatis ibi curationibus exercuisse ea quæ ad victus rationem spectant.*" "History relates that by cures exercised in this manner Hippocrates acquired a knowledge of those matters which constitute healing by medical cookery."

No longer therefore should the choice of appropriate remedial foods for this or that ailment be deputed, either to the attendant physician, the sedulous nurse, or the solicitous friend, unless the fundamental bearings of such foods have been first fully mastered. For, as Dr. Kitchener has frankly avowed, *Cook's Oracle* (1820), "There is no question more frequently asked, or which a doctor has more difficulty in answering to the satisfaction of himself and his patients, than 'What do you wish me to eat?'"

But, indeed all valid reasons have ceased to exist why most persons of ordinary intelligence should not gain the ability to solve such a question for themselves by learning the first principles which underlie Kitchen

Physic, and are plain of comprehension. It is for this end the nature and properties of the various remedial and curative foods procurable as such Kitchen Physic are here explained and applied.

Nor need its practice be conducted with any excess of gravity, or with too solemn a demeanour, so as to render its precepts pedantic, or its pursuit a severe study. Pleasant amenities of the gratified palate, and refinements of culinary skill will constantly reward the enlightened professor of curative cookery. "A merry heart," says the time-honoured adage, "doeth good like a medicine." Therefore in jocund strain

" Ut pueris quondam donabant crustula blandi
Doctores (elementa velint ut discere prima)."

" As teachers fondly coaxed their boys to read
By cakes and sweetmeats, let us now proceed
With playful air our serious aim pursue,
And yet retain its moral full in view."

Reverting to the Book of Common Prayer as coming at this time under emendation, we call to mind the customary order of old Liturgies respecting the general form of devout Preface common to them all. Right worthy is this form of our present imitation. The exordium commenced with "*Sursum corda*," "Lift up your hearts," together with the devout utterance of an Apostolic benediction. Then in the central part of the Preface practical reasons were given for the spirit of thankfulness aforesaid. And finally as a pious termination the "*Sanctus*" was fervently invoked. Let us approach the task before us in the happy spirit of just such a Preface! lifting up our hearts at the onset with joy and

gladness to the Lord! No longer need sickness and nauseous drugs go hand in hand for a homely cure. Kitchen Physic can come to the grateful rescue, doing much to banish disease without recourse to repellent, and dubious dosing. Viands it can boast of a virtue to raise the spirits, and withal potent to heal, whilst "of higher regale than those cates which ravens ministered to the Tishbite."

"Turkey in the pantry,
Chicken in the pot,
Mother choppin' apples,
Oven roastin' hot!

Grandma sredin' raisins,
Molly makin' spice:
Gracious! but the kitchen
Smells uncommon nice!"

Yea! even those unwholesome intruders, the black beetles below stairs, which hold high revel when all is quiet at midnight, can claim from the kitchen a share of curative powers. Cockroach tea is a recognised medicine prescribed long since by the Russian doctors for Bright's Disease of the kidneys, and now adopted by leading English physicians. Pliny tells likewise that these insects were given medicinally of old when combined with resin for the relief of difficult breathing. They exercised remarkable powers of carrying off the water in certain sorts of dropsy. Black-beetles indeed are, as Mr. Goss teaches us, about the most venerable beings on this earth. They existed when there were few, if any, fishes, and no birds, or mammals whatever. "Just as we see these repulsive insects scouring the pantry floor now-a-days for food, so did the like

marauders of the kitchen pursue their business in the presence of the mighty pre-historic Saurians." But, black as the loathsome creatures are, blacker than ever have they become (so Kingsley assures us), since poor little chimney-sweeping Tom in the *Water Babies*, "came stumbling down the sheer Lewthwaite cliff, making along its face a big sooty smudge, whereby the original papa of all the black-beetles grew doubly black, just too as he was setting off to be married, with a sky-blue coat and scarlet leggings, as smart as a gardener's dog with a polyanthus in his mouth."

Next for the midway reasons of our Preface, and to strike a more sober note. Far back in patriarchal times the prophet Ezekiel foresaw in a vision of holy waters, that "All trees would grow hereafter by the river, upon the bank thereof, whose leaf should not fade, neither should the fruit thereof be condemned, *and the fruit thereof shall be for meat, and the leaf thereof for medicine.*" Much more recently in merrie England, when Harry the Eighth ruled, Margareta More, *quindecim annos nata*, in the fifteenth year of her age, "spied Erasmus, the deare little man of learned memory coming up one day from the side of the Thames, with her much-loved father, Sir Thomas More (afterwards martyred), in the days of his privacy and domestic happiness. Presently they took water lustily, and landing at Fulham had a brave ramble through the meadows. Erasmus noting the poor children a-gatherng the Dandelion and Milk Thistle for the Herb Market was advised to speak of forayn Herbes, and their uses bothe for Food and

Medicine. 'For me,' says father, 'there is manie a plant I entertayn in my garden and paddock which the fastidious woulde cast forthe. I like to teach my children the uses of common things; to know for instance, the uses of the Flowers and Weeds that grow in our Fields and Hedges. Manie a poor knave's pottage would be improved if he were skilled in the properties of the Burdock and Purple Orchis, Lady's Smock, Brook Lime, and Old Man's Pepper. The roots of Wild Succorie and Water Arrowhead mighte agreeable change his Lenten diet, and Glasswort afforde him a Pickle for his mouthfulle of Salt Meat. Then there are Cresses and Sorrel to his breakfast, and Saleep for his hot evening mess' "

Thus much for past times! Of late our dietists have paid closer and more explicit attention to the elementary principles of common curative foods, inso-much that a new light has dawned with marvellous effect upon the whole field which these substances occupy; wherefore it will not be difficult to show how much may be done by Kitchen Physic for the relief or cure of numerous bodily ailments without recourse to unsavoury drugs in pill, powder, or potion. "*Fuge medicos et medicamenta si vis esse salvus,*" is a maxim, which, whilst perhaps too sweeping in its charges, conveys nevertheless a lesson of pertinent present value. Moreover, says Dr. Arbuthnot, "Surely the choice and measure of the food materials which we take daily by pounds, and which go to replenish our bodies, are at least of as much importance as those medicines which

none of us swallow except by grains and spoonfuls." Dr. Oliver Wendell Holmes (1850), fearlessly alleged that mankind is and has been dosed to death, and that the world would be better if the contents of every apothecary's shop were emptied into the sea, though the consequences to the fishes would be lamentable.

How plentiful and adequate a stock of remedial agents against common illnesses lies comprised within the Kitchen Physic of most homes is neither sufficiently understood by the majority of persons, nor properly appreciated even by those whose special office is care for the sick. A systematised arrangement is certainly called for which shall set forth the Kitchen Dispensatory, associating its culinary products in plain detail with the allied maladies they can respectively serve to cure. Such is the desirable aim of the modest Manual with which we now engage ourselves.

By a last Will and Testament the successful trader, and the opulent financier at the close of their career, bequeath to survivors much monied wealth accumulated throughout many years of shrewd industry, and sedulous devotion to business. So likewise may the hard-working doctor fairly seek, in the evening of life, to embody and devise for those who follow him the fruits of a long and varied experience. Such is the best store he can furnish; a legacy not altogether unworthy of acceptance, though conveyed, it may be, only in bronze coinage of the literary realm.

"Here's the Will," said Captain Cuttle, of simple speech, in *Dombey and Son*, "but where's the Testa-

ment?" instantly impeaching the ill-fated Bob Grinder; "What have you done with that, my lad?" As rendered by ourselves in the present bequest both are plainly to be seen—the zealous will, and the practical volume of its testament.

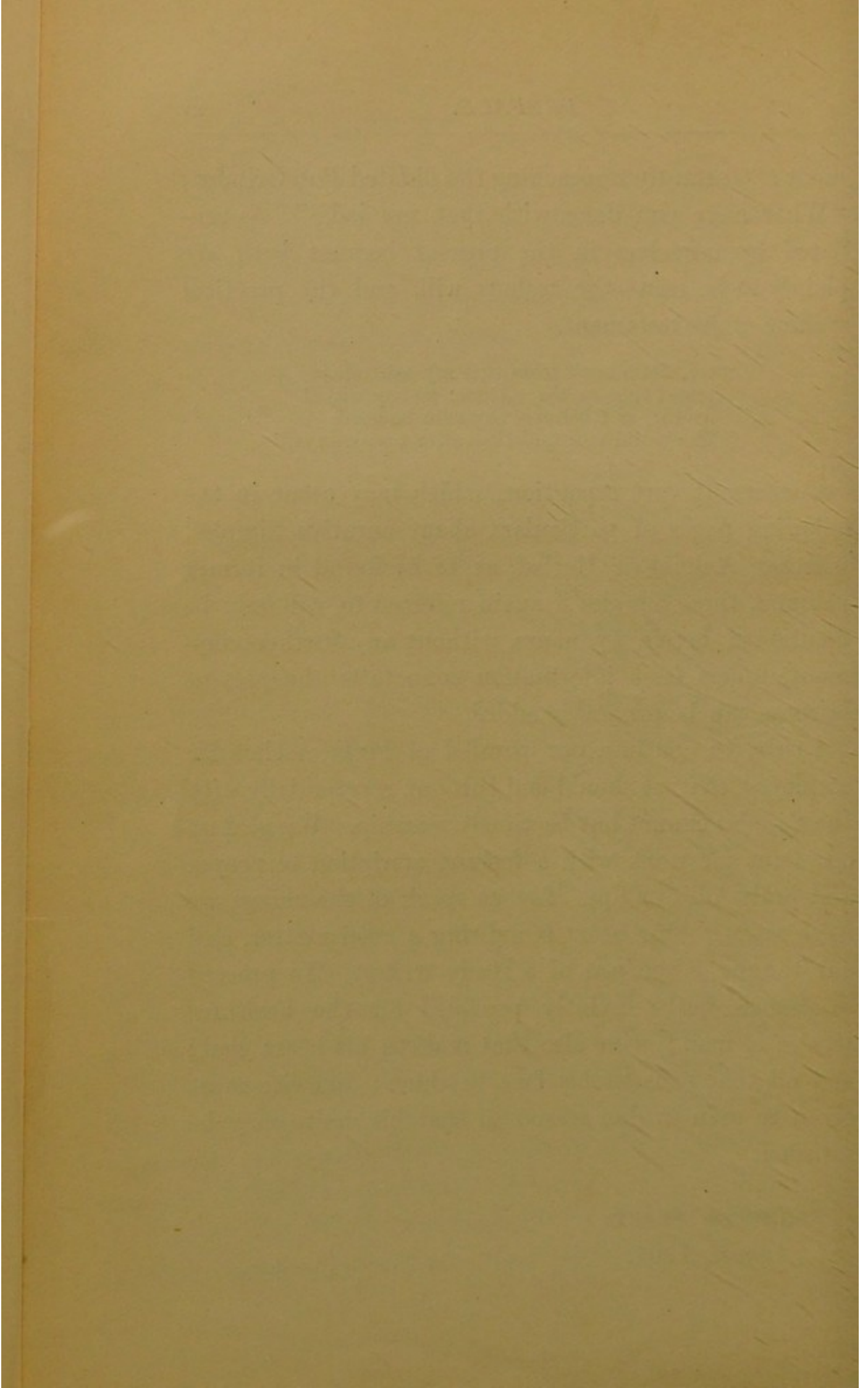
"Go, little book from this my solitude;
I cast thee on the waters: go thy ways!
And if, as I believe, thy vein be good,
The world will find thee after many days."

Concerning any repetitions which may occur in the following pages of particulars about curative Simples, whether Animal or Herbal, as to be found in former volumes, these Simples if again referred to, will only be mentioned herein by name, without any further comment, unless fresh information cognate to the present purpose can be profitably added.

Lastly, to continue our parallel of Prefaces thus far employed, that we should end this one reverentially with the *Sanctus* cannot but be timely worship. We gird up our loins for work with a fervent ascription of prayer and praise on our lips. Let us speak of the things we have made! Our heart is inditing a good matter, and our tongue is the pen of a ready writer. We proceed to discuss herbs divinely provided for the healthful service of man; wine also that maketh his heart glad; and oil that causeth his face to shine; likewise meat given to man in due season so that his desire may be satisfied.

RICHMOND, SURREY,

August, 1901.



CONTENTS.

	PAGE		PAGE
ABSINTHE -	- 321	Apoplectic balsam	- 457
Abstinence -	347, 458	Apple, 25, 88, 136-138, 176, 266,	
Acetic acid	373, 448, 524	310, 341, 348, 351, 423, 460	
Acetopathy	447-449, 524	(pleurisy), 503, 508, 536	
Acid child -	- 475-477	,, Water	- 341
Acidity of stomach	297, 303	Archæus -	- 5
,, of urine -	- 270	Aromatics -	- 32, 398
Acidulated drinks -	- 342	Arrowroot -	- 18, 287
Acorn -	- 198	Artichoke -	- 64, 363
,, Oil of -	- 289	,, Globe -	- 496
Aerated Waters -	- 305	Asparagus	280, 349, 402, 549
Air, open, 13, 182, 192, 265,	361, 512	Asses' milk	184, 188, 261, 355
Albumen, egg, 287, 288, 356, 408		Athletes -	- 225, 344
,, from kidneys -	428	BACON	49, 72, 458, 484, 521
Alcohol, 31, 68, 83, 193, 208,	284, 306	,, rind	433, 537, 538
,, in Fever -	- 340	Bael -	- 295
,, in Gout -	- 381	Balm -	- 390, 434
,, in Hysteria -	406	Banana -	253, 267, 475
,, in Neuralgia -	449	Banting system -	- 327
,, for Sleep -	- 511	Barberry -	- 535
Ale -	307, 343, 518	Barley -	152, 241, 243
Alkaline child -	475-477	,, Cream -	240, 241
,, Salts and Waters	193, 284	,, Water	116, 289, 553
Almond	106, 146, 282, 496, 499	Basil, sweet -	- 398
,, Milk of -	387, 497	Bath, cold -	- 559
Alum -	- 363, 534	Bean	158, 253, 255, 424, 517
Anchovy -	- 274	Bed, position of	451, 512, 513
Angel Bread -	- 153	Bee-beer -	- 403
Angel on horseback -	- 82	,, Sting -	- 403
Animal Extracts -	4, 193, 491	Beeswax -	- 104
,, Food	90, 95-97, 344, 368-9, 486	Beef -	213, 486, 547
Anise -	- 45	,, à la mode -	- 213
Anti-scorbutic beer -	467	,, Cake -	- 465
Apiol, Oil of Parsley -	435	,, Juice -	- 189, 191
		,, Raw -	- 42, 312
		,, Tea -	209, 211, 274, 390
		Beer	175, 194, 306-7, 368, 502

	PAGE		PAGE
Beer, Black	- 467	Broths	221, 396
,, Soup with Caraway	396	,, cold	- 213
,, Spruce	- 467	,, Spartan, black	- 336
Beet	- 545	Bun, Good Friday	292, 537
Beetle, black	Preface, xi, xii	Burdock	- 506
Bellows	- 467	Burgundy	- 31, 68
Bile	- 321	Butter	46, 134, 160, 300, 369
Birch, conserve and wine	291, 551	,, Milk	169, 302, 507, 527
Blackberry	294, 460, 545	,, Shea	- 302
Blackbird	- 295	CABBAGE	45, 349, 350, 488, 557, 570
Black Currant	113, 460, 535	,, juice, apply	- 556
Blackheads	- 509	,, red	- 488
Blood, animal	- 50, 73, 569	,, salad	- 537
,, poisoning	- 466, 467	Calf	191, 192, 215, 216
Bone	- 46	,, foot	- 215, 237
,, Marrow	- 235	,, head	- 216
Books for sleeping	- 521	Camphor	- 115, 124
Bostock, Bridget	- 480	Candytuft	- 483
Bovine (Meat Extract)	- 572	Caper	- 56
Bowels, how often should		Capsicum	59, 127, 163, 325
move	- 172, 174	,, Ointment	433, 456, 470
Box tree	- 386	Caraway	18, 85, 136, 162, 426
Boy in the bed	- 378	Carnivorous Animals,	96, 184, 191, 224, 278, 472
Brain, Animal	- 72, 80, 419	Carp	- 30
,, of Fowl	- 438	Carrots	66, 151, 197, 568, 570
,, of Lamb and Sheep	419, 420	Cartilage	- 321
,, worker	- 77, 258	Cassia	- 199
Bramble-berry jam	- 545	Castile soap	- 62, 363
Bran	116, 134, 159, 255, 302, 453, 474	Castor of bed	- 513
Brandy	- 108	Castor-oil plant	85, 165, 552
,, burnt	- 530	Cat	- 278
Bread	- 152, 242, 360, 479	Cataract	- 323, 324
,, brown	133, 149, 159, 192, 458	Catsup	- 388
,, panada	- 239	Caudle	332, 333, 395, 565
,, poultice	- 522	Cauliflower	- 256, 382
,, sauce	- 239	Caviare	19, 186, 187, 277
,, seawater, made with	360	Cayenne	106, 126, 273, 391, 458, 459, 500, 521, 527, 532
Breast Milk	- 85, 86	Cedar wood	- 447
Breathing, forced	- 453	Celery	464, 465, 469, 483, 494
Brill	- 77	Cellulose, Vegetable	134, 175
Brimstone	- 110	Cereals	- 91, 255
Brine	- 104, 493	Chalk for Calf	- 47
Brocoli	- 281, 474	Chamomile	- 227, 314
Bronté, Charlotte	- 418		

	PAGE		PAGE
Champagne	- 305	Copper	- 129
„ sticks	53, 398	„ wire	- 513
Change of air	- 265	Cordial, Lady C. Howard's	394
Cheese	274, 351-354, 548, 549	Cork	- 209
Chelsea Pensioner	- 470	Cornaro	- 12, 20, 354
Cherry	- 140	Cornflour	- 241, 262
„ Water	- 498	Corrosive sublimate	- 538
Chestnut	252, 257, 463, 550	Corsets	- 431
Chicken broth	- 230	Cow's breath	- 188
„ panada	- 231	„ Club	- 473
Children, Acid and Alka-		„ heel	86, 214
line	- 475-477	Cowper and his hares	- 421
Chocolate	185, 256, 489	Cowslip tea and salad	407, 487, 518
Choppine	- 470	Crab	- 86, 495
Chrysanthemum	- 407	Crampbone	- 209
Chutnee	- 464	Crawfish	- 252, 493
Cider	25, 107, 305, 373, 381 469, 508, 547	Cream	- 184, 188, 234, 277
Cinnamon	99, 199, 294, 366, 409-411, 434, 437, 508	„ of tartar	- 374
Citron	- 462	Croker	- 561
Citric acid	- 101, 486	Crust	- 295, 479
Clam	- 200, 251	„ Coffee	- 337
Claret	- 382	Crustacean fish	- 471
Climate	- 75	Cucumber	- 446, 504
Clove	287, 489, 496	Curacoa	- 500
Clover	- 93, 103	Curds	- 352, 393
Cobweb of Spider	- 32, 403	Currant Jelly, Black	- 535
Cochineal	- 558	„ Red	- 289
Cocoa	- 257, 490	DAHI	- 294
Cock Ale	- 54, 228	Dahl's Biscuits	- 303, 458
„ Broth	54, 200, 491	Daisy	- 83
Cock-a-leekie Soup	229, 560	Damson Cheese	- 460
Cockle	- 200, 496	Dandelion	57, 135, 227
Cocoa	- 169	Date	51, 146, 204, 333, 494
Cod	81, 243, 528	Decomposition	- 351
„ liver	- 183	Deer	- 28
„ roe	- 81	Dickens, Charles	512, 513
„ sounds	- 81	Diet, Beneke	- 91
Coffee	42, 169, 340, 374, 390, 404, 437, 542, 545	„ Dry	- 400, 402
Colewort	- 349	„ for Consumptives	- 205
Colours	95, 271, 272	„ for Hysteria	- 438
Coltsfoot	- 177	Dinner	- 359
Comfrey	- 67	Dishel	- 205
Compress	- 178, 432	Dock seeds	- 506
Cooks	- 10	Dog	- 278, 504
Cooking, times of	- 24	Douche bath	- 459, 478
		Drinking at meals	- 360

	PAGE		PAGE
Duck - - -	432, 459	Feet, medicines to -	518
Duke Humphrey -	- 362	,, sweating -	- 363
Dulse - - -	- 364	Fennel - - -	70, 86, 398
Dumb-bells, use of -	- 170	Fermentation 297, 300, 305,	509, 514
EAR DRUM - - -	- 314	Figs 68, 76, 102, 121, 146, 176,	252, 489, 495
Ear gland substance -	- 366	Figurative Foods -	- 7
Early rising - - -	27, 511	Filbert - - -	- 562
Earth salts - - -	472, 478	Finger pressure -	- 67
Eating alone - - -	- 300	,, Ring, medical -	- 377
Eau Sucrée - - -	- 512	Finhorn Haddock -	- 493
Eel - - -	279, 280, 521	Fir tops - - -	- 518
,, skin - - -	- 209	Fish 77, 97, 243, 244, 418, 475,	491, 528
Egg 37, 58, 69, 88, 173, 334,	335, 355-358, 511, 527	,, cream - - -	- 491
,, albumen 287, 288, 356, 408		,, oils - - -	184, 166
,, cordial 334, 357, 392		,, soup - - -	- 79
,, flip 76, 313, 396, 408, 412		,, substitute for -	- 493
,, nog - - -	313, 392	Flannel - - -	461, 512
,, shell - - -	103, 563	Flatulence 296, 309, 311, 399	
,, Saturday - - -	- 357	Flavourings - - -	- 367
Elderberry Wine - -	- 122	Fleece Broth, apply -	- 426
Elderflowers - - -	- 452	Fleetings - - -	- 355
Elecampane - - -	- 45	Flesh-brush - - -	27, 508
Electricity 50, 229, 286, 320,	438, 553	Flower Salad - - -	407, 487
Elk - - -	- 318	Flummery - - -	154, 254
Enamelled cloth - -	- 433	Fomentation - - -	- 452
Endive - - -	- 58	Foods 7, 264, 269, 354, 415,	417, 462
English Mercury - -	- 151	,, Frozen - - -	- 430
"Enterprise," the - -	- 464	,, Acid and Alkaline	475, 477
Epsom Salts - - -	- 556	,, for sleep - - -	510, 520
Eucalyptus - - -	- 115	Foolish Animals - -	- 271
Evacuation of bowels	172, 173, 181	Forme of Cury - - -	- 2
Evaporating lotion -	- 526	Fowl - - -	50, 228, 371, 466
Evil Eye - - -	- 326	,, blood - - -	- 437
Exercise 170, 179, 328, 333, 542		,, brains - - -	54, 82, 438
Extractives - - -	- 346	Fox - - -	268, 278
Eye-lash, pull out -	- 325	Friction of bowels 179, 296	
FARINACEOUS FOOD -	- 473	,, of skin - - -	- 508
Fasting - - -	175, 347	Frog 125, 126, 151, 203	
Fats, 46, 134, 184, 277, 280, 300,	330, 381, 439, 449, 484	,, spawn - - -	203, 509
,, rub in - - -	49, 50	Fruit 264, 265, 293, 372, 383,	468
Fatigue - - -	179, 180	,, juices - - -	- 462
Feeding, forced - -	190, 191	,, soups - - -	- 337

	PAGE		PAGE
Fruit sugar	277, 281	Gulliver	409
Frumity	156	Gunpowder	129
GALL OF FISH	326	Gymnastics	179
„ Lambs'	316	HADDOCK	77, 243, 493
„ Ox	58, 166, 526, 538	Halibut	77
Game	35, 180	Hammock in Gout	385
Garlic	43, 87, 187, 570	Hare	6, 45, 128, 421, 433, 504, 552
Garraway's Coffee House	443	Haricot Bean	253
Gelatin	226, 238	Hartshorn Jelly	236
Gentian	385	Heartburn	303, 308
Ghee-butter	302	Hedgehog	348, 564, 565
Giblet	232, 502	Hedge Sparrow	491
Giddy-bread	195	Hemlock	495
Gin	436, 507	Herbals, the great	436
Ginger	126, 160, 162, 163, 383-385, 512, 515	Herbivorous animals	96, 472
Gingerbread	122, 126, 161	Herbs, Aromatic	335, 398, 436, 489, 518, 548
Gizzard of fowl	6, 502	Herring	19, 31, 39, 321, 492, 493
Glaze of teas	444	Hips of Roses	515, 563
Globe Artichoke	496	Hipi	222
Glycerin	70, 166, 187, 544	Hock	381
„ suppository	166	Hog	96
Glycogen	262	Honey	76, 104, 163, 285, 323, 349, 404, 506, 535, 540
Goat	184, 189, 225, 317	„ Beer	25, 404
„ Milk	261, 355	„ Cake	164
„ Worm from head of	317	Hop	41, 123, 314, 502, 518, 527
Gold	366	„ pillow	518
„ Ring, wear and use	323, 377	Horse	503, 504
Good Friday bun	292	„ hoof	103
Good King Henry	151	„ tongue	49
Goose	52, 232, 233, 458	Horse radish	105, 389, 450, 534
„ grease	90, 107, 458, 471, 526	Hum	403, 506
Gooseberry	66, 282, 424	Humphrey, Duke, dine	362
Goosefoot, Stinking	493	ICE	43, 88
Gossip's Cup	514	„ bag, Spinal	501
Grape	139, 167, 292, 404	Iceland Moss	194
„ Cure	53, 197	Imperial drink	427
„ Sugar	338	Incense	447
Grass (at stool)	458	Indian Corn	241
Grayling	78	Injections	174, 207, 458, 566
Grazing	106		
Groat Ale	155		
Gruel	117, 155, 290, 312, 335, 565		
„ Potato	485		

	PAGE		PAGE
Injection of Food	100, 313,	Lead (colic)	- 128
Inspirations, forced	- 453	„ constipation	- 175
“Invicta” pick-me-up	- 394	„ paint with white	- 438
Ipecacuanha lozenges	- 114	Leather socks	- 104
Ipocrasse	- 361, 499	Leek	- 67, 106, 229, 560
Irish Moss	- 194	Lemon	30, 37, 55, 57, 65, 101, 118, 122, 128, 143, 297, 299, 342, 343, 409, 434, 450, 461 (rheumatism), 556
Isinglass	- 108	Lentil	- 192, 255, 449
„ jelly	- 237, 291	Leprosy, kinds of	- 507
Ivory jelly	- 237	Lettuce	39, 59, 282, 308, 454, 497, 515, 567
Ivy	- 208	Liebig's Extract of Meat	210, 393
JAMS	- 136	Lime	- 124, 136, 169, 375
Jellies	- 56, 235	„ Water	- 474
„ milk	- 342, 548	Lime juice, fresh	- 487
„ noyau	- 499	Linen	- 467
Jessamine	- 450	„ Blue	- 103
Jews	- 26	Ling	- 185, 186
Juniper	- 322, 436	Linseed	117, 119, 160, 429
Junket	- 339	„ poultice	- 522
KEAN, EDMUND	- 221	Lippie	- 470
Kibe	- 105	Liqueurs	- 306
Kid	- 225	Liquorice	121, 152, 514
Kidney, Animal	429, 430, 553, 554	Liver, Animal	60, 95, 192, 283, 433
Kirscher Wasser	- 498	Lobster	- 250
Kneading of bowels	- 170	Locust	- 535
Knee-cap bone	- 209	Lodestone	- 451
Koumiss	- 192, 503, 527	Long lived Animals	- 348
LABOURERS, FAT FOR	- 331	Lovage	- 468
Lactic acid	- 473, 512	Lozenges for Heartburn or Gout	- 303, 373
Lactose	- 168, 404	Lung, Animal	- 192, 282
Lactucarium	- 454, 516	MACARONI	- 242, 352
Lævulose	- 277, 281	Macaroon	- 496, 497
Lait de poule	- 356	Macdonald touch	- 195
Lamb	- 47, 87	Mace	- 45, 389
„ brains	- 419	Mackerel	- 245
„ gall	- 316	Madstone	- 237
Lamprey	- 278	Magnesia	- 521, 556
Larch Resin	- 386	Magnet	- 451
Lard	- 75, 76	Maize	- 192, 261
Lark	- 318, 536	Malaga Wine	- 207
Laurel	- 104	Malt extract	- 243, 311
„ Mountain	- 450		
Lavender Oil, water and tincture	420, 425, 457, 507		
Laver	- 488		

	PAGE		PAGE
Malt liquor	396, 547	Monkey Nuts	- 197
Mango Pickle	- 295	Moon, animals in	224, 322
Manna	- 227	" influence of	- 451
Mar	- 294	Moss, Iceland	- 194
Maraschino	- 306, 498	" Irish	- 194
Mare's Milk	- 192, 503	Mouse	- 559
Marigold	- 396	Mud poultice	- 569
Marmalade	- 136, 142	Muggety pie	- 245
Marrow	69, 235, 525	Mulberry	38, 342, 376, 536, 539
" Bone Club	- 71	Mullein	- 189
Marvel	- 488	Muscle juice	29, 346
Marzipan	- 496, 497	Mushrooms	- 388, 504
Mastication	- 171	" Catsup	221, 388, 389
Mastich resin	- 386	Music	- 520, 529
Meals, hours of	- 171, 359	Musk	- 108
Meats	3, 192, 298, 344, 349, 551	Must of Wine	- 268
" extracts	- 345	Mustard	113, 273, 424
" powdered	- 210	" Seed	- 133
" raw	69, 189, 190, 209, 289, 473, 475, 507	Mutchkin	- 470
Medlar	- 460, 562, 563	Mutton	47, 49, 72, 221, 223
Melilot	- 68, 322	" broth	- 221, 223
Menthol	- 450, 525	" " Mock	- 19
Mercury	- 326, 538	" pie	- 48
Mesmerism	- 513	Myosin of muscle	29, 345
Microbes	293, 322, 354, 365, 404, 408, 466, 483, 484, 529, 544	NAPKIN, INFANT'S WET	- 540
Migraine	- 391	Napoleon	- 101, 296
Milks	56, 97, 101, 107, 175, 184, 188, 224, 240, 260, 283, 339, 368, 548	Nasturtium	- 407, 487
" butter	169, 302, 355	National diets	- 269, 545
" skimmed	276, 314, 328, 428, 473	Neats Foot Oil	- 185
" sour	- 355, 404	Netting (urine)	- 505
" sugar of	- 283, 529	Nettle	151, 506, 517
" unboiled	474, 486, 568	Nitre drink	- 409
Milton, John	- 517	" paper	- 42
Mincemeat	24, 400, 464	Nitrogen	210, 351, 368
Mincer	- 464	Noyau	272, 498-500
Mineral Waters and Salts	428, 541	" pink	- 499
Mints	- 398, 570	Nut	- 197, 562
Miserere	- 37	" Brazil	- 146
Mistletoe	- 108, 318	Nutmeg	34, 82, 512, 517, 564
Mole, Surgical	- 508	OAK	- 252, 253
" Animal	- 569	" Apple	- 138
		Oat	- 153, 155, 254, 434
		" meal	- 133
		" rolled	- 440
		" tincture	439, 440, 494, 517
		Odours	265, 266, 346, 378, 446

	PAGE		PAGE
Odours, feeding on	- 361	Pea Wood	- 550
Oils	- 104, 165	Peach	- 65, 281, 338
,, colours, egg yolk for	357, 358	Pea-nut	- 197
,, salad	61, 125, 164, 166, 567	Pear	- 136, 141
Olive	- 165, 517	Pease-broth	- 157, 509
Omelette	- 20, 357	,, pudding	- 344
Onion	89, 106, 110, 229, 255, 314, 324, 484, 518, 526, 549	Pectoral broth	- 123
,, Spanish	133, 151, 518	Pemmican	- 280
Open Air Treatment		Pennyroyal	- 434
	182, 183, 192	Peppers	325, 460, 495, 533
Opium	- 454, 516, 530	Peppergrass	- 483
Orange	41, 65, 84, 118, 142, 300, 407, 413	Peppermint	35, 115, 126, 180, 204, 450, 525
,, juice	474, 485, 487	,, plaster	- 450
,, leaves	- 316	Perfumes	- 446
,, peel	41, 85, 129, 206, 309, 500	Peristaltic persuaders	- 147
,, Flower water	- 511	Perspiration, tea to cool	- 445
Orgeat	- 497	Pheasant	- 317
Oxalates in urine	- 546	Phosphates	46, 135, 154, 192, 228, 274, 440, 466, 473
Ox brain	- 80	Phosphorus in fish	- 77
,, gall	103, 166, 526, 538	,, in egg	- 356
,, kidney	- 429	Photopathy	- 471
,, marrow	- 200	Pick-me-up, "Invicta"	- 394
,, tail soup	- 211	Pie	- 24, 295
Oyster	81, 119, 200, 249, 426, 495, 528, 571	Pig	- 49, 96
,, Prairie	- 82, 250	Pigeon	45, 317, 491
,, Shell	- 103, 495	,, blood	- 569
PAIN KILLER	- 127	Pike	- 81
Paint, White Lead	- 438	Pilchard	- 246, 248
Palsy drops	- 457	Pill	40, 59, 62, 130, 182
Panada	19, 20, 239, 262	Pine Apple	- 311
Paper, White	- 291	,, Rum	- 394
Parkin Gingerbread	126, 162	Pistoja powders	- 385
Parrot	- 233	Plaice	- 495
Parsley	103, 323, 434, 435, 553	Plasmon	- 549
Parsnip	- 152, 256, 494	Plaster	- 76
Partridge	6, 45, 491, 555	Plum	- 133, 145
Passover Food	- 224	,, porridge	- 22, 268
Paste, pungent, for paraly-		,, pudding	- 22
sis	- 456	Pomander	- 143
Pasteurised milk	- 486	Pomegranate	- 67
Paté de foie gras	- 51, 277	Poor Man's Plaster	- 433
Pea	- 157, 255, 517	Pope, the	- 26
		Poplar twigs	- 425
		Poppy flower	- 82
		,, head	- 452
		,, seed	- 497

	PAGE		PAGE
Pork	191, 195, 225-227, 371, 549	Rigor mortis	- 345
Porridge	135, 153, 155, 255, 435	Ring, Golden	- 323, 377
„ Onion	- 110	Rising, Early	- 27, 511
Porter	- 285, 500	Robs	- 535
Port Wine	194, 253, 287	Robin Redbreast	- 233
Posset, Treacle	- 109	Roe of Fish	77, 194, 247, 278
Potash salts	485, 508, 543	Rose	- 484
Potato	89, 104, 208, 266, 269, 351, 469, 485, 542, 543	Rose, Conserve of Hips	515, 563, 564
„ omens	- 469	Rosemary	41, 45, 103, 447, 515
Poultice	- 75, 87, 460	Rue	- 39, 323, 325
Poultry	- 228	Rum	- 198
Prairie Oyster	- 250	„ and Milk	- 198
Pressis	- 37	„ Punch	- 394
Prostatic Animal Sub- stance	- 552	Rump Steak	190, 213, 329, 486
Prune	133, 144, 176, 534	Rushlight	- 123
Ptomaines	35, 73, 74, 130, 179, 370, 550	SACCHARIN	- 282
Pumice-stone	- 427	Saffron	65, 204, 311, 423, 434, 504, 561
Punch	- 394	Sage	25, 85, 446, 515, 525, 528, 535
Puppies, Rickets in	- 472	Sago	- 18
Putrefaction	351, 370, 400, 424	Sailors free from gravel	- 542
QUAIL	- 317	Salad	133-135, 567
Quarantine	- 33	Salernitan School	66, 67, 136, 141, 296, 320, 360, 501, 510
Quilp, Daniel	- 358	Salines	- 171, 319, 541
Quince	- 397, 502	Salisbury treatment	329, 369, 370, 466
„ marmalade	- 397	Saliva, Fasting	208, 303, 323, 478-482, 570
„ seeds	- 88	“ Sally ”	- 486
Quinic Acid of Fruits,	379, 383	Salmon	- 247
RABBIT	45, 422, 505	Saloop	- 258
„ oil	- 324	Salt	32, 73, 104, 114, 119, 172, 319-321, 323, 364, 380, 391, 424, 450, 495, 544, 568
Radish	39, 196, 207, 534, 558	Saltpetre	- 526
Rain of Ascension Day	- 326	Samphire	- 300
Raisin�	140, 141, 268	Sandwich	- 70
Raspberry	- 342	Sardine	- 277
„ Vinegar	- 342	Sassafras	- 259
Ratafia	- 497, 498	Sauces	- 371, 395
Raw Meat	87, 189, 485	Sausage	- 300
Rest	83, 328, 520	Saveloy	- 420
„ of mind	- 391, 520	Savory	- 309
Rhubarb, Garden	147, 375, 522, 546	Sciatica Cress	- 483
Rice	53, 67, 243, 290, 291, 295, 323		
„ milk	- 266		

	PAGE		PAGE
Sea Cabbage	- 324	Spearmint -	- 398
„ Kale	- 324, 469	Spices	99, 126, 133
„ Water	360, 501, 556	Spider and Web	32, 403, 519, 571
„ Weed	- 364, 488	Spinach	149, 371, 509, 546
Seltzer Water	- 434	Spirit of Wine	- 522, 526
Semolina	- 242	Spittle, <i>see</i> Saliva	- 482
Serum of Milk	- 467	Spoon, hot	- 484
Seton threads	- 438	Spruce beer and essence	- 467
Shamrock	- 93	Stamp, Postage, licking	- 540
Shea Butter	- 302, 571	Staphylococcus	- 7
Sheep	27, 48, 72, 558	Starch	- 303, 473
„ gall	- 326	Starvation	- 415
„ head	- 72, 558	Sterilized Milk	- 486
„ trotters	- 223	Stinks	- 44, 363
Shell Fish	- 471	Stirabout	- 262, 440
Sherry	- 306, 382	Stomachbread (empty and wakeful)	- 283
Shrimp	- 39, 40	Stone as Food	- 46, 212
Signatures	- 351	Stone, Mrs. Stephens' Receipt for	- 546
Singing in ears	- 314	Stout, Brown	- 220, 511
Skate	- 200	Strawberry	24, 66, 378, 379
Skillet	- 395	Studious, digestion of	- 258
Sleeping Draught, harmless	- 418	Stumps of decayed teeth	466-529
Sloe	- 68	Sturgeon	- 246
Smell	- 347	Suet	47, 184, 266, 484, 485, 537
„ of Food	- 361	Sugar	17, 33, 35, 167, 195, 262, 275, 285, 324, 559, 569
Smikey	- 110	„ inject	- 566
Snail	- 185, 194, 202, 231	„ candy	- 121, 534
Snake's Head	- 571	„ cane	- 264, 566
Snipe	- 45	„ grape	- 383
Soap	- 328	„ of milk	168, 404, 529
„ Black	- 426	„ in wine	- 17, 263
„ Castile	- 62	Sulphur	44, 386, 414, 425, 459, 468, 484
„ Soft, for rubbing in	364, 525	„ Gargle	- 532
Soda	297, 509, 538	Sunlight	56, 103, 362, 426
„ Water	- 496, 527	Supper	42, 359, 415, 509, 510, 512
Soldiers' Food	- 212	Supra-renal Gland Sub-stance	- 430
Sole	- 246	Surprise Pie	- 295
Songster-birds	- 520	Swan	- 232, 503
Soot	- 540	Swede	- 33, 122
Sorrel	- 294, 331, 375, 546		
„ Milk	- 196		
Soups	119, 209, 212, 346, 360		
Soup bree	- 191		
Spanish Onion	- 133, 151		
Sparrow	- 326, 490		
Spawn of Frog	- 203		

	PAGE		PAGE
Sweetbread	6, 46, 77, 218, 365, 477	Treacle and Brimstone	- 110
Syrup	- 545	Trimethylamin	- 493
TALLOW	- 107, 123	Tripe	203, 218, 220, 467,
Tamarind	66, 144, 338	Trophonius, Cave of	- 487
" drink	- 338	Trotters, Sheeps'	- 223
Tannin	- 169, 253	Trotty Veck	- 220
Tansy	455, 560, 561	Truffle	- 68
" Pudding	- 455	Tubercle	182, 191, 486
Tapioca	- 243	Turbot	- 246
Tar	- 386	Turkey	- 201, 231
" Water	- 87, 468	Turnip	104, 105, 207, 217, 270, 351
Tarragon	- 395, 494	" tops	- 33
Tea	36, 124, 169, 282, 324, 333, 368, 391, 404, 440-445, 511, 542, 543, 546	Turpentine	104, 126, 128, 363, 426, 471
" caudle	- 395	Turtle	201, 202, 248, 249
" green	401, 443, 547	" soup	- 201, 248
" spoonful	- 543	UNIVERSAL SAUCE	- 395
Tears	- 73	Uric acid and urates	- 466
Teeth, False	- 531	Urine	- 32, 76, 418
Tellurium	- 44	VALERIAN	- 135
Tench	- 425	Vanilla	- 501
Thorn	7, 570	Veal	- 215
Throat, blessing the	- 532	" cold	- 217
" Gland of Calf, or		" tea	- 218
Sheep	- 365	Vegetables	75, 98, 256, 277, 281, 315, 344, 348, 369, 383
Thrush	- 318, 422	" Uncooked	98, 133, 300
Thyme	423, 434, 560	Vegetarian	34, 91, 94, 224, 359
Thymol	- 115	Venison	- 28, 200
Thyroid Gland of Sheep	- 365	" Suet, apply	- 470
Times of cooking	- 24	Verjuice	- 341, 557
Toast	- 297, 395	Vermicelli	- 242
" Water	- 336	Vine sap	- 53, 398
Tobacco	176, 178, 392, 404, 506, 517	Vinegar	88, 103, 297, 448, 501, 524, 556
Tobit, Story of	- 186	Violet	- 407, 487
Toffee	- 53	" tea	- 390
Tomato	62, 103, 149, 375, 539, 546	" vinegar	- 390
Tongue, to pull forward		Viper	- 506
(hiccough)	- 405	" broth	- 306
Tongue, Ox	- 49	Vomiting after a surfeit	- 304
Tortoise	- 248	WALNUT	40, 102, 148, 489, 509
" blood	- 248	" Leaves	521, 555, 568
" grease	- 248	" Spirit of	- 500
Treacle	109, 134, 167		

	PAGE		PAGE
Walnut, Unripe -	148, 568	Whelp -	- 377
Warmth in age -	24, 519	Whey 87, 120, 168, 337, 340,	393, 427
Wasp's Sting -	- 285	Whisky -	- 368
Water 168, 170, 308, 382, 496		Whitening-	- 88
,, Distilled -	- 94	Whiting -	- 78, 85, 244
,, Douche -	459, 478	Wind Instruments -	429
,, Hot 298, 404, 463, 509		Wines 35, 381, 382, 393, 416,	526
,, Mineral -	- 428	Woodcock -	- 45
Watercloset -	- 174	Worm -	- 40
Watercress 205, 487, 488,	506, 567	Wormwood -	321, 399
Wellington, Duke of -	555	Wort -	343, 424
Whale -	- 78	YEAST -	168, 313, 343
Wheat -	156, 170, 473	,, poultice -	- 75
,, against gout -	- 375	York, Duke of, sauce -	395
,, phosphates -	- 474		
Whelk -	- 564		

KITCHEN PHYSIC:

*AT HAND FOR THE DOCTOR,
AND HELPFUL FOR HOMELY CURES.*

INTRODUCTION.

FROM patriarchal days down to the present time *Kitchen Physic* has been always held in high esteem. It has at length become the doctor's mainstay, and the invalid's prime resource. Its storehouse of remedies abounds with supplies, and its capabilities are practically unlimited. When Esau, the hairy, came faint and weak from the field, he was content to sell his birthright for "bread," and a comforting "pottage of lentiles." When Isaac was old, and his eyes were dim, and he knew not the day of his death, he did eat of Jacob's restorative meats, and drank wine for reviving his soul.

In ancient Greece—say the Fairfax Inventories—the arts of medicine and cookery were associated together, and were studied by physicians of the greatest eminence, these mysteries having originally found their way to Athens from Oriental countries. Hippocrates, the father of Medicine, who died 357 B.C., taught that disease might be treated by physic, by surgery, and chiefly by diet. "Medicine," says a leading modern professor, "has had a fair trial, and has been in late years almost supplanted

by surgery: but there are not wanting signs that the time is fast approaching when diet will be studied as it should be, and then even the surgeon will have comparatively little to do. Hitherto it has been a rare occurrence for a physician to call attention to the question of diet, and still rarer for a surgeon to do so; but now both physician and surgeon do not hesitate to enter the ranks of dietetic reformers."

Physicians have long insisted that gout, for instance, is the direct result of improper feeding; and if their warning were listened to, that fell disease would become banished from our midst. Some physicians have ventured to assert that overfeeding is also the predisposing cause of all our epidemic diseases, lowering the vitality, and making us an easy prey to the various germs which give rise to such diseases. Hippocrates has left an excellent treatise on this subject, of wide scope, and paramount importance. He may well be taken as a guide in the science and art of Kitchen Physic.

Diodorus Siculus, of Sicily, 44 B.C., told that the first kings of Egypt had their whole diet regulated by the doctors. Far later on, in the fourteenth century, the *Forme of Cury* was compiled by the chief master cokes of King Richard the Second, that best, and royalest viander of all Christian kings! One of its leading chapters—"Explicit de Coquinâ, quæ est optima medicina," that is, treats about cooking, which is the best method of medicine. This *Forme of Cury* was, in the twenty-eighth year of Queen Elizabeth's reign, presented to her Majesty by Lord Edward Stafford, setting forth chiefly the fellowship between the arts of cooking and healing. It taught the apprentices how to concoct broths, brewets, and chewets, giving rules also for cooking beans-and-bacon, pea-soup, milk-pottage, beef hotchpotch, and gourd pie.

That ever famous doctor, Thomas Muffett, likewise during Elizabeth's reign, declared that "all meats hot further than the second degree are reckoned by physitians to be rather medicines than meats, as also scallops, mint, taragon, onions, leeks, alisanders, walnuts, cinnamon, ginger, cloves, pepper, scallion, garlick, and ramsins." "We must not imagine," said he, "that God idly permitted fish and flesh to be eaten of mankind, but that either He did it for causes known to Himself, or for special favours shewed to us for our good."

At London (1658), another "famous physitian, Loevinus Lemnius, wrote *The Secret Miracles of Nature*, fit for the use of those that practise physick, and all others that desire to search into the hidden secrets of nature for the increase of knowledg." Therein he has taught that "in this our island there was of old no use of physick amongst us, and but little at this day (seventeenth century); the country people use kitchen physick; and common experience tells us that they who make least use of apothecaries' physick live freest from all manner of infirmities." "Qui medice vivit, misere vivit," "Who lives by physic leads a wretched life" was a maxim to which he thoroughly subscribed. In Cordy Jeaffreson's *Book about Doctors* (1860), it is insisted "If our old surgeons were barbers, our ancient physicians were cooks: nor need the present College of Physicians blush to acknowledge that mediæval doctors of the highest professional quality and status concerned themselves with the principles and details of an art which, if not an actual department of scientific medicine, is so needful for health, and so nearly related to medical science, that no sagacious physician can affect to disdain, or afford to neglect it."

But notwithstanding all these facts, only within quite

recent years has it come about that the immediate relations which certainly exist between the meats we eat, and the measure of health we derive from them, have become authoritatively expounded: whence it now happens that the notions of this nature which were held by medical writers of the middle ages, and which have been hitherto regarded as extravagant, or absurd, are at length found worthy of belief, and of modern enlightened adoption. Thus too it curiously occurs that our leading manufacturing druggists vie to-day with one another in producing for remedial purposes concentrated extracts from the various organs of those healthy animals which are brought (many of them) to our tables as food, these extracts being chosen for curing constitutional ailments due to failure of the corresponding organs in the sick persons. Noticeable amongst the same are recent animal extracts of bone-marrow, brain, ox-heart, kidney, liver, sweetbread, stomach bread, etc. But in the readily understood and more familiar system of Kitchen Physic which we proceed to describe, the meats themselves are curatively served, being far more palatable, and appetising, whilst they preferably contain all the potential virtues for cure, at first hand. Though indeed, as long ago as in 1820, Dr. A. Hunter, author of *Culina famulatrix Medicinæ* ("Cookery the handmaid to Physic"), showed even then a sagacious acquaintance with these same curative virtues of kitchen physic. He advocated for consumptive persons, to give them calves-lights (or lungs) simply boiled in milk and water; and these, after being minced, to be stewed in broth, with a little butter and salt. "When so dressed" (whilst containing, it need not be said, a plentiful supply of lung particles) he is confident they would soon "wrest the palm from the hands of some men who have amassed

considerable fortunes from the credulity of mankind.” “Here,” says Dr. Hunter (remarkably enough as things have since turned out) “it will be necessary to remind medical men that a microscopical examination of the chyle of divers persons made after sudden death has proved to demonstration that the chyle of the human body contains different shaped particles—round, oval, long, square, angular, kidney-shaped, heart-shaped, etc.—varying according to the food taken in. By reason of which important discovery the practitioner has only to direct such food as may contain the particles that ‘Archæus’ may stand in need of. For example, are the kidneys diseased? then let him prescribe stews and broths made of ox-deer and sheep’s kidneys: asthmas require dishes prepared from the lungs of sheep, deer, calves, hart, and lambs. Are the intestines diseased? then he should order tripe—boiled, fried, or fricasseed. When this practice has become general we shall be able to remove every disease incident to the human body by the assistance of the cook only; and, as all persons, from the palace to the cottage, will receive the benefit of my discovery, I shall expect a parliamentary reward at least equal to that which was given to Mrs. Stevens, Dr. Jenner, and Dr. Smyth.” “Archæus” was imagined by the ancients to exercise an uncontrolled dominion over the stomach. This was the name given by Van Helmont (1600) to a spirit which he supposed to exist within the body for the purpose of regulating and keeping in order its innumerable glands, ducts, and vessels. Paracelsus (1532) exalts the Archæus in a similar manner, and believed its seat to be in the stomach, the same as a sentient soul. “Van Helmont declared that by virtue of the Archæus man is linked to genii, and spirits.” It was after such a manner of healing

that venison was reckoned of old a melancholy meat, if eaten to excess, and yet as helping to relieve piles (which are so commonly associated with bilious melancholy) if taken in moderation. Thus similarly the hare was thought to breed mental gloom after a surfeit on its flesh, whilst only an occasional dish thereof was reputed to make the eater joyous and fair-skinned for seven days afterwards: which notion Martial affirms in his well-known epigram to Gellia (who was neither young, nor good looking).

“Si quando leporem mittis mihi, Gellia, dicis
Formosus septem, Marce, diebus eris.
Si non derides, si verum, lux mea, narras,
Edisti nunquam, Gelia, tu leporem!”

“If you send me, my Gellia, the gift of a hare,
My face, you may say for a week will be fair;
But if you tell truth, then, dear light of my eyes!
You never a hare can have eaten likewise.”

And concerning this same notion Pliny also wrote: “*Somnos fieri sumpto in cibis lepore, Cato arbitratur: vulgus at gratias corpori in novem dies fieri arbitratur, frivolo quidem joco, cui tamen aliqua debeat subesse causa in tanta persuasione.*” “Cato thinks that after eating hare sleep is induced: but the common people suppose that after such food the body is made lively and gay for nine days: this may be only an idle rumour, but still, for so widespread a belief there must be some foundation.”

Again, partridge-broth was reckoned helpful against disease of the sexual organs, whilst the gizzard of the fowl availed against sickness, and the true sweetbread from the calf's throat promoted defective growth—by virtue of its earthy salts, as we now understand.

It was by a corresponding method of philosophic observation that Aristotle taught respecting tragedy; it has the power, by raising pity, fear or terror, to purge

as an antidote the mind of these and such-like passions. Thus, again, Milton, in his *Preface to Samson Agonistes*, proceeds in a similar strain—"Nor is Nature wanting in her own efforts to make good this assertion: for, so in physic things of melancholic hue and quality are used against melancholy; sour against sour; salt to remove salt humours." About the Thorn, says Culpeper (1652), "if cloaths and sponges be wet in the distilled water of the flowers—hawthorn—and applied to the place wherein thorns, splinters, and the like do abide in the flesh, it will notably draw them forth: and thus you see the thorn gives a medicine for his own pricking—and so doth almost everything else."

On thoughtful consideration with respect to most foods, especially those of refined nutriment, it becomes clearly deduced that when such foods undergo digestion and are resolved into their elementary parts within the body, subtle forces are set free for good or ill which have been hitherto locked up in the said foods as previously determined by time, place and circumstances of production.

Moreover, symbolical attributes attach themselves, or are attached by mankind, to particular foods which stand associated with important national or historical events. Thus, among the Jews throughout the universe, even at the present day, an annual Passover feast is kept with strict adherence in every household to what is then provided for the table. Each of the peculiar food-stuffs which is served retains its own figurative signification. The fare includes part of a shank-bone of lamb, an egg roasted in its shell, Passover cakes, a quaint mixture of chopped apples, cinnamon, almonds and raisins, lettuce, horseradish and salt water. The shank-bone is emblematic of the whole roasted paschal

lamb, and the mince-meat mixture is a reminder of the mortar used for their building labours when the Israelites were slaves in Egypt. Also the bitterness of their toil is represented by the eating of bitter herbs. Furthermore, a wine prepared from the juice of raisins is drunk at specified intervals during the recitals of prayers concerning the woes which the Israelites had to undergo. Solomon in his wisdom recognized the adaptability of particular sustenance to personal individualities. His judicious, far-seeing prayer was "Feed me with food convenient for me" (Proverbs xxx. 8). Moreover, certain it is that with many persons of delicate susceptibilities, "the eye does half the eating."

Manifestly, therefore, we may affirm that an abundant and readily available stock of remedial agents against many of our ordinary bodily illnesses lies comprehended in the kitchen physic of modern English households. To set forth these in an orderly fashion of arrangement, whilst associating each in plain detail with the particular maladies it may serve to cure, is the earnest object of the present volume.

Properly enough, the doctor has hitherto claimed it as almost his exclusive province to enjoin under what precise circumstances and by what particular modes these domestic remedies may be best brought into culinary use. He has, by right of his calling, become able to adduce special knowledge about their chemical properties, and curative endowments. None the less, we venture to adopt (with certain reservations) the quaint utterance of T.K., Doctor in Physic, 1680, from *The Kitchin-Physician: or, A Guide to Good Housewives in maintaining their Families in Health*; as published for the common good of city and country: "Although this small attempt may receive opposition from some mean-

spirited physitians, whose interests may be minded by the publication of it, and who are mere impostors of physick, with pretended universal medicines, yet my design is (being bred up as a physitian) to leave this as a legacy to my country before my gray hairs go down to the grave, purely to make them their own physitians in cases not dubious nor requiring the utmost improvement of Nature. And, by the way, I would not have the readers think that I have the least ill opinion of the elaborate inventions and ingenious experiments of the learned in my thus bringing physick to the utmost ordinary distempers, which many times the diligent nurse and housewife, by her plain and common experience in herbs and plants, may cure, when they, by their sublimed and too high-strained application, leave the patient in a desperate condition." Proceeding on which principle we now contend that every intelligent master, mistress, and nurse may learn to act safely and capably in the domestic practice of kitchen physic on his or her independent dietetic knowledge and judgment. The schoolmaster has of late been so successfully and earnestly abroad in teaching the rudiments of this physic that a sound and wide-spread acquaintance with at least its outlines has been acquired by all fairly-educated persons. Our aim, therefore, is to systematize its working methods by a plain Manual, easily comprehended, and ready at hand for every exigency of illness, great or small.

In this our treatise we follow the example of Dr. Kitchener, that noted author of "*The Cook's Oracle*, based on experiments instituted in the kitchen of a physician who"—"*miscere utile dulci*"—"has combined the uses of cure with medicines of grateful savour, considering the art of cookery as an analeptic part of the art of physic."

Though, indeed, we can scarcely pursue this enthusiastic doctor in his further assertion that "the following recipes are not a mere marrowless collection of shreds and patches, of cuttings and pastings, but a *bonâ-fide* register of practical facts accumulated by a perseverance (not to be subdued or evaporated by the igniferous Terrors of a Roasting Fire in the Dog Days), the author having submitted to a labour no preceding bookmaker (on Kitchen Physic) perhaps ever attempted to encounter, *i.e.*, having eaten each receipt before he set it down in his book":—

"Nay, then, it were but wise to frame receipts,
Book treats!

Equally to instruct the Cook, and cram her:
Receipts to be devoured as well as read,
The culinary art in gingerbread,
The kitchen's *eaten* grammar!"

T. Hood.

"Physicians," wrote Dr. Mandeville, "should be good cooks, at least in theory. If medicine be ranked among those arts which dignify their professors, cookery may lay claim to even a superior distinction; its practice to *prevent* diseases is surely a more advantageous art to mankind than to *cure* them." The best books on Cookery have been written by physicians—Sir Kenelm Digby, Sir Theodore Mayerne, Professor Bradley, Dr. Hill, Dr. La Cointe, Dr. Hunter and others.

We learn that "the Romans once banished Physitians out of Rome under pretence that Physick druggs weakened the people's stomacks; also Cooks for corrupting and enforcing appetites with strange sauces and seasonings; and Perfumers and Anointers and Bathe-masters because they did rather mollifie and effeminate the Roman mindes than any whit profit or help their bodies. Yet they retained Cato, the chief dietist of that time,

and all of them that were able (without physick) to prevent or cure disease."

And yet much subtle truth lies embodied in the proverb "Too many cooks spoil the broth," or, as an old Latin maxim of equal significance puts it, "*Coquos numerosa: innumerabiles morbos non mirabis*": "Count your cooks, and no wonder your ailments are past counting."

It should be thoughtfully remembered, as Dr. King Chambers has wisely explained, that the intention of curative foods is simplicity itself, and quite different from that of elaborate cookery, or of medical drugs (not a dose of which shall we advise in this work); the two are not to be confounded. "Our purpose," says he, "with kitchen physic is to bring failing organs into a more active and healthy state again by supplying fresh elements of their substance, this being directly accomplished by giving nourishment which contains the said elements; and in a subsidiary way by adding such helpful incentives as spices, aromatic oils and essences, alcohol, etc., which shall stir a languishing body to make the best use of the elements thus supplied."

But in the matter of medicinal drugs (foreign to these pages) they exercise no principle for adding the materials of bodily life, but aim only in a short-sighted way at restoring the lost balance of existing vital processes, usually by reducing the excessive force of one so as to recover the level of another when upset by disease. Moreover, our contention is that (as Dr. Edward Smith, Medical Inspector of Dietaries to the Local Government Board, 1876, sagaciously pronounced) there are particular effects produced by certain foods apart from, or in addition to, those of a nutritive sort, insomuch that these foods specially influence the action

of the heart, the lungs, skin, brain, bowels, and other important organs.

On the other hand, it is not to be denied that the apothecary is perpetually employed in countermining the cook and the vintner so as to remedy their frequent mischief. Of Diogenes it is told that once meeting a young man in the street going to a feast he took him up and carried him home to his friends as one who was running into imminent danger had he not thus prevented him. "What," adds Cornaro, "would Diogenes have exclaimed had he been present at the gluttony of a modern meal? Would he not have thought the master of a family mad, and have begged his friends to tie down his hands, had he seen him devour fowl, fish and flesh, swallow oil and vinegar, wines and spices, throw down salads of twenty different herbs, sauces of a hundred ingredients, confections, and fruits of numberless sweets and flavours? What unnatural motions and counter-ferments must such a medley of intemperance produce in the body." "For my part," said he, "when I behold a fashionable table set out in all its magnificence, I fancy I see gouts and dropsies, fevers and lethargies, with other innumerable distempers lying in ambush among the dishes."

Again, an old adage conveys this sad volume of truth within the compass of a short sentence, "*Plures gulá quam gladio periere*": "More have fallen by gluttony at home than by the sword in battle." "Through surfeiting," said Solomon, the wisest of mankind, "many have perished, but he that taketh heed prolongeth his life."

"What is the pill," wrote Thoreau (Walden) "which will keep us well, serene, contented? Not my, or thy great grandfather's, but our great grandmother,

Nature's, universal vegetable botanic medicines—by which she has kept herself young always, has outlived so many old Parrs in her day, and fed her health with their decaying fatness. For my panacea, instead of any quack vial of a mixture dipped from Acheron and the Dead Sea, let me have a draught of undiluted morning air! Morning air! If men will not drink of this at the fountain-head of the day, why, then, we must even bottle up some and sell it in the shops for the benefit of those who have lost their subscription-ticket to morning-time in this world. But remember, it will not keep quite till noonday even in the coolest cellar, but drive out the stopples long ere that, and follow westward the steps of Aurora. I am no worshipper of Hygeia, who was the daughter of that old herb doctor Æsculapius, and who is represented on monuments holding a serpent in one hand, and in the other a cup, out of which the serpent sometimes drinks; but rather of Hebe, cup-bearer to Jupiter, who was the daughter of Juno and Wild Lettuce, and who had the power of restoring god and man to the vigour of youth. She was probably the only thoroughly sound-conditioned, healthy and robust young lady that ever walked the globe, and whenever she came it was Spring."

Finally, then, to sum up these preliminaries, we ask, in conclusion, the favourable verdict which was accorded to James Hart, Doctor in Physicke, 1633, when he sought a Licence from the London College for a book he had written on *The Diet of the Diseased*: "Having read some part of this Booke, and in a generall way looked over more, we thinke it learnedly contrived, and worthy the reading." For defects of style, manner and diction let us beg indulgence whilst pleading the apt excuses made by Dr. Horne, when Bishop of Norwich,

on behalf of a certain literary production of the scholarly, but big, ungainly Dr. Samuel Johnson: "To reject wisdom because the person of him who communicates it is uncouth, and his manners are inelegant; what is it but to throw away a Pine-apple, and assign for a reason the roughness of its coat?"

"Jam satis est: ne me Crispini serinia lippi
Compilasse putes, verbum non amplius addam."

"Now let us stop, lest you suspect we stole
From blind Crispinus this eternal scroll."

KITCHEN PHYSIC.

AGE, OLD.

OLD Age comes within the province of Kitchen Physic, to be soundly sustained and happily prolonged.

Quoth Christopher Bennet, Fellow of the College of Physicians in London, 1655: "My profession is to keep men alive, and, when gone, to recover and revive them." "Galen," said he, "that famous physitian, being three or four times sick before he was twenty-eight years old, looked more strictly afterwards to his diet, and in such sort that for a hundred years following he was never sick but once, and died only through want of radical moisture. Wherefore let us neither with the impudent call diet a frivolous knowledge, or a curious science, but embrace it as the leader to perfect health (which, as the wise man saith, is 'above gold, and a sound body before all riches'). Such a steward was Asclepiades, who cured by only Diet infinite diseases. Such a one also was Hippocrates, who lived till he was an hundred and nine years old without any memorable sickness, and yet he had by nature but a weak head, insomuch that he ever wore a nightcap."

"Warm baths, good food, soft sleep, and generous wine,
These are the rights of age, and should be thine"—

taught Ulysses to his venerable father, Laertes, after the Trojan war.

Sir Benjamin Richardson relates a conversation which he once had with an engineer in charge of a large

stationary engine. This man surprised the doctor by telling him that his engine had been working as true as steel for ninety years. And "do you know," he added, "during that time it has had eight masters, all of whom are either dead, or worn out; and yet it goes on as if it were as young as ever." "But this," said Dr. Richardson, "is no puzzle to me. The engine has worked a good many hours every day, I don't doubt, but always equably: it never ran loose: it was true in its vocation: it was bright as a new pin, clean in every point: it was served with the best, but simplest, fuel-food: it had its furnace-tubes clear: it was saved from friction by having its parts oiled: and it drank nothing but water. So it has lived on through nearly three generations—with a good chance of living through three more: it has been allowed, in fact, to make the most of its physical life. But its masters—alas! did not make the most of their lives. They might have been somewhat industrious, but they were not so orderly, so true, so steady, so clean as they kept the engine: they had not learned so well how to find the best food and drink for their own labour as they had found for the wants of the engine."

Those men live longest, as we well know, and enjoy the fullest measure of activity, who do not overtax their stomachs when their teeth begin to fail them, and who adapt their sustenance to their enfeebled powers of mastication by having their food suitably cooked for use. Stews, minces, meats first boiled and afterwards baked—that is, cooked twice—are more easily digested than fresh roasts, or meat of close fibre. The machinery of digestion waxes weak in old age, leading to loss of flesh and torpor of function, with costiveness and flatulence. Farinaceous nourishment, or its equivalent,

is then needed to keep the lamp of life burning. Dr. Moseley, in 1750, enjoined that "Aged people who have no teeth, and whose digestive faculties are impaired, and incapable as those of an infant, may live like infants—chiefly on sugar. "I could produce," said he, "numerous instances where aged persons have been sufficiently supported for many years by scarcely anything but sugar."

When the "great" Duke of Beaufort, as he was called, who died about 1650, at the age of seventy, was opened, his viscera were found as perfect as in a man of twenty, whilst his teeth were white and firm. He had for a score of years before his death used a pound of sugar daily in his wine, chocolate, and sweetmeats. Sugar is in itself a muscular food of great value. When it has become stored in the blood, as soon as any active muscular exercise is taken this sugar is rapidly used up, and helps greatly against fatigue. Similarly it serves as fuel to sustain the vital powers in old people. Sweet wines were prime favourites with the great Dr. Johnson, and when none of these were at table, he would drink port wine with some lumps of sugar in every glass.

Baptista Porta—an early writer, 1660—has said, "Sugar extracted from canes is not only incorruptible in itself, but preserves all other things from corruption. Sprinkled upon wounds it keeps them from mortifying. I have seen very large wounds cured only with sugar: therefore sugar should be constantly used by those who wish to prolong life, because it will not suffer the humours, nor the food in the body to putrefy." Nevertheless, although the use of natural sugar—as contained in well-ripened fruits—is always irreproachable, sometimes a too free indulgence in cane sugar,

admixed with solids, or liquids, will provoke flatulence, and upset the digestion.

“The roots of caraways,” wrote Culpeper (1652), “eaten as men eat parsnips, strengthen the stomachs of ancient people exceedingly: and they need not make a whole meal of them neither.” Ale and parken (which is a cake composed of oatmeal, caraways, and treacle), constitute a common morning repast in the North of England.

Sago when made into puddings, and baked, is, again, one of the best dishes that can be given to infirm old persons. For making a restorative sago-soup, such as never disagrees by fermenting in the stomach: Boil two ounces of sago in a pint of veal, mutton, or chicken broth, until clear; this should be served either hot or cold.

Portland sago, from the Isle of Portland, is made there from the roots of “lords and ladies” (*arum maculatum*) by roasting, or boiling them. The roots—otherwise noxious—are thus rendered usefully harmless. They are then dried and powdered; this sago being sometimes called English arrowroot. Genuine arrowroot when concocted into a jelly will remain firm for three or four days, whereas the adulterated sorts will become as thin as milk in the course of twelve hours. To prepare nourishing arrowroot for an aged invalid: Boil half an ounce of hartshorn shavings for a quarter of an hour, with a little lemon rind, in a pint of water; then strain, and pour the liquid upon two dessertspoonfuls of arrowroot which has been previously mixed with a little cold water. Stir briskly, and boil for a few minutes: next add a teaspoonful of brown sugar, and a glass of wine, if proper.

Likewise, as a capital panada for the aged: Cut

the crumb of a penny loaf into thin slices, and put these into a saucepan with as much chicken broth as will soak them. Let the panada boil: then add a little sugar, and grated lemon rind (with a glass of light wine, if approved). It should be served immediately.

Sir Henry Thompson advises that the elderly man who desires to preserve fair health, and to reach longevity, should gradually diminish his use of strong nitrogenous (animal) food, and should limit his supply of fats. It further happens not infrequently that milk, if freely taken, proves too strong, overtaking the biliary organs, and oppressing by its solid clots formed in the stomach. In Sir George Humphrey's Report on Centenarians, the large majority were small, or moderate eaters, especially as regards animal food: of thirty-eight persons three took none, four took very little, twenty took little, ten took a moderate amount, and only one took much. The typical man of eighty or ninety years—still retaining a respectable amount of energy in mind and body—is lean and spare, and lives on slender rations. Dr. Yeo pronounces that aged persons often require their foods to be accompanied with some kind of condiment, which may promote their digestion, and prevent flatulence. Caviare, he adds, and the roes of smoked and salted herrings are savouries of this nature.

With a view to meet the difficulty about animal food, a mock mutton broth can be made without meat in five minutes, suitable for passing wants, as follows: Boil a few sprigs of parsley with two teaspoonfuls of mushroom catsup in three quarters of a pint of very thin gruel, seasoned with a little salt. By this method it is told that an ingenious cook long deceived a large family who were very fond of weak mutton broth. Mushroom gravy, or catsup, approaches meat gravy in nature and

flavour more closely than any other vegetable juice, and is the best substitute for it in meagre soups, or extemporised sauces, that culinary chemistry has yet been found to offer.

Again, as an "Omelette to promote old age": Break any number of eggs, and put to them the juice of an orange, season with a little salt, and add a few spoonfuls of gravy. Beat all up together, and put the mixture into a pan in which a portion of butter has been melted: but take care that the omelette does not stick to the pan. This kind of omelette was the invention of a lady who had it regularly served up at her table three days in the week, and who died at the age of ninety-seven with a piece of it in her mouth. By reason of such longevity, as if proving the efficacy of fried eggs to lengthen life beyond three score years and ten, the price of eggs rose ninety per cent. in the small town of Wells, in North America, where the old lady was born, and died (1820).

Another excellent panada for old persons is to be made thus: Put a quarter of a pint of water and a wineglassful of sherry into a saucepan, with a lump of sugar, and the rind, cut very thin, of a quarter of a lemon, or, if preferred, a little mace; let these ingredients boil, then add three tablespoonfuls of finely grated bread crumbs. Boil quickly for five minutes and then serve.

The notable example of Lewis Cornaro (1525) is to be specially quoted as that of a man who, by a timely reduction of his diet when he approached old age, and began to lose his health, recovered his vigour, and preserved it in body and mind to the advanced span of a hundred years. Finding his natural heat gradually lessening as his life advanced, he diminished his diet by degrees so as to restrict himself to the yolk of an egg

for a meal: sometimes, a little before his death, it served him for two meals. By this means he preserved his mind from decay, and he never had need of spectacles: neither lost he his hearing: and, that which is no less true, he kept his voice so clear and harmonious that at the end of his life he sang with as much strength and delight as he did at the age of twenty-five. "Oh, how advantageous," wrote he, "it is to an old man to eat but little!—and the things which I take are as follows: First, bread; panada, with one egg, or such other kinds of soup, or spoonmeat; of flesh-meat I eat veal, kid, and mutton; likewise, poultry of every kind, partridges and other birds, such as thrushes; also I eat fish, for instance, the goldney, and the like amongst sea fish: and the pike and such like amongst fresh water fish. All these things are fit for an old man, and therefore he ought to be content with them; and whoever does not trespass in point of either quantity or quality cannot die but by mere dissolution. I am used to take in all twelve ounces of solid food—such as bread, meat, the yolk of eggs—and fourteen ounces of drink *per diem*, divided into my various meals."

When at ninety-one, in a letter to the Right Reverend Patriarch of Aquielia, Cornaro wrote thus: "Oh, my lord, how melodious my voice is grown! were you to hear me chant my prayers, and that to my lyre, after the example of David, I am certain it would give you great pleasure: my voice is so musical."

"Si collibuisset, ab ovo
Usque ad mala citaret: Iö Bacche: modo summâ
Voce, modo hac, resonat quæ chordis quatuor ima."

Horace Satir (libri iii, v, 6-8).

"In endless strain
Through the whole feast the jocund catch he plies;
From bass to treble o'er the gamut flies."

He died without pain, through fainting in his easy chair, whilst his mind was still clear and brisk: and thus he fetched his last breath.

Not long ago one of our leading medical journals commended Plum Pudding in winter for old persons—as abounding in sweet and fat sustenance for keeping the body warm. It was alleged that even those stomachs with which it had disagreed in middle life would tolerate this favourite confection in their advanced years, because of the nervous sensibilities which were at first morbidly acute becoming now patient and forbearing. In consequence of which highly acceptable affirmation the popularity of plum pudding at Christmas with grandfathers and grandmothers was straightway largely increased. It is, more correctly speaking, a raisin pudding, known in Devonshire and Dorsetshire as a “fig pudding”; also in Northamptonshire, when the fruit lies close together, as a “whispering pudding.” That benighted French family who put their plum pudding, after mixing the ingredients, into the pot for boiling without a cloth, and had it served up in a soup tureen, really enjoyed the English national dish in its most ancient and genuine form, as plum porridge. Hudibras bids folk:

“Not quarrel with mince-pies, and disparage
Their best, and dearest friend—plum porridge.”

Such porridge was formerly in England an indispensable dish at Christmas. It was made by boiling beef, or mutton for a broth, thickened with brown bread. When this was half boiled, raisins, prunes, currants, cloves, mace, and ginger were added; and when the mass had been thoroughly boiled, it was sent to table with the best meats: notably for the King's Chaplain, in 1801. Likewise, in the *Compleat Housewife*, 1736, it

is thus ordered for Plumb Porridge: "Take a leg and shin of beef to ten gallons of water; boil it very tender, and when the broth is strong, strain it out, wipe the pot, and put in the broth again. Slice six penny loaves thin, cutting off the tops and bottoms: put some of the liquor thereto: cover it up, and let it stand for a quarter of an hour, and then put it in your pot; let it boil for a quarter of an hour: then add five pounds of currants, and two pounds of prunes, letting them boil till they swell; then put in three quarters of an ounce of mace, half an ounce of cloves, two nutmegs, all of them beat fine; mix them with a little liquor cold, and put them in for a very little while: and take off the pot, and put in three pounds of sugar, a little salt, a quart of sack, and a quart of claret, the juice of two or three lemons. You may thicken with sugar instead of bread if you please. Pour them into earthen pans, and keep them for use."

Plum pudding does not appear in cookery books earlier than 1675, and then not as a Christmas dish. "On general grounds," says a modern medical writer, "we feel certain that—weight for weight—plum pudding is every bit as sustaining as beefsteak." An ancient rhyme tells quaintly:

"The Man in the Moon came down too soon
To ask his way to Norwich;
The Man in the South he burnt his mouth
Eating cold plum porridge."

In Carter's *Compleat Cook*, 1730, it is ordered for plum porridge—as the precursor of our plum pudding—to "first make a good stock of broth of beef and mutton (no veal): make it strong: season it with some whole pepper, cloves, mace, cinnamon, ginger, and a bunch of sweet herbs; boil it down well and strain for use. Then boil off some good prunes: pulp, and strain them

out into your broth: then grate some kitchen bread into it, and stove that and your prunes together; put in a bottle of claret: also, raisins picked, and currants washed, and stove them off while plumpt. Season it well with sugar. Some put in musk and sack, and amber prepared. Place round some slices of lemon, having first squeezed a lemon over it."

The durations of baking, or boiling, in old cookery books, as G. W. Thornbury tells, are frequently indicated by "The time in which you would repeat a Miserere slowly," or, "The time of an Ave Maria"; but this was not for the Puritans, who shunned mince pies, and shivered at plum porridge.

Of prime necessity for fostering old age is warmth. Nothing kills the aged so certainly as cold. It is of the first hygienic importance after seventy-five that the individual should be cherished, and cared for. Old people do not—perhaps cannot—take proper care of themselves.

Equally suitable with plum pudding for giving such bodily warmth to aged persons, and supplying them with sufficient fat—whilst just as likely to be digested—are Mince Pies (putting their pastry aside). They were originally called Mutton pies, and were popular as early as in 1596. At first, mutton, and afterwards, neat's tongue, was chopped up with the other ingredients now employed in making mince-meat. In old English cookery books the crust of pies is called the coffin. Selden remarks that "Mince-pies were baked in a coffin-shaped crust to represent the manger in which the infant Christ was laid at the time of His birth."

Fontenelle ascribed his longevity to Strawberries—in consequence of their having regularly cooled a fever which attacked him every spring, so that he used to

say: "If I can but reach the season of strawberries it will be well with me."

The virtues of Apples for renewing the powers of mind and body, as resorted to by the Scandinavian gods when they found themselves growing feeble and infirm: likewise of Cider for promoting longevity, as belauded in Hereford song, have been already set forth in *Herbal Simples*.

Old Martin Johnson, the Puritan Vicar of Dilwyn, Herefordshire, 1651-1698, bore the following impartial testimony to these facts: "This parish, wherein Syder is plentiful, hath, and doth afforde many people that have, and do enjoy this blessing of long life. Neither are the aged here bed-ridden, or decrepit, as elsewhere, but for the most parte lively and vigorous. Next to God wee ascribe it to our flourishing orchards: they do yield us plenty of rich and winy liquors, which long experience hath taught do conduce very much to the constant health and long lives of our inhabitants, the cottagers."

Also the sanative worth of the garden Sage, as commended by the monks, and of Honeybeer, as imbibed by the Germans, has been duly set forth. "With respect to Sage, the country folke in Germany thinke themselves free from poyson all the day after if they eat in a morning three leaves of Sage with a little salt, or take them in a pipe, as is usuall to take tobacco."

Nevertheless, indeed, after all:—

"Our life is like a winter's day;
Some only breakfast, and away;
Others to dinner stay, and are full fed:
The oldest man but sups, and goes to bed.
Large is his debt who lingers out the day;
Who goes ye soonest has ye least to pay!"

The Chancel of Ecclesfield Church, Dec., 1779.

It is a remarkable fact that the modern Jew, though physically of a poor constitution, lives on the average twice as long as the vigorous Christian. Prof. Ripley ascribes this to the thorough system of meat inspection prescribed by the Mosaic law. As much as one third of the meat offered them for sale in London is, we are told, rejected by the Jews as unfit for consumption. And the result of this religious inspection may be seen in the specially small proportion of deaths from consumption, and inflamed lungs, among the Hebrew people. Moreover, the Jew is a particularly temperate eater, and uses very little alcoholic liquor.

A wonderful instance of longevity promoted by a wise and temperate manner of living, is that of the present Pope, Leo the Thirteenth, now more than ninety years old, and still capable of bearing prolonged fatigue. In a poem written lately he gave his countrymen very interesting and valuable dietary advice, charmingly conveyed with quaint humour. "Pay attention," he writes, "before all to cleanliness,—that the table appointments are spotless, the glass bright, and the napery immaculate ; that from the cellar is brought the purest wine of the Albanian hills, which exhilarates the spirits and keeps away trouble ; but do not trust Bacchus, so do not be sparing in diluting the wine with water ; obtain from healthy grain well-cooked bread ; eat sparingly of chicken, lamb, and beef, which are most nourishing to the body ; meat should be tender, without abundant sauces, or root vegetables, which spoil it ; fresh fruits are excellent, whether raw or slightly cooked ; an abundant quantity of foaming milk, which nourishes infants and old age ; also honey, celestial gift,—but this Iblao nectar (from Mount Ibla, in Sicily) use frugally ; add to this the sweet herbs and fresh vegetables

that the garden supplies ; add ripe fruit according to the season, and especially tender apples, which with their pink tints brighten the banquet ; lastly comes the drink, which in hard berries fertile Moka sends you, softly sipping the black liquor that comforts the heart."

Children require a liberal supply of food, and the importance to them of animal sustenance, and especially of fat, can scarcely be overestimated. But with aged persons the reverse holds good : the assimilative powers of their tissues is on the wane, and their bodily activities are limited ; hence their diet should be smaller than that of middle life. Women require relatively less food than men. Dr. Mead (1705) taught that old men should retrench a little of their solid food, and make a proportionate addition to their drink. Also that they should be well rubbed every morning with a flesh brush so as to supply that exercise which, for want of strength they cannot use, though their health still requires it. No longer should the aged person attempt to rise with the lark for out-door recreation at cock-crow.

"He that will thrive must rise at five ;
He that hath thriven may lie till seven."

In *Morning Meditations* Thomas Hood humorously expressed himself as opposed to early rising :—

"An early riser Mr. Gray has drawn,
Who used to haste the dewy grass among,
To meet the sun upon the upland lawn :
Well ! he died young ! !

"So here I'll lie—my morning calls deferring
Till something nearer to the strike of noon :
A man that's fond precociously of stirring
Must be a spoon."

The reputed efficacy of butter, honey, and venison for promoting length of life—and of sheep's testicles for rejuvenating aged persons—has been told of in detail

among *Animal Simples*. The Roman ladies considered deers' flesh a lengthener of days.

Solomon delighted in venison, for at his table were served the Stag and the Roebuck every day. The venison pasty, formerly held in high esteem—particularly by Robin Hood and his merry men—owed its attraction chiefly to the currants placed between the layers of meat.

“‘Come, kill me a venison,’ said bold Robin Hood;
Come, kill me a good fat deer.”

Known to all gourmets is the “alderman’s walk” in a haunch of venison, the proper jelly to be eaten with which meat is that made from the berries of the Rowan, or Mountain Ash. In the patriarchal days of primitive Scripture, Isaac, when infirm and well-nigh blind with old age, bade his son Esau—as we remember—go and get venison such as his father loved.

Roger Bacon thought venison one of the best meats, if so young that we can digest it. “For,” said he, “that which liveth long by its own nature maketh also others to live long!” (“But, by his leave,” replies Dr. Muffet, “we may then feed better upon ravens than on barndoor fowls which never live above seven yeares, but a raven liveth to nine hundred yeares, if Virgil be not deceived.”) The Italians have this opinion of venison, that eaten in the morning it prolongeth life, but eaten towards night it hasteneth death. Cardan affirmeth that “Bucks and Does have no galls in their bodies, which is rather a signe of good temperature, and lightness, than of any dull, dry, or heavy meat. This one thing I will add, that keepers of parks, or at least their servants, and young children, have, upon my knowledge, fed all the year long of little meat else, and yet remained as strong, healthful, and active as any persons could be. Finally, admit deer to be dry, doth

not butter amend them? Suppose they be cold: doth not pepper, and salt, and baking give them sufficient heat? For, indeed, young venison is very restorative. Nay, young Bucks and Does, Hinds, and Staggs, while they are in season are a wholesome and delicate meat, breeding no bad juice of themselves, yet bearing often the faults of bad cooks, which know not how to dress, or use them aright. Yet it is never so pretious as that a man should venture his life to get it by stealth, as many doe, and have done in noble men's Parks, yea, perhaps, in their Princes' Forrests, and chief Chases."

Some verses of Goldsmith in acknowledgment of a haunch of venison sent to him by a friend, are familiar to most book lovers.

Recently, for heart failure in the aged, what is technically known as "Myosin" albumen—or the active *muscle principle* of fresh meat—has been strongly advocated. This is to be best obtained from good beef-steak (not shin of beef, nor gravy beef), free from much fat. Dr. Forbes Ross directs to take a pound of such steak and reduce it to the finest sausage pulp in a mincing machine: it is essential that the meat shall be well broken up, because the more its muscle-fibres are crushed the better. Put the meat pulp into a large basin, and add common salt (about sixty grains for each pint) to cold water for pouring on the meat sufficient to float and cover it: beat it up with a fork for five minutes; then leave it standing under cover for twenty minutes, and again beat up for another five minutes: next pass the whole through a fine hair sieve to remove the raw meat (which may of itself be used separately for making a household mince). Then place the red fluid in an enamelled saucepan, and heat it gradually until all the solids are quite curdled out, leaving the water clear,

limpid, and colourless. Presently take some of the meat fibre which was removed before curdling, and, after putting it in a muslin bag, drop it into the saucepan containing the curdled "myosin," and go on now to prepare this as ordinary beef-tea by prolonged cooking. When it is finished remove the bag of meat-fibre, and there will remain beef-tea with an enormous amount of nutritives, as well as of stimulant extractives. It is necessary that the muscle-juice be curdled before adding the raw meat-fibre, as otherwise the "myosin" will mostly become curdled in the bag, and be lost.

Hereby the much-needed flesh element of the beef is supplied to aged patients whose hearts lack energy of action, and endurance.

In advising a fish diet for old persons whose digestive organs have begun to fail through advancing years, some doctors have (fancifully enough) given preference to the Carp, which is wondrously long-lived—even "until moss grows on its head"!—at all events, instances are on record of the carp having attained an age of two hundred years.

AGUE; AND INTERMITTENT FEVER.

FOR curing these ailments, as commonly the result of malarial poisoning, the decoction of fresh lemons has proved most useful in Italy and Rome. An unpeeled lemon cut into thin slices, and put into an earthenware jar with three breakfast-cupfuls of cold water should be boiled down to one cupful, then squeeze the lemon, and strain. Give the decoction before the access of fever becomes due, as we have previously ordered among *Herbal Simples*.

Dr. King Chambers insists that in ague alcohol is not to be spared as an article of diet;—"being taken more

freely than usual it contributes to lengthening the intervals between the aguish attacks, and helps to shorten their paroxysms; converting daily (quotidian) fever into that which recurs every third day (tertian), and curing this last type altogether. But the alcohol is not found to prove so beneficial if given during the paroxysms; perhaps because it is not absorbed into the system at those times. In ague the most generous red wines should be used, and the distance at which their bouquet may be smelt can be taken as a rough test of their utility; there is no wine like Burgundy for ague; and the price (provided the merchant be honest) is a direct measure of its medicinal value." "I remember," says Dr. Chambers, "learning a lesson on this point from a most unscientific source. I was chatting in the Market Place, at Dijon, with a farmer's wife, when she incidentally mentioned that her husband was a great sufferer from ague, and was quite tired of swallowing quinine. I advised her to take home a good supply of Burgundy in her market basket, and I begged to contribute the few francs which I had in my pocket. She tripped straight off to a grand wine merchant's office; but, instead of coming out fully laden, she bore only two bottles, to the price of which she had added something from her own purse. It was of a vintage such as is allowed to trickle slowly over the tongue at the table of a prince, and I promptly called her a prodigal. "No, no," said she, "I am not: a mouthful of this is worth to the sick man more than a bucketful of 'common wain' (and yet the common wine of Dijon is not to be sneered at); she was quite right."

Among animal simples for ague, allusion has been made to split pickled herrings applied to the soles of the feet, as implicitly believed in by the Elizabethan doctors,

and to the more recent practice of giving common salt, highly attenuated, as a specific medicine for intermittent fever of a bilious type. In the fens of Lincolnshire, to drink one's own urine for ague is quite a prevalent habit amongst country folk. The Garden (or Papal Cross) spider, and its web, are now recognised remedies against ague.

ANTISEPTICS (*see* CONSTIPATION).

PUTTING aside mercurials, which are by far the best killers of microbes, but nevertheless poisonous drugs, (and therefore altogether outside kitchen physic), volatile aromatic condiments, spices and balsams, particularly those belonging to the turpentine series, are excellent antiseptics; among these occur peppermint, thyme, the onion, sage, mustard, and cinnamon.

Common salt, or (chemically) chloride of sodium, is an excellent antiseptic, because of its chlorine—a well-known bleacher. Anciently salt was applied for distempered eyes, and used with a bandage for the bite of a mad dog; besides being, as many old ballads tell, a favourite means for procuring disenchantment. There are different varieties of salt: bay salt evaporated from sea-water, or from salt springs and lakes; marine salt extracted from sea-water when boiled; brine or fountain salt prepared in like manner from rivers, lakes, etc.; white salt got from sea-water subjected to the sun's heat, and exposed to the air, or extracted from stones impregnated with saline materials; also refined rock salt, boiled from a solution (salt upon salt) obtained by amalgamating bay and other salts, this being much used by the Dutch in preserving herring. It was formerly a common practice to stuff salt into the mouth of a person when seized by epilepsy.

A little salt will accelerate putrefactive changes in meat, but a large quantity will prevent them. Sugar likewise has been shown (page 17) to be most efficiently antiseptic; again, turnip tops, or the young leaves of turnips are, if used as greens, though pungent and bitter, very purifying to the blood. The leaves of the swede are to be preferred.

Physicians of old ascribed many strange physical chances and changes to a term of forty days, most probably as deduced from the forty days of Lent; and at the present time the medical edict of quarantine (*"quarante"*—forty) against infectious disease proceeds on the same antiquated lines. Perhaps ancient scriptural epochs originated the custom. Noah opened the windows of the ark after forty days. Moses was forty days on Mount Sinai, and the Deluge lasted forty days. Again, the seekers after the Philosopher's Stone and the Elixir of Life, attached special importance to a time of forty days; and Saint Swithin is thought to determine the weather for forty days.

APOPLEXY.

THE best dietetic rules to be enjoined after suffering from an apoplectic seizure (with subsequent recovery, partial or complete, from the paralysis which has ensued), towards preventing a recurrence of attack are—the avoidance of butchers' meats, of fatty foods, and of sweet dishes, the taking white meats, green succulent vegetables carefully cooked, and ripe fruits which are sound; but above all, great moderation in eating and drinking. The food should be light and nutritious, but not of an exciting character. No alcoholic drinks are to be permitted, unless for exceptional reasons, and strong tea or strong coffee will be best avoided. A strictly

vegetarian diet has been advocated, together with milk, which combination is wisely advised if it agrees well, and seems to be sufficient ; when required chicken and plain fish may be added.

Persons of apoplectic or paralytic habit should take condiments sparingly, especially nutmeg, which is certainly a narcotic in its effects, as described among *Herbal Simples*. Henry Mayhew, in *London Labour and the London Poor* (1851), tells of the street rhubarb and spice seller, an arab from Morocco, thus vending his wares.—“ You look ! I will show you how to tell de good nutmeg from de bad ; here is some in de shell ; you see ! I put de strong pin in one, and de oil ran out ; dat is because they have not been put in de spirit to take away de oil for to make de extract. Now in de bad nutmeg all de oil been took out by de spirit, and den dere is no flavour, like dose you by in de sheep sops.” “ A very truthful, fair-dealing man, who appeared to sell excellent articles.”—(H.M.). Preserved nutmegs are perhaps the most delicious and aromatic of all conserves, but they must be prepared when quite young, before the seed has begun to harden. It is a confection but little known in this country. Gerard regarded nutmegs as antiseptic ; he says they cause a sweet breath, and amend those that do stink ; they are good against freckles, they quicken the sight, strengthen the belly, break wind, and stay the laske (diarrhœa).

APPETITE.

BEFORE seeking to incite a feeble or defective appetite into more vigorous claims, the probable cause of its failure should be sought out. If the immediate personal surroundings are unhealthy, or insanitary, they must be remedied or changed. If the digestion has come to a

standstill, whether from repletion, or from some unwholesome indulgence, it must be allowed time to recover itself on a spare diet. If obstructive constipation has occurred, with the detention of noxious food-products within the intestines, these must be evacuated, and got rid of. Unless some such precautionary measures are observed it will be a mistake to coax or stimulate the appetite for food with kitchen physic, however pleasant and promising this may be under more likely conditions.

Food eaten when it has already begun to decompose, may upset the stomach by a kind of catarrh, with loss of appetite for several days; and this is particularly to be noticed in sensitive delicate persons. Game or fish kept too long, entrées made with meats not perfectly fresh, new beer, and in young children milk that is not quite fresh, or that has become contaminated by standing uncovered, are frequent causes of such gastric catarrh with inappetence. To remedy the disturbance strong peppermint lozenges, not very sweet, are of admirable use, being powerfully antiseptic against the products of putrefaction, and at the same time cordially stimulating to the faulty stomach. Two should be sucked after each meal for a couple of days, by an adult. Brown sugar of a rather coarse quality is again a capital preservative against putrefaction if taken with dubious food. It will keep both animal and vegetable substances from spoiling much more effectually than common salt. Animal flesh has been preserved by sugar free from taint or corruption for more than three years.

Dr. King Chambers advises for nervous indigestion, with loss of appetite, purely from external causes, a little sound spirit or generous wine properly administered. Thus strong temporary emotion will harmfully interfere

with the secretion of saliva in the mouth for making the food sapid. We are all familiar with the dry lips of the coward, the lover, the pitiful person, and how the tongue cleaves to the roof of the mouth when pain is endured, or when bad news is brought. "Bread eaten in sorrow" can be swallowed only with difficulty; so long does it take to moisten the morsel. Likewise any excess of bodily exertion parches the throat. Under which adverse circumstances the stomach shares the disabilities of the mouth, so that we cannot then expect that meals of mixed food will be adequately digested, or will go to nourish the tissues as they ought; nor is it surprising that the vegetable substances which are swallowed, being only half digested, will begin to ferment, and to produce flatulent distress by the carbonic acid gas which they generate. Under these arrests of secretion alcohol comes in usefully. It is a sedative, and prevents the perturbed nervous system from acting detrimentally on the stomach. A few teaspoonfuls of sound good strong wine, or dilute spirit, will often restore the lost power of taking food, and prove an instinctive shield against the sturdy blows inflicted on the digestion by the excitements of social life in the present regimen of the world. But excess must be avoided as a pitfall; for the consequences of it would be a worse state of things than the first. However, "Nature has bestowed on us in our path through life a balancing pole, so well weighted with reason and conscience, that unless it is wilfully thrown away we need not fear. Let self-restraint be the law of our acts, and we may take without risk all the good things offered us by the beautiful world."

After dinner, in the course of the evening, a cup of tea gives a fresh fillip to digestion, and supplies liquid

which helps to complete the solution of the viands. Sir Kenelme Digbie in *The Closet (of Cookery) Opened*, London (1669), has given the following excellent recipe for, "tea with eggs." "The Jesuits that came from China, anno 1664, told Mr. Waller that there they use sometimes in this manner : to near a pint of the infusion of tea take two yolks of new-laid eggs, and beat them very well with as much fine sugar as is sufficient for this quantity of liquor. When they are very well incorporated, pour your tea upon the eggs and sugar, and stir them well together ; so drink it hot." "This is when you are come home from attending business abroad, and are very hungry, and yet have not the conveniency to eat, presently, a competent meal. This straightway discusseth, and satisfieth all rawness and indigestion of the stomach, flyeth suddenly over the whole body, and into the veins, and strengtheneth exceedingly, and preserves one a good while from necessity of eating. Mr. Waller finds all the effects of it thus with eggs." "In these parts, he saith, we let the hot water remain too long soaking upon the tea, which makes it extract into itself the earthy parts of the herb. The water is to remain upon it no longer than whiles you can say the Miserere Psalm very leisurely ; then pour it upon the sugar, or the sugar and eggs. Thus you have only the spiritual part of the tea, which is much more active and penetrative, and friendly to nature." Those persons who are afraid of tea keeping them awake will find a good substitute in extemporised lemonade, a cup of boiling water poured on a slice of lemon with some chips of the rind, and perhaps a lump of sugar.

Again, Sir Kenelme Digbie has told of the "Pressis Nourissant." The Queen mother's "pressis" was thus

made. "Take un gigot of mutton, a piece of veal, and a capon (or half the quantity of each of these) and put them to rost, with convenient fire, till they are above half rosted, or rather till they are two-thirds rosted. Then take them off and squeeze out all their juyce in a press with screws, and scum all the fat from it, and put it between two dishes upon a chafing dish of coals, to boil a very little, or rather but to heat well; for by the time it is thorough hot the juyce will be ripened enough to drink, whereas before it was raw and bloody; then if you perceive any fat to remain, and swim upon it, cleanse it away with a feather. Squeeze the juyce of an orange (through a holed spoon) into half a porrenger (or porridge-bowl) of this, and add a little salt and drink it. The Queen used this at nights instead of a supper; for when she took this she did eat nothing else. It is of great, yet temperate, nourishment. If you choose a couple of partridges instead of a capon, it will be of more nourishment; but hotter. Great weaknesses and consumptions have been recovered with long use of this, and strength and long life continued notably. It is good to take two or three spoonfuls of it in a good ordinary bouillon. I should like better the boiling the same things in a close flagon—in *bulliente balneo*—as my Lady Kent, and my mother used."

"*L'appetit vient en mangeant*" says a French adage; whilst an English proverb runs—"Change of pasture makes fat calves." Avicenna has said that mulberries will create an appetite—"cibi appetitum faciunt;" and Dodonæus wrote (1550) "*Appetentiam calore languentem excitant*," they cause a desire for food in hot weather, or when the stomach is fevered—

"The prudent patient mulberry tree,
What child of the woods so wise as she?"

By the Romans, radishes and lettuce roots were taken as an appetiser before meat—

“Acria circum
Rapula, lactucæ, radices qualia lassum
Pervellunt stomachum.”

But Culpeper has it that “garden radishes are in wantonness eaten by the gentry as sallet, for they breed but scurvy humours in the stomach and corrupt the blood; and then send for a physician as fast as you can! I know not what planets they are under; none of the seven will, I think, own them.” “The juice of the roots made into a syrup purges by the urine exceedingly.” An annual radish feast is held at Leven’s Hall, between Kendal and Milnthorpe (the seat of the Hon. Mrs. Howard), long tables being spread plentifully with radishes, flanked by brown bread and butter.

As provocatives to drinking, also, the Romans made use of curious condiments. Horace tells how—

“Stew’d shrimps, and Afric cockles would excite
A jaded drinker’s languid appetite;
Or grapes and apples, with the lees of wine,
White pepper, common salt, and herring-brine.”
Satir iv, libr. ii.

The herb Rue of our kitchen gardens (see Sir Wm. Temple on *Health and Long Life*) is a great digester, and restorer of appetite. It dispels wine, helps perspiration and drives out ill humours. The Romans often took rue before they began to drink hard, so that it might prevent drunkenness. Formerly the English, as well as the Germans, and the Dutch, used rue in their ragouts; it possesses a strong harsh smell, and a bitterish penetrating taste. Some writers have said that by eating a course of rue leaves the King’s evil (scrofula) may be cured. Sir Wm. Temple advised as a convenient way of using rue medicinally to make up the thickened juice

of the leaves and stems, with sugar, into small pills, and swallow two or three of these at night, or in the morning. Again, the leaves were formerly employed as a pickle, being first gently boiled in their own juice, and then preserved in vinegar; they were not only esteemed as a good sauce for meats, but also for warming a cold stomach, and to relieve a dim sight. Rue thrives best in places open to the sea, but it cannot tolerate dung. The wild rue is so powerful a plant that it frequently evolves vapours which will even scorch and blister the face of a person who looks on it too closely.

Cornelius Cethegus, when he was chosen consul with Quintus Flaminius at Rome, gave to the people after his election a largess of new wine aromatised with rue. There was an old belief that rue would grow better if filched out of another man's garden. And see further about this plant among *Herbal Simples*.

Austen in his *Treatise of Fruits* writes concerning *walnuts* that "the milk of their kernels—made as almond milk—doth cool and refresh the appetite of the languishing sick body; bread or bisket may be made of the meal when dried. The young nuts peeled are preserved and candied for banquetting stuff, and being ripe the kernels may be crusted over with sugar, and kept long." Formerly walnuts were employed in medicine as an application to wounds, and an antidote to poisons. Izaak Walton (*Complete Angler*) teaches that in a very dry time, when you are put to an extremity for worms as bait, walnut-tree leaves squeezed into water, or salt and water (to make it bitter and salt), and then that same water poured on the ground where you shall see worms are used to rise in the night will make them to appear above ground presently.

Shrimps and prawns taken occasionally and in

moderation—being freshly cooked in sea water—are stimulating and appetising, likewise capable of exciting a relish for meals in the feeble and bloodless.

A depraved digestion sometimes causes the appetite to degenerate into a morbid, insatiable, and incessant craving for heavy food; it thus attacked Brutus after the death of Cæsar: and M. Dumas “has no doubt that Esau suffered from it when he sold his birth-right for a mess of pottage”—“*Ce fut sans doute dans un accès de cette fatale maladie qu’Esau vendit à Jacob son droit d’aînesse pour un plat de lentilles.*”

As kitchen appetisers the hop, the orange, and rosemary have been considered in detail already. With respect to the last of these, “*Ros, marinus putatur, vel quia in locis marinis feliciter proveniat, vel quia saporis marini hoc est amari,*” of a bitter marine flavour, which fosters the appetite. This herb (the rosemary) was used of old to stir the spiced Christmas tankard. Arnoldus de Villa Nova states that he has often seen cancers, gangrenes, and fistulas dried up and perfectly cured (though they would yield to no other medicine) by frequently washing them with an infusion of rosemary in spirit of wine.

Sucking a bit of dried orange-peel, says Dr. Kitchener, about an hour before dinner, when the stomach is empty, is very grateful to it, and strengthens it to appetite.

ASTHMA.

THE most recent American pronouncement by a leading physician is that “No disease in the whole domain of medicine (unless it be rheumatism) is more benefited by a proper diet, or more aggravated by an improper one, than asthma. The object of treatment should be to procure and maintain a healthy state of the blood.

Those foods should be chosen which are most rapidly utilized and readily oxygenated; first on the list being fresh *rare* beef, roasted or otherwise. This food essentially generates a blood unfavourable to asthmatic outpourings of mucus." Reference is here made more particularly to gouty sufferers liable to the formation of acid (uric) in excess.

As Dr. Yeo teaches, "In the management of asthmatic cases the diet is of much importance." Attacks of asthma frequently follow carelessness in feeding, and are commonly induced by disturbances of digestion. As a rule, the dinner should be taken in the middle of the day, the sustenance being afterwards limited principally to liquid nourishment, such as beef tea, plain broth or soup, diluted milk, boiled macaroni, with bovril and the like, thus avoiding any loading of the stomach or distension of the intestines before going to bed. Unless pronounced necessary, alcoholic stimulants should not be allowed. The diet in other respects may include bread (not new), and brown bread (not coarse or husky), also simple farinaceous puddings in quite moderate quantities, since any excess of starch is to be studiously avoided. A fair supply of plainly-cooked meat, fish or poultry may be allowed, with fresh vegetables and ripe or stewed fruit, care being exercised to select only the most digestible of each class. Suppers and late dinners are to be prohibited. Eggs lightly boiled or poached will be suitable; likewise the tender parts of meat, fowl, or fish, reduced to pulp in a mincing machine before being cooked. Only a small quantity of fluid should be supped at meals. Strong coffee will often be found of essential use for allaying the paroxysms. In cases of pure spasmodic asthma without bronchitic complication, the fumes of burnt nitre paper will, by

inhalation, frequently afford prompt relief. This paper may be prepared by soaking white blotting paper in a solution of nitre (nitrate of potash), 30 or 40 grains to a fluid ounce of cold water, and then drying it. Some of the paper should be allowed to fizz away around the patient's face and head until he is enveloped in the fumes. When coffee is administered, it should be given on an empty stomach, and made very strong ; its tannin, if taken after a meal, will precipitate the digestive products, thereby upsetting the digestion, and probably becoming another exciting cause of the asthmatic breathlessness. Swallowing fragments of ice has been found to allay the paroxysm.

It has been already told (*H.S.*) "that by a syrup of garlic Dr. Bowles formerly met with much success in curing asthma, the remedial principle being an active essential oil of this bulb." We read in Johnston's *Chemistry of Common Life* (1855), "When garlic (likewise the onion, chive, shalot, leek, and other plants of the same strong-smelling tribe) is distilled with water in a retort, a heavy volatile oil passes over and collects beneath the water in the receiver. From thirty to forty pounds of garlic are required to yield one ounce of this heavy fetid oil, the volatile basis of which is "*allyl*," and when combined with sulphur it forms the sulphuret of allyl. It is this intensely-smelling substance which gives to garlic and the onion their peculiar smell. The chive, the shalot, the leek, the onion, and the rocambole, all derive their odour and taste from this sulphur-containing oil of garlic ; and the rank smell of the breath after eating any of these plants is caused by the constant presence of such oil in a small quantity in the air exhaled from the lungs. This exudes also through the pores of the garlic-eater's skin, giving its odour to the

perspiration, and passes, probably unchanged, into the milk of the animals which swallow garlic. It is remarkable that these compounds of allyl exercise a peculiar action on the human system by which certain of its natural cravings are allayed, and its general comfort is promoted. In like manner, the swallowing of a little pellet of finely-powdered sulphur will frequently impart to the whole skin a decided and disagreeable smell lasting for many days afterwards. And what is still more remarkable, a single grain of a compound of the metal Tellurium administered to a healthy man will make his whole neighbourhood perfectly intolerable for weeks, and sometimes even for months after he has swallowed it.

“Tellurium is still a comparatively rare substance, and we know little as yet of the combinations it is capable of producing with organic substances. So far, however, it appears probable that they are of a still more fetid and disgusting character than those produced by sulphur. With the compound allyl (got from garlic, the onion, etc.) tellurium will probably form a composite body more intolerably offensive still than the oils of garlic, onion, the leek and shalot; and if we cannot use such compounds as means of sensual gratification, it may not be impossible to employ them as weapons of offence or defence. Imitating the natural habit of the skunk in this respect, we might far surpass it in the intensity and offensiveness of our artificial stinks, squirted from the walls of a besieged city, projected into the interior of a fortified building, or diffused through the hold of a ship of war. The Greek fire would be nothing to them; and as for the stink-pots of the Chinese, they must be mere bagatelles to the stench we can prepare.”

In the *Via recta ad vitam longam*, of Tobias Venner (1600), a Somersetshire man, as "something beyond friendly counsel," this author dissuades the poor from eating partridges "because they are calculated to produce asthma." "Wherefore," he ingenuously says, "when they shall chance to meet with a covey of young partridges, they were much better to bestow them upon such for whom they are convenient." Again, it is reputed that the rabbit provokes spasmodic asthma when eaten by certain persons. So that, plausibly enough, the occasional moderate use of these two viands respectively, as a matter of diet, may be commended for persons liable to the infirmity of asthma. Hazlitt was called by Mary Lamb, when writing to his future wife, "the forsaken, forgotten William, of English-partridge memory."

The Woodcock (*Perdix rustica*), "which has in all its parts the virtues of a partridge, may be likewise eaten, simply cooked, with benefit by asthmatic persons." "*Rustica sum perdix: quid refert si sapor idem?*" (Martial). Woodcocks live upon flies and worms which they withdraw from the earth by their long bill. Aristotle has therefore termed this bird Skolopax. Says the Clown to Malvolio in Shakespeare's *Twelfth Night*, "And fear to kill a woodcock lest thou dispossess the soul of thy grandam." The Snipe "is another kind of woodcock that differs not from the other, only that it will never grow so big. It is excellent victuals, and easier digested than a woodcock. She lives upon worms."

As animal simples of use against asthma we have also told of the hare and the pigeon; and as similar herbal remedies the liqueur "anisette," red cabbage, elecampane-candy, mace, and rosemary have been discussed.

ATROPHY, or WASTING OF THE BODY, OR LIMBS.

THIS may affect in one sort the muscles, in another sort those fatty constituents which give sleekness and plumpness of shape. Or, again, the bones may suffer as to their hardness and symmetry through lack of needful earthy matters and mineral supplies. For which latter defect fresh beef bones, when deprived of fatty appurtenances, and adherent fibrous or muscular tissue, being powdered, make an admirable phosphatic food. The supply of phosphoric acid furnished in this way to the digestive organs is much more readily assimilated than that which is contained, as silicates, etc., in the tough structure of the outer coating of wheat, oats, barley, and other cereals. This "bone-flour" is a true food, and can be conveniently mixed with other suitable dishes. It may be obtained pure from some of the principal manufacturing chemists.

The true sweetbread of the calf, likewise, is restorative by virtue of its mineral properties, and not merely as a delicate, tender, appetising food. But the stomach-bread (or pancreas), which is so frequently substituted by the butcher or cook, serves only to assist in renewing the natural fats for maintaining the warmth and fair proportions of the body. Animal fats, such as butter, bacon, and fish oils possess powers of improving the respiration and increasing the bodily warmth twice and a half times as effective as those of starch and sugar. Furthermore, these fats take an active share in converting food of other kinds into muscle and bone, whilst promoting the removal of used-up waste from the body. Good butter, when melted, should yield a clear-looking oil with but little deposit of water or other substance. "Seethe stanes in butter, the broo will be gude," as runs an old proverb. *Suet*, which is

the firm fat around the kidneys of the ox or the sheep, is a most useful fat, and may be best taken in milk. Beef-suet is richer than that of mutton, but not so digestible. H. Phillips says that "a long residence on or near the South Downs of Sussex gave him an opportunity of ascertaining that those flocks of sheep which feed on hills specially abounding with thyme, produced mutton of a very superior relish, and it cannot have escaped the notice of epicures in haunches that the best flavoured venison is always fed in arid hilly parks where this penetrating 'pun-provoking' herb grows luxuriantly." For *suet and milk* Dr. Pavy directs to "boil an ounce of finely-chopped suet with a quarter of a pint of water for ten minutes, and press through linen. Then add a drachm of bruised cinnamon, an ounce of sugar, and three-quarters of a pint of milk. Boil again for ten minutes and strain. This is both nutritive and fattening if taken a wineglassful or two at a time with a piece of dry toast or a biscuit. Also, it is thus ordered in *The Art of Cooking for Invalids*: Take half a pint of new milk and from half to an ounce of mutton-suet; shred the suet down very finely and tie it loosely in a piece of muslin. Put the milk and suet into a small lined saucepan and simmer slowly for from fifteen to twenty minutes, then strain and serve warm. A small piece of cinnamon stick, or a few grains of nutmeg may be supplied with the milk."

From scriptural authority we learn that mutton-fat was esteemed by the Hebrews as the most delicious portion of any meat: and the tail, probably of the fat-tailed sheep well known in Syria, with its adjacent parts, as the most exquisite morsel in the whole body. The Latin name of a ram is *aries*, perhaps from *ara*, an altar, because this animal was placed as an acceptable sacrifice

on the altar. With the Romans the slaughter of a lamb partook of a social rather than of a religious festal character. Horace, in his invitation to Phyllis, the last of his loves, that she would pay him a visit, after telling her that he has for her welcome a cask of old wine, also parsley in his garden for the weaving of chaplets, and ivy to bind her hair, adds: "*Ridet argento domus: ara castis vincta verbenis avet immolato spargier agno*: The house shines with plate: the altar, bound with chaste vervain, longs to be sprinkled with the blood of a lamb sacrificed in your honour" (Ode xi., Book iv.). "God tempers the wind to the shorn Lambs," said poor Charles, respecting his afflicted sister Mary, and himself.

In times more plebeian than now, mutton pies at the beginning of the last century were much in popular vogue, their purveyors being well known in the public streets, the male in round hat, skirted coat, breeches, woollen stockings, and shoes; the female in cloak, coal-scuttle bonnet, and white apron, their familiar cry being "All hot, all hot." It is told that one old lady, of aristocratic birth but sadly reduced circumstances, was forced by dire necessity to earn a livelihood by selling these edibles. But pride could not be altogether stifled, and though she offered her wares to the passers-by, she did so almost in a whisper, murmuring, "Mutton pies! I hope to Heaven no one hears me."

Concerning the sheep, Hood in his ode to Dr. Kitchener about the *Cook's Oracle*, wrote, with his customary humour and pathos:—

" Ah, me! My soul is touched with sorrow
To think how flesh must pass away!
So, mutton that is warm to-day
Is cold, and turned to hashes on the morrow!"

In Elia's *Grace before Meat, at Christ's Hospital*, we read, "The supper of bald bread and cheese was prefaced by a grace which asked a blessing upon the 'good creatures' then provided. This was a vain cause of perplexed discomfiture to the boys till some one recalled a legend how, in the golden days of Christ's, the young Hospitallers were wont to have smoking joints of roast meat upon their nightly boards; until some pious benefactor, commiserating the decencies rather than the palates of the children, commuted our flesh for garments, and gave us—*horresco referens*—trowsers instead of mutton"!

Bacon-fat, salted and cured, the most wholesome of all pork, often disagrees as an article of food because of the pig's fondness for foul and unwholesome garbage, which makes this animal more liable to disease than the ox or the sheep; but the evil may be guarded against by care in feeding the pig. The tongue of animals is a tender viand which is intimately permeated by fat. A horse's tongue may be readily detected by a spoon-like expansion at its end.

It is owing to their great value as heat producers that fats find such a large place in the dietary of those who inhabit very cold climates, for example the Esquimaux. The presence of 40 per cent. of fat in the milk of the walrus is a marked instance of Nature's method of adapting circumstances to cases. Dr. Edward Smith has taught: "There is also a physical action by which animal fat, as lard, fresh butter, wool oil, etc., may be made to act indirectly as a restorative and sustaining food. Thus, when the skin is perspiring too actively, either for the requirements of the body, or according to the degree in which loss of heat by sweating can be borne, a free rubbing of fat into the skin lessens greatly

the loss of heat, and thereby the necessity for food." He adds: "We have used this method with remarkable success for persons who had almost ceased to eat, and in whom it was with the utmost difficulty that the warmth of the body and the circulation of the blood could be kept up." It has been recently found that the employment of an electric current, scientifically applied whilst the rubbing in of fatty nutriment through the skin is carried on, materially promotes absorption of the same into the body. With this view the negative pole is to be placed at the back of the neck where it joins the back of the head, and the positive pole is to be attached to the arm of the rubber next the skin of his arm throughout all the time of rubbing.

Weakly children may be helped to fatten by the process of being rubbed all over with oil (fresh neat's-foot oil being the best), especially about the chest, belly, arms and thighs, each night and morning. By this treatment they gain in weight through absorption of the animal oil; and not only do they fatten, but their general health and nutrition are signally improved, often with the diminution of glandular swellings and the disappearance of coughs; so that there is some ground for belief in the curative influence of such a method of medication in the early wasting stages of pulmonary consumption. Sperm oil, melted lard, and animal oil may be similarly employed with the same view.

Among the *Therapeutics of Dr. Ringer* (1897) it is stated: "In cases of wasting, bloodlessness, and exhaustion we find that the fresh blood of animals, such as of fowls, mixed with warm wine or milk punch, warm lemonade, coffee, or milk, and taken immediately, or before its coagulation, proves highly useful. It relieves prostration

(as after flooding), restores warmth and circulatory power, acting more promptly and effectively, it is said, than transfusion of blood from vein to vein. Within the twenty-four hours the blood of three or four chickens should be taken in this way."

When the fat of meats cannot be well borne, cream will be often found a very digestible substitute mixed with an equal quantity of hot water.

Dates (in Anglo-Norman, "Darte"), by their sugar, quickly repair waste of bodily heat and fat, especially for children, as likewise in pulmonary consumption, when they further soothe an irritable chest. The oldest form of the word "date" was "dactylus" (Greek, "*daktulos*"), wherefore the fruit of the palm was named by the Anglo-Saxons, "Finger-Apples." Not long since a company was originated for the manufacture of date coffee, which was made from date stones roasted and ground; but this spurious coffee has now been abandoned. Cakes consisting mainly of dates and called "date-bread" are known to have been manufactured by the Ancient Egyptians.

The fat of geese (already treated of) when occupying their enlarged livers is particularly restorative, combined with truffles, as *Paté de foie gras*. A well-known gourmet has declared "meats with truffles are the most distinguished dishes that opulence can offer to the epicure." These truffles stimulate better digestion and increase bodily warmth for atrophied children, but the taste for them is an acquired one, becoming sometimes a passion; yet irreverent novices make light of truffles and compare them to turnips flavoured with tar. They are in season from October to January. It is true that, together with many votaries, the truffle has had several victims. The Duc d'Escars, Louis the Eighteenth's

superb *Maitre d'hotel*, was killed by truffles à la *puree d'Ortolans*, as Jeaffreson relates. The average price of truffles is about ten shillings a pound.

When the Minister of War under Louis XVI. came to Strasburg to inspect the fortifications there, his cook served up a goose-liver which had been simmering in Madeira, a vintage then well known to the aristocracy of Strasburg. A portion of this dish remained over, which the chef, when looking in the larder for something to eat, discovered, and found so delicious that he prepared a similar dish, cold, and covered with Madeira jelly for his royal master, who highly approved of the same. But it was to another chef (of the Governor of Alsace) the happy idea occurred of enclosing the goose-liver within a crust; and this was the forerunner of the present pie. The same chef (Clause) was a genius, and felt that the soul was still lacking in his creation; so he further conceived the idea of adding the truffle de Perigord, and thus crowned his work, giving to the epicure of all times an unrivalled morsel for the palate.

Geese whose livers are destined to form *Paté de foie gras*, are fed three times a day upon maize, a spoonful of poppy oil being added after the twenty-first day. Also water containing a certain proportion of sweet wort from the breweries is given to them freely. After forty-two days of this treatment the goose weighs about sixteen pounds. It is then considered fat enough to be killed, and the liver is generally found to weigh about thirty-two ounces. The livers are washed, parboiled, trimmed, and cut into halves, which are beaten in a mortar with bacon, shalots, mushrooms and parsley, being next passed through a sieve, and the mixture is then boiled into a forcemeat. The other halves are interlarded with Perigord truffles, there being at the

bottom of the pie a layer of liver cut into dice, then a layer of truffles with again a layer of the forcemeat, and the pie when thus filled up is covered with a crust and baked. After this baking the crust is lifted and a large glass of Madeira is poured into the pie, which is then hermetically sealed and packed for export. By a chemical analysis truffles are found to abound in a volatile alkaline salt upon which their scent depends; the extremely rich taste which they possess is due to their not putting forth any stalks. They are supposed to have been brought first from France among the roots of trees.

Mention has been made of beneficial fumes from the wine vaults for atrophied girls; also in some country districts the champagne-sticks, or vine twigs, are supposed to do "a world of good" if you chew them well.

The grape-cure with sweet grapes will modify most happily many of the morbid conditions of leanness and wasting from atrophy; similarly, as a sweetmeat, toffee, which contains much butter, is excellent for helping to fatten children. Russian toffee is made with cream instead of butter.

Rice had a classic reputation as a restorative to feeble digestive powers and for faulty nutrition. Horace makes a doctor say to his patient:—

" Ut vivas igitur-vigila : hoc age : quid vis ?
 Deficient inopem venæ te, nî cibus atque
 Ingens accedat stomacho futura ruenti.
 Tu cessas ? Age-dum
 Sume hoc ptisanarium oryzæ."

"That you may live then, awake, do this! 'What do you advise?' Your veins will fail you thus wasted unless meat and a strong cordial be administered to your weakened stomach! Do you hesitate? Come, take this ptisan of rice."

It is a singular fact that fowls fed on rice for a week only will grow fat, but if this diet is continued longer

they will lose flesh instead of gaining it. When it has been substituted for potatoes in some of our workhouses (potatoes having failed) this cereal has been found to produce scurvy after a few months.

Colonel Burnett, in writing about the dietary of soldiers, has recorded his conclusion that, though it has been often said that Europeans in India should imitate the natives in their food, this opinion is based on a misconception. The use of ages has accustomed the Hindu to the practice of taking rice in large quantities with pulses, or wheat. But put a European on the same diet, and at first he cannot digest it; the very bulk is too much for him. The Hindu with this diet finds it necessary to take a considerable addition of condiments, peppers, etc., whilst a European who pursued such a plan would very soon suffer from acute gastric catarrh, and from congestion of the liver.

The physicians of the Celestial Empire have for a long while treated atrophy, through nervous exhaustion and general failure, by giving the brain substance of the common barn-door fowl. The brain is dried and powdered (being sometimes mixed with cordials) and so administered. Cock broth has been commended likewise in former pages as famously restorative. Horace advises:—

“ Si vespertinus subito te oppresserit hospes
Ne gallina malum respouset dura palato,
Doctus eris vivam musto mersare Falerno;
Hoc teneram faciet.”

Satir., libr. ii, IV., V.

“ If by an evening guest perchance surprised,
Lest the tough fowl (I pray you be advised)
Should quarrel with his teeth, let it be drowned
In lees of wine; then 'twill be tender found.”

“Cock Ale” was a singular beverage which obtained favour in Elizabeth’s time. It was thus ordered (*The*

Closet of Sir Kenelm Digby Opened, 1677): "Take eight gallons of ale; take a cock and boil him well; then take four pounds of raisins of the sun well stoned, two or three nutmegs, three or four flakes of mace, and half a pound of dates; put all these into a mortar, and put to them two quarts of the best sack; and when the ale hath done working, put these in, and stop it close for six or seven days, and then bottle it, and a month after you may drink it."

BILIOUS DISORDERS,

Including GALL STONES, and JAUNDICE.

THE liver, which is named in Latin "*jecur,*" *quod juxta cordis vires potestatem suam exercet*" (because it gets its energy through being near the heart) may be upset in its work either by secreting an excess of bile, or by being deficient in bile, or, again, by forming vitiated bile. It is "a bowel appointed to the purifying of the mass of blood by freeing it from the bilious humours this contains."

When the liver is actively congested the food ought to consist at first almost exclusively of fluids—such as milk with water, or a mineral water, thin gruel, water arrowroot, light broth of mutton or veal, a little plain, clear soup, and weak tea with milk. After the feverish symptoms have become abated, boiled white fish (sole or whiting) may be taken; likewise boiled chicken with rice, and similar simple viands. For allaying thirst the fresh juice of lemons may be freely sucked, without adding sugar.

For a hardened liver, caused most probably by indulgence in alcohol (and its fusel oil) too liberally,—together perhaps with rich, highly-seasoned dishes,—an exclusive milk diet has been advocated as of great use in arresting

the progress of this disease. Milk should certainly be the chief article of food; equal parts of thin oatmeal gruel and milk, taken hot or cold, make a pleasant nourishing drink. Or the milk may be boiled, and thickened with arrowroot or isinglass, so that when cold it forms a jelly, some of which may be eaten with a dry biscuit. Milk soup, made by adding to hot milk some well-cooked fresh vegetables, and flavouring with celery salt, or some Spanish onion, or thickened with vermicelli or macaroni, is a good variation from the monotony of milk diet. Yet an old maxim admonishes, with truth, that "If you would live for ever, you must wash milk from your liver,"—which implies that milk does not suit the biliary digestion of all persons. In such cases skimmed milk or butter milk will be more likely to succeed. Well-cooked fresh vegetables, and sound fruit, ripe or stewed, may be allowed in moderation. All fats and sweet confections should be forbidden; and of animal foods—if they be not wholly proscribed, or reduced to a minimum—only the most delicate kinds are to be permitted, such as a small quantity of boiled chicken, or grilled sole, or whiting. In advanced cases, where no hope of any great amelioration can be entertained, it may be necessary to try and support the rapidly diminishing strength of the sick person with nourishing animal jellies, and such stimulants as champagne or brandy, together with some effervescing water (Dr. Yeo). When not able to get out of doors because of debility the patient should be put to bask in the sunshine, which often exercises marvellous beneficial effects: the more the body can be safely exposed to bright, open, warm sunshine the better.

Formerly the Caper (*Capparis*), the bud of the flower just before it is ready to blossom (brought principally

from Italy or Toulon in barrels, after being dried in the shade, and pickled in salt or vinegar), entered into various compositions for diseases of the liver and spleen, whilst externally the pickle of capers was applied to the left side, below the ribs, with linen cloths or a sponge, for discussing swellings of the spleen. Pliny said, "Those who eat capers daily need not fear the palsy or the spleen." They were taken more plentifully in Queen Elizabeth's time than they now are. "What account can we make then"—writes a contemporary author—"concerning 'the splene,' the cisterne, and as it were the very magazin of melancholick blood, but that it will produce such a sad nourishment?"

Dandelion wine is specially adapted for persons suffering from a sluggish liver. To make this: get four quarts of the yellow petals of Dandelion flowers, and pour over them, into a tub, a gallon of water that has previously been boiled. Stir it well round, and cover with a blanket, to stand for three days, during which time it should be frequently stirred. Strain off the liquid from the flowers, and boil it for half an hour with the rind of a lemon, the rind of an orange, a little ginger, and three and a half pounds of lump sugar to each gallon. Add the sugar and the lemons, from which the rinds were removed—cut into slices—to the boiling liquor, and, when cool, ferment with yeast on a toast. When it has stood for a day or two, put it into a cask, and after two months bottle it. This is a recognized receipt, which may be improved medicinally by adding half a pound of the fresh dandelion roots, sliced, to the yellow petals at first—before pouring on the water—and further including the stalks of the flowers.

For bilious heart-burn the juice of a fresh lemon, taken in water without sugar, at bedtime, will be

generally found helpful. This juice does not remain acid in the stomach, but becomes presently alkalinised. Its first effect is highly refreshing—and next, it is sedative.

A raw egg swallowed in the morning while fasting, is excellent for obstructive biliousness. Moreover, this is tonic in its nature, since the yolk contains some iron, as an albuminate, or peptonate hæmatogen, closely resembling in composition the red corpuscles of the blood, but containing a trifle more iron. "In egges for the sick," wrote Dr. James Hart (1633), "the preparation, or dressing, is of no small consequence: those boiled in water without the shell, or potched, are best, and fittest for the sick: and potched in vinegar or verjuice, as some use to doe: they cool, and withall corroborate a hot and weake stomacke. Egges fried are worse than any, and therefore altogether to be forbidden the sicke." Horace, in one of his satires, instructs us how to choose the best eggs:

"Longa quibus facies ovis erit, illa memento
Ut succi melioris, et ut magis alta rotundis
Ponere: namque marem cohibent callosa vitellum."

"Select long eggs, far sweeter than the round,
Cock eggs they are, more nourishing and sound."

Endive, by its fresh juice, is said to be the best solvent of bile. Children in the Dauphiné universally eat with much avidity the stems and leaves of its young plant before the flowers appear.

The fresh gall from the gall-bladder of an ox, if thickened by gradual heat to such a consistence that it may be made into small pills, promotes bilious digestion admirably when the liver is at fault, and fails to secrete bile effectively. The gall should be emptied into a shallow baking dish, and slowly evaporated in a moderately

hot oven until of a consistence for rolling with the fingers into pills of about four grains each. They must be kept well protected from the air in a bottle with some flour which has been baked dry, otherwise they will quickly deliquesce. One of the pills should be taken immediately after the two principal meals of the day, for two or three consecutive days.

The *Historia Plantarum* alleges that no herb more powerfully resolves and brings away black bile than the garden lettuce. This plant is said to render the chyle easily condited. Young lettuces may be raised in forty-eight hours by first steeping the seed in brandy, and then sowing it in open pots in a hot-house. An old adage declares "He that drinks not wine after salad is in danger of being sick."

H. Phillips, writing about *Cultivated Vegetables* (1822), tells concerning the Capsicum (from which cayenne pepper is got) that "of late it has been successfully used in cases of bilious fever. It settles the stomach, and abates bilious vomiting, being given either as the green pepper, or as the genuine powdered capsicum. Three parts of the green pepper, and two parts of bread crumb, made into a large pill, should be taken every two hours, or oftener, until the stomach is settled; or three grains of genuine cayenne pepper powder, kneaded into a firm pill, and covered with white wafer paper. It warms and stimulates the stomach, brings on a genial outburst of sweating, and assists greatly in giving a favourable turn to the disorder."

On the recently commended principle of remedying deficient action (through disease) of any important organ by giving small portions of the same organ in a healthy state from a sound animal, freshly killed, the liver of the calf or sheep may be experimentally

administered for biliary illnesses. The fact of lightly cooking the animal liver in no wise diminishes its curative virtues.

If an animal whilst alive has its liver taken away, death quickly follows. But if an extract prepared with glycerin from the fresh liver tissue is injected into the animal's veins (although its liver has been almost entirely removed), it will survive for several days. Fresh animal liver, containing its juices, if taken as food, from three to four ounces in the day, quite lightly dressed, will obviate the morbid conditions present in jaundice. Or if the animal liver, used curatively, be dried, then only a sixth part of the quantity will be needed for a dose, macerated and simply stewed, always preparing it thus for each occasion anew. It is remarkable that the fresh animal liver juice, when taken dietetically, has powerful antiseptic effects in destroying the products of putrefaction within the bowels: even in counteracting the poisons which would otherwise result in typhoid fever. Druggists prepare a glycerin extract of fresh animal liver which will keep good, for daily use against jaundice, or other disorders of the human biliary organs: a tablespoonful of this extract should be taken during each day. Experiments have shown long ago that the liver of a newly-killed animal begins to undergo decomposing change with immense rapidity, even while it is still apparently fresh and sweet; so that for the remedial purposes of kitchen physic any such liver (for use in the fresh state) must be employed with the least possible delay. Of course this requirement does not apply to the liver extract, or powder, supplied ready-made under such precautions taken beforehand.

For fried calf's liver: take two pounds of calf's liver, cut it into slices and soak these in water for half an

hour. Dry them in a soft cloth, and dip them into flour. Fry them in a little fat, and turn them about that they may be equally cooked. When they are lightly browned, sprinkle over them a savoury powder made with equal quantities of chopped parsley, and finely-shredded young onions, and a little pepper and salt. Pour a little plain stock over the liver. Let it simmer for a few minutes, add the strained juice of a lemon, and serve the liver on a hot dish, with the gravy poured on it. But the invalid should partake only sparingly at a time of this dish, and not more frequently than once a week. Liver simply stewed in water or milk may be eaten more freely and fearlessly.

The raw liver of a young fowl may be likewise taken as a remedy for inactivity of the biliary digestion and may be made savoury by chopping it up with a little bacon fat, and lightly frying it: then putting it on toast with pepper and salt, as an occasional breakfast dish.

For biliary colic, olive oil, in considerable doses, has been found of great efficacy in relieving the paroxysms, and for preventing their recurrence. About six fluid ounces of the pure oil should be given for a dose during the paroxysm, with a tablespoonful of brandy before and after the oil. It is seldom vomited, but serves to allay not only the pain, but also the accompanying nausea. As much as twelve ounces has been administered as a dose. One physician prescribed five ounces of the oil with the yolks of two raw eggs, and some essence of peppermint. The oil may also be given to prevent an attack of bilious colic which seems imminent—an ounce and a half at bedtime on several successive nights.

Fatty concretions—somewhat resembling gall-stones in appearance—“false gall-stones,” have been repeatedly

noticed in the stools passed after the administration of the olive oil in large doses; and it has been suggested that by mistake these have been sometimes regarded as true biliary gall-stones. When positive evidence of gall-stones having been voided, or being still within the gall-bladder, is present, "the diet," says Dr. Yeo, "should be very light, and strictly moderate, without excess in any particular." Animal fats—which are found to favour the production of thickened bile (by cholesterin) should be avoided; but vegetable fats, such as olive oil, almond oil, etc., are not likewise objectionable. Attacks of gall-stone are said to be rare among Italians, who consume olive oil freely. Sugar and starchy farinaceous foods may be taken only in quite small quantities; bread sparingly, and best as dry toast. Similarly, animal food in great moderation, and the fat excluded. Eggs to be forbidden, or, perhaps, only one permitted daily. Nevertheless, a free use may be made of fresh vegetables and fruit. Plain salads, potatoes, and ripe fruits are suitable and useful, but the coarse, hard, indigestible sorts must be discarded. Olive oil, when pure, has no objectionable taste or smell. On toasted bread, with a little salt, it is scarcely distinguishable from butter, and it may be used instead thereof for making pastry for bilious persons.

For a beverage, a little sound Hock, still Moselle, or Bordeaux wine—mixed with some alkaline table water—may be allowed. It has been found of assistance to swallow at bedtime three or four grains of Castile soap—in the form of a pill—wrapping this in rice paper beforehand.

In sluggishness of liver the fluid extract of tomatoes will prove of service to most persons, because of the inherent free sulphur. As employed for cooking, for sauces,

and salads, tomatoes come commercially from Italy in a large measure, where, when the markets are not actually demanding a supply, happy porkers may be seen devouring such tomatoes by the trough. This fruit is produced in the Channel Islands by the acre, under glass, but is subject to the "sleeping disease," which is almost intractable, except in a degree by stamping down the soil firmly around the roots. Under such ailment the plants dwindle slowly and fade away.

It is told that a sutler made out a hasty list of his stock, and gave this to a young clerk to be copied in due form. The lad worked away down the list—when, to the amazement of his companions, he suddenly cried out, "Tom Cats—four boxes. What the dickens is to be done with four boxes of tom cats?" The entrance just then of the sutler explained the mystery. "Why, confound it," said he, "don't you understand abbreviations? that means four boxes of Tomato Catsup."

Sir H. Thompson (1875) writes about the tomato: "Doubtless, if ripe and fresh, it is best of all when eaten raw; but if served hot, only plain boiling, baking, or broiling will cook this delicious half-fruit, half-vegetable, so as to least alter or diminish its natural flavour. To stuff it with onion, parsley, or shalot is mischievous meddling carried to its highest pitch. Yet this is the only form in which the tomato appears at foreign tables."

JAUNDICE may be obstructive from sluggishness of the liver, and thickened gall, which by blocking its duct, is thus prevented from flowing down into the first intestine; or it may be from catarrh of the duct which causes its walls to become swollen, so that the passage

of bile through the duct canal is hindered in this way—though the liver is not at fault.

In chronic obstructive jaundice it is necessary to give only simple foods, easy of assimilation, and which will not leave much residue to undergo putrefactive changes within the bowels because unmixed with bile, which is antiseptic. Milk and light farinaceous foods will be proper, with small quantities of the more delicate kinds of white fish and chicken. All fatty and sweet foods are to be then prohibited. A raw egg in the morning, while fasting, has been already commended. As to the brown colour of the stools, an absence of this does not of necessity indicate jaundice through obstruction, but it may depend on a long detention of the stool in the large bowel, so that all the bile pigment has become absorbed there. For such a difficulty the treatment must be to evacuate the intestines, and to prevent further constipation by stimulating the energy of the bowels.

In catarrhal jaundice the stomach and first bowel are in a condition of catarrh, so that it is important to save these organs from active work for a while: therefore the food should be exclusively warm milk and water, in order to dilute the secretions; or, if more nourishing sustenance is wanted, a thin infusion of cocoa nibs with milk may be given; perhaps also a little plain broth, thickened with sago or tapioca.

For ordinary bilious jaundice the diet should comprise an abundance of well-cooked, fresh, green, succulent vegetables at each principal meal; also ripe fruit, raw or stewed; cold water may be drunk freely, but alcoholic drinks are to be avoided, as well as all highly-seasoned dishes. In a book of receipts (Deborah Bunting, 1761) is given: "To take the large leaves that grow on the stem, or stalk of the globe artichoke (*cinara*), getting a

sufficient quantity of these: pour on them a quart of boiling water and strain it when cold: then take for the jaundice a quarter of a pint each night and morning." This plant contains phosphoric acid, and the leaves afford a bitter juice, which acts freely on the kidneys. Again, "Take a large lemon; roast it, and, when done enough, squeeze it well, and put it into a pint of mountain (sweet Malaga) wine: then put to it sixpennyworth of saffron, one or two pennyworth of turmeric, and let them infuse in the wine for one night, and then strain it off; take a wineglassful of this at noon, and again at four o'clock in the afternoon." In *Three Hundred Receipts for Cookery, Physick, and Surgery* (London, 1734), fifth edition, by several hands, it is ordered for the jaundice: "Cut off the tops of a Seville orange, and take out as well as you can the middle core, with the pips, but without the juice: fill the vacancy with saffron, and lay the top on again: then roast it carefully, without burning, and throw it into a pint of white wine. Drink a quarter of a pint, fasting, for nine consecutive days. It greatly sweetens, and clears the blood."

Culpeper wrote (1650): "For children and young people nothing is better to purge choller and the jaundice than Peach leaves and flowers, being made into a syrup, or conserve. Let such as delight to please their lust regard the fruit; but such as love their health and their children, let them regard what I say: they may safely give two spoonfuls of the syrup at a time; it is as gentle as Venus herself." Nevertheless, on an Egyptian papyrus, preserved at the Louvre, it is written: "Pronounce not the name I.A. under the penalty of the Peach!" But in themselves peaches are harmless as a fruit, though prussic acid can be distilled from their stones, and the Egyptians, it is on record, were the

first to practise distillation; so that under the dread threat of "the Peach" they clearly signified this poison. Dioscorides wrote: "*Persica mala in ardentibus febris sumi possunt*"—"Peaches are good for burning fevers". The School of Salerno ordered "*Persica cum musto vobis data ordine justo*"—"It is prudent to take a cup of wine with the Peach." Dr. James Hart taught (1633): "Some doe advise to correct the cruditie of peaches by washing them downe with a cup of wine, according to the old verse:

"Petre quid est Pesca?
Est cum vino nobilis esca."

Notice has been made before of carrots, gooseberry jelly, strawberries, and tamarinds as exercising useful properties remedial against derangements of the liver and spleen. Galen extolled garden carrots highly to "break winde": yet experience teacheth they breed it first. "The seeds"—says Culpeper—"thereof expell winde; and so mend what the root marreth."

Concerning the gooseberry, and its vintage, Charles Lamb, in his essay (*Elia*) on "April Fools' Day," writes, "Fill us a cup of that sparkling Gooseberry! We will drink no wise, melancholy, politic Port on this day."

As regards strawberries, Dr. Arbuthnot told (1730): "The seeds obtained by shaking this fruit when ripe are an excellent remedy against the stone. The juice of strawberries and lemons in spring water is an admirable drink in bilious fevers." Another such beverage is Tamarind Whey (*Serum lactis Tamarindatum*), made by boiling two ounces of tamarind pulp with two pints of milk, and straining. This is very nourishing, and gently laxative, whilst anti-bilious.

BLADDER, AFFECTIONS OF (*see URINE*).

BLEEDINGS AND BLOODLESSNESS.

RICE flour, if applied, will stop bleeding from a wound as effectually as almost any known astringent. Lint should be thoroughly incorporated with some of the rice flour, and applied firmly as a compress. Helmont advises rice boiled in water, or in chalybeate milk, for those who spit blood. Similarly, old Thomas Fuller, in his *Book of English Worthies* (1710), tells of a famous former syrup, of Comfrey, "Symphytum," "he must be a mere stranger in physick that is not acquainted with this most noble syrup, and how mightily it succours those that cough blood. Take of comfrey roots six ounces, and plantain leaves cut twelve handfuls: then beat these together, and strain out the juice, to which add an equal weight of sugar, and boil it to a syrup."

The Leek again has been credited with styptic powers by the school of Salerno. "*Isto stillantem poteris retinere cruorem.*"

The outer rind of the Pomegranate is also an astringent substance: but after importation the fruit shrinks, the pulp becoming diminished in quantity, and deteriorated in quality. This fruit was brought at first from North Africa, and the Himalayas. It was conveyed from Rome to Carthage, and was therefore called "Punica" by the Romans. An authoritative decoction is made by druggists from the rind, which is known as "*Decoctum Granati*": two tablespoonfuls as a dose.

For persistent nose-bleeding a simple measure, which is readily practicable, proves more effectual than almost any other: to press on the bleeding nostril from the outside, against the dividing cartilage between the nostrils, with the finger of the opposite hand, whilst the arm of the affected side is raised above the head. As recorded among *Herbal Simples*, the Sweet Clover,

or Yellow Malilot, is singularly efficacious when given as a tea, or a tincture, against continual nose bleeding difficult to be repressed.

For bleeding from the stomach it is essential to remain in the recumbent posture, and perfectly quiet. All food must be forbidden, and pieces of ice placed in the mouth to suck. If faintness comes on it is better not to give brandy, which almost always causes vomiting, but to apply smelling salts to the nose, or, if necessary, to give an injection of thin gruel with brandy into the lowest bowel.

There is a species of the Truffle (*Tuberculum*) which forms, when externally applied, the most powerful vegetable styptic yet known—preferable even to the agaric of the oak, and to all other fungous substances. Sloe juice as a popular remedy for nose bleeding has been mentioned before: likewise, dry table salt to arrest bleeding from the lungs. On the authority of Pliny (A.D. 50) Figs are the best restorative for those brought low by languishing disease, with loss of colour from bleedings.

To recruit young bloodless persons, regularity of meals is to be insisted on: and a want of appetite, or disinclination for food, can often be best dealt with by giving relatively small meals at shorter intervals than usual. The distaste for meat must be overcome gently, but firmly, and an ordered quantity—small at first—must be taken daily. When the youngster is thin, milk with an equal quantity of cream added to it may be given as well as the meat, but not to fat patients, or to those whose appetite is good for solid food. Some alcohol, which favours the formation of fat, may be permitted to thin children. But the popular notion that claret and other red wines, even Burgundy, make blood is really

groundless. Pure Bordeaux wine contains so little alcohol that it is more akin to an aromatic fruit-juice, and becomes the antidote to intemperance. With healthy young children it is better not to allow any alcoholic stimulants, except during hot weather, when claret, diluted with twice its quantity of iced water, does capital service. By refreshing without stimulating, it helps to increase the appetite.

All severe cases should be kept much in bed, since rest is a most important factor, together with plenty of sunshine, and fresh temperate air free from draughts. To remain in bed takes off the strain of bloodlessness from a feeble and poorly-nourished heart, and should be continued throughout several weeks at first. Raw, or slightly-cooked meat reduced to pulp, and mixed with a little herb-flavoured broth, is of value as a blood-restorer. As much as fourteen ounces of raw meat has been given daily to a bloodless adult, and has succeeded after medicinal iron had altogether failed. Besides the animal foods, which should predominate at first, some easily digestible fat should presently be added; until which is done any progress in blood-making will often fail to take place; therefore a moderate amount of butter may then be given daily. The yolks of two or three eggs (which are rich in iron-elements), beaten up with a little boiling water, and flavoured with some spice, sugar, (and, perhaps, a teaspoonful or two of brandy) make an excellent concentrated form of nourishment.

Cases are recorded in which bone marrow to the extent of three ounces daily for five or six months, was supplied from the ox, or calf, with a result of complete recovery. The bone marrow of healthy persons is one of the sites in which the red blood corpuscles are

manufactured: and on this theory marrow obtained from the bones of oxen has been given with varying success for extreme bloodlessness. The animals' ribs are split longitudinally, and the soft cancellous structure scooped out, pounding this in a mortar with a little water, and straining it through muslin so as to keep back any spicula of bone. It may be taken in a sandwich form, with salt and pepper, and lemon juice, if desired, or other flavouring; or it may be added to good strong beef-tea, though it must not be cooked therewith. The sandwich is not a modern invention. Suetonius, in the *Life of Julius Claudius Cæsar*, mentions it under the name "offula." "Rogo vos quis potest vivere sine offulâ?" For marrow toast, take the uncooked marrow from a shin-bone of beef, cut it up and parboil it in salt and water for one minute: drain, season with pepper, salt, and a little lemon juice, with chopped parsley. Toss lightly together, and spread the mixture on squares of hot crisp toast. Some physicians now order the red marrow with glycerine, as an extract, supposing that certain principles of the glycerine serve to stimulate the marrow to further regenerative efforts. Again, pour over half a pint of fine crumbs, prepared from stale rolls, three breakfast cupfuls of boiling milk, flavoured with lemon peel and grated nutmeg: cover them to soak: then beat together the bread, seven ounces of carefully-shred marrow, and four well-whisked eggs. Boil in a buttered mould, or bake in a dish lined with puff paste.

Marrow puddings were formerly famous at the dinners of the Old Bailey Sessions House. They were practically sweet cakes composed of thin slices of bread, marrow, cream, eggs, citron, sugar, and pounded sweet almonds; beef marrow was used in making these puddings.

In the days of our grandsires at Edinburgh the "Marrow Bones Club" feasted on marrow bones in the belief that "a large quantity of drink could be superimposed on that dish." Their meeting-place was long in Paterson's Chop house, and the members (each of whom had his own silver spoon, bearing his family coat-of-arms, with the club motto—"Nil nisi *bonum*") included a host of luminaries of the law, and of Edinburgh society.

Dr. Chapman, of Weymouth, urges with some reason that the ox marrow should be given remedially in an uncooked state. He quotes Dr. Barlow as speaking of new unboiled milk as "living food," and he claims the same paramount virtue for marrow fresh from the animals bones. The positive fact that red bone marrow, when taken remedially, increases the number of red blood corpuscles enormously can be shown by examining the patient's blood microscopically, with an instrument constructed for the purpose—the "hæmocytometer." In the *Cook's Oracle* is quoted, concerning shin of beef—"Of all the fowls of the air commend me to the shin of beef: for there's marrow for the master, meat for the mistress, gristles for the servants, and bones for the dogs."

Butchers used to have a peculiar sort of music made with marrow bones and cleavers, this being played by them at odd weddings, or to serenade some obnoxious neighbour. Each butcher carried a cleaver or chopper, which, when struck by a marrow bone, gave forth one of the notes of the musical scale, and by such means tunes were knocked out which sounded like a carillon of cracked bells. There was about the same time an expressive proverb—"Blow out the marrow, and throw the bone to the dogs."

Furthermore, the efficacy of sheep's brains for

coagulating the blood by injection has been told of in former pages. A sheep's head is popularly known as a "jimmy." It was an ancient practice to send it to the nearest blacksmith for being properly singed and scraped. Of this "lug," as the sheep's head is called in Scotland, the ears are considered the tit-bits; delicately stewed, and filled with a forcemeat of true Oriental character, they are eaten with olive oil. The tongue, simply boiled, is again a natural delicacy. Also, sheep's head broth, from a black-faced sheep, is a triumph of Scotch cookery: it is white, limpid, and delicate; barley, oatmeal, turnips, carrots, parsley, and celery enter into its composition. At the banquet given by Bailie Nicol Jarvie to some London visitors, one of the guests is described as eating, with rueful complaisance, mouthful after mouthful of singed wool, and pronouncing it excellent, in a tone wherein disgust almost overpowered civility. The village of Dudington, near Edinburgh, was formerly famous for its sheeps' heads. Elia said about the famous actor Munden—"He understands a leg of mutton in its quiddity; a tub of butter contemplated by him amounts to a Platonic idea." It is worthy of remark that no case has yet occurred in which mutton has proved to be an offending viand for developing poisonous germ-life.

In bloodlessness the food should be directed to strengthening the heart, whilst at the same time soothing the nervous system. Broiled fat bacon at breakfast is, with most patients, another easily-digested form of fat: and, as says Dr. Weir Mitchell, with much force of argument, "to gain in fat is nearly always to gain in blood." But it has been proved that with a diet composed exclusively of starchy, sweet, and fat foods—from which animal nourishment is kept out—the red

character of the blood undergoes impairment: whilst by a diet rich in animal constituents it is improved and increased. Great attention, however, must be paid to the prevention of either constipation, or diarrhœa. In the former of these states it would probably happen that the detained animal matters, being liable to decomposition within the intestines, would suffer such decomposition, and become a source of poison to the blood. It was advised (by Moleschott) that bloodless patients should partake freely of salt with their food, on the ground that this favours, directly and indirectly, the restoration of the blood globules, as well as of the liquid serum of the blood. Sir Andrew Clark taught that the bloodless lemon-hued complexion of young female servants often arises through their change of food from the plain fare, mainly vegetable, at home before going into domestic service, and the daily unaccustomed indulgence in meat afterwards, as provided by their employers. The excess of its animal excrement hinders blood-making.

Respecting salt, a physician lately returned from Persia tells that the natives there believe that human tears, which contain much of this compound substance, are a cure for many chronic ailments. At every funeral the bottling of mourners' tears is one of the chief features of the ceremony. Each of the mourners is presented with a sponge for mopping the face and eyes, and after the burial these sponges are handed to the priest, who squeezes the tears into bottles which he keeps. This custom is one of the oldest known in the East.

Among *Animal Simples*, bullocks' blood has been commended for chronic bloodlessness, especially of the young. In *Nicholas Nickleby* we are told: "Mrs.

Crummles was the original blood drinker" said Mr. Crummles,—“she was obliged to give it up, though.” “Did it disagree with her?” asked Nicholas, smiling. “Not so much with her as with her audiences,” replied Mr. Crummles (of the Theatre Royal, Portsmouth), “Nobody could stand it. It was too tremendous!!”

BOILS AND CARBUNCLES.

BOILS are induced invariably by septic causes, and by no means occur always in debilitated conditions of health. “Whatever,” says the most modern authority, “the predisposing state of body may be, we require in all cases the presence—as an active excitant—of that organism which is found in all small superficial abscesses assailing the person; this is known to pathologists as the *staphylococcus pyogenes*.” Experimental evidence of the fact has been furnished by Garré, who showed indisputably that one and the same micro-organism is concerned in the production of boils, and carbuncles. He rubbed vigorously into the hairy, but unbroken, skin of his forearm a pure culture of the said *staphylococcus*. Four days later a typical carbuncle had developed in the centre of the inoculated spot, whilst in the surrounding circumference of this spot a ring of boils of different sizes had appeared. This plainly exhibits the relation between cause and effect, whether the poison is bred from within, or acquired from exposure without. Inferior meat, high game, and other putrescent foods will bring about the first of these casualties: whilst foetid animal exhalations, as among market men,—or contact accidentally with matter from a boil, or carbuncle, in another person—serves, in all probability, to occasion the second infliction. For the former it will be useful to give in the dietary such vegetables as contain free

sulphur, for instance, the cabbage, watercress, and the like, also the yolks of eggs: whilst for the latter external antiseptics must be perseveringly applied. In every instance the area surrounding a boil should be kept well protected by smearing it with an ointment of lard (benzoated), so as to prevent repeated self-poisoning by infectious matters from the existing boil, with a consequent successive crop of other boils to follow. When boils occur the diet should be moderate and mixed, comprising plenty of fresh green vegetables which are cooked; butchers' meat should be taken sparingly, and of the best kind, but not more than once a day. Game, and twice-cooked meats, cold meats more than a day old, sausages, and all dubious viands are to be rigidly abstained from. Alcohol is to be disallowed, or given only in limited quantity when the patient is very weak: if any is taken at all freely before the core of the boil has loosened its hold, the pain and throbbing will be increased. If the boil is inflamed and painful, it may be fomented with hot water, and poulticed (with fresh yeast, or tomato added to the poultice) until it breaks, but not at all afterwards. Hot poultices of linseed meal with lard intermixed will hasten the expulsion of the core, but they must be discontinued directly the hardened flesh around the boil becomes soft and doughy: then lint, wetted with some antiseptic lotion, is to be substituted. When multiple boils appear simultaneously in different regions of the body, attention must be paid mainly to the patient's hygienic surroundings, and an improvement effected in his constitutional state by the administration of light, nutritious, easily assimilable food at frequent intervals; and, which is of main importance, by change to a more invigorating and bracing climate. Directly a boil is signalled by itching, its formation may

be stopped by plucking out the central hair of the inflamed follicle; and, in a long succession, many boils may be thus prevented. If the pain of an inflamed boil is severe, a plaster should be applied over it (that made with galbanum and opium being the best), with a small hole cut in the centre for the escape of the discharges. Unsalted lard mixed with carbolic acid—one part to twelve parts of the lard—will be proper for keeping the surrounding skin smeared therewith.

For a carbuncle some alcoholic stimulants are generally of necessity to maintain the strength, egg-flip being very suitable for this purpose. It consists of eggs beaten up with moist sugar, and hot beer or wine, a little spirit being often added if it is made with beer. The flip is poured quickly from the saucepan into the jug and back again two or three times, so as to make a froth on the top, over which a little nutmeg is grated. Thus orders *The Cook's Oracle*, which was written by Dr. Kitchener, containing "Receipts for Plain Cookery, etc.: the whole being the Results of Experiments instituted in the Kitchen of a Physician,"—whom Hood therefore apostrophised as—

"Twice a Job; for, in thy feverish toils
Thou wast all over *roasts*,—as well as *boils*!"

Previous notice has been paid to the fig, and to honey, as useful for outward application to sluggish, or unhealthy boils.

Dr. Gill, of Liskeard, tells of his coachman drinking on three consecutive mornings a teacupful of his own urine for aggravated "black-heads," this proving effective for a cure, as he was confident, because within a few days after commencing the said course of treatment the boils disappeared. He drank the liquid warm, directly after it was passed, and had a handful of sugar ready to

follow the disgusting draught. Dr. Gill had met with several such cases (September, 1900). Likewise, Dr. Gare relates an instance of a patient suffering from chronic bronchitis, whom he told to bring, when next coming for advice, a bottle of his urine to be examined. But the patient, being deaf, mistook "bring" for "drink," and on being asked presently for the specimen required, he replied that since drinking the said bottle of urine every day he had felt a great deal better each time.

BRAIN, AFFECTIONS OF.

FOR the brain worker, a large supply of heavy food, or solid, substantial fare, is not necessary or advisable, seeing that intellectual occupation does not appreciably increase the bodily waste. Quality, and easy digestibility are much more important considerations.

Phosphorus, as contained especially in fish, and in vegetables (being then combined with earthy salts) is generally thought to be of signal value in aiding the formation of new brain tissues: but to be really available for such a purpose, it must be supplied in combination with some organic material—as in the yolk of egg—and not simply as inorganic phosphates. Likewise, the roe of fish, and sweetbreads are rich sources of organic phosphorus. Its importance, nevertheless, as a brain food has, most probably, been over-rated, particularly as suitable in large measure for brain workers. Boiled or stewed fish is the most easy of digestion, broiled or grilled fish comes next; but fried fish is the least proper. When the digestion is weak the fish should be served without sauce of any kind. Haddock is the most suitable to be boiled for an invalid. The Halibut is a favourite fish with the Jews. Brill, which is called

“Bonnet Fleuk” in Scotland, is frequently equal in flavour and nutriment to Turbot, being known as the “Pearl,” because its skin is dotted with many round translucent spots of a pearly nature. Again, the Grayling (Graylines) is a nourishing fish, easy of digestion, and termed “Thymallus,” on account of the peculiar odour it emits when taken fresh out of the water, which is said to resemble that of thyme.

“Piscator prendit quod piscarius bene vendit.”

“The wily angler chooses fly and bait
To catch those fish which sell at highest rate.”

Fish generally contains valuable materials, such as phosphate of lime, potash, and soda, which help also to form and solidify bone. The Whiting is a light fish easily digested, being of a very delicate flavour and fibre, so that it is sometimes styled the “Chicken of the sea.” Culpeper tells his readers that “people usually boil fennel with fish, and know not why they do it, but only for custom; when, indeed, the original of it was founded upon reason, because fennel consumes that flegmatick quality of fish which is obnoxious to the body of man: fennel being an herb of Mercury, and he so great an enemy to the sign Pisces. Fennel was anciently Spingel.” Large quantities of its fruit seed are imported for flavouring gin. Longfellow has brought to notice that “it gave men strength and fearless mood”:

“So gladiators, fierce and rude,
Mingled it with their daily food,
And he who battled and subdued,
A wreath of Fennel wore.”

The Whale (which was eaten long ago by the Saxons, and is now commonly used by the poorer Japanese) came into requisition for English tables in the fifteenth century. From some of its parts may be made an

excellent imitation turtle soup, which affords capital nutriment to the brain and nervous centres: whilst other parts are, when cooked, admirably suited for a weak digestion, being as tender and white as boiled chicken. Whale skin is very rich in gelatine, and makes, if stewed, a jelly fit to set before a king. In 1246, Henry the Third directed the Sheriff of London to purchase one hundred pieces of whale for the Royal kitchen. When found on the coast these fish were the perquisites of his Majesty, being cut up and sent to the Palace in carts. Edward the Second gave a reward of twenty shillings to some sailors who had caught a whale near London Bridge. Any such fish taken on the banks of the Thames were claimed by the Lord Mayor, and enhanced the luxury of a civic feast. Portions of whale flesh were frequently bought—even in the thirteenth century—for the table of the Countess of Leicester. England was supplied with this dainty by the fishermen of Normandy, who made it an important article of commerce. The old Romans had various ways of cooking whale flesh. Sometimes it was roasted, and brought to table on the spit: but the usual mode was to boil it, and serve it up with peas. Epicures looked out for a slice from the tongue, or the tail.

For a serviceable fish soup, use small haddock, whiting, or sole, with butter, flour, milk, cream, the yolk of an egg, and some chopped parsley, with water. Boil and skim: then simmer slowly for from three quarters of an hour to an hour. Next strain through a wire sieve, and pour upon the strained soup the melted butter and flour mixed smoothly together. Pour these on the soup, and stir till boiling: add the milk and chopped parsley. If yolk of egg and cream are used, first beat them together with a fork, and do not boil the soup until after these

are added, or it will curdle. Vegetable flavourings may be allowed, and rice flour used instead of ordinary flour; or bread crumbs may be sprinkled on.

Animal brains are found of value for medicinally repairing the human brain when its functions decline from exhaustion, or disease, thereby upsetting the entire nervous machinery of the body.

For brain cakes: Soak and pick the brains of a freshly-slaughtered ox, calf, or sheep. Boil for a quarter of an hour, and blanch them. Pound them to a paste with a teaspoonful or more of chopped sage, a quarter of a teaspoonful of mace and cayenne, salt, pepper, and two well-beaten eggs. Make the paste into balls, about as large round as a florin, and dip them, when flattened, into egg, and fine bread crumb, and fry brown.

For preparing bullock's brains: Lay some slices of bacon in a stewpan, with carrots, onions, chives, and parsley: blanch the brains in lukewarm water, and put them in with this stock broth, seasoned with pepper and salt. (White wine may be added if allowable for the patient.) Stew gently for half an hour, and send to table with fried parsley. For calf's brains, with parsley: Remove the skin and the fibres before washing the brains in several waters. Boil them in salt and water to which has been added a tablespoonful of vinegar, and a little butter. Drain and divide them: then put a little fried parsley in the middle of a hot dish: place the brains round them, and pour browned butter over the whole. Time to boil the brains—about half an hour. A more certain way for retaining the brain-juices (which are of importance remedially), is to refrain from washing the brains, and to cook them lightly in as little water as will serve.

Cods' sounds (the swimming bladder of the cod) are found to contribute special nourishment to the brain, and the animal nervous system. They may be readily obtained, in a salted form, from the fishmonger. Put them into plenty of cold water all night: then scrape and rub off the dark skin with a cloth. Wash them thoroughly, and put them into a stewpan, with equal parts of milk and water, and boil them very gently until tender. Be careful to remove the scum as it rises. Serve them on a hot napkin (with egg-sauce, if allowed); time to boil—three quarters of an hour. Cod's roe is another useful brain nutrient. Parboil the roe in salt and water and vinegar. Cut it into thin slices, and dip each slice into frying batter: then fry in hot butter or oil until lightly browned. Drain, and serve them on a hot napkin, with a garnish of sliced lemon and parsley; time to boil the roe, eight minutes, or to fry the roe, six minutes. Pike's roe is sometimes made into a caviare. A jack is a pike which has not attained more than three pounds in weight, or does not exceed twenty-four inches in length. At one time a single pike was equal in value to two house lambs, being a popular article of food. Izaak Walton has given a recipe for dressing pike with oysters, garlic, orange juice, and claret wine, "which dish of meat," says he to his companion, "is too good for any but anglers, and very honest men; and I trust you will prove both; and therefore I have trusted you with this secret." M. Lemery says, "the pickle of cod is of a dissolving and drying nature when applied outwardly: they also use it, amongst other things, in clysters, and it is laxative because it contains much salt, irritates and pricks the intestinal glands, and forces more liquor out than before." "Oysters, in their turn, cause sleep, create an appetite, promote venery, work

by urine, are pretty nourishing ; and the eating of them is looked upon by some to be good for scorbutick people, and such as be gouty." If a cupful of hot milk is taken by a delicate person immediately after eating oysters, it will greatly assist their digestion. But the ready digestibility of the oyster is destroyed by cooking, though not by warming to a temperature below 100° Fahrenheit. "Angels on horseback" are oysters enveloped in slices of bacon, rolled up and toasted, and served on slices of fried bread, or toast. A "prairie oyster" consists of a fresh egg, with a tablespoonful of vinegar. Put the vinegar into a small cup, or wineglass, and break the egg into it whole : serve at once. This is a particularly digestible way of giving an egg. Stewed oysters are extremely pernicious to lying-in women.

The physicians of the Celestial Empire have for a long time treated brain exhaustion and nervous debility by giving the brain substance of the common barndoor fowl. This is dried, and powdered : to be administered either by itself, or mixed with some other nervine restoratives.

It has been already told that Nutmeg, being a narcotic condiment, will soothe an irritable brain when used with food in moderation, or given with hot water as a night-cap at bed-time. That godly and loyal herbalist, Robert Turner (1561), naïvely said, "God hath imprinted on the plants, herbs, and flowers—as it were in hieroglyphicks—the very signature of their virtues : as the nutmeg, being cut, resembles the brain ; the *Papaver Erraticum*, or Red Poppy Flower, resembleth at its bottom the settling of the blood in pleurisie : and how excellent is that flower in diseases of the pleurisie, and such surfeits, hath abundantly been experienced." For a tincture of nutmeg : Grate three ounces of nutmeg,

put the powder into a quart bottle, and fill it up with good brandy, or spirit of wine. Cork it and shake it well every day for a fortnight; then pour off the liquid, leaving the sediment behind. Put the tincture into small bottles, cork them closely, and store for use. Three or four drops will flavour half a pint of liquid. As a dose at bedtime to aid sleep when the brain is wakeful, or irritable, take ten drops, with a small wine-glassful of hot water. Repeat the same quantity after two hours, if then still required. Daisy soup, again, was an Elizabethan pottage—good also for the brain.

It is indispensable to rest the brain from all excess of work, and to keep it free from strong excitement, or the influence of passion, as well as from depressing cares, whilst seeking to recruit its powers by kitchen physic of whatever sort.

“Si vis incolumem, si vis te reddere sanum,
Curas tolle graves, irasci crede profanum.”

Schola Salernitana.

“If you wish to be sound both of body and mind,
Deem it sin to grow angry: cast cares to the wind.”

“The wrath of a good-tempered man is the most dangerous.” *Corruptio optimi est pessima.* “Incessant hard work,” said Lamb, “d—d desks, trade, commerce, business; inventions of that old, original busybody, brain-working Satan: Sabbathless, restless Satan! A curse relieves one! do you ever try it?”

After a like strain, Hood has humorously taught—in his *Servant Maid's Letters* (1844)—“As our doctor says: It's as bad to studdy till all is brown as to drink till all is blew: Mix your cullers!”

The question of alcohol, in a suitable and genuine form, for brain-workers is an open one, which has powerful advocates both for and against. A remarkable

instance, which bears forcibly on this subject, was that of Sir Benjamin Richardson, the well-known physiologist, sanitarian, and ardent teetotaller, who died at a comparatively early age. Throughout his active public career as a writer, lecturer, and social reformer, his gifted brain was constantly at work. After his death, Mr. Oliver Pemberton, coroner for Birmingham, presided at the inquest, having been well acquainted beforehand with Sir Benjamin Richardson, and observed, in the course of his remarks, that the deceased's days seemed to have been certainly shortened by his rigid abstinence from all alcoholic support. He specifically urged that "having regard to the climate of England, and the work which Sir Benjamin Richardson did, he must have benefited by the moderate use of alcohol, if he had only been a wiser man in this respect."

BREAST MILK, TO INCREASE.

ORANGES, if eaten freely, will augment the flow of breast milk. Parkinson says, "The seeds (pips) being cast into the ground in the spring-time will quickly grow up, and when they are a finger's length high being pluck't up, and put among sallets, will give them a marvellous fine aromattick, or spicy taste, very acceptable." Quoth Dr. Samuel Johnson to Boswell, about oranges: "Sir, I believe the distillers make a higher thing out of them than spirit: they make what is called 'orange butter' (from the peel), or the oil of the orange inspissated, which they mix with, perhaps, common pomatum, and make it fragrant: the oil does not fly off in the drying." Charles Lamb (*Elia*) in *Dream Children*, an exquisite piece of fancy, tells of himself "basking in the Orangery of a venerable house in Norfolk, which was the scene of the 'Children in the Wood,' till I

could almost fancy myself ripening too, along with the oranges and the limes, in the grateful warmth of its old-fashioned garden." A large orange is known in the East of England as "Pumble-nose." In Latin this fruit is called *Aurantium*—"ab aureo colore," because the rind is of a golden colour. Thus Virgil terms it "*aureum malum*":

"Aurea mala decem misi, cras altera mittam."

Oliver Cromwell had a passion for loin of veal with orange sauce. A pie may be made of oranges baked in a dish, with an ordinary pie-crust. In the *Old Curiosity Shop*, by Charles Dickens, it is related how the Marchioness (a slavey) put pieces of orange peel into cold water, and made believe it was wine. "If you make believe very much it's quite nice," said the small servant, "but if you don't, you know, it seems as if it would bear a little more seasoning." Dr. Johnson was noticed at the Club putting into his pocket the Seville oranges from which the juice had been squeezed out to prepare drinks. On Boswell asking why he did this, Dr. Johnson explained that he scraped and dried the peel: but he would tell no more. In writing to Miss Boothby he advised her to take "for indigestion, and lubricity of the bowels, orange peel finely powdered: a scruple (twenty grains) frequently, either with a glass of red port wine, or with old syrup of quinces, or conserve of sloes."

Again, a poultice made from the fresh leaves of the Castor Oil plant, aided by teaspoonfuls, taken medicinally, of a fluid extract prepared from the same, will exercise a remarkably stimulating influence on the secretion of breast milk.

The Whiting among fish, as well as Caraway, Fennel, and Sage among herbs, have been already noticed as either promoting, or arresting the secretion of breast

milk. Fennel was eaten in England as a savoury herb many centuries ago. In several Eastern countries the stem is still munched like garden rhubarb stalks, and affords an agreeable acidity. Sage cream was a favourite sweet dish, with rose water and sugar, in the eighteenth century. The Garden lettuce (*Lactuca sativa*) has been mentioned on a previous page for "the plenty of milk that it hath and *causeth*." Likewise, powdered Cow-hoof, and the sea-shore Crab. Concerning this latter creature Lemery relates: "Some authors say that the sea crabs of Europe are fat and juicy towards the full moon; but as the moon decreases so they decline, and lose their fat. In the Indies, however, the moon produces quite a contrary effect upon crabs: for when she does not appear they are large and fat: but they grow lean and poor when she does."

"The Crab of the wood is sauce very good
To take with the Crab of the sea:
But the wood of the Crab is sauce for a drab
Who will not her husband obey."

BRIGHT'S DISEASE (ALBUMINURIA) *see* URINE.

BRONCHITIS.

DURING an acute attack of any severity, a liquid diet, in the main, is best. Milk, when it is well borne, and easily digested, is excellent, and should be generally taken warm. Other nourishing warm drinks may be given as food, and to promote free action of the skin, such as light soups, broths, and gruel. Eggs beaten up, or plainly poached, or the yolks lightly boiled, are useful. Simple farinaceous puddings, as of sago, tapioca, ground rice, arrowroot and custard, are to be allowed; and, if the tongue is fairly clean, a little pounded meat, or chicken, may be added to the animal

broths. In slighter cases, boiled fish, and chicken are permissible.

For bronchial catarrh, particularly in advanced life, a tablespoonful of brandy or whiskey, in a teacupful of hot milk and water, two or three times a day, makes an excellent expectorant (Dr. Yeo). For chronic bronchitis, amongst herbal medicines, Garlic has been noticed as of particular virtue: "The scent thereof is somewhat valiant and offensive: but wise men will be content to hold their noses on condition they may thereby hold, or recover their breath" (Fuller's *Worthies*). Reference need not be again made to honey, anisette, and whey as kitchen physic specially suitable for the bronchitic; nor to the health resorts of Germany and Switzerland, where the Whey cure is carried out with much success for chronic chest complaints. An extemporised use of tar water, or rather, tar beer (preventive of bronchial catarrh), is recorded by Charles Lamb in his essay of *Elia* on "Christ's Hospital, five and thirty years ago," when the school breakfast for each boy consisted of "a quarter of a penny loaf—'crug' they called it,—moistened with attenuated small-beer, in wooden piggins, *smacking of the pitched leathern jack it was poured from.*"

BRUISE (*see also* **STRAIN**).

ON receiving a blow on any part, particularly the eye, without loss of time a piece of raw veal, or beef, or other meat, if applied will prevent blackness and discoloration of the skin; this should remain on for an hour, or two. If the part is painful or inflamed, a good sedative poultice may be made by boiling a fresh lettuce in a little water, and then using this water for making a hot linseed-meal poultice. As an animal simple, the fleece of a lamb freshly killed, if applied whilst yet

reeking to a recently bruised limb will be of great curative use. Fomentation with very hot water if straightway employed to a bruised or sprained part, will frequently help to modify the ill effects of the injury; then subsequently the injured part should be kept constantly wetted with an evaporating lotion of spirit and water applied on linen rags frequently changed, as often as becoming hot or dry.

BURNS AND SCALDS.

IN *Three Hundred Receipts* (1734) is given a certain remedy to take fire out of a burn. "Beat an apple with sallad oil till it is a poultis pretty soft; bind it on the part, and as it dries lay on fresh. You must be sure to pare, core, and beat your apple well, for fear of breaking the skin of the burn. But if the skin be off there is not anything in nature so sure to take out the fire." When blisters rise from minor burns it is best to carefully prick them, and let the water (serum) escape, but without tearing the skin, which is to be left on as a natural protective covering. A mixture of whiting and vinegar made to the consistence of thick cream, forms an excellent application in such cases, speedily relieving pain, and helping to strengthen the cuticle left over the burnt skin beneath. Quince kernels (carefully preserved and dried) will make when required, by gently boiling them, a soothing poultice for burns and scalds. Or to prepare these, soak a few in water, and they will shortly form a kind of jelly which should be coated upon the burnt or scalded part. Similarly, if the contents of a fowl's egg be turned over on the burnt spot so that the raw white of the egg covers it, this application will be found soothing and healing; or ice pounded to a powder and made into a paste with fresh unsalted lard, may be

usefully applied. Again, thoroughly bruise a raw onion and a potato into a pulp, by scraping, or by beating them with a rolling pin. Mix this pulp with a good table-spoonful of salad oil, and apply it to the naked burn or scald, securing it over the part by a linen bandage. Late in the reign of George the Second (about 1750), commencing at Myrtle Grove, County Cork, where Spencer wrote the *Faerie Queen*, the general practice of potato-eating found its way presently from Ireland into Lancashire; and soon afterwards potatoes gained the eager appreciation of the English people, as food to be taken with meat. The ordinary potato holder which was formerly in Irish use was a ring, into which the tubers when cooked in their jackets were tossed; and this is now valued as a costly curio, being taken as a stand for fruit, and making a handsome centre-piece for the table. In Devonshire, potatoes boiled to a mash are "Hauchee pauchee." In Dorset and Somerset potatoes, beans, peas, and such like are "Meat ware"; the word meat always signifying something of a vegetable sort in the Old Testament, and farinaceous, in contra-distinction to flesh. Thackeray, at Evans' supper rooms, in Covent Garden, whimsically ordered his supper thus—

"Persicos odi, puer, apparatus;

Bring me a chop, and a couple of potatoes!"

It has been thoughtfully said, we need scarcely concern ourselves about the destiny of our remains after death. There is no necessity to wait even, as in Hamlet's supposition, for the body to crumble into dust. The fluids and the tissues decompose rapidly, and are quickly dissipated, so that what is now part of the symmetry of a Cæsar, or a Venus, may literally within a week become appropriated by a turnip, or a potato.

Goose oil has been commended for application to burns ; likewise tallow from sheep's fat. Two years ago a goose on a farm in Scotland, of the clearly ascertained age of eighty-nine years, healthy and vigorous, was killed by a sow whilst sitting on her eggs ; it was supposed she might have lived many years longer, and her fecundity seemed to be permanent. Other geese have been proved to reach the age of seventy years. Goose grease which drips from the bird whilst being roasted, is, when cold, an excellent application for softening indurated swellings, and for soothing painful sores. Incidentally respecting burns, it is noteworthy that the fabled salamander which was thought capable of withstanding heat even to whiteness, without being consumed, was in all probability the asbestos (in hairy lumps) which we use now-a-days in our modern gas stoves.

CANCER.

SIR William Banks told the Medical Society of London, in March, 1900 : " Being assured in my own mind that well-nourished, well-developed healthy persons are the most numerous victims of cancer, the question at once arises, Is the increase of cancer in any way contemporary with an increase of food throughout the country, and are people better nourished as times proceed ? There cannot be a doubt of it. During the last twenty years the importation of animal food from other countries has been enormous. Our working classes fare admirably ; our better classes eat infinitely too much, especially of animal food, partaken of at breakfast, lunch, and dinner. But for the athletic tendency of the age, and the general passion for games and exercises which pervades all classes, this over-stuffing must, before now, have proved very dangerous. I think distinctly that too much

nourishing food has to do with the production of the cancerous disposition." And this is likewise the opinion of Mr. Roger Williams, who inclines to think that cancer areas are also the areas where the people are best nourished. Dr. Yeo writes: "It has been suggested that amongst other evils attending a diet comprising animal food freely, one is that it favours the tendency, if pre-existing, but dormant, to the development of cancer, just as it promotes gouty manifestations in those with a constitutional bias thereto." With this view a special diet has been introduced by Dr. Beneke for the treatment of cancer, in which animal (nitrogenous) food is reduced to a minimum. It consists mainly of bread, potatoes, vegetable soups, fresh succulent vegetables, and fruits, cooked fruits, biscuits, tea, cocoa, and perhaps a moderate allowance of light wine. By this scheme a distinct reduction of earthy phosphates is attained, and the urine loses some of its acid reaction. Beneke withholds the cereals and pulses (affording vegetable albumen) as much as possible. He has claimed success for his plan of proceeding, because thereby the alkaline and earthy phosphates, with which the cells of cancer are found to abound, become excluded from the food supplies. Therefore he has commended for use only those vegetables in which the starchy and carbonaceous constituents predominate, whilst others containing meat elements are forbidden. Cancer is found to be extremely prevalent among the Boers of South Africa, who, as is well known, consume large quantities of flesh, both fresh and dried in the sun (biltong).

But the stock answer to this over-nutrition theory is that vegetarians and rice eaters are just as subject to cancer as gross feeders, and flesh eaters; which statement goes on being steadily repeated from one book to

another. "I am not prepared," says Sir W. Banks, "to admit this; cancer is not so rife in Ireland where the food has been poor, and very largely of a vegetable sort, and where improvement in the living of the people has not proceeded, *pari passu*, with that in England. A richer and more abundant diet is the great change which has taken place in our national life, and we should note particularly that it is the male who eats the heavy food in ever-increasing quantities, while the female remains much as before in her eating; whilst now it is men who suffer most severely from cancer, not women as formerly." It has been pointed out that in all England the most tainted places are London, the Thames Valley, and the counties adjoining the metropolis; and that even in the capital itself the parts where those in easy, comfortable circumstances live, who are supplied with more than the necessaries of life, show the highest mortality. One of the directions given by the late noted Sir James Paget to patients with incurable cancer, was to "eat as little as possible: to try, in fact, to starve the body as a whole, and thus to starve the cancer locally. Certain it is that the disease has not appeared to affect the weakling, the tea-shrivelled, mummy-like old maid, or the ill-fed, more than half starved drunkard who never has any money to spend on good food. Its most numerous victims are well-nourished persons with plenty of beef and fat about them, and often with a fine healthy colour in their cheeks. In summing up the many operations I have done for cancer of the tongue, my recollection of the patients is for the most part of biggish, powerful men, with large strong jaws, which were hard to saw through when sawing had to be done." Sir W. Banks has herein strikingly illustrated the aphorism of the mediæval physicians "*Modicus cibi*,

medicus sibi." "Who eats but little is his own doctor." With regard to the Irish people, whom Sir W. Banks quotes as specially free from cancer, they have been given from early times to the feeding on shamrock, which is closely allied to clover, a specific (as fully explained in *Herbal Simples*) for the indisputable cure of cancer in numerous instances.

The red clover or meadow clover, *trifolium pratense*, is the plant thus used. We read of it as shamrock in the time of Charles II: "'Sham voges,' a three leaved grass which the vulgar eat, they say, to cause a sweet breath." Linnæus refers to this as a food—"the swift and agile Irish nourish themselves with their shamrock, which is the purple trefoil; for they make from the flowers of this plant, breathing a honeyed odour, a bread which is more pleasant than that made from the spurrey (*spergula*)." But the plant now worn in Ireland as the shamrock is either *trifolium repens*—the white clover, or *trifolium minus*—the yellow-flowered clover. Dr. Henry Murry, of Oxford, 1680, in his treatise on diet writes: "The Irish that nourish themselves with the shamrock (which is the purple clover) are swift of foot, and of nimble strength." "For pain of cancer," says a tried recipe, "dry red clover heads in an oven, and make an infusion of them as tea; an adult patient to take one quart of this on each day, in portions, before meals and before going to bed; it subdues the pain and improves the general health." The trefoil is "cheese cake grass" in the North. John Taylor, the water poet (1551), tells how "all the Hibernian karnes in multitude did feast on sham rogs stewed in usquebaugh (whiskey)."

In *Dream Children*, an altogether sweet and most touching reverie, it is told by Elia how "Great grandmother Field was of old the best dancer in the county,

till a cruel disease called a cancer came, and bowed her down with pain: but it could never bend her good spirits, or make them stoop, but they were still upright, because she was so good and religious."

Dr. Lambe (1809), has written thoughtfully, and from an original mind concerning cancer and its diet. He argues as one convinced of vegetarian superiority, though being a temperate reasoner, quite willing to discuss both sides of the question, and by no means an avowed vegetarian. For forty years of his life he did not pass as many days without taking animal food. But, strangely enough, "common water" is his principal text, as the chief vehicle by which the poison of cancer finds its way into the system. He contends that the water which we habitually use is a principal agent in the production of some diseases. As an instance of this alleged fact, it happened most remarkably that a cancerous ulcer which had been spreading for five months became immediately stationary when distilled water was used, instead of ordinary water as before, and it remained quiescent till the last moment of life.

Distilled water is enjoined because of the inflammable and putrescent matter always present, more or less, in common water. If there be anything combustible in the residuum left by water after evaporation, it indicates the presence of matter of such kind. This matter it is which makes water become corrupt when kept any length of time exposed to the air. Vitruvius informs us that the ancients inspected the livers of animals in order to judge about the nature of the water of a country, and the salubrity of its nutritive productions. From this source they derived instruction respecting the choice of the most advantageous situations for building cities. The size and condition of the liver

is in fact a pretty sure indication of the unhealthiness of particular grounds, and of the deleterious quality of the water, which, especially when it is stagnant, produces in cows, and particularly in sheep, fatal diseases such as commonly have their seat in the liver ; as, for example, the rot, which frequently destroys whole flocks in marshy countries. Hogg, the Ettrick shepherd, asserted that if he had to rear young lambs in the winter upon hay and water, they for the most part died ; but if they were supplied with fresh succulent food they would live and thrive. But “for the mitigation of cancer a strictly vegetable diet must be joined to the use of water purified by distillation. Under this combined regimen, life may probably be prolonged to an indefinite extent, even in certain cases of ulcerated cancer of long standing. The spread of cancerous disease into the contiguous parts is completely prevented by the use of pure distilled water.”

“Animal food when taken regularly stimulates, but to excessive action, which is followed by premature exhaustion.” An experiment which has often been made upon hens illustrates the general action of meat upon animal bodies, viz., the feeding them upon flesh to make them lay eggs faster than at other times. Animal food confers a florid colour on the complexion ; but as a general rule it may be safely asserted that the florid are less healthy than those who have but little colour. Thus an increase of colour has been ever judged to be a sign of impending illness. “If a man becomes fuller,” said one of the ancients, “and better looking, and with more colour than usual, he ought to consider these supposed blessings as suspicious.” How many with what is thought the glow of health on their cheeks are inwardly tabid. Theophrastus says that “abstinence

restores the use of reason, because feeding much, and living upon flesh destroys it, and makes the mind more dull." It was proverbial that the ancient athletes were the most stupid of men. The cynic Diogenes being asked what was the cause of this stupidity, is reported to have answered, "because they are wholly formed of the flesh of swine and oxen":—

"Fat paunches have lean pates, and dainty bits
Make rich the ribs, but banker out the wits."

Love's Labour's Lost.

In the north east of Scotland cancer was at one time supposed to be produced by the bite of a pig. The hog is naturally herbivorous, and formed to turn up the earth, and to collect his nourishment from roots and fruits. Under the care of man he has become omnivorous; but at the same time he has grown to be the most unhealthy of all our domestic animals. On the contrary, carnivorous animals, the dog for instance, have been fed and apparently well nourished on vegetables; whilst herbivorous animals, as the horse, the cow, the sheep, the ape, have been fed upon flesh, and even upon fish. "But whether animals thus forced out of their natural habits are as healthy, and live as long as when following the guidance of instinct, has not, I believe, been ascertained or much thought about." Man is, in his proper nature, strictly to be ranked among the herbivorous animals; and the use by him of the flesh of animals as food is a deviation from the laws of his nature, becoming universally a cause of premature death or disease. "Much meat, many maladies," is a wise saying. Again "Meat is much, but manners are more."

"Children are mostly indifferent to animal food, and it often affects them with extreme disgust; milk, fruit, sweet things, and vegetables are their delight. This of

itself is enough to create a strong suspicion that the appetite and relish for animal food are artificial, and produced by the gradual operation of foreign causes.

Mr. Benjamin Bell, the famous surgeon, and author of *Bell's Surgery* (1810), taught that in cancer a diet consisting almost entirely of milk and vegetables had been found in his experience to answer best. "The effect," he says, "of using animal food seems to me very analogous to the operation of narcotic poisons, except that it is in its nature more permanent. What I have said with regard to animal food applies with greater force to fish, which there are strong reasons for supposing to be still more noxious to the human body." Haller in his *Physiologia*, wrote—"The frequent use of fish produces a noxious kind of acrimony from which are derived itchings, an altered epidermis, the morbus pedicularis (body lice), leprosy, scurvy, malignant ulcers, and fevers." Dr. Cheyne (1730), has told about fish—"Everybody finds himself more thirsty and heavy than usual after a full meal of fish, let them be ever so fresh, and is forced to have recourse to spirits and distilled liquors to carry them off, so that it becomes a proverb among those that live much upon them that 'Brandy is Latin for fish.' Besides that after a full meal of fish, even at noon, one never sleeps so sound the ensuing evening, as is certain from constant observation."

Dr. Taylor, a physician of Croydon, got rid of epileptic fits by a total diet of milk, without bread or any other vegetable food. "Another (Rev.) Dr. Taylor," wrote Dr. Johnson to Mrs. Thrale, "is here, who by a resolute adherence to bread and milk, presents a better appearance of health than he has had for a long time past." Dr. Lambe further says: "The practice of cooking vegetable foods is commonly

carried to excess. It appears to be the general opinion that almost all vegetable matter, if not previously submitted to the action of heat, is absolutely indigestible and noxious. But the fact is, that nearly all our common garden vegetables may be used without any such preparation, and it is highly probable that in this natural condition they would be more nutritive, more strengthening, and certainly far more anti-scorbutic than when they have been changed by the fire. If the stomach be so impaired of function that nothing of this fresh vegetable matter can be borne, soups made from a large quantity of recent vegetables may be substituted. They would seem to be preferable to the same vegetables much boiled. With us a parent will forbid his child to feed on a raw turnip as if it were poisonous. But the Russians, from the lowest peasant to the highest nobleman, are commonly found eating raw turnips as a daily occurrence. The great body of our English peasantry, and even multitudes of the inhabitants of London, subsist almost wholly on vegetables, fresh or cooked, and are perfectly well nourished. The peasantry of Lancashire and Cheshire, who live principally upon potatoes and butter-milk, are celebrated as the handsomest race in England."

Respecting the palliative treatment of cancer, the noted Abernethy in his *Surgical Observations about Tumours*, has said: "It seems to me very proper and desirable that the powers of the regimen recommended by Dr. Lambe should be fairly tried, because (among other stated reasons) all great changes of constitution are more likely to be effected by alterations of diet, and modes of life, than by medicine; because also it seems certain that in general the body can be perfectly nourished by vegetables. I have known several persons

who tried the effect of such a regimen, and with whom it was productive of considerable benefit. They were induced to adopt the change of diet in order to allay a state of nervous irritation, and to correct disorders of the digestive organs, upon which medicine had but little influence"; again, "because it seems sufficiently ascertained that diseases have, in some persons, been excited by water, and therefore it is desirable that whatever is used should be got as pure as possible."

Cinnamon (in Anglo-Norman *Canel*) has become recently a favoured remedy for cancer, with a reputation revived from former days. The old monkish line was often in use—" *Cur moriatur homo qui sumit de cinamomo?*" Dr. Ross, of Manchester, reports success from the steady use of the decoction of cinnamon, half a pint being taken daily. To make the decoction, pour two pints of boiling water on a pound of Ceylon stick cinnamon, *in vacuo*; which is to be boiled slowly down to twenty-five ounces, and poured off without straining. This is a concentrated decoction, and in order to keep it without spoiling, ten per cent. of glycerine should be added. Dr. Ross gives of his strong decoction half an ounce, or an ounce, for a dose, with water.

"The spices of the old English cuisine," says Jefferson, "were cinnamon, mace, cloves, galyngale (the long rooted cyperus), pepper (from the East Indies, *via* Venice and Genoa), ginger, cubebs, cardamom, nutmeg, caraway, and two compound powders, *poudre fort*, and *poudre douce*, the analogues of modern curry powder. Saffron was the mildest in taste of the spices." They were the antiseptic remedies in vogue when monks acted as doctors for the poor in country districts, before more complicated and elaborate drugs came into use. "The man who bought cinnamon at Stonebridge

Fair, in 1380, would have felt poorer if any one had told him that it was not shot from the Phoenix nest with leaden arrows ; while the merchant of 1580 wished to know where it was grown, and how much he would pay a pound for it if he bought it at first hand." An account of this cinnamon treatment by Dr. Ross, is to be found in the *British Medical Journal* of May 1st, 1897.

In cancer of the stomach, with loss of blood therefrom, it may be necessary to feed the patient for a time entirely by means of nutrient injections into the lower bowel, whilst thus giving complete rest to the stomach ; and indeed in cases where blood is not lost it is a good expedient to feed the patient from time to time by the bowel, so as to afford the stomach periods of similar absolute quietude. Some prefer small injections of beef pulp mixed with two or three ounces of warm water ; others add more water, supposing it necessary for nutrition ; or an egg may be beaten up with ten ounces of milk, and two or three tablespoonfuls of meat jelly, with or without brandy (as necessary, or not, and as tolerated by the bowel), passing this very slowly into the lowest bowel every five or six hours. Forms of nourishment prone to acid fermentation must not be employed for any such purpose. Though this method of giving food may be resented at first, yet presently the bowel will retain it, and thus allow of slow absorption of the nourishment into the blood, almost as effectually as if it had been taken by the mouth into the stomach. As Mahomet cannot go to the mountain, the mountain must come to Mahomet. One instance, as Dr. Woods Hutchinson calls to mind, is historic in which cancer, which was inherited, made its appearance in the same organ (the stomach) in successive generations ; a condition which is very rarely fulfilled. In the case of the

Bonaparte family, four members thereof—the father, the brother, and two sisters of Napoleon—died, like himself, from cancer of the stomach.

For the pain of external cancer, fresh lemon juice should be applied with a camel-hair brush, or on pledgets of lint saturated therewith. This will afford immediate relief. It may likewise be taken internally, and with special benefit if the tongue is the part affected. For outward use, citric acid in solution may be substituted, of a strength equal to lemon juice, eight grains to the ounce of water. This citric acid is a normal constituent of fresh milk, though few persons would think so, and is constantly present therein as a salt of lime (*calcium*); it is a true gland product from the udder. One quart of milk contains about as much citric acid as a large lemon. When milk is actually boiled its power of holding the citric acid unchanged is much diminished, which is an important loss, because infantile scurvy is likely to follow feeding babies with such milk, whereas it is not found to occur under a sufficiency of fresh milk unboiled.

“The disease scurvy is usually seen to invade infants belonging to the better class where the diet has been carefully restricted to boiled milk, with or without one or other of the various cooked infants’ foods; and it is well known that this scurvy may be cured by the administration of orange juice, lemon juice, lime juice, and similar preparations containing citric acid; likewise by a return of the children to a dietary affording a sufficiency of fresh unboiled milk.”

“I would advise,” quoth old Fuller, in his *Book of Worthies*, concerning Carnarvonshire, “the counties to deny no small civilities to a painful author holding a pen in his hand for fear a drop of his ink fall upon

them, for, though juice of Lemmon will fetch such spots out of Linnen, when once printed in a book they are not so easily got out, but remain to posterity." Charles Lamb (Elia), in his *Essay on Mackery End*, speaks of "old effaced images, of more than half-forgotten names, and circumstances, still crowding back on the memory (of his cousin Bridget), as words written in lemon come out upon exposure to a friendly warmth."

It is related that Eugene Aram, on the eve of his execution, at the last interview with Sally, his favourite daughter, bade her prepare a wash of lemon juice for her freckles.

For an ulcerated cancer a commendable application may be made by boiling best Turkey figs, until they are very soft, in new milk, which they will thicken. Then split the figs and apply them, as warm as they can be borne, to the part affected with the disease, and the wound should be washed with some of the milk every time the poultice is changed. A fresh poultice must be put on each night and morning, and at least once during the day. The proportions are half a pound of figs to a pint and half of milk. Also some of the milk thus prepared must be kept to be taken; a quarter of a pint twice in the twenty-four hours, if tolerated by the stomach. This course must be steadily pursued for three or four months at least. No poultice or other moist warm application should ever be put to a cancer where the skin is unbroken.

Among *Receipts* (1761), of Deborah Bunting, who died in 1820, aged 87 years, at East Dereham Vicarage, it is given—"For a cancer, take the part of a walnut which grows between the four parts, and beat it to powder; take as much as will lie upon a sixpence each night and morning; it is the brown part of it. You must take it

in a little treacle water." Again, "Take one quarter of an ounce of mace, three quarters of an ounce of a stone-horse's hoofs dry'd, and beat to powder, a pint of white wine, one quart of ale; mix them together and let it stand three days; drink half a pint night and morning. Half a yard of blue linnen cloth cut in nine pieces, dip it in white wine vinegar and put one of them to the breast at night, and one in the morning." "In all cancerous cases salted meats and high sauces are forbid; the use of milk is greatly recommended."

On being asked lately whether, according to their experience, tomatoes have been found productive of cancer (as commonly alleged), the staff of the London Cancer Hospital gave an emphatic opinion "that there is no ground whatever for supposing that the eating of tomatoes predisposes to cancer."

Some American physicians have recently employed concentrated and powerful sunlight as a caustic for removing and healing cancerous growths on the skin. Little or no pain is caused by this method, the sunlight leaves afterwards a healthy base which soon heals, and remains permanently sound. Moreover, the life-giving rays seem to impart a new vitality to the affected structures, besides destroying the malignant growth.

Among herbal remedies of more or less benefit against cancer, a prior notice has been paid to red clover, parsley leaves, and to rosemary. As animal remedies for cancer, attention has likewise been paid previously to egg-shell, oyster-shell, and fresh ox-gall. The two former of these are given as finely triturated powders, each with much recorded success, whilst the ox-gall has been highly commended in Paris for external application to cancerous and other tumours of the female breast.

CHILBLAINS, and CHAPPED HANDS.

THESE are consequent upon defective circulation, for the most part through external cold and some lack of constitutional vigour. Local stimulation proves very useful in preventing chilblains from breaking, and in making them heal when broken. At the same time good, plain, generous food is called for in fair abundance, together with as much active out-door exercise as the strength and the weather will allow. General warmth of body and limbs can be promoted by rubbing into the skin an animal oil, such as neat's-foot oil, cod-liver oil, or wool oil (lanoline). Delicate children may be thus rubbed all over every night, or on the chest, throat, shoulder-blades and extremities, after taking a warm bath at the cold times of the year. The efficacy of this treatment is surprising. Unbroken chilblains should be bathed every night for a few minutes with meat brine, or a tepid footbath may be used containing a double-handful of salt for two or three nights in succession. The tincture of common laurel (easily obtainable), if painted over the unbroken chilblains at night, scarcely ever fails to cure them; or, fresh laurel leaves, bruised in a mortar, may be bound over the chilblains with a kerchief all night beneath a smooth piece of thin guttapercha tissue. For frost-bites apply the mealy flour of baked potatoes mixed with sweet oil; or honey and beeswax melted together with a few drops of turpentine spirit.

Few remedies are more effectual than strong brine, which is of service for both broken and unbroken chilblains, being rubbed into the latter twice or three times a day. For the prevention of chilblains it is of use to wear leather socks. The pulp of a baked turnip beaten up in a teacup with a tablespoonful of salad oil, the

same of mustard, and the same of scraped horse-radish, if applied to recent chilblains and secured with a light bandage, will help to cure them.

An Old-English name for chilblains and chaps was *kibe*. Elia, in the Essay, *Praise of Chimney Sweeps*, says, "Reader, if thou meetest one of these small gentry (now of the past only) in thy early rambles, it is good to give him a penny! It is better to give him twopence! If it be starving weather, and to the proper troubles of his hard occupation a pair of *kibed heels* (no unusual accompaniment) be superadded, the demand on thy humanity will surely rise to a tester"!

Turnips (*Rapa agrestis*) were employed by the ancients to recover frozen and benumbed feet, being first boiled in water and then made use of as a fomentation. This root, when pounded in a mortar with salt, was esteemed of old as a remedy for all ailments of the feet, such as corns, bunions, and swellings from cold. Dionysius recommended to bake the turnip or to roast it under the ashes, and then to mix it with suet or lard, as a good cataplasm for the gout and for pain in the joints. Turnips are considered detergent, laxative and diuretic, but in weak stomachs they are apt to provoke flatulence, and are sometimes digested with difficulty. Lemery pronounces that they agree at all times with young bilious persons and those whose humours are sharp and thin, "provided, however, the eaters thereof have a good stomach." These roots contain much oil and a little essential salt. The liquor afforded by boiling them in a modicum of water, or a decoction of turnips taken with sugar at bedtime, is good for a cough and hoarseness; or the syrup of turnips extracted by baking and mixed with honey has the same beneficial effect. Ducks stuffed with turnips are found

to be of benefit for persons troubled with chronic intestinal irritations.

No turnip should ever be boiled in the stock of which a jelly is made, else this will be very apt to turn sour. In hot weather soup will sometimes spoil in twenty-four hours because it has had some turnip cooked in it. All vegetables have such a tendency in a certain degree, but none to the same extent as the turnip. The wild English turnip (*Terræ napus*) is not the original of the cultivated root which we use for our tables.

The ancient Romans grazed their cattle frequently on field turnips. "Talking of 'grazing,'" said Mr. Squeers of Dotheboy's Hall, in *Nicholas Nickleby* (by Charles Dickens), raising his voice, "when one of our boys gets weak and ill, and don't relish his meals, we give him a change of diet, turn him out every day for an hour or so into a neighbour's turnip field ; or, sometimes, if it's a delicate case, a turnip field and a piece of carrots alternately, and let him eat as many as he likes. There a'nt better land in the county than this perverse lad grazed on, and yet he goes and catches cold, and indigestion, and what not ; and then his friends bring a law-suit against me ! Now, you'd hardly suppose that people's ingratitude would carry them quite as far as that, would you ?"

Other excellent herbal applications have been shown in detail : the capsicum (cayenne), leek juice, raw onion, etc., each curative of chilblains. For chapped hands a capital external remedy is honey mixed with bitter almonds in powder, but none of this should be eaten ; or for preventing chapped hands, put two ounces of bitter almonds into cold water and let these stand from overnight ; wipe them with a cloth, and when they are dry, beat them in a mortar till they are quite fine.

Add the yolks of six hard-boiled eggs, also pounded in a mortar ; next two ounces of honey, and beat up these ingredients together ; then well mix in one ounce of oil of sweet almonds. This paste will keep well for winter use in pots covered with parchment or bladder. Likewise, goose-grease and tallow have been commended for similar uses.

CHOLERAIC DIARRHŒA.

IN *The Book of Recipes*, by Susanna Bunting (1830), is a strangely desperate remedy for cholera—"Prepare to meet thy God." During epidemics of this visitation cider-drinkers have been found to exhibit a remarkable immunity from its attacks. As a beverage, cider is powerfully antiseptic because of its chemical ingredient methyl-aldehyde. At the Pasteur Institute cider is proved to be a most efficacious destroyer of bacterial germs ; it kills bacilli in from two to eighteen hours. Dietetically, for the choleraic diarrhœa of infants or adults, starvation for a while is the best line of treatment. Cold or iced water may be drunk for the accompanying thirst ; or, if well borne, a little milk with lime-water. In such cases one, or even two days may be safely passed without taking nourishment ; and for infants this rule should be insisted on, despite the protests of inconsiderate parents or relatives. By adults, when a desire for food returns, apart from a mere craving for fluids, a milk diet may be safely resumed. Farinaceous food is a common cause of troublesome diarrhœa in young infants ; then it is useful to give cow's milk, three-quarters of a pint, with an ounce of sugar of milk, and three-quarters of a pint of boiling water. Among animal simples remedial for diarrhœa, whether active, or chronic, practical reference has been

made to isinglass jelly (with or without port wine) and to butter-milk, which is most usefully antiseptic whilst at the same time sufficiently sustaining.

CHOREA, or ST. VITUS'S DANCE.

THIS is an hysterical affection, chiefly of young persons, and closely allied to rheumatism. The diet for children who are troubled with the irregularly spasmodic ailment should be nutritious and easy of absorption, whilst given with a liberal hand. Some specialist doctors administer brandy in severe cases, a teaspoonful with one or two tablespoonfuls of water every four hours, and with excellent results. A mixed diet of eggs, fish, fresh meat, and milk is best borne by the digestion. Confectionery, sweet dishes and much farinaceous food will not be suitable; but oatmeal-tea, freshly made, has a particular curative virtue for this complaint. Also, country folk administer a few mistletoe berries once or twice a day with alleged benefit. A medicinal tincture is made from mistletoe berries for like uses. Musk, which is a very durable perfume, exercises salutary effects against this disorder. For convenience the apothecaries' tincture may be used, of which one teaspoonful contains a grain of musk, this being quite a harmless dose, in water twice a day. But it must be genuine. An old proverb quaintly says, "Look not for musk in a dog's kennel."

COLD and CATARRH.

A COLD in the head and chest, when of an ordinary character, is due to checked action of the skin or to a chill of the animal nervous system. This is excluding septic infectious catarrh, such as often runs through a household, and influenza. At its very beginning, while

the symptoms as yet amount only to shivering with sneezings, and a sensible interference with comfort of body, the impending illness may sometimes be entirely averted by a brisk run in the open air, sufficiently clad, so as to restore the lost balance of circulation and to put the blood into a vigorous glow. Or, under like conditions, it may fortunately happen that if the patient takes a warm bath immediately and goes afterwards straightway to bed, whilst swallowing something by way of a hot cordial drink to promote free perspiration, no further symptoms of the threatened catarrh will present themselves, or be felt next morning. For this salutary end the old-fashioned treacle posset answers admirably in most cases. To make the same, boil half a pint of new milk, and, as it rises in the saucepan, stir into it two tablespoonfuls of ordinary dark-coloured treacle (not golden syrup); then boil again until the curd separates; drain this off, and once more boil the posset so as to serve it hot. The combination is well devised, seeing that the lactic acid furnished by the curdled milk proves useful for promoting sleep, whilst the steaming drink encourages sweating, and the treacle acts as a gentle laxative. Another recipe for a treacle posset is with a gill of milk and a tablespoonful of dark treacle. Boil the milk in a small saucepan, then add the treacle, and boil up again; the acid of the treacle will curdle the milk; strain through a piece of muslin and serve hot.

Originally a "posca," from which our "posset" is derived, was a drink made of vinegar with water, and the name has hence become applied to milk curdled with wine or some other acidulous liquor. Treacle is the uncrystallisable part of the juice drained from Muscovada sugar, whether naturally so, or through some

defect in boiling. Its Latin name, *Theriaca*, comes from "therion," a small animal, in allusion to the viper which was added to a famous compound remedy among the Greeks, esteemed as antidotal to all animal poisons and venomous stings, being therefore called "treacle." It contained upwards of seventy ingredients, the viper being added by Andromachus, physician to Nero. This compound acquired the name Venice-treacle in the Middle Ages, and it was retained in the London Dispensatory of Medicines until 1780. An edition of the Bible published in 1584 contained the verse, "Is there not treacle at Gylead?" (*Jeremiah*, chap. viii, verse 22), and this is since known as "the Treacle Bible." In Persia the name treacle is extended to opium, which is there called "teryak." A treacle posset should be taken hot immediately before getting into bed.

Poor Smike, the runaway starveling from Dotheboy's Hall, in *Nicholas Nickleby* (Charles Dickens, 1838), having been dosed from his childhood day after day by Mrs. Squeers with abominable brimstone and treacle, when he took flight in despair was rescued by Newman Noggs from perishing through cold and hunger, by a steaming draught of hot punch. Never having before tasted anything stronger than the coarse aperient physic, he "exhibited various odd manifestations of surprise and delight during the passage of the fragrant liquor down his throat, and turned up his eyes most emphatically when it was all gone."

Another excellent concoction of kitchen physic for incipient catarrh after exposure to a chill, or a draught, with oncoming of shivers, sneezing and bodily discomfort, is the good old jorum of onion broth, taken piping hot at bedtime. (A jorum is literally an earthen pot; also, its contents, a full bowl.) Onion porridge, as it

is often called, has a widespread rustic reputation for curing a cold in the head, or chest. To make it, peel a large Spanish onion and divide this into four parts ; put them next into a saucepan with half a saltspoonful of salt, two ounces of butter and a pint of cold water. Let them simmer gently until quite tender, then pour all into a bowl which has been made hot. Dredge a little pepper over it, and let the porridge be eaten as hot as it can be swallowed.

Chemically, the bulbs of the common onion contain a particular volatile pungent principle called "allyl," to which they owe their special flavour. Likewise they furnish sulphur, starch, saccharine matter and phosphorus, together with some alkaline earthy salts. When made into broth or porridge, which by its demulcent qualities and by its stimulating warmth soothes sore lining membranes and promotes perspiration, the onion further exercises specific medicinal virtues. After being swallowed to excess on purpose by healthy provers it has caused dull confusion of the head, with copious watery running from the eyes and nose (whilst frequently sneezing); in a word, all the symptoms of a severe cold, beginning in the head and running on into the throat and chest. These being the effects of the common onion when taken by a healthy person in harmful quantities, it is easy to understand that when similar morbid symptoms have arisen from a catarrhal attack in the head and chest, modified forms of the bulb are likely to act in a beneficial and curative way; on which principle the onion porridge or broth is a philosophical remedy as both food and physic during the early progress of a cold. And on the same principle a medicinal tincture of the red onion is made and employed for the relief of catarrhal attacks signalized by chills, constant sneezing,

fluent weeping from the eyes and nose, pains in the back and limbs, restlessness, depressed spirits, and a dry, troublesome cough commencing in the upper air passages. The Anglo-Saxon word for onion was *yne*, "leek," and its Old-English name was *Ine*. Small onions were in Anglo-Norman "chibbals" (*oynone*). A Latin puzzle for schoolboys runs thus: *Sæpe cepi cepe sub sepe*; literally translated, "I have often taken an onion (*cepe*) under a hedge."

In Devon an onion is a "cullack"; in Lancashire it is a "faverell." "One would wonder that any man should be sick and dye who hath garlick growing in his garden:" quoth old Fuller,

"All cooks agree in this opinion—
No savoury dish without an onion."

When onions are used by the cook for stuffing, the unpleasant attributes belonging to them would be considerably lessened if a lemon, freed from the outer rind but covered as thickly as practicable with the white skin, were put in the midst of them and thrown away when the dish is ready for the table. By being boiled the onion is deprived of much of its pungent volatile oil, so that it becomes mild, agreeable and nutritious. It is not so wholesome if fried, or roasted.

Charles Lamb (in his apostrophe to Gehir, the Prince of Plasterers at Babel) asks him, "Did he send up as food to his workmen, when at eight hundred million toises above the level of the sea, garlicks and onions by a rocket?" Culpeper says about onions: "They have gotten this quality to draw corruption unto them; for if you pill (peel) one and lay it on a dunghill you shall finde him rotten in half a day by drawing putrefaction to it. So, being bruised and applied to a plague sore, it is very probable it will do the like."

“Onion juice anoynted on the bald head in the sun bringeth the haire again very speedily” writes Gerard.

“Contritis cepis loca renudata capillis
Sæpe frica; poteris capitis temperare decorem.”

Schola Salernit.

If, during a catarrh, pain in the chest or oppressed breathing comes on, the ordinary mustard-poultice is invaluable as a counter-irritant, being especially of use in bronchitis, for stitch in the side, for lumbago, and for muscular rheumatism. It should be made with mustard-flour two and a half parts, linseed meal two and a half parts, boiling water ten parts. The linseed meal is to be mixed with the boiling water, and the mustard-flour of the best quality added whilst constantly stirring. The time of application will vary from ten minutes to half an hour, according to the purpose intended and the effects produced. Patients who are much in the habit of applying mustard poultices to the same part, as, for instance, the front of the chest, acquire a singular power of resistance to the irritative action of the mustard. Mustard leaves are a fair substitute, being cleaner and more easily employed, but their counter-irritant action, though quickly produced, is somewhat superficial in degree and therefore not so enduring.

Early in an attack of catarrhal cold some vocal hoarseness generally comes on, with a dry, irritating soreness of the swallowing throat, and often with a short, tickling cough proceeding as yet from the throat and from quite the uppermost air passages. To relieve these symptoms black currant tea will be found of signal service by its specific virtues, being at the same time a capital hot drink to induce perspiration. Also a decoction of the leaves made with boiling water will form, when cool, an excellent gargle; whilst the jelly,

as Sir George Baker taught, is a capital remedy for the sore throat or for quinsy. Because of this property the black currant often goes in the provinces by the name "squincy," or quinsy-berry. To make the tea, pour boiling water, if in summer, on the ripe fresh berries, first bruised ; if in winter, on some black currant jam ; let it become cool and strain off the clear tea. Against a sneezing cold it is remarkable that common salt, when rubbed up thoroughly with some inert powder, such as sugar of milk, and given in frequent doses of a highly-diluted strength, is powerfully curative. One grain of salt (first dried) should be triturated in a small mortar with ninety-nine grains of the milk sugar (also dried) as a fine powder thoroughly mixed, of which, if three or four grains are given at intervals of half an hour a few times in succession, the effect will be curiously beneficial. Five grains of table salt, says Dr. Herring, may be eaten with an egg or with a potato every day throughout the year and not a single noticeable symptom will be the result. But let the equivalent of this moderate quantity be taken in the rubbed-up and potentialised form, and I will guarantee that the prover will be in no hurry to repeat the experiment.

No regimen can be better throughout the first three or four days of a heavy cold than to spend them in a comfortably warm room with rest of body and mind, clad at ease in dressing gown and slippers, with light reading for occupation ; taking for breakfast an allowance of linseed tea, for the mid-day meal a bowl of hot onion broth, and for supper a treacle posset, with some slight intermediate snacks or extraneous "gustus" in the form of ipecacuanha lozenges, if the chest is tight, or of table-salt powders as prescribed above if sneezing is the prevailing symptom. At the same time the air

of the dwelling room should be kept fragrant and medicated with eucalyptol, or thymol, or some such antiseptic volatile agent diffused about with the spray-producer. Absorbent wool, on which essence of peppermint has been plentifully sprinkled, will be found of service for plugging the nostrils during an attack of nasal catarrh, especially at its commencement. A suitable preparation made expressly for such a purpose may be got from the druggist as "gossypium menthol."

Camphor, to which many persons have prompt recourse as an antidotal or preventive remedy directly the onset of a cold or a chill is felt, has come to occupy a high place for such purposes in the esteem of the public, especially in the form of pilules saturated with a strong spirit of camphor. And it is to be noted that the toxical effects of camphor when taken experimentally in full doses by healthy persons, or by mischance in poisonous doses, have closely resembled those of severe catarrh ; so that to swallow camphor, in whatever shape, freely and repeatedly, as some do straightway when a catarrhal cold seems to have been caught, is a mistake and overshoots the mark altogether. Nevertheless, a moderate employment of camphor water or of camphor spirit, a few drops on sugar every four or six hours at first, may be found to really abort the threatened attack. Camphor is capable of producing narcotic effects. The *Toronto Colonist* says : " We are informed that no less than eight persons have been admitted into the lunatic asylum in a state of insanity occasioned by consuming quantities of camphor to prevent cholera. Some of them carried it about in their pockets and kept from time to time nibbling small quantities of it to eat. Others took it dissolved in brandy. In all cases where it was swallowed in any quantity the camphor produced

insanity. It is a fact well known that a comparatively small quantity of camphor will set a dog mad, and that he will soon afterwards die."

Barley water comes in likewise usefully for a catarrhal cold, from the time of its access, as a warm, soothing and lightly nourishing drink. To make this, take two ounces of pearl barley, wash it well, and boil it for ten minutes in a little water to clear it; when drained, put to it three pints of boiling water and let it boil until reduced to one half; then strain for use. If desiring to make the barley water pectoral, add half an ounce of liquorice-root, sliced and well bruised, two ounces of figs, the same quantity of raisins (stoned), boiling water, one pint to each quart of the prepared barley water; let all boil together until the liquid is reduced to one quart, then strain for use. Or, thick barley water may be prepared from pearl barley, two ounces; cold water, two pints; the rind and juice of half a lemon; and sugar to taste. Wash the barley well and put it into a saucepan with cold water to cover it; bring this water to the boil and then pour it away. Blanch the barley by rinsing it in cold water; put it into the saucepan with the two pints of cold water and the thinly-peeled rind of half a lemon. Simmer slowly for two hours, then strain, sweeten to taste, and strain in the lemon juice. This can be served hot or cold. Barley water may be concocted without the lemon and with milk added to it after straining. The barley can be used a second time, more water being added to it; and this is even better than at first. It should be remembered that the Roman gladiators were trained on barley.

Bran tea is beneficial for softening the dry, irritated throat. Put three tablespoonfuls of bran, which is not too coarse, into a large jug; pour one quart of

boiling water into the jug, then cover it and let it stand for a quarter of an hour to draw ; afterwards strain off the tea through a piece of muslin, and sweeten it to the taste with either sugar or honey. Lemon juice may be added if liked, and an ounce of best gum arabic in tears.

Gruel, again, becomes a sustaining and light food during the early stages of a cold for the evening meal or as a supplementary nourishment when feeling weak. It is a thin paste made generally with oatmeal ground as groats, or of barley, or other farinaceous material. When this is boiled with water, either butter, cream, sugar or wine is generally added ; it affords a considerable amount of easily-digested sustenance. If nicely sweetened with treacle and taken just before going to bed it is one of the best suppers that can be had by any person who is suffering from a cold in the head or on the chest. Gruel may be flavoured with nutmeg, ginger, or grated lemon-peel, or with salt, pepper, spices, herbs, celery seed, shalots or onions.

Linseed tea is a famous demulcent for sore throat or soreness of the larger bronchial passages, with rawness, during the active stages of a catarrhal cold. To a pint of water add two tablespoonfuls of linseed, half a lemon, three quarters of an ounce of bruised liquorice root, or a piece of stick liquorice as large as a filbert, and sugar candy to taste, or half a tablespoonful of honey ; boil for an hour and a half and strain. Do not bruise the linseed or it will have a bitter taste. Again, combining the juice of liquorice in stick (one ounce), linseed (two ounces), pearl barley (two ounces), raisins, stoned (two ounces), let a quart of boiling water be poured on and set it by the fire. Drink a teacupful at a time, and when it is half out fill it up afresh. In 1761, among Deborah

Bunting's receipts, Dr. Malone strongly commends as of infallible efficacy to "take a large teacupful of linseed, two pennyworth of stick liquorice, and two quarts of soft water with a quarter of a pound of sun raisins ; let this simmer over the fire until reduced to one quart, then add a quarter of a pound of brown sugar candy (pounded), a tablespoonful of old rum, the same quantity of best white wine vinegar or lemon juice ; the rum and vinegar to be added, in proper proportions, when you swallow it, because if they are put in any time before, it will grow flat. Half a pint to be taken at bedtime or when the cough (after its feverish stage has gone by) is troublesome.

For a feverish cold, orange or lemon juice, strained and boiled with an equal weight of loaf sugar and then bottled and corked closely, will prove an agreeable and useful addition to gruel or other warm drinks as required for invalids. To make a lemon whey, which is of value for inducing perspiration, put half a pint of milk into a saucepan ; when it boils, pour in a tablespoonful of fresh lemon juice, and add more if this does not effectually turn the milk. Let it boil up, then put it into a bowl to settle ; strain and sweeten. Add a little hot water if the whey is too acid to be agreeable.

When the middle stage of an ordinary catarrh has been reached without any lung complications, a more liberal diet and a more generous allowance of solid nourishment may be permitted than during the first three or four days of febrile excitement. Reactionary depression is now felt, and the free copious discharges from the nose and bronchial tubes of thick mucus will render an increase of supplies necessary for maintaining the strength. At this period the old adage may be judiciously put into practice to "stuff a cold." Beginning

now with strong animal soups and with oysters (which, provided they are from an irreproachable source, are admirably adapted for the occasion) and white meat, the diet may be presently enlarged to fish, mutton, and tender beef, and to the more wholesome substantial dishes of daily life. Sir Thomas Watson, in his *Classical Lectures on Medicine* (1847), which are still worthy of studious attention as text-books of the past, taught that not uncommonly in well-judged cases when a catarrhal cold was settling into persistence, with passive symptoms of copious defluxion and of general weakness, then a good dinner, with some generous wine for the nonce, would give the catarrh its "coup de grace." Certain other medical authorities rely with confidence on the administration at this catarrhal epoch of highly-salted foods, such as cured herrings, haddocks and the like, for completing the expulsion of the cold. In a previous volume the experience of Dr. J. H. Clarke with highly-diluted table salt as wonderfully remedial for catarrhal colds has been given in detail. He took a few doses of the minutely subdivided powder of common salt, and was immensely delighted at finding himself quite recovered in the morning. He soon repeated the happy experience on several patients, who declared, one and all, they never got rid of a cold so quickly in their lives. "Common salt is," he concludes, "one of the most valuable remedies we possess for a cold, but it must be properly triturated and attenuated."

For a hard cough becoming chronic, with difficult phlegm, and sore raw upper chest, it will be found comforting and of benefit to drink a small cupful of warm linseed tea pretty often. Another recipe for making this is to "Put a tablespoonful of linseed (flax seed) into a clean earthen pot, with a quart of boiling water,

and a little rind of orange, or lemon. Simmer this gently for an hour and a quarter, and then strain through muslin into a jug: if it be approved, add the juice of a lemon. Sweeten with honey, or sugar, and stir all together; sometimes it is best to leave out the lemon juice. The envelope of the seeds abounds with a gummy mucilage, which is very demulcent; and the infusion of linseed contains a medicinal principle over and above this gummy emollient mucilage. If flax is steeped in a river, water from the same will poison cattle drinking thereat. Yet, according to Pliny, linseed meal was used in his day by the Asiatics for making bread, it being fried, and mixed with honey; as likewise by the Lombardians, and the Piedmontese. Nevertheless, the seed, from which the oil has not been pressed out, when mixed with wheat, and ground for flour, has proved highly injurious if taken in bread, or cakes.

Irritable coughs from the windpipe, and chronic bronchial catarrhs, frequently find relief from the whey cure: which consists in drinking warm whey in definite quantities, at fixed times of the day, taking about twenty ounces daily in all. This has been found useful also in certain forms of indigestion, intestinal catarrh, and advanced consumption; being further commended in the treatment of chronic Bright's disease of the kidneys. The lactose of the whey serves distinctly to promote a free secretion of urine. In many of the German spas, where chronic catarrh of the breathing apparatus is treated, as at Ems, Ischl, Reichenhall, etc., the whey cure is systematically practised. Whey is prepared there from the milk of the sheep, and the goat, as well as from cows' milk.

“For a cough,” says another of Deborah Bunting's

receipts (1761), "Take the best Turkey figgs, give each of them one cut, and lay them at the bottom of an earthen pot, then a layer of brown sugar candy powdered, with another layer of figgs, then another of sugar candy, and so on until your pot is full, then fill it up completely with the best brandy. Eat a figg two or three times a day, particularly in the morning." Pliny says about "Figgs: they help an old continuall cough, being boiled with Hyssop and drank, also obstructions, and other faults of the lungs." Pomet tells us that "White and red sugar candy are better for rheums, coughs, colds, catarrhs, asthmas, and wheezings, than common sugar, because, being harder, they take longer time to melt in the mouth, and so keep the throat and gullet moister than sugar does." Liquorice is always a popular remedy for coughs of a chronic sort. The root of the plant (*Glycyrrhiza*) is employed as a domestic medicine far more commonly in France than in Great Britain: and stick liquorice is even a favoured sweetmeat there with children. The Spanish, or Alicante roots are used unpeeled; the plant grows wild in Germany, France, and some parts of Spain, but is imported for cultivation into gardens about England. Its name is from Greek words: *glukus*—"sweet," and *rhiza*—a "root." Poor people in the North of England "do manure it with great diligence, whereby they obtain great plenty thereof, repeating the same once every three or four years." "The root," writes Gerard, "is good against the rough hardness of the throat and breast: it opens the pipes of the lungs when they be stuffed and stop't, ripeneth the cough, and bringeth forth phlegm. The juice of liquorice made into a lump, which is called *succus liquoritice*, serveth well for the purposes aforesaid, being holden under the tongue, and there suffered to melt.

Moreover, with the juice of liquorice, ginger, and other spices, there is made a certain bread, or cake, called "gingerbread," which is very good against the cough, and all infirmities of the lungs and breast." A special property of liquorice is to lessen the sensitiveness of the nerves about the windpipe, the larger lung-passages, and the palate.

Also a practice has obtained of using the Swede medicinally: "Cut it in slices like a loaf of bread, and sprinkle each slice with brown sugar, placing the slices again in their order, and allowing them to stand thus for some hours. The juice which runs therefrom is an excellent homely remedy for a cough." Again, "Roast a large lemon very carefully, without burning: when 'tis thorough hot, cut and squeeze it into a cup upon three ounces of sugar candy, finely powder'd. Take a spoonful whenever your cough troubles you: 'tis as good as 'tis pleasant."

An equally palatable domestic medicament for promoting perspiration on the access of a shivering catarrhal cold, with sense of depression, soreness of throat, aching of limbs, etc., is hot steaming cordial Elderberry wine, taken as a jorum at bedtime. The specific virtues of elderberries in this respect have been already set forth among *Herbal Simples*. "To three gallons of water put a peck and a half of the berries, and let them boil till they are ready to burst; take them out, and squeeze them into a copper; then put two and a half pounds of sugar to each gallon of liquor, and boil it until dissolved (in about a quarter of an hour); put it into a tub, and when blood-warm, place in it a piece of toasted bread soaked in fresh brewers' yeast; let it stand for two or three days: then pour it into your cask, have the peg loose on the top, and put a few raisins into the cask."

Tallow, spread on linen or brown paper, is a capital old-fashioned external remedy for soreness of the chest, with a troublesome cough ; and to smear the bridge of the nose well with tallow at night for a cold in the head was a very popular proceeding some fifty years ago. At that time rushlights were commonly burnt in the bed-chamber at night. These consisted of a pith from the common Rush (*Juncus conglomeratus*) dipped in melted tallow, and allowed to become cool in their coating of the grease. They were (see *Pickwick*, by Charles Dickens, 1837) "the candles of our childhood's bedroom, standing as a ghastly light stationed in a basin on the floor, where the said rushlight glimmered away like a gigantic lighthouse in a particularly small piece of water." Or sometimes the feeble illumination, enclosed in a disproportionately large tall shade of circular block tin, perforated with holes, each as big as a sixpence, caused the four walls of the nursery to look ugly and terrifying in their outbreak of spotted eruption, as if with a sort of magnified measles. The rushlights were also known as "seaves."

Again, to inhale the steam from a boiling hot infusion of Hops in a wide-mouthed jug has long been found soothing to an irritable cough.

As a pectoral broth for a cold in its middle stage : "Cut a chicken into joints, and put them into a saucepan with two pints of cold spring water, a fresh lettuce finely shred, three ounces of prepared Iceland moss, a dessertspoonful of gum arabic, a sprig of borage, two or three sprigs of chervil, and a small pinch of salt, with some pepper. Bring the liquid gently to a boil, stirring it occasionally : then draw the saucepan to the side, and let its contents simmer gently for an hour. Strain it, add a little more salt, if required, and serve, either hot

or cold, as a jelly." The strained flesh of the fowl may be made into "chicken panada." This broth is likewise an excellent dish for a consumptive person.

A very efficacious and simple remedy for a severe cold in the head, is to "Take a small basin, put into it boiling water, and strong camphorated spirit, in the proportion of one teaspoonful of the spirit to half a pint of water. Wring out a sponge in this as hot as possible, and apply it to the nose and mouth ; draw in the steam, with the nose first, and then with the mouth. Swallow the steam, and to prevent any escape cover the head and sponge with a flannel beforehand. Repeat this operation for some little time, having another hot sponge when the first becomes cool. Sponges wrung out thus in the same mixture, may with real benefit be also applied outwardly to the throat and chest."

Dr. Stacey Jones has advised a mode of sweating for recent catarrh, by lime. He orders "For breaking up a cold at once" (as well as for curing dropsy by the same method of sweating, three times a week), "take two lumps of fresh unslaked lime, half the size of a man's fist, and wrap each in a wet cloth, and this again in a very dry one, doubled several times, and fastened securely : place one on each side of the patient's body while he is in bed. Copious sweating will soon ensue, lasting from one to two hours : this effects a cure."

Russian tea is a highly approved remedy with some persons for a cold. "Take a quart of milk, and set it on the fire. When it boils, throw in a large teaspoonful of the best tea, and let it boil for some minutes : then strain, and add sugar to taste. Set it again on the fire, and whilst it boils add a 'liaison' (binding) of eggs."

For chronic bronchial catarrh : "Cover two eggs in the shell with sufficient fresh lemon-juice to slowly

dissolve the shells ; then add of Lucca oil two tablespoonfuls, also sugar candy, a quarter of a pound, first melted in a little warm water : and mix with a pint of good English rum ; take a wineglassful (more or less) in the morning, while fasting. After straining the liquor, add the sugar candy just dissolved in the warm water, and then the Lucca oil."

As long ago as in 1696, Dr. Salmon told of the French making edible use of the Frog against coughs, "and for such as are hectick" ; wherefore the curative properties of this amphibious creature have been fully described among *Animal Simples*. "*Ranarum alba caro, sed semper durior esca,*" was a former Latin proverb. In the British Isles we have only two species of the frog, the one being suitable for food here also as in France ; but the brown French frog (*Pelobates fuscus*), which is found likewise in Belgium, gives off, when touched, a strong odour of garlic. For a "fricassée de grenouilles," preserved frogs' legs, packed in air-tight canisters, may be readily procured at some of our West-end provision shops. These, when the canisters are opened, look like small strips of boiled chicken floating in thin melted butter. In Cheshire it is still a practice among boys to catch little frogs, and to place one of these alive in the mouth of a small child when suffering from the thrush : which disorder is known in some of our Eastern counties as the "frog" in the throat. Charles Lamb told about the poor relation, "He is a frog in your chamber, a fly in your ointment, a mole in your eye." "Gossips and frogs drink and talk," says a common proverb. Epicures of Charles the First's time in London ate frog-pies with infinite gusto. The dish was brought into notice by Thomas Coryate, on his return from Italy. It was then ordered that the thighs should be served in pastry,

together with the flesh of eels, and fruits. Frog-pie compounded in this way was often seen at the best tables in London, any time between the later days of James the First, and the death of Charles the Second.

COLIC.

THIS may depend on digestive and biliary disturbances, on trouble of the kidneys, on gall-stone, on lead poisoning, or on female difficulties as regards the monthly function. During the continuance of colic the nourishment taken should be of a liquid sort. For faulty digestion in a weakly subject the concomitant colic will be best relieved by aromatic cordials, and by warming spices with food, or with hot water. Ginger is best suited for persons of relaxed habit, two kinds being met with: the dark-coated, and the pale, peeled ginger, which is superior. Peppermint, likewise, and cayenne pepper, as well as ordinary turpentine, will afford prompt relief in suitable cases. Their special virtues in this respect have been described elsewhere. Spiced gingerbread is named in some districts "comfortable bread." In Norfolk the common gingerbread is "feridge"; in Somerset it is "lollybanger"; in Northamptonshire a crisp gingerbread is made under the name of "parliament"; other titles of the confection are "scranchum," and "thickels." Parkin gingerbread is baked for the fifth of November, as described presently. Likewise, hot peppermint tea, infused on the fresh leaves of the herb, is capital for the relief of colic; also peppermint lozenges, of the stronger sort, made with the volatile oil, are of admirable use for a like purpose. An essence of cayenne pepper will be found handy for any emergency of colicky pain. For making this: "To one pint of brandy, or rectified spirit of wine, add one

ounce of the best cayenne pepper ; let it infuse for three weeks : then pour off the clear liquid, and bottle it for use. A dessertspoonful, or a tablespoonful, with hot water, will be the ordinary dose when needed. The Capsicum plant, from which cayenne pepper is derived, has all the virtues of pepper tea when an infusion is made from it with boiling water, and it does not cause any of the head complaints which Oriental spices will often occasion. In food, cayenne pepper will prevent flatulence after eating green vegetables ; but if taken in excess it will obstruct the liver. For lethargic affections, this warm and active stimulant is of ready service : “ One grain of sharp pepper is better than a basketful of gourds,” says a Hebrew proverb.

The “ pain killer ” sold by the thousand bottles in the more populous streets of London, and other large cities, especially on a Saturday night, and which often does real good, consists of cheap rum, water and cayenne pepper. It is prepared for the hawkers by “ feeders,” or “ providers,” being thus mixed evenly, bottled, corked, and wrapped up in an attractive fashion. A Deptford “ feeder ” says he keeps one woman entirely occupied in concocting this. The pills sold by the same hawkers are made of bread-crumbs, potato-starch, and a very small quantity of camboge. The “ grease remover ” also, for taking stains out of coats, and illustrated on the urchin standing by, is composed of pipe-clay, worked up with red lead, and bluestone. The silver-plating man uses mercury mixed with whitening, and red ochre. Razor paste, again, as vended in the streets, is a mixture of hogs’ lard and fuller’s earth, moulded nicely into cakes : whilst the pieces of wood at which the men chop and hack, to show how keenly the blades are made to cut by the paste, are

prepared by being steeped in chemicals beforehand to become soft.

Spirit of turpentine is excellent for giving ease during an attack of kidney colic. Four or five drops should be given on a lump of sugar, or mixed with two table-spoonfuls of peppermint water; and repeated presently if the pain is still severe. To guard against the lead colic to which journeyman painters are liable through absorption of white lead into the hands, or which is contracted by drinking water conveyed through leaden pipes, Professor Oliver considers that no man or woman should be allowed to begin the day's work without having first eaten a substantial meal; experimental investigation having shown that during the process of digestion little or no lead is dissolved, or absorbed into the system. He also pronounces that total abstinence is a physiological necessity for lead workers. Lemonade, of home produce, is of great service as a beverage to prevent lead colic.

Pepys thought Hare's foot (as he had heard) to be "sovrain against colic," if carried about by the sufferer. He tried it on January 20th, 1664, as he relates: "So homeward, on my way buying a hare, and taking it home: which arose upon my discourse to-day with Mr. Batten in Westminster Hall, who showed me my mistake that my hare's foot (that is one which I had already carried for some time without any success) hath not the joint in it: and he assures me that he never had his colic since he carried his about with him; and it is a strange thing how fancy works, for I no sooner almost handled his foot but my belly began to be loose, and to break wind; and whereas I was in some pain yesterday, and t'other day, and in fear of more to-day, I became very well, and so continue." Again, on December 31st,

Pepys puts it : " I have never been in so good plight as to my health. I am at a great loss to know whether it is my hare's foot, or taking every morning a pill of turpentine."

Dame Deborah Bunting (1761) gives as a "receipt for a stoppige colick—a thimbleful of gunpowder in a spoonfull of white wine, blood-warm, and to drink a quarter of a pint of white wine, blood-warm, after it."

Cogan wrote (1589): "The rinds of oranges are preserved condite in sugar, and being taken in a little quantity, do greatly comfort a feeble stomache." In the seventeenth century the candied rind was eaten to cure heartburn and colic. John Murrell (1621) in his delightful *Daily Exercise for Ladies and Gentlemen* gives directions for making "Orange Chipps, a very cordial thing against the paine in the stomach." As an external remedy against frequent colic, and, likewise, to prevent choleraic attacks, it has proved very effective to wear a thin plate of sheet copper next the skin, within a belly-binder encircling the loins and abdomen; the plate being applied either in front or behind, as preferred, and by day, perhaps also in like manner at night.

CONSTIPATION OF THE BOWELS.

THE voidance at stool of the waste bodily products, once at least in every twenty-four hours, is watchfully regarded by most persons as essential to daily health, and personal welfare. One of the first rites of British friendship, when a visitor comes to stay in a house, is to presently point out, by a side-hint, the way to the customary water closet. This confidential little attention is commonly paid by the host either when the guest is shown to his room on arrival, or when he seeks his bed-chamber at night. And the home tactics next morning after

breakfast are adroitly contrived so that an opportunity is afforded to the new inmate for betaking himself unnoticed to the family shrine. Again, when a doctor is called in to attend some member of a household, even for a minor ailment, one of his first questions invariably relates to the activity—whether proper, or the reverse—of the intestinal functions: and he determines his line of treatment, to begin with, by what is told him in this respect. Dr. Matthews, of Louisville, knew a famous old physician who used to say that if his bowels were moved in the morning, he was sure he would not die on that day.

“Parce mero cœnato parum: non sit tibi vanum
Surgere post epulas: somnum fuge meridianum:
Non mictum retine: non comprime fortiter anum:
Hæc bene si serves ex longo tempore vives.”

“Sup lightly—sparing wine: then walk a mile;
To sleep at noon is never worth your while:
Hold not your water: let your bowels go free;
So length of life you healthfully shall see.”

“Many years ago” (writes Dr. John Browne, in his *Horæ Subsecivæ*, 1866), an odd old man at Greenock left at his death a number of sealed packets addressed to his friends, who found, on examining their contents, in each a Bible, fifty pounds, and a box of pills—with the words: “Fear God, and keep your bowels open.” This was excellent advice, though it might have been rather more decorously worded.

And the same practical deduction, confirmed by general experience, is based upon positive grounds which recent medical science has done much to explain. The advanced pathology of to-day detects “ptomaines,” as they are called, or the noxious products of putrefactive fermentation generated as poisons in the larger bowels, when fæcal matters become detained there for

several hours together ; and it teaches that these poisons are carried up mischievously into the blood unless steps are taken to obviate such evil by the removal of its likely cause.

Every thinking person knows that our daily material life consists chiefly in appropriating fresh supplies of food, drink, and air ; whilst we have to throw off their useless refuse excrement, mainly by the bowels, and the kidneys. Our most modern chemists who study the constitutional changes in the body from day to day, say that a fifth part of our structures undergoes constant putrefactive decay, of which the results are active poisons : and these speedily injure the health unless they are regularly expelled by one of the natural outlets. Bouchard considers that the alkaloids formed within the bowels of a healthy man in twenty-four hours would be harmful enough to kill him, if all the evacuant functions were arrested, and if these poisons were retained in the body. He finds that healthy human excrement is highly poisonous, and contains substances which will quickly convulse a rabbit ; and he supposes that much of the nervous disturbance which attends costive indigestion is due to a measure of poisoning, by retention of these substances. Dr. Brunton says that in many persons the mere omission to evacuate the contents of the lower bowel at the usual early time of each day, will lead to a headache during such day, this being, most probably, dependent on absorption of some of the fæcal elements. Symptomatically, these poisonous products (*ptomaines* and *leucomaines*) cause indigestion, with nervous depression, drowsiness, and languor. Noxious gases may be derived from one's own bowels as much as from a bad sewer, and these getting into the blood will give rise to the condition of poisoning now explained.

Hindrances to the clearance of the large bowels, which is of such essential importance, arise in various ways. It may be because the intestinal walls lack propulsive energy to push along the fæcal mass from end to end by a series of consecutive ring-like waves of movement, such as we may notice in the onward progress of a crawling caterpillar: or, it may be because the intestines fail to secrete within themselves sufficient moisture to soften and lubricate the fæcal mass: or, it may be because the bodily surroundings have become casually changed, or the daily habit of regular periodic evacuation interrupted. Simple remedies, which kitchen physic can assuredly furnish for meeting each of these several difficulties, will now be considered. And it will not necessarily require the dictum of a doctor to determine which set of these difficulties has to be overcome in the individual case. Any intelligent person, by observation, and the exercise of thoughtful judgment, may generally decide this question for himself, or herself, unless the circumstances are out of their ordinary course.

The nervous energies of the bowels may be faulty through a general want of strength, or they may have become blunted almost to a degree of functional paralysis by a long recourse to strong purgative drugs. Highly restorative foods, such as are commended in this Manual, for "debility," will help to obviate the first of these causes; whilst for making such amends as will overcome the second, a complete renunciation for the future of all aperient medicines (meanwhile adopting methods to supersede their necessity) must be perseveringly pursued. Gradually the automatic power of intestinal response to the presence of a fæcal mass ready to be passed on for voidance will be recovered.

But far more frequent, and calling for the help of "kitchen physic," is the constipation which persists through a dry condition of the mucous membrane lining the bowels, or because the proportion of vegetable aliment sufficient to make the fæcal contents of a stimulating bulkiness is disregarded.

When the energies of the large bowels requisite for pushing onwards the food mass by contractile waves of movement, are inefficient through general debility, then, besides a restorative constitutional treatment for building up the nervous strength all round of the whole body, some helpful stimulation of the bowels themselves can be made from within, to arouse their muscular powers. For instance, by pungent condiments, such as cayenne pepper, black pepper, ginger, nutmeg, and the like, taken with the food, or a teaspoonful of whole mustard seed at bedtime ; so also the flinty flakes of coarse brown bread, or of oatmeal, will act as mechanical incitants when reaching the interior of the intestines after being passed on from the stomach. Dr. Yeo orders for any such a tendency to constipation because of feeble power of the bowels in their muscular coats, and by reason of insufficient mucus from the lining membranes, brown or rye bread, fresh vegetables, sorrel, spinach, beetroot, watercress, salads, plainly-boiled Spanish onions, and ripe fruits, as a regular part of the diet. Plums, prunes, figs, grapes, baked apples, stewed pears, oranges, and bananas, are foods to be specially commended, because leaving a considerable amount of residue (not soluble or digestible) to increase the bulk of the fæces, and thus stimulate the movements of the intestinal walls. The amount of animal food should be strictly limited, and taken in comparatively small proportion to the vegetable element. Eggs, milk, and farinaceous foods afford but

little indigestible residue, and therefore should not form the principal part of the diet. Maize and oatmeal are laxative, and may be eaten as porridge, or as whole-meal bread. A due proportion of fats and oils is beneficial, as these escape, to some extent, digestion in the upper bowels, and serve to lubricate and soften the fæcal mass which passes on into the larger bowels below. Plenty of good fresh butter is, therefore, of service (if it can be digested in other respects), and so, too, is superior olive oil taken freely with salads, or a dessertspoonful of this oil may be mixed with potato, beetroot, or other vegetable at meals. The facility with which the food mass will pass along the large bowels depends very much upon the amount of vegetable cellulose which it contains. Not only is the presence of this substance in sufficient measure needed to excite the proper onward propulsive intestinal movements, but, like the straw which the ancient Egyptians put into their bricks, it is required to make the mass of such a consistency that it can be dealt with by the intestinal walls. Therefore, under these conditions, it is clear that a vegetable diet ought to predominate over animal nourishment. Such green food as cabbage and lettuce are of particular service by their cellulose, as well as ripe, sound fruits, taken on an empty stomach. Prunes or figs, if stewed in olive oil, will help admirably. Bread made of bran (or three parts flour and one of bran), or wheat ground in a coffee mill, then boiled, and served with salt, like rice, only less thick, will assist to prevent costiveness; but tapioca, sago, and potatoes are deficient in the necessary cellulose. Many persons find it useful to take treacle, or golden syrup, with their porridge, these being laxative aids, in common with honey, tamarinds, and molasses, all containing sugar and salines in considerable proportions, and acting

chiefly, if not entirely, by increasing the intestinal secretions. Foods made of the coarser grains, or in the preparation of which a part at least of the less digestible cellulose and fibre is retained, should be preferred before those of the finer sort. Whole-meal porridge, and oat cakes, are usually taken with ease: and the patient should be encouraged to eat the crust of brown bread, not merely the soft parts. Vegetables are of service, not only by their cellulose and neutral salts, but, furthermore, by the gases which some of them evolve during intestinal digestion, and which serve to stimulate the muscular propulsive activities. For this reason cabbage, raw tomatoes, cooked onions, and fresh salads, are to be approved, with other such fresh, succulent vegetables as may be in season. The addition of three or four fresh dandelion leaves to a salad improves its flavour and increases its wholesomeness. And in a remarkable way the garden valerian, almost a kitchen herb by reason of its familiarity, possesses a special virtue for rousing the torpid energies of passive intestinal muscular coats. It is more than probable that up to a certain point the presence of flatulent gases in the large bowels assists the onward passage of the fæces.

Experiments have shown that if a grass-eating animal, such as a rabbit, is fed upon a diet from which vegetable cellulose is completely excluded, death will shortly ensue, because of the fæces clinging to the sides of the bowel, and their incapability of dislodgement by the muscular intestinal propulsion. Fruits, whether eaten raw when ripe, or taken cooked, help materially against costiveness by their salts, phosphates, tartrates, and their colloid substances, sugar and mannite; but articles too easy of digestion, such as eggs, and tenderly-dressed meats, scarcely leave any

excrementitious residue within the larger bowels ; whilst those foods which contain lime salts are certainly constipating, even though the lime be present only in small, much-reduced quantities. Dr. Ringer has shown that cellular changes of the needful kind are improbable when lime is present in excess. Thus it is certain that many obstinate cases of constipation are directly due to drinking hard water. Apples (which have been fully treated of as *Herbal Simples*) are of admirable use for preventing constipation. A well-known maxim of the Salernitan School was "*Post pira da potum : post pomum vade cacatum*, From pears to pump : from apples go to stool." "All apples," writes Culpeper, "loosen the belly, and pleasure the stomach by their coolness." To many persons an orange, or a raw apple eaten before breakfast, is an efficient laxative : and it should certainly be contrived by costive persons that fruit shall always form a liberal proportion of the daily food. Freshly-made jams are similarly advantageous. But jam, when a pure article, must consist only of fresh fruit, boiled in a sugar-syrup. This is of importance because "bagging" is often resorted to : and where good fruit of the kind announced should alone find a place, honest but undesirable vegetables, such as turnips, vegetable marrows, and others of a like character, are introduced. "Even more noxious still" (as we learn from *Science Siftings*) "is the importation into jams of chemical preservatives, excessive salt, aniline dyes, and cochineal. The object thereof is to arrest incipient decomposition, to hide inferior material, or to mask mistakes in manufacture : and thus the nutrient value is reduced, and even certain mild toxic qualities become added to an otherwise capital food."

Orange marmalade likewise exercises undoubted laxative effects. "Roasted apples with caraway comfits,

eaten constantly every night, have been the method of a gentleman of four-score years, who has scarcely ever taken other physic, or omitted this throughout half a century, and never felt the gout, gravel, stone, or any other distemper incidental to old age" (*Three Hundred Receipts*). To make apple soup: Stew the apples in water until they are very soft: then mix together into a smooth paste cornflour, sugar, salt, and powdered cinnamon, with a little cold water. Pour this into the apples, and boil all for five minutes. Strain it into a soup tureen, and serve it hot, to be taken with hot buttered sippets. The quantities are: half a pound of apples, peeled and cored, one pint of water, two teaspoonfuls of cornflour, one and a half tablespoonfuls of sugar, one saltspoonful of powdered cinnamon, and salt to taste.

Philip of Macedonia, and Alexander his son (from whom, perhaps, a curious and skilful heraldry derive our Lancashire men) were called "Philomeli"—apple lovers, because they were never without apples in their pouches. "Yea, all Macedonians, his countrymen, did so love them that having, near Babylon, surprised a fruiterer's boy, they so strived for it that many were drowned: which fight was therefore called by historiographers "Melomachia"—the apple fight: but cruel fluxes surprised the army upon this, and many dyed of intolerable gripings." As saith an old proverb, "The parings of a pippin are better than a whole crab." "All apples," quoth Dr. Muffett (that ever famous Doctor in Physic, *tempore* Elizabeth) "may be divided into three sorts: sweet, soure, and savoury. Sweet apples ease the cough, quench thirst, cure melancholy, and also give a laudable nourishment; they comfort the heart and head, especially if they be fragrant and odoriferous. Soure apples hinder spitting, straiten the brest, gripe and hurt the

stomach, increase phlegm, and weaken memory. Sweet apples are to be eaten at the beginning of meat, but soure, and tart apples at the latter end. All apples are worst raw, and best baked, or preserved."

In Germany apple jelly is made from the peel of apples, when the fruit itself is used for tarts, or com-potes. "Sweet apples relax the belly more than other kinds. A good author saies, 'every sweet thing deter-geth, and relaxeth: and therefore Peares (which be generally more sweet than apples) loosen the belly more than apples.'" Galen has told that apples help concoction, therefore he advised "*Post cibum statim dare ipsa: nonnunquam autem cum pane, ad ventriculum, et stomachum roborandum*—to give apples directly after a meal, sometimes with bread, for strengthening the belly and bowels." Why the pulp of a ripe apple should change colour outside as soon as it is peeled, first to reddish, and then to a rusty brown, is still an open question. A chemist, M. Lindet, attributes this change of colour to an enzyme, which he names "malate," or lactose, rapidly formed, and acting speedily on the surrounding cells as regards their gelatinous contents.

Concerning Oak apples, as they are commonly termed, Gerard says, "These being broken in sunder about the time of their withering, doe foreshew the sequel of the year, as the expert Kentish husbandmen have observed, by the living things found in them; as, if they find an ant they foretell plenty of graine to ensue: if a white worm like a gentil, or magot, then they prognosticate murraine of beasts, and cattel: if a spider, then say they we shall have a pestilence amongst men." The oak was dedicated by the Romans to Æsculapius, the god of medicine; and branches of it were carried before the sick on their way to the Temples for cure.

The laxative effect of from four to six pounds of sweet grapes daily, as a grape cure (whilst excluding more substantial foods) has been found of value in overcoming chronic constipation. Grape juice, mixed with cold water, or with soda water, is a beverage at once refreshing and sustaining for the sick, besides being gently laxative for a costive person. To prepare the juice: Wash and pick a quart of purple grapes. Pluck them from the stems, and put them into a double saucepan, with water just sufficient to cover them. Heat them slowly until the fruit becomes soft, and the juice escapes from it—in two, or three hours. Then turn the fruit, with the juice, into a jelly-bag, and hang it to drain, but without squeezing the grapes. To the juice thus drawn off, add one fourth of the quantity of sugar, and heat it up again not quite to the boiling point. Keep it at this temperature for an hour, but do not let it boil. Then pour it into bottles which have been scalded clean, and whilst they are still hot. Cork and seal the bottles; to be kept in a cool place. For use: equal quantities of the juice and of cold water, or of soda water, should be mixed.

For *Grape Jelly*: Wash the quantity of grapes required, and separate their pulps from the skins. Cook the skins and the pulp separately, each slowly for a few minutes. Then wash the pulp and press it through a strainer until nothing but the seeds remain behind. Strain into this the juice from the skins, well-squeezed for the purpose; and for every teacupful add the same quantity of sugar. Boil the squeezed pulp and the skin juice in an earthenware saucepan slowly for ten or twelve minutes; but even less time will sometimes dissolve the pectin of the fruit, which on cooling forms the jelly. Any overboiling spoils the flavour of the jelly,

which may be tested at intervals by taking out a little on a saucer to cool.

For *Grape Sauce*: Take any small quantity of grapes: wash them first, and then separate the pulp from the skins by squeezing each grape between the thumb and fingers. Cook the pulps for a few minutes until soft and broken: likewise cook the skins in a separate saucepan, and press the pulps into them through a strainer until only the seeds remain behind. To each pint of the mixture add half a pound of sugar, and simmer them together for five minutes. Many invalids who cannot eat grapes uncooked, as at the grape cure, on account of the stones, are able to take them stewed in this way.

Raisiné—a compound of pears, or of grapes and pears, made into a common sort of jam—is given in French boarding schools, for regulating the bowels of the pupils during the winter months.

Again as to Cherries. M. Lemery (1764) has said: “Cherries keep the body open by diluting the gross humours contained in the entrails, and driving them out.” The Salernitan School has taught that:

“Cerasa si comedas, tibi confert grandia dona;
Expurgant stomachum: nucleus lapidem tibi tollit:
Et de carne suâ sanguis eritque bonus.”

“By eating Cherries great good doth arise
To such as use them: for the learned wise
Say that they purge the stomach: and beside
The stones when crushed, and kernels have been tryed
To break the bladder-stone, breed wholesome blood;
To fat, and feed the body they be good.”

Soup made from a small black cherry (the merise fruit) is in France—together with some bread and butter—a common nourishment of the wood-cutters and charcoal-burners of the forests during the winter. It is told of a certain old Spanish Grandee, who was poor and proud, that he was accustomed before partaking of cherries

frugally at table, to put on a pair of magnifying spectacles, so that the fruit might seem to him larger and finer. Ruetius wrote: "*Cerasa bonum succum creant, bonum sanguinem generant.*" "They do furnish a wholesome juice, and generate good blood." From cherry stalks the French concoct a ptisan, to be given against troublesome cough, because of the properties contained therein, which are allied to the sedative principles of prussic acid much diluted. Cherries were never seen at Rome before the time of that famous battle when Lucullus defeated the great Mithridates. This conqueror then brought some of the fruit from a city of Pontus, called Cerasus. The tree would never grow, or bear fruit, in Egypt.

Pears (previously referred to in detail among *Herbal Simples*) are equally useful with apples for laxative effects. "*Humor eorum plurimum laudabilior est humore pomorum* ; their juice is far more to be praised than that of apples" ; though indeed a time-worn maxim warns—" *Après le poire ou le vin, ou le pretre* ; after eating pears either take wine as a corrective, or send for the priest to absolve you." They "create an appetite and fortify the stomach ; except those that are of a sour and harsh taste, which are astringent, and fit to stop a looseness." The Salernitan School taught its followers "to drink much wine after pears ; or else they are as bad as poison : nay, and they curse the tree for it too ; but if a poor man find his stomach oppressed by eating pears, it is but to work hard, and it will do as well as drinking wine." The French Raisiné of pears and grapes may be made thus—" *Raisiné de Bourgoyne : Egrenez des raisins, bien sains, dont vous tirez le jus ; mettez le dans une chaudiere, et faites bouillir jusqu'à reduction de moitié ; ecumez, et remuez pour quil ne s'attache pas : mettez*

y des poires des especes que vous aurez (le Messire Jean est preferable) coupées en quartiers et bien epluchées ; faites reduire encore d'un tiers en remuant toujours ; alors les fruits seront cuits. Mettez dans des pots que vous faites passer une nuit au four." "Stone some sound grapes and squeeze out their juice, put this into an earthen pot and boil it down to one half, skim and stir until it ceases to cling ; then add some pears, of whatever sort you have (but the 'Messire Jean' for choice), cut into quarters and thoroughly peeled, reducing the liquor by a third whilst stirring continually ; then the fruits will be sufficiently cooked. Put the jam into pots which have been kept for a night in the oven." This will be found usefully and comfortably laxative.

The orange is likewise laxative, particularly if the juice of one is sucked before breakfast, as also when made into marmalade of genuine Seville oranges. It was formerly the custom to give in England as a new-year's present, oranges stuck full of cloves. To make orange marmalade with honey—a capital combination for costive persons: "Rub the oranges with a soft cloth, peel them, throw the rinds into cold water and boil till they are quite tender, then drain, and cut them into very thin strips about an inch long. Separate the pulp and the juice from the inner skins, and the pips, and put them into a preserving pan with half a pound of the cut rinds, and one pound of honey to every pound of pulp. Boil the marmalade, stirring it frequently and gently ; and when the proper consistency is attained pour it into jars. Cover these closely, and store in a cool dry place. Time to boil the marmalade is about three quarters of an hour. A significant adage puts it—"The orange that is too hard squeezed yields a bitter juice." It sometimes happens that distinctly different scents are extracted

from different parts of the same plant ; thus, the orange-tree yields from its leaves a perfume called *petit grain*, from its flowers another perfume named *neroli* ; and from the rind of its fruit the highly fragrant essential oil of orange, which is also called "essence of Portugal." The first orange tree which was cultivated in the centre of France still exists at Fontainebleau ; it was styled—"Le cometable (the constable) de Bourbon." Oranges may be baked in a pie dish for making a tart, with an ordinary pie crust.

Cardinal Wolsey is described by Cavendish as entering a crowded chamber holding in his hand "a very fair orange, whereof the meat, or substance within, was taken out and filled up again with the part of a sponge, wherein was vinegar and other confections against the pestilent airs ; the which he commonly sucked-to, passing among the press." This "pomander" being esteemed a fashionable preservative against infection, frequently occurs in old portraits, either suspended to the girdle, or held in the hand. Sir Thomas Gresham in his celebrated likeness by Sir Antonio More, holds an orange pomander in his left hand. In the eighteenth century its significance became so far forgotten, that, instead of pomanders, *bonâ fide* oranges were introduced into portraits, as happily satirised by Goldsmith in "*The Vicar of Wakefield*," where seven of the Flamboroughs are drawn with seven oranges.

Lemons, which have been treated of among herbal remedies, will assist by their juice any costive person of a robust habit. A tumblerful of cold water should be taken on rising, and again at bed time, with a squeeze into it of fresh lemon juice ; or if more comfortable and better borne, a tumblerful of hot water poured on a

dessertspoonful of tamarinds each night and morning will be effective. Theodore Child, U.S.A., says "lemon-juice is the most delicate and deliciously perfumed acid that nature has given to the cook." The leguminous pods of the tamarind tree contain a juicy acid pulp which consists of sugar, combined with citric and tartaric acids, also with some potash; this pulp is somewhat laxative and cooling in fevers. The name tamarind signifies an Indian date.

Plums and prunes have been particularly noticed for their helpful use against constipation. Matthiolus said (1550) "*Pruna bilem dejiciunt; preinde ea utiliter medici ad febres, aliosque biliosos affectus reddunt*"; and the School of Salern pronounced "*Infrigidant, laxant, multum prosunt tibi prunæ*" :—

"Plums cool, and loose the belly very kindly,
No way offend, but to the health are friendly."

To stew prunes, as an excellent laxative dish for breakfast, or in the evening: "Wash the prunes well, and put them into a basin with sugar, and enough cold water to cover them. Cover the basin and let the prunes soak from overnight; they swell better, and cook more quickly when thoroughly soaked; then put them into a lined saucepan with the water and sugar in which they have been soaked, and add the thinly peeled rind of half a lemon. Put the lid on the pan and stew slowly for about twenty minutes, or until the prunes are quite soft. When they are cooked sufficiently the stones should slip easily out. Lift the prunes on to a dish, and strain the juice over them, keeping back the lemon rind. Sometimes a little port wine is added. The prunes may be stewed in a jar instead of a saucepan; stand the jar in a saucepan of boiling water, and keep the water boiling round them until they are soft. They will take a longer

time to cook in a jar. For prune drink: Wash the prunes and cut them in halves, then soak them for an hour; an ounce and a half of prunes to a pint of cold water; put them into a lined saucepan with the water, and half an ounce of sugar, and simmer slowly for an hour. Strain and let stand until cold; a little lemon juice may be squeezed in. This drink is refreshing and slightly laxative.

French plums—"brignoles"—are peculiarly of service in costive habits. Another recipe for stewing the prunes is given authoritatively at Baltimore, U.S., the materials ordered being one pint of prunes, one and a half pints of water, three ounces of sugar, and two table-spoonfuls of lemon juice. Soak the prunes in warm water for fifteen minutes to loosen the dust and dirt on their surface outside, then wash them carefully with the fingers, rejecting those that feel granular (they are worm-eaten). Stew them gently in the sugar and water in a covered saucepan for two hours; just before taking them from the fire put in the lemon juice. They should be plump, soft, and tender down to the stone. As the water evaporates its amount should be restored, so that there will be as much at the end as at the beginning of the cooking. French plums may not require quite so long a time for cooking, as most ordinary kinds do. Again a proverb of former days has said with humour—

"The higher the plum tree, the riper the plum;
The richer the cobbler, the blacker his thumb."

For making plum broth with fresh plums: "Boil one quart of any kind of red plums in three pints of water, with a piece of cinnamon bark, and four ounces of brown sugar, until the plums have become entirely dissolved, then rub the whole through a sieve or colander, and give it to the children to eat with bread." This is

Francatelli's receipt. For plum porridge, the Christmas dish of olden English times, a formula has been given at page 22. Half a dozen of each, blanched almonds, and dessert raisins, taken early in the morning, or after a meal, will assist in moving the bowels. Dr. Haig teaches that, when needed for inciting intestinal propulsive movements, a few Brazil nuts eaten two or three times a day, well masticated, before meals, will serve as undigested residue to overcome constipation of long standing.

Figs, it is commonly known, are admirable laxatives, so that they have long been popular remedies against constipation. To boil Turkey figs in fresh milk and to drink freely of the milk, a teacupful three times in the day, will be capitally nutritive, keeping the bowels comfortable and regular in their action, and thus gradually breaking up a costive habit. Figs (as Lonicerus wrote) "*naturam confortant.*" In both the green and the dried state they contain much sugar, and also a rather large proportion of nitrogenous matters, so that they afford more nourishment than most fruits, being aperient when eaten freely. The skin of the figs should be pricked before they are stewed.

Fig-candy tablets, of which half one at bedtime is a delicious sweet-meat, and at the same time gently laxative, are to be had from Gillander's Stores, Inverness, by the box, and are much to be commended for these uses. In Somerset a Turkey fig is known as a "dough fig"; in Wiltshire it is a "lemfeg." The leaves of a fig tree will serve to mature meat and game hung up amongst them.

Dates are not so laxative as figs, though slightly so. For making a date cake take dates, and insert in place of the stones, which should be first carefully removed,

blanched sweet almonds. Then line a square tin with rice paper, and fill in layers of the dates, pressing them down with a weight. Turn out on a glass dish. Date bread consisting entirely of dates is known to have been made by the early Egyptians. From *Three Hundred Receipts in Cookery and Physick* is taken the following formula: "To be strained and drunk when you are costive: an ounce and a half of tamarinds, three ounces of currants, and two ounces of stoned raisins, all boiled in three pints of water till nearly one third be consumed." It is to be noted that tamarinds are certainly anti-bilious, and therefore of service also for a sluggish liver.

The dried root of our cultivated English garden Rhubarb is useful in a modified degree for medicinal purposes, such as those to which the root of foreign Rhubarb, from Turkey or China, is put; and it has the advantage of freedom from adulteration so often practised with the other. The English Rhubarb root grows best in a sandy soil, and should not be disturbed under ten or twelve years; of no similar plant can it be said we use the root in medicine, and the leaves in pies.

Dr. Kitchener in the *Cook's Oracle*, advises against constipation, what he humorously calls "forty peristaltic persuaders." "Take Turkey Rhubarb," he says, "finely pulverised two drachms, syrup (by weight) one drachm, oil of caraway ten drops, made into pills, each of which will contain three grains of rhubarb; from two to four of these persuaders to be introduced into the stomach early in the morning." The English garden Rhubarb is a cultivated variety of the Turkey Rhubarb, and its root when dried and powdered will answer for making the pills. In the early spring when vegetables are scarce in the country, the fresh green leaves of young Rhubarb, which are generally thrown away, will serve as an

excellent and wholesome vegetable if dressed like spinach, either with, or without a little butter. They must be cut fresh when required, so as not to be in the least withered. Indeed, with regard to all garden vegetables the wise dictum of Dr. Kitchener should hold good: "I should as soon think of roasting an animal alive, as of boiling a vegetable after it is dead."

Walnut jam is an excellent laxative, and makes a pleasant kitchen medicine. Take fifty young walnuts in which the shell has not begun to form; prick them all over and boil them in water until they are quite soft; strain the water off, put a clove in each, and strew over them two ounces of bruised ginger. Make a syrup of half a pint of water to two and a half pounds of coarse brown sugar, stirring on the fire (to prevent this from burning) until all is melted, then put in the walnuts and boil for twenty minutes. Walnut oil is often used as a substitute for olive oil in cooking, and is known among poor people by the name of "frying oil"; but it is apt to soon turn rancid; after expressing this oil the *mare* or refuse is eaten by the poor in some districts of France, being called *pain amer*. It proves very nutritious for poultry.

While still unripe, and with the kernels soft, walnuts are taken by French persons "*en cerneaux*," with a seasoning of salt, pepper, vinegar, and shalots. In the North of England the walnut has been thought of old hostile to the oak, so that the one withers if planted near the other, since the walnut is associated with the devil. In Italy it is termed the witches' tree. To sponge a horse over with walnut-leaf tea will effectually protect him from pestering fleas. From *Three Hundred Receipts in Cookery, Physick and Surgery*, London (1734), is given "To help a costive habit of body: preserve green

wallnuts before the shell is hard ; after they have lain a day and a night in water, first prick'd full of holes, boil and shift the water often, till they are tender. Stick in each a bit of candy'd orange peel, take their weight in a sweet Lisbon sugar, boil them up, and take two or three, or four of these when going to rest. They are a gentle, wholesome, and certain purge."

From the Tomato is to be made, together with brown bread, writes Dr. King Chambers (1876), "a capital sauce for costive persons : Take the crumb of brown bread (or, if white bread be used, of a French roll), and water half a pint, of black pepper six or eight corns, a small piece of onion, and salt to taste. Boil together until smooth, then add a small piece of butter, in size about that of a walnut, and mix for use. It is good hot with hot birds, cold with cold birds, and is an excellent food for the sick."

Spinach, already dealt with as an herb, is, writes Tagus, "among all culinary greens, in my opinion the most laudable and grateful ; wherefore it may be eaten in almost all kinds of diseases. It is very serviceable in feverish complaints, and is proper for all old persons who are subject to costiveness, by lubricating the stomach. It is cooling and moistens by its nitrous quality." A very old French proverb says—

" Par l'épinard, et le poireau
Florit le lys, clair de la peau."

alluding to its salutary, laxative, and clarifying effects on the complexion. "A poached egg served on spinach makes a nice little course for an invalid, and tends to obviate any costive disposition. The juice of spinage, being nearly tasteless, and quite inoffensive, is the only green colouring which cooks and confectioners should be allowed to use in their ornamental eatables. Wealthy

families should provide the use of a silver saucepan, wherein to cook this vegetable, as well as sorrel." For spinach broth, pick all the stalks from a pound and a half of fresh spinach, wash it, and chop it, put it into a three-quart stew-pan with four ounces of butter ; stir it over the fire for five minutes, add an ounce of flour, and stir again for three or four minutes, then stir in two quarts of chicken broth till it boils. Simmer it on a cool stove for half an hour, and add a small teaspoonful of cream. Serve it with some pulled bread, fried or baked. Endive or lettuce broth may be prepared in the same way.

Fontenelle, who was a great epicure, and was said to be very fond of spinach, had an acquaintance equally fond of the same vegetable, who was appointed to dine with him at a season of the year when only a small allowance of their favourite spinach could be procured. Just as the dinner was about to be sent up the cook enquired if the master would have the spinach served "*au gras*," which was the way he favoured, or "*au maigre*," as his friend preferred it ; or if it should be divided and sent up in both ways. The author of the *Plurality of Worlds* desired the cook to wait until the guest arrived before he introduced it. At this moment a messenger presented himself to announce the sudden death of the expected friend. Fontenelle having received the announcement, called out to the cook "Send up all the spinage '*au gras*.'" Spinach water, or the juice produced in cooking this vegetable, is highly recommended as a drink to improve the complexion ; if boiled in soup the leaves make it very tasty, the round-leaved spinach being best for summer use. For cooking it, the wet leaves, first well washed in salt and water, against insects, are to be put into the saucepan without adding any more water.

Respecting a sort of spinach which grows wild in some English counties, notably in Lincolnshire, and which may be usefully cultivated in the kitchen garden, viz.—“Good King Henry,” “English Marery” (*Chenopodium*, of the Goosefoot tribe) or Blite, this is commonly cooked and eaten as an excellent substitute. It is much esteemed by the Lincolnshire cottagers as protective against marsh fever. Furthermore, the country people bruise its leaves and lay them upon open wounds for healing purposes. It is worthy of remark with reference to these customs, as obtaining in a county where ague has been long known to prevail, that in like manner the willow specially flourishes in wet marshy districts where low fevers and ague are commonly generated; this tree furnishing a bitter principle closely allied to quinine in its curative effects against ague and intermittent fever; so that the belief of the old herbalists that each district of the earth brings forth that which is most fitting for the dwellers therein as food and medicine was not altogether unwarranted by facts. The well-known old song, “Froggy would a wooing go,” with its refrain, “Roley, poley, gammon and *spinage*,” seems to have been borrowed from *Melismata* (London 1611), or *Pills to Purge Melancholy* (1719). In 1580 was licensed a most strange weddinge of “the frogge and the mouse,” as appears from the books of the Stationers’ Company, quoted in *Warton’s History of English Poets* (edit. 1840).

When cooked in the same way as spinach the common Nettle (*urtica dioica*) so closely resembles it in taste, appearance, and the slightly laxative effects, that the keenest epicure may be challenged to tell the difference—

“Terra salutare herbas, eademque nocentes
Nutrit; urticæ proxima sæpe rosa est.”

The young tops of all the smaller nettles, if boiled and eaten in the spring as a vegetable, exercise a mildly aperient action. Nettles are used in the neighbourhood of London for packing fresh plums, and other such fruit with a bloom upon it, so that in some market gardens the nettles are cultivated for this purpose.

Parsnips have a measure of laxative action when taken plentifully as a vegetable. By reason of their sweetness a capital marmalade can be made with them; likewise they serve admirably for fritters, being relished by children, for whom they are well adapted.

From Carrots a palatable and laxative marmalade may also be made by boiling them, mashing, adding sugar, and seasoning with a little lemon peel, or lemon juice.

Spanish Onions simply boiled, or stewed, and served without sauce, or rich gravy, are of excellent use against constipation. If one or two be taken as a light supper they will also help to promote sleep. For a Spanish omelet, the ordinary omelet mixture is prepared, two drops of onion juice being added for each egg, or half a teaspoonful of very finely minced onion being substituted. Furthermore the Spanish onion is beneficial as an anti-putrescent during its digestion within the intestines.

Liquorice, in the root, or its inspissated juice in the stick, will always exert some gentle laxative action when required. A drachm of the stick, by weight, should be sucked at bedtime, or a couple of the good old-fashioned black licorice lozenges made by Smith, Borough, London, and still to be had from the druggist.

Barley bread, which is decidedly laxative, was in ancient times the bread of Egypt, as likewise of the Jews in the time of our Saviour; we learn this from the miracle wrought upon the lad's five barley loaves. Up

to the beginning of the nineteenth century it was the common food of the English peasantry, and ordinarily the bread was black. In the good plain wholesome days of our grandmothers, when bread-making at home was their admirable custom, the dough was often carried to a bakehouse (as a more convenient plan than to heat the domestic oven), being wrapped in a blanket with the owner's name pricked on the dough. A well-known old nursery rhyme quoted for the amusement of modern babies, brings this forgotten fact to mind:—

“Prick it, and dawck it, and mark it with D,
And pop it in the oven for baby and me.”

In Cornwall barley is “pillerds.” As a grain it is not only laxative, but even apt to purge the bowels, so that, except in Scotland, bread is not made with it much now-a-days. What was formerly known as “angel bread” was a purgative cake made of spurge, ginger, flour, oatmeal, sugar, etc.

Oats, whether taken in porridge, or as bread, or biscuit, are somewhat laxative, both by acting medicinally as it were, and by the mechanical stimulation which their sparingly soluble flakes of bran cause when reaching the intestines, and passing along their canal. But the insoluble bran is rather given to accumulate. Oatmeal contains more than ninety per cent of nutriment; when made into a porridge it is, for those who can digest it, one of the most valuable of our cereal dishes. “Mind is matter, the soul is porridge,” says a modern philosopher. Charles Lamb in his essay on “Christ’s Hospital five and twenty years ago,” talked of “our Monday’s milk *porritch*, blue and tasteless, and the pease soup of Saturday, coarse and choking.” Between real Scotch oatmeal and the imported article from America, or Canada, there is, say the Scotch millers, as much

difference as between diamond and glass. Professor Norton, of Yale University, after giving an interesting account of the way in which silica (flint) is appropriated from the soil by the plant in the structure of stalk, leaf, and husk, says: "equally beautiful are the facts which we discover respecting the alkaline sulphates and phosphates of the oat plant. We find but little of the latter in the whole length of the straw, in the leaf, or in the chaff; but when we arrive at the grain the (former) alkaline sulphates disappear, and the phosphates (essential in cereal food) take their place; these have passed up the whole length of the stalk, avoiding the leaves and the chaff, and at last by a law infinitely more unerring than any human wisdom could devise, they deposit themselves in the very place where they are essentially needed." The blow-pipe will melt the flinty parts of wheaten straw into a bead of glass.

For *Oatmeal flummery*: Take crushed Emden grits in proportion to the quantity of flummery required. Put them into a broad pan, and cover with water so long as it remains clear; then add fresh water, and mix, and let this stand for twelve hours more. Repeat the same process a third time. When the oatmeal has been thus macerated for thirty-six hours strain it through a hair sieve, and boil it, stirring it vigorously until it is quite thick. Put it to cool in a dish, and eat it cold with milk, or with a little wine and sugar. Flummery is a popular dish in Wales, and elsewhere, when made from oatmeal steeped in water, and kept till it has become sour. In Lancashire and Cheshire it is the prepared skin of the grain, mixed with honey, ale, or milk, (or pap blancmange). The term "flummery" has become commonly applied to flattering insincere palaver, and nonsense.

Groat ale is oatmeal soup prepared with malt liquor instead of water, and in base Latin it is rendered "*grutellum*," which has given rise to the modern word gruel. In Sir Walter Scott's *Heart of Midlothian*, the Innkeeper at Newark speaks to Jeamie Deans of "Grantham gruel—nine groats to a gallon of water." Greaty pudding made from grits, or groats, is a common article of food at Birmingham; and in the North grits are "cutlins." Wild oats were "sowlers." Not until we come historically to the Bronze age is it found that oats were among the cereals in alimentary use. A tribute of oats paid in early England to the Lord of the Manor was "avenage"; and an oat cake was "aver-cake"; oatmeal was "avvermoyle." Now in Lancashire "awts" is the name of oats, and in Northumberland their cake is a "farl." "At Lichfield," said Boswell, "I saw here for the first time oat ale, and oat cakes, not so hard as in Scotland, but soft like a Yorkshire cake; they were served at breakfast." Scotch porridge is made thus: To one pint of water, when boiling, add three tablespoonfuls of the best oatmeal (true Scotch, or rolled oats) shaken slowly through the fingers, or through a sieve, and stirred continually; add a little salt and boil for thirty minutes. Connoisseurs hold that the cooking should be done in a double saucepan, so that the inner vessel containing the oatmeal should come in contact not with the dry scorching heat of the fire, but with that of boiling water. The Scotchman takes his parritch "with milk, or with treacle, or treacle beer." Stewed fruit with it makes an agreeable variety, and adds to the laxative effects. "It was pleasant to me too," adds Boswell, "to find that oats styled (in the dictionary) 'the food of horses,' were so much used as the food of the people in Dr. Johnson's own town."

Frumity, or furmenty, or furmety, is a highly popular rustic dish made from wheat, and at one time it was commonly concocted in all English farmhouses, the name being derived from "frumentum," wheat or corn. To prepare it, "take clean wheat, and bray (bruise) it in a mortar so that the husks be all gone off, and seethe it till burst and take it up, letting it cool; then take fresh broth, and sweet milk of almonds, or sweet milk of kine, and temper it all, and take the yolks of eggs. Boil it a little and set it down, and mess it forth with fat venison, or fresh mutton." In other old recipes it is to be made with porpoise instead of venison, or mutton. Again, "frumity, or furmenty, is a preparation of delicious flavour made with new wheat, and as comprising the whole grain and the flinty husks it ultimately passes off by the bowels with some activity, because of stimulating, and tickling their lining membrane. It is prepared by steeping the new wheat in water, and placing the pan in an oven, where it may be kept at a temperature of from 100 to 120 degrees Fahrenheit for from eighteen to thirty-six hours, when the grains will have swollen and have burst their skin, and at the same time the kernels will be softened, and the saccharine process of fermentation will have commenced. It is then ready to be boiled with milk; and when spiced and sweetened with sugar is the delicious preparation already mentioned." The Syrian people, who commonly use this food, manage its preparation in a far better way; the wheat is cracked (not ground) before being boiled for half an hour or so. They eat the dish (known as berghal, the oxygala of the Greeks,) with curds of milk, and no more tire of it than we tire of bread and butter for breakfast.

Wheat contains nourishing gluten, and oats possess

useful protein, each of them undergoing digestion in the stomach ; but not unless the grains be first moistened and softened by heat and water, otherwise they will not be digested anywhere. Many hard grains are voided from the body without being digested at all.

Peasebrose cooked from pea flour is, when eaten with milk or butter, a sweet nourishing article of diet particularly fitted for persons of costive habit, and for children with active powers of digestion. It is prepared in the West of Scotland from the fine flour of the white pea, by forming some of this into a mass merely by the addition of boiling water and a little salt ; it is a favourite dish with the working classes, and was introduced into fashion among the gentry, chiefly through the commendation of Dr. Cleghorn, when Professor of Chemistry in the Glasgow University. "Peason" was formerly the collective name for pease. The "squash" is the young pod before the peas are formed in it ; and the "peascod" is the ripe shell of the peas before it is shelled. Green pods are in the Eastern counties "fletshes," and a young peascod is a "fletsher," or "peaswad."

In East Cornwall "Peasen, or Paisen, Monday is the Monday before Shrove Tuesday, so called from a local custom of eating pea soup on that day ; which is also named Hall Monday, when "nicky nan" is practised by the boys at night on articles which have been, through oversight, or imprudence, left unguarded. In "*Peas and Sport*" the grey boiled peas were ordered to be eaten with butter and salt ; whilst at the same time the company threw the shells at each other. In Shropshire beans and bacon boiled together and chopped up, and mixed, are "blanks and prizes," or "blendings." Palm Sunday was formerly called Carling Sunday, when grey peas or carlings, steeped all night in water, were eaten

fried with butter. The Salernitan School taught concerning pease—

“ Pellibus ablatis sunt bona pulsa satis ;
Sunt inflativa cum pellibus, atque nocivæ.”

“ Take off their skins, and peas are proper fare ;
But windy woeful meat when skins are there.”

In the *Modus Cœnandi*: or *Art of Supping*, it is said about Beans—

“ Corpus alit Faba, stringit cum cortice ventrem,
Desiccat fleuma, stomachum, lumenque relidit.”

“ Beans feed the body, by their skins they bind ;
They dry up boils, restore the sick and blind.”

if which be true, beans are not to be esteemed laxative like their fellow leguminous plants. Indeed Bartholomew Anglicus (1250), declares “ Beans be damned by Pythagoras’ sentence ; for, it is said by oft use thereof the wits are dulled, and cause many dreams, or else, as other men mean, for dead men’s souls be therein. Therefore Varro saith that “ the Bishop should not eat beans.” The Chinese make use of a bread eaten by all, from the Emperor to the meanest peasant, prepared from a paste of kidney-beans worked into great flat cakes like cheeses. They attribute salutary digestive effects to this food.

“ Cornwall squab pye, and Devon white-pot brings :
And Leister beans and bacon, food for kings.”

“ Shake a Leicestershire man by the collar,” writes Fuller, “ and you shall hear the beans rattle in his belly.” Kidney beans in the west are “ feasilis ” ; in Italy “ fagioli.” A quaint old method taught for sowing them is : “ One for the mouse, one for the crow, one to rot, and one to grow.”

Charles Lamb in his essay *My Relations*, told respecting his aunt, “ a dear and good one,” “ the only secular employment I remember to have seen her engaged in

was the splitting of French beans, and dropping them into a china basin of fair water. The odour of those tender vegetables to this day comes back upon my sense, redolent of soothing recollections. Certainly it is the most delicate of culinary operations." "In ancient Rome the principal citizens," says Cato, "had their great vegetable gardens near the city. These were cultivated by the owners themselves, among whom some derived their family names through being successful growers, such as Piso from the pea; Cicero from the vetch; Fabius from the bean; and Lentulus from the lentil." The meal or flour of beans was styled "lomentum" among the Romans, and was thought to be a capital cosmetic by the ladies, because possessing the virtue of smoothing the skin, and taking away wrinkles.

Brown bread made with bran and seconds flour is laxative to some extent, because its flinty flakes stimulate mechanically the intestinal muscular walls from within, and because it contains the gently aperient oily principles supplied by wheat in its outer coatings, together with useful phosphates.

For administering the cellulose of vegetable food, which is so necessary against constipation, common bran is an excellent means. The use of this substance for the said purpose has been steadily advocated by Professor Turck for many years, and Dr. Herschell warmly endorses his recommendation. The bran must first be heated in an oven at 150°, so as to partially cook it, and to make it perfectly sterile. It is then passed through a coarse wire sieve, and may with the aid of a little flour be made into small biscuits, these being baked in iron patty pans; or a measured quantity of the bran may be stewed with apples, or other fruit, and taken once or twice a day. The bran may further be had in milk, if preferred.

It serves to cleanse the lining membrane of the intestines, and to stimulate their muscular activity.

For *Brown bread cream*, whisk a pint of thick cream until it is quite stiff; add two ounces of brown bread crumbs, the same quantity of sugar, and half an ounce of best refined isinglass. Pour it into a mould and serve when quite set. If served with freshly picked strawberries, or in the winter with candied apricots, this is excellent and nutritious, besides tending to prevent constipation. It contains substantial food with a large percentage of sugar. The Germans make a brown bread pudding, spiced with cinnamon and cardamom seeds, together with hips of roses and claret.

Dujardin Beaumetz advises against habitual costiveness to pour a little cold water on a dessertspoonful of linseed, let it stand for an hour, and then drink the whole immediately before a meal.

Fresh butter, as Dr. King Chambers has taught, if freely used, is the best preservative against such constipation (often accompanied with piles) as the cross-legged attitude assumed by tailors induces; a cold tub every morning, and an occasional cup of dandelion tea infused from the sliced root, give capital assistance.

Amongst condiments taken with food so as to stimulate and spur the inert muscular walls of the bowels from within, Ginger is an excellent spice, of which the medicinal virtues have been dwelt upon already at large. Gingerbread, especially when made with honey, is decidedly laxative, both by stimulating as specified, and by lubricating the passage through the large intestines. It may likewise be concocted with old-fashioned brown treacle; or is, again, a cake composed of flour and meal, with ginger and candied peel. Ginger bread was sold in Paris as early as in the fourteenth century; it was then

made of rye-dough, and kneaded with honey, ginger, and other spices. Probably it was brought to England in the reign of Henry the Fourth, and in this country treacle soon superseded the use of honey in its composition. But as it was thus found to be darker in colour than the honey gingerbread, it was covered with a glaze of yellow syrup, or with Dutch metal (inferior gold leaf) so as to disguise the dark hue; and hence has arisen our familiar proverb of "taking the gilt off the gingerbread." Presently this confection began to play an important part at all our country fairs and festivals; whilst flat figures of such gilt gingerbread still go by the name of "husbands" in country villages, other grotesque shapes of various kinds being yet commonly made for similar disposal at wakes and village "feasts." In Goldsmith's *Vicar of Wakefield* the worthy Dr. Primrose tells respecting "the poor gentleman": "He brought my little ones a pennyworth of gingerbread each, which my wife undertook to keep for them, and gave them *by letters at a time.*"

For *Ginger cake* the receipt directed by Lady Constance Howard is: "One and a quarter pounds of flour, a quarter of a pound of butter, a quarter of a pound of sugar, half a pound of raisins, a quarter of a pint of milk, a quarter of a pint of dark treacle, a teaspoonful of baking powder, and two eggs. Mix the baking powder with the dry flour: rub in the butter: add the sugar, the ginger, and the raisins. Beat the eggs well, and add to them the treacle, and milk: then mix the whole well together, and put it in the oven at once in a tin lined with buttered paper. Bake for about two hours in a moderate oven."

For a plain *Gingerbread loaf*: Put two ounces of dark treacle in a jar near the fire, with two ounces of butter,

a quarter of an ounce of carbonate of soda previously dissolved in a very little milk (just sufficient to liquefy it), and strained, and four ounces of moist sugar. Mix an ounce of powdered ginger, and one small nutmeg grated, with about three pounds of flour. When the butter is melted, stir the treacle into the flour: add water to moisten it, and bake in a well-buttered shallow tin, in a slow oven for an hour and a half.

Preserved ginger (from the West Indies) is an excellent sweetmeat, which has some laxative action when taken in a fair quantity. It is made by scalding the ginger roots whilst they are green, and full of sap, then peeling them in cold water, and putting them into jars, with a rich syrup: in which condition we receive them from abroad.

“Parkin” is a kind of gingerbread concocted in Yorkshire, chiefly at Candlemas, with oatmeal instead of flour. For “treacle parkin”: Put four ounces of butter with three quarters of a pound of best brown treacle into a jar, and place this near the fire until the butter is dissolved: then stir in four ounces of moist sugar. Mix a pound of oatmeal with half a pound of flour, three quarters of an ounce of powdered ginger, and a quarter of an ounce of crushed caraway seed (or, if preferred, instead of the caraway seed add a little sliced candied peel when the parkin is rolled on the table). Stir the treacle, etc., into the oatmeal, and make the mixture into a firm paste with a little flour. Roll it out to the thickness of a quarter of an inch, and bake in buttered tartlet tins in a moderate oven, rather slowly, or the outside will be burnt before the inside is done enough. Keep the parkin in a covered biscuit tin, or it will lose its crispness. Or make the “parkin” in another way, as is customary for the fifth of November

in some districts. Rub half a pound of butter, and half a pound of fresh lard, into four pounds of oatmeal, or flour and oatmeal mixed. Add half a pound of brown sugar, and an ounce of ground ginger. Mix three pounds and a half of dark treacle with a cupful of new milk. Stir these into the oatmeal, etc., to form a stiff paste: bake in a moderate oven, either in oiled tins, or dripping tins, until brightly browned—for about twenty minutes if baked in patty pans, and for an hour and a half in large dishes. This parkin is useful as a gentle laxative confection, besides being a spicy sweetmeat.

For Essence of Ginger, famous as a stomachic cordial to relieve colic, or flatulent spasms: Take three ounces of freshly grated ginger, and an ounce of lemon peel, cut thin. Put these into a quart of brandy (apothecaries' measure). Let it stand for ten days, shaking it up every day. Half a wineglassful, with or without hot water, will be the proper quantity for an ordinary dose.

The *Capsicum*, from which cayenne pepper is made, as a stimulating condiment acts efficiently in rousing the intestinal energies when torpid. A tincture of capsicum is commonly prepared by our druggists, from six to twelve drops of which, if taken with half a wineglassful of cold water after breakfast, and after the evening meal, will promote activity of the bowels, by quickening their muscular movements.

Honey, which has been treated of in detail as a laxative animal product, is "so general a meat," says Dr. Muffett, "through Russia that the children eat it on their bread every morning to their breakfast, as ours do butter, with whom, and with old men, it agreeth exceeding well: cleansing their brests, opening their pipes, warming their stomachs, resisting putrefactions, and engendering sweet

and commendable blood. But raw honey is never good, therefore clarify it thoroughly at the fire: also let it be honey that ran, and never was puffed out of the combs, and of young bees rather than old, feeding upon thyme, rosemary, flowers, and such sweet and wholesome herbs: then may you boldly give it as a meat to young children, to cold and moist complexions, and to rheumatick old men, especially in northern countries, and cold climates, and during the winter season." In those undated Histories called the Welsh Triads, which were oral traditions held ages before the Romans landed on our shores, England was called the "Island of Honey" by its first discoverers.

To make a honey cake: Stir half a pint of sour cream into a pint of flour: add about half a teaspoonful of ground ginger, a quarter of a teaspoonful of powdered cinnamon, two tablespoonfuls of moist sugar, and honey according to taste. Mix thoroughly, and when the cake is ready for the oven add half a teaspoonful of carbonate of soda dissolved in a small quantity of hot water. Beat again for a few minutes: pour the mixture into a buttered mould, and bake in a good oven. This cake may be eaten either warm or cold. Time for baking it is three quarters of an hour. Honey cakes were offered in Rome to the serpent of medicine, representing the god *Æsculapius*. "*Ubi mel ibi apes,*" said a classical proverb: whilst a modern French adage has it that—"*On attrape plus de mouches avec le miel qu'avec le vinaigre.*" It is worthy of remark that the bee has given to our nomenclature the feminine name of Deborah, as derived from this insect.

Olive Oil is particularly useful as a laxative food, and when pure it has no objectionable taste or smell. The Lucca oil is the best in these respects: on toasted

bread, with a little salt, it is scarcely distinguishable from butter (and may be used as an excellent substitute in making pastry). In a salad it tends to prevent putrefaction, and is an antidote to flatulency. A famous Spanish maxim affords capital guidance how to use it in this form: "Be a miser with your vinegar: a counsellor with your salt: and a spendthrift with your oil." It must be genuine olive oil of the first quality, and this is well worth searching for. Dr. Haig writes: "I look upon good olive oil as a most valuable substitute for butter: it is specially nice with vegetables, and may be eaten with many of these, as well as with salads, for which it has so long been set apart: but the essential thing is to get it fresh and good."

"Unguor olivo
Non quo fraudatis immundus Natta lucernis."
Horace—Satir.: libri i.

"Not with such oil as Natta's, when he vamps
His filthy limbs, and robs the public lamps."

The Olive (*Olea Europæa*) grows luxuriantly in Upper Galilee, and at Hebron. Besides supplying from ten to fifteen gallons of oil from each tree, the berries of which form the husbandman's only relish, this olive tree provides butter, soap, candles, and medicine. It is delightfully evergreen, the emblem of abundance, happiness, and blessing.

Maspero states there is little doubt that castor oil was taken regularly with other foods in the times of the Pharaohs. At the present day it is a favourite adjunct to the salads of the Egyptian fellaheen. Cotton seed oil is now much employed both by itself, and as an adulterant in place of olive oil. It is used in cooks' shops for frying fish, and is known to the poorer classes as a "frying oil." Olive oil consists mainly of oleic acid, which is a powerful solvent of fæces or the excrement

contained in the large bowel ; and fresh ox gall acts in the same manner, but more energetically. A combination of the two forms one of the most efficient solvents of fæcal matter that it is possible to find. For a knowledge of this valuable property of fresh ox gall, the medical profession is indebted to Mr. W. Allingham, who habitually used it for such a purpose in his practice during more than twenty years. It may be mentioned that the solvent action of olive oil thus commended has been recently disputed by Ewald (*Twentieth Century Practice of Medicine*): and it is quite possible he may be right with regard to certain kinds of fæces, or excrement, such, for instance, as are the product of inspissated milk. But anyone can convince himself by direct experiment with a test tube, that hard pieces of ordinary brown fæcal mass (scybala) are quickly disintegrated under the action of ox gall. It is to be remembered that the stools passed by children are mainly fatty : so that plenty of fatty food should be included in their dietary. To be costive is in Eastern England "farthing-bound," "maw-bound."

Glycerine (fully described as an animal product) is a basic constituent of mutton fat (tallow), and is now common in most households. It makes an excellent remedy against constipation, either by being swallowed, or when a pledget of wool, in size like a nut, is saturated therewith, and introduced by the patient within the fundament, beyond its exterior ring of muscle (which is quite an easy proceeding). If given by the mouth, glycerine should be administered in teaspoonful doses, repeated every hour until an action of the bowels occurs ; generally speaking, three or four doses will be sufficient. Old persons, especially females, frequently suffer from a chronic obstruction, as it were, of the lowest bowel,

caused by the presence there of hardened excrement. The glycerine suppository is especially useful in such cases, as it lubricates the lumps, and they are voided without pain. Such glycerine suppositories, or glycones, can be got ready-made, each in a small protective soluble covering. They generally act in about ten minutes.

As to sugar, again, frequently from the very hour of birth a baby makes practical acquaintance with brown sugar. It is commonly given to infants newly born, and sometimes together with oil of sweet almonds, for the purpose of clearing out the bowels to begin with. It is undoubtedly relaxing, and (as shown with regard to old age) prevents corrupt changes in the food whilst passing along the alimentary canal. Cane sugar when it reaches the stomach is acted on by the gastric juice, and converted into sucrose; afterwards, when it leaves the stomach and reaches the beginning of the smaller bowel, it mixes with juice from the stomach-bread (pancreas), and becomes changed into glucose, or grape sugar. We thus see that grapes which supply their sugar straight to the blood without its having to undergo these comparatively slow round-about changes are not proper for gouty persons, or for dyspeptics whose digestive powers for sugar are limited. But during rapid waste of heat in fever, grapes are of particular service in restoring it by their sugar at first hand.

Treacle, also called molasses, is formed as a thick, dark-coloured, common syrup, during the manufacture of moist sugar. It is a nourishing article of food for making fat, and for supplying bodily warmth: therefore, it finds much favour with poor persons, and for their young children. The free use of treacle is somewhat laxative in its effects, and is heating to the system at large. Golden syrup, which is a purified treacle, may

be taken, instead of gravy, with plain, light dumplings as a complete food, which is very popular in Norfolk.

The sugar of milk, which is properly *lactose*, acts as an efficient and almost tasteless laxative. From one to two teaspoonfuls of this sugar in powder, dissolved in a small teacupful of hot water, or of warm milk, and taken in the morning while the stomach is still empty, will serve as a gentle aperient. Its remarkable curative action in overcoming chalky gout has been explicitly related among *Animal Simples*.

The whey made from milk, as described elsewhere, will afford good help to costive persons, if a breakfast-cupful be taken each night and morning. For the evening's whey the morning's milk should be employed. Nearly boil the desired quantity over the fire, then squeeze in fresh lemon juice until the milk is completely turned; strain through muslin, and drink the thin liquid when cool.

Again, a recent medical authority asks: "What aperient have we so pleasant, safe, and sure, as a cup of fresh *yeast*?" This should be beer-yeast, got from a good brewery. It will not keep reliably, even for twenty-four hours. The dose had better be taken in the day-time, half an hour after a meal.

Water is a remedy always at hand, and certainly of very rational use when evacuation of the bowels as a spontaneous function is at fault through a dry condition of the fæcal mass within the intestines. Experiments made by Drs. Bocker and Falck have shown that the increase of renewal by the body of its tissues, whilst throwing off what is worn out, as effected by the water which is drank, keeps in close proportion to the quantity of water taken in: therefore, the sensations of patients undergoing judicious water cure are highly agreeable as

regards the lightness and bodily freedom which they quickly begin to experience. Herein lies its strength: seeing that the demand for new tissue as expressed by a much improved appetite, keeps pace exactly with the salutary amount of evolution from the structures. But a much less amount of water drinking than is involved in a hydropathic course will often be of great service. Let the surcharged, and costive patient take, the first thing in the morning, a tumblerful of cold water, made spicy by a few cloves which have been put into it overnight (the water being then on the boil)—a weak clove-tea, in fact—and this will do evacuant good in more ways than one. The importance of attention to the amount of necessary liquid consumed by a patient can scarcely be over-estimated. Many persons, especially women, seldom take a drink of water, but too often, and too copiously, tea, with a considerable portion of strongly astringent tannin therein. A single tumblerful of cold water drunk on an empty stomach the first thing in the morning, and likewise again at bedtime if required, will frequently have a satisfactory effect against constipation. But any excessive hardness of the drinking water from the presence of lime salts must be remedied by boiling the water and then filtering it; or by the use of rain water, as well for cooking purposes, as for drinking, care being taken that it is collected through clean channels into a proper tank.

Coffee, or cocoa, favours regular action of the bowels more than tea, because not containing so much astringent tannin; and malt liquors are more laxative than spirituous drinks. Butter milk acts better on the bowels than ordinary milk, since it contains fat, and sugar of milk, without the binding curd. "A well-made infusion of good coffee produces an agreeable nervous

excitation, and a gentle perspiration, dispels the sensation of hunger, or emptiness, and gently moves the bowels. For those who do not tolerate the infusion of coffee-berries, wheat grains may be satisfactorily substituted, when baked brown, and ground in a coffee mill."

Another simple plan for obviating the costiveness due to sluggish intestinal muscular action, is to sip or drink a glass of cold water on first rising in the morning, and then presently, whilst lying on the back, to roll a light dumb-bell to and fro over the abdominal walls outside, first drawing up the knees. If the food remains sluggishly in the large bowel its fluids are absorbed, so that the stools become dry, and still more difficult of movement onwards to the outlet.

Again, when essaying to relieve the bowels, an evacuation may be facilitated by firmly pressing the fingers behind, and on each side of, the lowermost bone of the spine—the tail bone—thus stimulating the muscles which begin an act of evacuation. Although walking, cycling, and horse exercise are, as a rule, to be commended, passive carriage exercise will not be of any service against constipation. When studying, or reading, the patient should walk about, and stand rather than sit at the desk. Kneading the bowels personally in the morning or evening, when a stool ought to take place, will often induce it. This kneading should begin at the right groin, and be continued upwards on the right side of the belly, then across its top, and finally down the left side of the bowels to the left groin—for five minutes in all. Both hands may be applied simultaneously, one on each side of the belly, with a kneading, and grasping, and rather firm pressure. Again, the gymnastic use of a pair of dumb-bells, not too heavy, or to walk half a

mile whilst carrying one in each hand, held down at arms' length, will fix the midriff, and bring about intestinal action by the pressure thereby exercised over the contents of the abdomen.

Dr. Blake pertinently gives a reminder (*Constipation and Corpulency*) that the vigorous use of the teeth, so as to assist in stimulating a free flow of saliva during the mastication of food, is very important, seeing that the salts of the saliva form one of the natural purgatives of the body. Hence chewing, thoroughly carried out, is of great consequence in keeping the habits of the body regular.

It may be fairly said about all the foregoing remedies against constipation and costiveness (whether of recent occurrence, or which have become habitual), that the above natural laxatives such as can be taken pleasantly, and with benefit as foods, are far preferable to giving their constituent medicinal principles in the form of physic, which is nauseous, unsavoury, and, in the long run, harmful. "What shall I say to thee, my great Lord Verulam? what shall I say to thy saltpetre, thy daily purges, thy nightly clysters, thy succedaneums?"—(*Tristram Shandy*—Sterne).

A third general cause for constipation may be, as previously stated, because the bodily surroundings have become altered, as of climate, social circumstances, and the daily habit of regular periodic evacuations. Also the hours of meals may have undergone a change, not to speak of the character of the foods taken thereat. So, likewise, a costive state of the bowels becomes occasioned with some persons during a sea voyage, or when altering residence from inland to the coast. It is a curious fact that when constipation occurs at sea, or at the seaside, from saline sprays and marine bodily influences, this can

be obviated by swallowing common salt rubbed up with some inert powder (such as sugar of milk) so as to be highly attenuated—a small dose at noon and at bedtime. The strength of the trituration should be in the proportion of one grain of salt to ninety-nine grains of the inert powder, thoroughly rubbed up together for ten minutes in a mortar; and of this mixed powder for each dose about as much as will lie on the flat surface of a sixpence, taking it dry on the tongue, or with a dessert-spoonful of cold water. The mixed salt must be kept in a dry bottle. This preparation is of special service when after each costive stool a sense is felt of some faecal matter still remaining behind in the lowest bowel.

Dr. Hart, 1633 (*Diet for Invalids*) says with respect to a daily operation of the bowels: "The question may be asked, How often, and when is the best time of the day for this evacuation to take place in health? I answer, that as wee can only uncertainly determine men's particular occasions, constitutions, and individual properties and natures, no more can wee absolutely set downe any verdict concerning this businesse: yet it is best in time of health to enjoy this benefit at least once, if not twice, a day. Howbeit, I am not ignorant that some, both in sicknesse and in health, have continued divers daies, sometimes weekes, without the use of this evacuation. I confess, indeed, such as were able to absteine from all manner of sustenance for divers yeeres together needed not this or any other evacuation, examples whereof I have produced some already. But in ordinary healthfull bodies this is alwaies the best, and so answerable also in sicknesse; and whoso decline from this rule it commonly fareth not so well with them. I deny not but that there are some individuall constitutions who better indure the

want of this benefit than others. Neither yet is there any set quantity to be determined for good and laudable nourishment, as egges and the like engender fewer excrement than herbes, browne bread and the like. The best time is in the morning, and if it may be conveniently in the evening also before going to bed will prove beneficiall."

Dr. Joseph Matthews, Louisville, November, 1899, in a lecture delivered before the College of Medicine, told of a patient who, whilst seeking his advice for another ailment, said that "as far as her bowels were concerned she was all right, as they moved with perfect regularity once in *every two weeks*"; and Dr. Yandell treated a young lady whose bowels were moved only once in every three months, four times a year! Infrequency of defæcation when regarded alone is an untrustworthy indication of a costive habit such as requires coercive treatment, whether medicinal or dietetic. This condition often depends upon the individual peculiarity. Good health is quite consistent with wide departures from the ordinary rule of a daily evacuation; not infrequently no movement of the bowels takes place for several days, or even for a week, and yet without harm or inconvenience so long as this infrequency of going to stool is habitual or can be ascribed to personal particularity of system. Individuals of a feverish tendency, characterised by a rapid pulse, a hot, dry skin, and who are of an ardent, vivacious temperament which quickly wastes the tissues by a speedy combustion of their solids, have less excrement to be constantly voided than others of a slow vitality with a torpid and incomplete using up of what they take in as their daily supplies.

It is undoubtedly best to have at least one daily evacuation of the bowels, and this preferably at, or

towards, bedtime, partly because the water-closet is then less frequented by applicants in the general eager run which commonly takes place after breakfast, and because the act of having a stool is less hurried, as the business of the day is over; also, the relief at this evening time is more conducive to sleep by reason of the intestines thereby becoming unloaded, especially the lowest bowel (rectum) between which and the brain there is an intimate sympathy. It is important to remember as an incidental consideration that except immediately before the necessity is felt for going to stool the lowest bowel is normally quite empty; nothing enters it, or should do so, until the commencement of the defæcating process. Therefore, when fæcal masses are to be felt lying in this lowest bowel which cannot be passed spontaneously, they must be first removed by the mechanical means of an injection (as simple as possible) before any other steps can be taken against the state of constipation higher up. If hot water—with or without sugar, or soap added to it—fails to effect the desired object, then olive oil and ox gall (as already explained, page 166) will succeed better.

For a costive invalid with whom the stools lag or are sluggish of evacuation, to get access to a comfortable warm closet is a main necessity. The seat in the closet should not be a high one, else the muscles of the fundament which are employed in defæcating become relaxed, and fail to act properly. By far the best position for moving the bowels is the primitive one of crouching, so that the muscles behind become firmly fixed and the intestines are evenly squeezed between the midriff stretched strongly above them and the bony basin of the middle trunk below. If sensitive to any contact of cold, the invalid may take a warm

flannel to put on the seat beneath the thighs and the buttocks.

Among the general causes of constipation which can be readily overcome by self-management and resolution are, a sedentary mode of life, excessive or prolonged mental application, a careless disregard of, or hurry in going to stool, also a free indulgence in the use of tea, tobacco and alcohol. Less objectionable by far are coffee, cider, or even beer, as simply concerning costiveness, whilst, as a rule, tea (by its tannin), astringent wines, and farinaceous foods (having so little excrementitious matter) induce, or increase constipation. Again, a too meagre and insufficient diet, particularly as regards the fibrous tissues (cellulose) of vegetables eaten too sparingly, will make a person costive through lack of food volume on which the intestinal walls can propulsively act; then, further, the liquid parts of the faecal mass become absorbed, leaving the intestinal contents dry and impacted. Correction of lazy, or inattentive or hurried habits in seeking to empty the bowels when naturally prompted to do so, or at the customary hour, must be practically carried out. Where the stools are dry and voided piecemeal as in sheep, with constipation of an obstinate sort, it will be often found helpful to keep a small piece of common sheet lead soaked in vinegar (with a string attached to it by which the lead may be withdrawn), and to suck this for a minute, or less, each night and morning. Absorption of lead more largely by plumbers and painters in the pursuance of their calling often brings about intractable constipation, and lead colic.

An exclusive milk diet, as well as so-called "fasting cures," cause constipation by leaving an insufficient residue to excite the necessary propulsive intestinal

contractions; and too great a uniformity in diet will tend to have the same effect by inducing a diminished sensibility of the intestinal lining membranes. The attraction which soft (and constipating) milky foods have for those persons whose teeth have failed them must be counteracted by combining therewith stewed figs or prunes, pears, apples, apricots and the like; and if the fibrous parts of these fruits prove too tough for the person's imperfect teeth then artificial ones must be worn instead.

It may happen that instead of the intestinal walls being too lazy to contract on their fæcal contents their nerves are so irritable that the walls become persistently contracted and tight, leading thus to a dense constipated block; under which circumstances a quite moderate use by vigorous men of tobacco, especially soon after a meal, will overcome any such intestinal rigidity, as well as contribute a little wholesome stimulation beforehand; thus many a man finds by practical experience that a pipe taken after breakfast, or at night, promotes an evacuation of the bowels presently. But Dr. Hart (1633) pronounced with respect to the use of tobacco by invalids, "Let no man deceive himselfe so farre as to thinke this to be some famous panacea, nepenthe, or golden elixir—whereof there hath been much bragging but small benefit as yet reaped; why may not garden sage as safely, and without any seeming show of danger, be used? It is by all our physicians accorded and agreed upon that this doth apparently corroborate and strengthen the nerves and, by consequent, all the animall powers, beside the excellent virtues thereof recorded—the like whereof were never ascribed to tobacco. And in obstructions of the pipes of the lungs why might we not, with far greater reason, use the

harmlesse and innocent smoake of coltsfoot (since the world has now become so smoakie) than the dampish smoak of this deleterious plant? Besides, we have proved that it is indeed with a violent purging quality, both upwards and downwards. By its narcotick quality it stupefieth and benummeth the senses, and so allaieth paine. I am verily persuaded that the excessive and disorderly use of this Simple is no small cause, as of the more frequent raining of divers dangerous diseases among us, so of many strange and uncoth accidents, according to the severall and individuall bodies therewith assaulted. As for the daily smoaking of it, the state and circumstances of your body must be the best guide and rule; if your complexion be lean, hot and dry, it is an argument against it; but if cold, moist and humoral, subject to catarrhs, rheums and pains, then there may be a temptation to venture upon it. So every man must consult his own temper and the experience of others. I know a curious lady in the North that does very great feats in curing sores and ulcers by a preparation of tobacco. A lixivium of tobacco often prevents the falling of the hair and is famous in curing the leprosie of cattel."

M. Lemery wrote (1746): "Nature hath never produced anything that in so short a time became so universally used as Tobacco; for as soon as this plant came to be known in Europe it was taken almost everywhere. Indeed, let it be used which way you will, whether snuff'd, smoak'd, or chew'd, it is very attractive; it tickles the nerves agreeably enough; it satisfies the hunger of many people, and refreshes them; and, therefore, labouring people will with a Pipe or two of Tobacco work a long time without being weary, or wanting anything. Lastly, those who are used to

Tobacco are so taken with it that they can hardly leave it."

About "a pipe," writes Elia (Charles Lamb), in *Confessions of a Drunkard*, "how (at first) its ascending vapours curled, its fragrance lulled, and the thousand delicious ministerings conversant about it, employing every faculty, extracted the sense of pain." But "how (afterwards) from illuminating it came to darken, from a quick solace, it turned to a negative relief, thence to a restlessness, and dissatisfaction, thence to a positive misery" (1833).

"Many children and not a few adults are smothered now-a-days in tobacco smoke, so that it is important to know what are its physical effects. It is said that the tobacco smoke contains but little nicotine, whilst discoverable in it are small amounts of hydrocyanic (prussic) acid and acetic acid, with creasote, sulphur and carbon compounds. Tobacco acts like an acid."—Dr. Duncan, U. S. America.

As an external appliance serviceable for soothing those irritable intestinal nerves which keep the bowels irregularly contracted and confined, a wet compress (with a double fold of moist linen beneath some waterproof tissue) acts often with efficiency, being worn throughout all day except during the two principal meals. The linen should be wrung out of water, cold or nearly so, each time before putting it on next the skin over the front upper bowels. An oblong piece of damp spongio-piline will capitally answer the same purpose. But when it is required rather to rouse up the torpid intestinal nervous energies so as to increase the propulsive activity of the bowels, then some stimulation should be helpfully applied from outside over the walls of the belly by friction, either with the hand, or sometimes with a lump of ice in

a bag immediately after taking a hot bath. Again, it will frequently help in the same direction to stand for fifteen minutes or longer with the back to the fire after a meal. Mention need scarcely be made of such subsidiary means as horse-exercise, golfing, cycling, tennis, gymnastic movements, and vigorous walking. Friction of the whole belly round and round, from right to left, for fifteen minutes, with the hand dipped repeatedly in cold water, will likewise be often of much use in bringing about activity of the bowels.

“With respect to the treacherous products,” says Dr. Brunton, “which have to be thrown off and cast out of the body by the bowels, it should be shown how highly important towards ensuring this end it is that all excessive bodily fatigue should be avoided. Army medical officers have again and again found that young, active, healthy soldiers, whose outlets for carrying off the waste products of the body were all in sound working order, have nevertheless suffered self-infection by poisons formed and detained within themselves when they were over-taxed by excessive drill or by too prolonged marching. If bodily fatigue is carried beyond the moderate stage the blood becomes contaminated with substances absorbed from inside the body which set up a feverish disturbance resembling the effects of powerful vegetable poisons such as foxglove and strychnia. For such a condition, when it has been allowed to occur, abstinence for a while from solid substantial foods, and especially from alcoholic liquors, is the best remedy. But none the less necessary is it that towards keeping the bowels regularly and properly evacuated a certain amount of fairly active outdoor exercise shall be taken daily by every capable person, within the limits of moderate fatigue. A fifth part of our tissues is putrefactive as to its life,

and must be cast out of the body before becoming so decomposed as to give off noxious gases which can be absorbed into the lungs and the blood. Such gases have much to do with the bronchitis often coming on in connection with disturbances of the digestion. Bouchard has found that the poisonous activity of even healthy human excrement is very great, and a substance obtained from them by dialysis produced in rabbits violent convulsions. When any such septic self-contamination is suspected through protracted costiveness, the internal putrefactive changes in the food or excrement within the bowels may be considerably prevented by taking two or three peppermint lozenges (of the small, strong, sparingly sweetened sort) twice or three times in the day, until the intestinal contents have been passed on and got rid of. The poisonous effects of eating high game are due to a similar train of circumstances. And it is to be noted that fatigue-products in the flesh of over-driven or frightened cattle have given rise to poisoning by ptomaines of the persons who partake of this flesh when brought to table. Dr. Woods Hutchinson has recently taught that food-poisonings of every sort are at least three times as common in animals as in man; among the herbivora such a toxication is caused by poisonous plants, and by mould products engendered on fodder; among the carnivora by decaying meat or fish. The art of cooking our foods, and the fastidious palate fostered thereby, protect us from twice as many dangers as they lead us into.

Finally, it is not out of place to note the shrewd, if homely, or even vulgar hints as to the importance of keeping the bowels regularly moved which are left, as Swift has said, "in the very jakes, by men of wit, from whence they may be fished out" for the sake of

the points they enforce. Impromptu records of personal shifts sometimes convey useful instruction, though couched in coarse language. These not seldom betoken learning and humour, though sadly out of place—“*Carmina quæ legunt cacantes*”—verses which those who sit at stool may read. Such, for instance, as “*Omnes eodem cogimur*,” from a classic poet; “*Mens conscia recti*,” “Honoured more in the breach than in the observance.”

Dit le docteur Hollandais Boerhaaven, 1682 :

“Tiens la tete, et les pieds chauds ;
Remplis moderément tes boyaux ;
Tiens la porte de derriere bien onverte,
Et envoies tous les medecins au diable.”

With regard to the second of these precepts we have an English proverb about a man being “like a bagpipe : never talks till his belly’s full.”

As to other such inscriptions of a nasty or indecent character, most true is it that “*stultorum calami carbones mania chartæ*”—a white wall is (in these instances) a fool’s writing-paper. Some lines of Horace run much after the strain in point :

— “*Si dura morabitur alvus.
Mitulus, et viles pellent obstantia conchæ,
Et lapathi brevis herba ; sed albo non sine Coo.*”
“Dock and white wine, if you should costive prove,
With shell-fish cheap, obstructions will remove.”

It is said that when this same Boerhaave, the most accomplished and famous physician of the eighteenth century, died, he left behind him an elegant volume, the title page of which declared that it contained all the secrets of medicine. On opening the book every leaf was found blank but one, on which was written, “Keep the head cool, the feet warm, and the bowels open.” This legacy of Boerhaave’s to suffering humanity typified,

not unjustly, the acquirements of the medical art at the close of the eighteenth century.

Dr. John Browne, known so well by that delightful little book *Rab and his Friends*, has told in an *Essay on Health* (1866) that "Many years ago an old Scotch minister was wakened out of his sleep to go and attend a great lady in the neighbourhood who was thought to be dying, and whose mind was in dreadful despair, so that she wished to see him immediately for such spiritual consolation as he could render. The old man, rubbing his eyes and pushing up his Kilmarnock nightcap, asked, 'And when were her leddyship's boeels last opened?' Then, on finding after some enquiry that they were greatly in arrears, 'I thocht sae! Rax me ower that pill box on the chimneypiece, and gie my compliments to Leddy Margaret, and tell her to tak the twa pills, and I'll be ower by-and-by mysel.' They did as he bade them, doing their duty as the pills did theirs, and her leddyship was relieved, and she was able at breakfast-time to profit by the Christian advice of the good old man, which she could not have done whilst her nerves were all wrong. The old Greeks showed their knowledge and sense in calling depression of mind melancholy, which means to say—oppressed with black bile. Leddy Margaret's liver, I have no doubt, had been distilling this perilous stuff."

CONSUMPTION OF THE LUNGS.

THIS disease, in its general sense, is caused by a destructive deposit of tuberculous matter, either generated by or associated with micro-organic germs in the substance of the lungs. Its most modern treatment is by open, bracing, fresh air (in which the germs die off), with an abundance of well-chosen, nutritious food. The free

supply of oxygen through cold, dry, pure air is to be kept up by day and by night at all seasons, with open windows and the pursuance of hardy habits. The general routine of this treatment runs thus: On awaking, a tumblerful of hot milk is sipped, and, after dressing, the patient rests on a couch in the open air; then partakes of a substantial breakfast, and next sets out for a walk, advice being given as to the distance for each person, and, as a rule, he being met at a prearranged spot so that the effect of this exercise may be judged by the doctor. Now follows the mid-day meal and another rest, stronger patients taking a second walk. Light tasks may be performed before bedtime, and then some patients are sent off to sleep in small chalets, where in calm weather all the windows are opened and the patient sleeps in the fresh air; but if there is a strong wind, or rain, one or more sides of the chalet are closed in. There now exist at least twenty-six well managed institutions in Great Britain where this open-air treatment for consumption can be effectively carried out, the abundant good feeding being at the same time of vital importance and indispensable. It is with kitchen physic in plentiful forms of such feeding we have now specially to do.

Tubercle, a morbid cheesy product which invades the lungs of consumptive sufferers, is the result of imperfect nutrition such as deteriorates and disables lung-structures, glands, bloodvessels and other vital parts. The formation of tubercle can be prevented or arrested by furnishing a sound fatty basis of tissue-growth through freshly assimilated oleaginous foods, with which view cod-liver oil is given as a typical aliment; but, unfortunately, the taste and smell thereof are serious hindrances to its use by sensitive patients with delicate, fastidious stomachs.

And other fish oils are scarcely more acceptable. Suet is the second best substitute (though this does not contain the marine principles of fish oil). "Mixed in milk," says Dr. King Chambers, "suet is not generally repugnant, whilst its digestibility can be increased by making it artificially into an emulsion. Milk by itself comes next in value. But the large quantity which must of necessity be taken for adequate nourishment would frequently derange the stomach; insomuch that long ago Hippocrates, when advising a consumptive person to drink a quart jugful of mares' milk the first thing every morning, added significantly, "if he can." Devonshire cream likewise has been prescribed as an alternative for cod-liver oil, but if taken largely it proves aperient.

Dr. Yeo teaches that in the diet of the consumptive, fats, and those kinds of food which especially fatten should be represented even to superabundance. Meantime, the important suggestion has been made that possibly the microbe of pulmonary consumption can be starved out by withholding from the food supplies those mineral constituents on which the microbic existence depends. A hint as to the direction whereby this plan may be pursued is to be gathered from the fact that the food of carnivorous animals contains a larger quantity of soda and a smaller quantity of potash than that of herbivorous animals; and the carnivora are, on the whole, less subject to tuberculous disease than the herbivora. When cows' milk disagrees with the consumptive person, even if alkaline water be added, then goats' milk or asses' milk may be tried. An excellent substitute for the latter can be made by pouring half-a-pint of water of supercarbonate of soda upon two ounces of boiling milk; or take of eryngo root and pearl barley (of each half-an-ounce), liquorice root three ounces, water a quart;

boil this down over a gentle fire to a pint, then strain it, and add an equal quantity of cows' milk, new and warm. If eight or ten fine garden snails are bruised together and boiled in the milk for a quarter of an hour, which is then strained and added to the other ingredients, the value of this restorative food will be much increased.

Again, neat's-foot oil has been given successfully, either floated on ginger wine or with peppermint water, three or four teaspoonfuls of the oil twice in the day serving to increase the bodily weight when cod-liver oil had failed. "Chocolate, too (Lemery, 1744), being full of oily and balsamic principles, is very good for allaying the sharp humours which are predominant with those who are troubled with the phthisick, and for nourishing and recovering their solid parts. Upon this occasion give me leave to tell a story of a phthisical person which Munday, a London physician, knew and mentions himself even in his *Treatise of Foods*, when he speaks of chocolate. The patient was in a desperate condition, but taking to the sipping of chocolate he recovered in a short time; but what was more extraordinary was that his wife, in complacency to her husband, having also accustomed herself to sip chocolate with him, bore afterwards several children, though she was looked upon before as not capable of having any." In the *Natural History of Chocolate*, London (1682), it is told that "Several curious travellers and physicians do agree in this, that the cacao nut has a wonderful faculty of quenching thirst, allaying hec tick heats, and of nourishing and fat'ning the body. Some object that it is too oily and gross; but then the bitterness of the nut makes amends, carrying off the other by strengthening of the bowels."

As relating to the oil from fish livers, and its value for

preventing bodily waste in pulmonary consumption, whilst serving to arrest rapid progress of the disease, the scriptural story of Tobit in the *Apocrypha* is remarkably suggestive of an ancient acquaintance with this physical fact. We find there that the angel Raphael being sent to heal Tobit from the evil bodily influences of Asmodeus, a demoniac spirit, directed the young man Tobias to take the liver, the heart and the gall of a large fish which leaped against him out of the water. These organs were to be "put up surely for making a curative perfume, by using which the troubled man or woman would become no more vexed; the which smell when the evill spirit had smelled he fled into the utmost parts of Egypt, whom the angel bound." Oil from the liver of the ling may be taken beneficially by consumptive persons who can tolerate its smell and taste. Small ling, known as drizzles, are eaten with relish along the Yorkshire coast.

Another fish-product which has been given with benefit in the place of cod-liver oil, is Caviare, or sturgeon's roe, an oleaginous food brought originally into England from Russia at the beginning of the seventeenth century, or perhaps sooner. When first introduced it was not much relished. "A great lady had sent," writes Breton in 1618, "my father a little bowl of caviary, and this was no sooner opened than it was fastened down again, to be returned to the donor with a respectful message that her servant had black soap enough already." The best Russian Caviare comes direct from the Imperial fisheries at Astrachan, being made from the roe of the sterlet, a smaller-sized sturgeon. By a clever comparison caviare has been termed "salt blackberry jam." At St. Petersburg it is eaten fresh as a *hors d'œuvre* for the commencement of

dinner, from glass plates with glass spoons as if it were Neapolitan ice ; and its taste is like that of a fine native oyster. Nearly all the caviare used in the American markets, as well as in our own, comes through Canada from the Lake of the Woods ; it is cured and packed with German salt, being commonly known as Russian Caviare. The proper way of eating it is spread on toasted brown bread thinly buttered, with just a little grated onion, and lemon juice sprinkled over the whole.

In Venice, Cavazzani has throughout two years used garlic with much success for tubercular consumption, alike in the Civil Hospital there, and in his private practice. He gave it both crude and dried, continuing its use for some while, though beneficial effects soon began to show themselves. Early cases proved the best, but curative results followed even in the second stage of the disease ; the sputa became improved and the bacteria diminished, probably through the antiseptic volatile oil of the garlic. The temperature fell to normal, the cough grew less frequent and the night sweats ceased, as likewise the bleeding from the lungs ; weight was gained and the sleep was restored. In this beneficial way Cavazzani has treated more than two hundred cases, all of which were proved to be undoubtedly consumptive by a bacteriological inspection of the sputa. No disturbance of digestion by the garlic was found to occur.

Glycerine, which is now a kitchen commodity, has been regarded as a good representative of cod-liver oil when this cannot be borne. It promotes nutrition and lessens bodily waste, increasing the amount of carbonic acid expired from the lungs and diminishing the amount of urea excreted, thereby causing an increase of bodily weight during its use. As glycerine is an alcohol,

and, like other alcohols, capable when taken in excess of producing intoxication, it is necessary to regulate the dose carefully. Jacoud orders two ounces a day, adding two teaspoonfuls of rum, or brandy, and a drop of essence of peppermint to each dose, so as to impart an agreeable flavour. He states that he finds a distinct advantage in giving this to all his consumptive patients who cannot take, or are tired of taking, cod-liver oil.

Reverting to the subject of milk as a most valuable food for consumptive persons, we learn from Dr. Yeo that, when this cannot be well endured, its digestibility may be facilitated by adding to each glass of milk two tablespoonfuls of hot water in which some eight or ten grains of common salt are dissolved, or by substituting whey as a beverage so as to exclude the hard solid curds of the milk. Cream also can be made more digestible by mixing it with an equal quantity of hot water (and perhaps adding to each teacupful a teaspoonful of brandy). Some physicians think it important that the milk should be drunk almost immediately after it has been drawn from the cow, and that it is more digestible when perfectly fresh than after it has stood or been boiled. Jacoud insists on his consumptive patients who live in the country imbibing the milk in the cow's stables, not only that they may thus get it perfectly fresh, but that also they may breathe the atmosphere of the stables for a short while two or three times a day. He declares that this atmosphere has the effect of allaying irritations of the windpipe and of the bronchial passages, as well as of relieving cough. Some of the older physicians who attributed much virtue to asses' milk in the treatment of consumption, took great pains to superintend the feeding of the asses which yielded the milk; and more recently Latour has added large

quantities of common salt to the food of goats in order to obtain milk charged abundantly with what he considered a valuable adjunct to the treatment. "Goats' milk is accounted cordiall against consumption! Yea! their very stench is used for a perfume in Araby the Happy" (*Fuller's Book of Worthies*). Milk in which the leaves and bruised stalk of the mullein plant (*verbascum*) have been boiled, is highly valued for making weight against the wasting of consumptive disease—particularly in Ireland—as described among *Herbal Simples*. The mullein or hedge taper, is a common roadside plant in both countries, and may be readily grown in the kitchen garden. Two ounces of the fresh plant, or one ounce of the dried leaves, should be boiled in a pint of milk for ten minutes and strained. Take a cupful twice a day.

French physicians highly extol the use of raw meat for consumptive patients, and lay claim to the most brilliant results accomplished thereby. The meat must be first brought to as fine a state of subdivision as possible by scraping, or cutting and pounding, or mincing in a small machine such as is now made for the purpose. Or, raw meat can be reduced to a fine dry powder by first drying and then grinding it. The pounded raw meat should be made up into small round pellets and covered with powdered sugar, or gum, or any other innocent material, and swallowed with a little wine and water or brandy and water, or mixed with a little hot clear soup, especially light tapioca soup. Beef juice, which is of excellent service for the consumptive, can be best got from a thick round steak, free from fat, being expressed in a meat-squeezer, having first seasoned the meat with pepper and salt and broiled it over a quick fire; the meat should be then cut into pieces two inches

square before being put into the squeezer. About eight ounces of juice may be thus obtained from each pound of meat ; but it must not be made hot over the fire or else the juice will coagulate ; if it be desired to warm some of the juice this should be done by placing the cup containing it in another vessel holding hot water. When raw meat is scraped and pounded the fibres are separated, and are more completely acted upon by the solvent acids of the stomach. Consumptive patients whose appetites have altogether failed, are fed forcibly by some of the French physicians with the raw beef in considerable abundance, even through a tube passed down the gullet if these patients cannot otherwise get the beef to stay on the stomach. For raw meat with milk and sugar : scrape with a knife half-a-pound of rump steak until all the pulp is removed from it ; sweeten with sugar, breaking the lumps of sugar with the meat in a basin by means of a small wooden spoon ; add slowly as much milk as will make it of the thickness of arrowroot ; flavour with brandy ; strain through a gravy strainer if there is any of the meat fibre in it, because the mixture should be perfectly smooth. As the results of giving this food-supply in excess, Debove found a disappearance of the night sweats, a diminution of the cough and expectoration, an increase of strength, a rapid gain in weight, and at the same time a considerable improvement in all the physical signs. By the use of powdered raw meat this principle of over-feeding has been successfully employed without any necessity for using the gullet tube. But, at the same time, those forms of nourishment must be excluded from the dietary which tax the digestive powers without rendering an equivalent measure of nourishment and support, such as pastry, salads, pickles and all sorts of indigestible food.

The beneficial effects of feeding the consumptive patient to excess have been thus explained: the tubercle germ (bacillus) develops in a certain soil, which soil becomes less favourable to its culture when modified by an excess of food so as to increase combustion, and thereby the patient gains an increased power of resisting disease; just as, when the vine is attacked by the phylloxera, one of the best remedies is to manure the land abundantly. By so doing, not only is the parasite destroyed, but force to struggle against its ravages is given to the plant. The process of cure in this way for the consumptive is termed by the French "*Alimentation forcée.*" Thus a person who has no appetite, or who feels a marked disgust for all food, will nevertheless perfectly digest a large meal (introduced at first perhaps into the stomach by a gullet-tube), and even at the end of a certain time will recover appetite. Beef is the meat fullest of red blood juices; insomuch that Byron, seeing Moore eating an underdone beef steak, asked if he were not afraid of committing murder after such a meal. With regard to flesh food, Professor Law of Cornell University, in the States,—a well-known veterinarian—testifies that in his opinion young calves during the suckling period have a distinctly higher resisting power against such diseases as tubercular consumption and anthrax than they can exhibit later on, when they have become vegetable feeders; this power resembling that possessed by flesh-eating animals who have an immunity from such diseases because of their carnivorous diet. During their time of being suckled the calves are carnivorous. In the north-east of Scotland "Soup bree" or soup made from fresh pork, was formerly regarded as efficacious in the highest degree against consumption, as well as for several forms of indigestion.

Against active bleeding from the lungs in advanced stages of consumption, it has proved useful in quite recent practice to give as food three or four ounces of fresh animal liver daily, from a recently killed ox or sheep, cooking the same very lightly so that its juices may be retained. It is now known that the animal liver contains a ferment which has the power of coagulating blood. Dried and powdered animal liver, when given to a consumptive sufferer, has been even found to stay the bleeding promptly at the time of an attack.

Brown bread, on account of the phosphates which it contains, is better suited to young consumptives, if they can digest it, than white bread. Lentil flour is likewise of value as it contains notable proportions of phosphates and of iron. The flour of maize is rich in fatty matters. In Germany, where the open-air treatment for consumption is carried on at Falkenstein, in the Taunus mountains, a large supply of meat is insisted on ; but at Nordrach Dr. Walther now gives very little meat ; he crams his patients, but with enormous quantities of milk, cheese, butter, brown bread and other farinaceous foods. Koumiss, made in Tartary from mares' milk, as a fermented (and intoxicating) beverage as thick as pea soup, is held there in high estimation as a cure for consumptive complaints. The curds and whey are separated by adding to the milk a little old and sour Koumiss, but they are again mixed together by vigorous shaking.

A century ago Ignotus, at the age of seventy-three, was restored from a state of great consumptive debility to the enjoyment of vigorous health. He attributed this to taking calves' lights (or lungs) simply boiled in milk and water, then, after being minced, stewed in broth. If the tale be true, it suggests (on the modern

principle of restoring health when undermined through the disease of certain organs by feeding with the same sound organs from a freshly killed animal) the giving healthy animal lung substance, either cooked or dried and powdered, to the consumptive patient with a reparative view, as soundly scientific.

Long ago, Michael, Lord of Montaigne (1580), declared that "Nature makes us to see that many dead things have yet certain secret relations unto life. Wine doth alter, and change in cellers according to the changes and alterations of the seasons of its vineyard. And the flesh of wilde beasts, and venison doth change qualitie and taste in the powdering tubs according to the nature of the living flesh; as some say that have observed it."

Dr. Yeo teaches that the best mode of dealing with the morning cough of consumption (often occurring in severe paroxysms) is to promote the expectoration of accumulated phlegm by giving warm alkaline drinks, to which a little alcohol may be added. It is the property of warm alkaline solutions to assist expectoration, possibly by their solvent action on phlegm, and thus the sticky mucus accumulated during the hours of sleep is made more fluid and easy of expulsion. Equal parts of warm milk and Apollinaris water, to which one or two teaspoonfuls of brandy, or rum, or whisky have perhaps been added, furnish an excellent drink for the purpose, "though the tough cough and hiccough plough him through." Some doctors advocate alcohol largely for consumptive patients; but the need for it, and its method of administration, will vary much in different individuals. There are few cases which are not benefited at some period of their course by the discreet allowance of alcoholic stimulants. It is essentially requisite that the beverage, whether wine, spirits, or beer, should be pure

and of the best quality. When the patient is able to take fermented malt liquors, he may be allowed daily one or two pints of good, sound, bitter beer, or porter, or stout; of wines, from half to one pint of really good Bordeaux or Burgundy, or of some of the better descriptions of Hungarian, Italian, or Greek wines. In feverish cases, especially during the night, it is important to support the strength by giving two or three table-spoonfuls of brandy, or whisky, alone, or with milk, or beef tea, or a whipped egg. Dr. King Chambers enjoins as to allowing alcohol in consumption, its use ought to be withheld in threatened cases, and in the early stages of the disease, except when small quantities of a stimulant are found really necessary to encourage appetite and to promote better digestion. But if structural mischief is going on, with night sweats, exhausting profuse expectoration, loss of flesh, and diarrhoea, then some sound wine, especially port wine, will often prove of decided use. When the demand for it has passed away this should be discontinued.

In some parts of Germany the roe of salted herrings, and in France several species of snails, are thought to be especially useful as food for the consumptive. Iceland moss or "liverwort," when made into a jelly, is held in high repute on the Continent as a remedial food in the early stages of pulmonary consumption. It grows on stones in Iceland and Lapland, as also in the Scottish highlands, being in colour of varied yellow shades, and affording a kind of starch-algine. When dried it loses its marine smell and acquires a bitter taste. Irish moss, again, or Carrageen, a seaweed collected on the northern shores of Ireland, affords a tonic demulcent jelly which is capitally restorative for the aged, and soothing in all irritable conditions of the chest. It contains a large

quantity of emollient mucilage, together with iodine and sulphur. One ounce of this moss, after being well soaked for several hours in cold water, and washed, should be then taken out and put into a saucepan with two quarts of cold water, and simmered slowly for four or five hours; strain, and sweeten to taste. Lemon juice may be added when liked. If less water is used the drink may be poured into a mould, and used when cold as a jelly. This is more pleasant to the taste than Iceland Moss. For consumption the Highlanders used to give the broth of a lamb in which the herb "shauish" (lovage) had been boiled. It is supposed that formerly in Scotland there was a particular tribe (or tribes) of the Macdonalds who could cure consumption by their touch (accompanied by a certain form of words or incantation). Fingal is also famous for his "medical cup" which is yet commemorated in Highland tradition. In the North of Scotland soup made from fresh pork was at one time regarded as highly efficacious (as already stated) against consumption. But pigs' flesh is more gelatinous than beef or mutton, and gelatine is a typical medium for the harmful development of germ life. In New England, U.S. America, a Negro delicacy known as giddybread consists of bread in which some pieces of the rind of roast pork have been baked.

The restorative power of Sugar in wasted and decayed habits of body is recorded by several physicians in different parts of the world: and many persons far advanced in pulmonary consumption have been known to recover by the use of the sugar cane. None the less, Pepys (1663) does not seem to have set much store on this saccharine food. "On April 17th," writes he, "it being Good Friday, our dinner was only sugar-sopps, and fish." Boerhaave has said, "They who spit blood

and are prone to consumption find extraordinary relief from taking the juice of sorrel (which is of use also when externally applied, for it is proper to cleanse foul ulcers; and its leaves contused with fresh butter are of the greatest service against such carbuncles as tend to gangrene)." This plant is used by us boiled as a sauce with roast meat, particularly with veal and pork, and it is an excellent substitute for apple sauce with winter geese. It should, like spinach, be put into a saucepan without water, except what remains on the leaves after washing it. Boil slowly, and then beat it up with a small piece of butter and serve it at table as spinach.

In France there are few soups or sauces made without a portion of Sorrel; and so much esteemed is the herb in that country that the greatest care is exercised to provide a store, preserved for winter use. It is a common French saying that "A good housekeeper is known by her pots of sorrel." The cultivated garden sorrel is a modification of the wild sorrel. Boerhaave tells that "a decoction of sorrel leaves in whey of new milk is exceedingly good against all lingering diseases in general, where there is an acrimony tending to putrefaction: nothing better corrects the humours, bile, and putrefaction than this herb."

The Roman physicians of former times said that Radishes eaten raw in the morning with salt, and before taking any other food, were the only cure for a pthisicke, or ulcer of the lungs which had settled deep. Their experiment and proof of this became discovered in Egypt through causing dead bodies to be opened, and anatomised so as to ascertain the maladies of which men died. The syrup of radishes is good for all complaints of the chest in which the respiration is difficult, as well

as for hoarseness of the voice. It is said to be excellent against whooping cough.

Dr. James teaches that Carrots "are very proper food for consumptive persons: they strengthen, and fatten the body, being thought to render the body soluble, and to contribute to the cure of a cough."

Ground Nuts, or Monkey nuts (the legumes of the *Arachis Hypogæa*) contain seeds heavily charged with oil and carbonaceous matters. They are imported from the West Coast of Africa, and have been most successfully given for pulmonary consumption in place of cod-liver oil, and as superior to it. In the United States they are known as pea nuts, and are used for making artificial chocolate. The stalk of the pea nut lengthens out, bearing its fecundated ovary, and bends downward, burying it beneath the soil, where the seed pods ripen, and have to be dug up like potatoes. In Piedmont there is a saying that "Bread and nuts are food for married people." Ripe nuts in Warwickshire are "slip shellers." In the North similar brown nuts are "brown leemers," or "brown shullers," names applied figuratively to generous persons. Melshdick is a sylvan goblin, the protector of hazel nuts.

The Sweet Grape cure is sometimes to be highly commended for persons suffering from consumptive disease, because of the sugar and the potash salts contained abundantly in these grapes. An average of two pounds of the fruit must be eaten daily. Also the laxative effects of from four to six pounds of the grapes taken every day have been found beneficial for piles, and in affections of the heart arising from obstructed liver, and sluggish bowels, which, being over-loaded, occupy too much room, and thus impede the heart's free movements. It is best to begin with half a pound of sweet grapes in

the morning whilst fasting, else an hour or two after a light breakfast, taking another half pound at five o'clock in the afternoon. When two or three days have elapsed a third half pound should be added shortly before noon : then little by little the quantity is increased to about a pound of grapes each time. Some aperient effect usually manifests itself after a few days.

In Germany, Acorn coffee is thought very strengthening for the consumptive. It is used, and much liked, instead of ordinary coffee. The acorns are gathered in autumn, when they are ripe, then shelled, and after being cut into pieces of the size of coffee berries, they are thoroughly dried in front of the fire, or in a cool oven. They are to be roasted like coffee berries until becoming of a cinnamon-brown colour. Immediately after being roasted they should be ground, or pounded in a mortar (to prevent their becoming tough), and during the process a very little butter is to be added ; the coffee should then be put into air-tight bottles. Acorns, when raw, are known to be powerfully astringent, but they lose this quality in the process of roasting. Young children may take an infusion of the acorn coffee with two or three parts of milk.

Rum and Milk swallowed the first thing in the morning is often nearly as efficacious to fatten and strengthen as cod-liver oil :—a tumblerful of rich milk, a tablespoonful of old rum, and a little sugar. Rum is principally made in the West Indies, and our supplies are almost wholly drawn from Jamaica. A flavour is frequently given to the spirit by adding some slices of pine-apple. There are fifteen ounces of alcohol in a pint of rum. Its peculiar odour is due to butyric ether. Dr. Edward Smith has shown how a remarkable action of rum is produced on the system when taken as a liquor, this

being that it increases the quantity of carbonic acid thrown out from the lungs, probably through its butyric ether. Anyhow, the noteworthy fact holds good that while other alcoholic drinks decrease the expiration of carbonic acid, rum increases it. In New England rum goes by the name of "kill devil."

Cinnamon is of undoubted benefit for consumptive patients, by directly stopping the growth of the bacillary germs, and in the more advanced cases by preventing the infection of fresh lung portions. The cough and the expectoration are first to improve: then the temperature becomes normal, and the weight begins to increase, whilst the number of disease-germs found in the expectoration gradually diminishes. Some stick-cinnamon may be put into milky puddings, or made into a decoction, of which half a teacupful will be a dose. Likewise, the oil of true cinnamon may be taken, two or three drops on a lump of sugar, twice or three times in the day. This oil possesses all the carminative qualities of cinnamon bark, but without its astringency. Cassia must not be substituted for cinnamon, because this fails to exercise the same potent virtues. Nor should it be disregarded that an imitation cinnamon finds its way into the market from Ceylon, the jungle bark, or guava, being adroitly doctored for such a purpose. The sweet odour, and the still sweeter taste, peculiar to cinnamon are obtained by immersing this spurious bark in tubs of waste water from the distillation of cinnamon oil, and by afterwards touching the ends of each guava bundle, when dry, with a cloth saturated with cheap cinnamon-oil.

In addition to the several varieties of food which have now been commended as remedial against the advance of consumptive disease, others are advised elsewhere.

Among animal simples—the Clam, Cock Broth, Cockles, Ox Marrow, Oysters, Skate, Turkey's Flesh, Turtle, and Venison; also among herbal kitchen products—Dates, Peppermint, Saffron, and Watercress. Furthermore, Cloves, taken as a condiment with stewed apples, or in the form of a tincture, are found to arrest the progress of tubercular lung-mischief. These are the dried flower-buds of the *Eugenia Caryophyllata*, and may be infused for making clove-tea, using half an ounce of cloves to a pint of boiling water, and first crushing the flower buds.

Clam broth, or "Clam juice," as it is styled in the American States, is rich in phosphates, and other mineral salts, which antidote consumptive disease in the lungs. It is, therefore, an admirable preparation as an appetising dish. In New England such sayings are popular as "Happy as a clam at high water," and "Shut your clam-shell," meaning the mouth.

Concerning Cock broth (told of at page 54), Elia, in his brilliant Essay which describes *The Dinner Feast of the Days*, relates how, "at another part of the table, Shrove-Tuesday was helping the Second of September to some Cock broth—which courtesy the latter returned with the delicate thigh of a hen Pheasant: so there was no love lost for that matter."

Cockles were esteemed in classic times as restorative against wasting disease.

"Tostis marcentem squillis recreabis, et Afrâ
Potorem cochleâ."

In that good old English ballad, *The Friar of Orders Grey*, we read—

"And how shall I my true love know
From many another one?
Oh, by his cockle hat and staff,
And by his sandal shoon."

The cockle shells thus worn by pilgrims were scratched on the inner side with a rough delineation of some scriptural subject or scene, and were afterwards blessed by a priest; which processes were supposed to make them protective against spiritual foes.

About a Turkey, writes Dr. Kitchener in his *Cooks' Oracle*, "if you wish a turkey, especially a very large one, to be tender, never dress it for at least four or five days (in cold weather, eight or ten) after it has been killed. No man who understands good living will say, 'On such a day will I eat that turkey,' but will hang it up by four of the large tail feathers, and when, on paying his morning visit to the larder, he finds it lying upon a cloth prepared to receive it as soon as it falls, that day let it be cooked."

From the Turtle are to be made highly restorative broths which specially suit consumptive patients when requiring light support against exhaustion.

The "Ship and Turtle" hostelry in Leadenhall Street, London, has long been noted for three things: its turtle soup, its turbot, and its Madeira. The first of these is prepared after a recipe which has been in the possession of the house for over a century. The only portions of the fish used are the calipee, the calipash, and the fins. These are stewed together for some time in a specially prepared stock, and the result is a peculiar gelatinous green liquor which tastes of nothing in particular. To such a foundation is added, however, at different times, and in varying proportions, allspice, marjoram, thyme, whole pepper, salt, green basil, rue, flour, butter, parsley, a few small shalots, half a bottle of Madeira, the juice of a large lemon, and a stick of mace: with the effect of producing a basin of the finished preparation which is something to be supremely thankful for!

The Turtles (*Chelonidæ*) feed chiefly on marine plants, occasionally eating crustaceans, or molluscs. Their eggs are much prized as food, being as large as bantams' eggs. A native Brazilian will eat twenty or thirty at breakfast: they are laid in the sand. When broken and stirred with shovels in long troughs of water while exposed to the sun, their "animal oil," or "tortoise grease," rises to the surface, and can be collected—for burning in lamps, or to dress victuals. It does not impart any disagreeable taste if pure, but often becomes putrid from the use of addled eggs. The true green Turtle, so dear to aldermen, is the *Chelonia Mydas*: introduced not more than a century ago. It feeds on the sea-wrack (*Zostera Marina*), or turtle-grass.

The Leathery Turtle (*Sphargis Coriacea*) (which is positively injurious if eaten, when vomiting and purging ensue) is fabled to have supplied Mercury with its back shell, to which he applied strings, and thus extemporised the first lyre, or stringed musical instrument, with seven strings.

The Snail has been given for persistent coughs as a trustworthy remedy, even from Pliny's time: and found great favour with early English mediciners, being, likewise, a Lenten food. The paramount curative virtues of Snails and Slugs, chiefly by their special principle, "helicin," for the treatment of tubercular consumption, have been explicitly set forth among *Animal Simples*. These "gasteropods" are served at the present time dietetically in London and other large cities. For instance, at a restaurant in Greek Street, Soho, may be seen in one of its windows a dish of snails, the aperture in the shells being stopped up with green butter, and an announcement being made that half a dozen snails may be eaten there (*Escargots de Bourgogne*) for sixpence,

or a dozen may be had for tenpence to take away. In the other window "*Tripes à la mode de Cuen*" are advertised as a speciality of the house.

Spenser, in the *Shephardes Kalendar* (1579), tells of "an assaute against a Snayle, where the men of armes speke—

With our sharpe wepons we shall thee fray
And take the castell that thou lyst in :
We shall thee flay, out of thy foule skyn,
And in a dyshe, with onyons, and peper
We shall thee dresse, and with strong vynegers."

Among *Animal Simples* the edible Frog, which is found with us as well as in France, has been told of as "good against coughs, and such as are hectick." Broths prepared therefrom are prescribed with this view by Continental physicians: and the hinder parts of the green frogs make a delicate dish. Quercitan has praised the virtues of frogs' spawn, when applied against ruddiness of the face. In the *Sentimental Journey* we read that the Church formerly rated frogs as a species of fish (amphibious), and allowed the faithful to eat them during Lent. After a fashion the frog sings (or croaks), insomuch that it has been termed the Dutch nightingale. Ovid, in a clever line of verse, has accurately imitated the croaking of frogs:

"Atque etiam sub aquâ, sub aquâ maledicere tentant."

"It may be fun to you, but it's death to us," said one of the persecuted creatures which the boy was stoning in a pond. The frog itself affords a remarkable instance of what we may call its own kitchen cookery. Unless getting some animal food when a tadpole, it remains a tadpole. As soon as any such animal sustenance, for example, the white of an egg, is added to the vegetable food of tadpoles kept in captivity, but not until then,

do the hind legs begin to appear, and a change in the breathing apparatus is developed.

Concerning the Date, Shakespeare has told in *All's Well that Ends Well* (with a play on the word as signifying both the fruit and the age of a person), "Your date is better in your pie and your porridge, than in your cheek."

Peppermint Oil, in its concentrated form of menthol, besides serving by inhalation to arrest mischief within diseased lungs, has been recently found by Continental pathologists highly useful as an internal antiseptic for correcting the self-poisoning caused by absorption of injurious products within the bowels from constipation. This self-poisoning expresses itself by such outbreaks on the skin as nettle rash, itching, mattery pimples, and modified erysipelas: for which it will be profitable to take essence of peppermint, or the tincture of menthol made by druggists with ether. Practically the stronger peppermint lozenges will answer nearly as well.

About Saffron, says St. Francis of Sales, in his *Devout Life*, "Honours, rank, and dignities are like saffron, which thrives best, and grows more plentifully for being trodden underfoot." In some of our counties dairy-women still colour the butter with saffron; and cheese, likewise, is tinged with it. The same may also be told of the richly-yellowed batter puddings set on farmers' tables in the West of England, where saffron-bread, and saffron-cake may yet be seen. It is used by the knavish bird sellers of our London streets, who cleverly change house sparrows into canary birds by means of this dye. A "thing of beauty, and a joy for ever" is the brilliantly-coloured condiment.

"Confortare Crocus dicatur lætificando."

Saffron, eggs, grated bread, and sage, boiled together, were formerly known as "dishel."

Respecting the Watercress, its remarkable virtues as a specific remedy for tubercular consumption of the lungs, have been already dwelt upon in full. There are three varieties of this herb: the green-leaved, the small brown-leaved, and the large brown-leaved, this last being most in favour.

Dr. Yeo has laid down the following scheme as a general guide for the best way of feeding a sick consumptive person. On waking, a tumblerful of milk mixed with a little hot water, and to which it is often useful to add a few grains of common salt, especially when accumulated phlegm has to be got rid of by expectoration; or a little tea, or coffee, or cocoa may be taken at this hour, with milk or cream. Sometimes it becomes needful to combine therewith a little stimulant, as a tablespoonful of rum, brandy, or whisky. It is often best to take this first meal in bed. About an hour afterwards a substantial breakfast should be eaten, either of broiled bacon, and lightly-boiled eggs, or some fresh fish, or cold meat, game, or poultry; and with this meal, milk, or cocoa, or coffee, or tea, or some good, sound, light wine with water, according to taste. If the above be taken about nine o'clock, a glass of milk, or a cup of beef-tea, may be had about noon. Half-past one o'clock is a good hour for the chief meal of the day. This should consist of some fish, fresh and good, also some meat, chicken, or game, and some fresh vegetables; some light pudding of milk, with a little marmalade, or other cooked fruit, should follow. With such meal half a pint of good Hungarian wine, light claret, or Burgundy, or an equivalent quantity of brandy and water, or whisky and water, may perhaps be taken.

At five p.m. another glass of milk, or a cup of thin chocolate, or tea, with plenty of milk or cream, or the yolk of an egg, beaten up with a little brandy and some water, if preferred ; it is better not to have any substantial food at this hour if intending to dine at seven in the evening, when a meal similar in all respects to that taken at half-past one or two p.m., should conclude substantial feeding for the day. About half an hour before bedtime (not later than ten, or half-past ten at night), give another glass of milk as in the morning early, with one or two tablespoonfuls of brandy, or whisky, or a cupful of arrowroot, or of beef-tea, or of tapioca soup, as preferred. Finally, some provision of light nourishment, mixed with a small quantity of a stimulant, should be provided, to be had during the night, when the patient is weakened by coughing, or after exhausting perspiration, or when merely restless and wakeful."

In brief, to summarise the main principles of successful treatment against consumption of the lungs, these should aim at increasing the bodily powers of resistance by plentiful feeding, fresh air, and maintenance of the general health at its best. The digestive faculties, and the capability of resisting cold, will require particular attention, such as has been already commended in detail.

CONVULSIONS OF INFANTS.

THESE occur either through irritation of the brain and spine from teething (in which case a hot bath and sleep induced thereby are the best palliatives), or because of trouble reflected to the nervous centres from offended digestive organs. An infusion made by pouring boiling water on the fresh peel, or the dried rind, of a Seville orange will be found of use for a baby against flatulent

colic and accompanying convulsions. One or two teaspoonfuls are to be given, sweetened with loaf sugar, every ten or fifteen minutes against the fits. To administer injections of warm water by the fundament is at the same time of essential importance, so as to clear away any source of intestinal irritation which is sending on an expression of its trouble along the spinal cord to the brain. As "A present remedy for convulsive fits" (*Three Hundred Receipts in Cookery, Physic and Surgery*, London, 1734) "infuse turnips in a pot close stopped, and set them in a kettle of hot water till they are tender enough to squeeze; then take the liquor clear from them and give three spoonfuls of it in one spoonful of rich old Malaga. It has cured the falling sickness (epilepsy) in grown up persons, but is almost infallible for children, the dose being properly apportioned by reduction."

CORDIALS, see HEART.

CORNS.

THESE troublesome consequences of tight shoes, or other such continued pressure on the outer skin of a restricted part (in a subject always more or less liable to gout, or rheumatism) chiefly require mechanical and manual relief. Removal of the pressure and its prevention in future, are, of course, the principal things to effect. Secondary constitutional protection may be afforded by regulation of the food and by ablutionary care exercised constantly as regards the feet and the skin in general.

The Hon. Richard Boyle, in his *Collection of Choice and Safe Remedies, fitted for the service of Country People*, 1696, has told that "a powerful (but sharp) remedy for corns is to evaporate the strongly exprest juice of radishes to

the consistence of a soft plaister, which must be applied to the part affected (first paring this down), and shifted as often as it grows dry. N.B.—'Twill sometimes smart for a while at first, but afterwards 'twill do its work."

Concerning the curative virtues of fresh ivy leaves for corns, particularly when they shoot and are painful, we have previously spoken; likewise of their special advocacy by good John Wesley. A capital motto applicable to these troublesome excrescences is "*Cingite me hederá,*" which adorned the heads of the Bacchanals. Quaint Izaak Walton has written in his *Complete Angler*, "Old Oliver Henley, a noted fisher both for trout and salmon, and now with God, used secretly to keep as bait a few worms in a small box in his pocket, having anointed the box with two or three drops of the oil of ivy berries, made by expression or infusion, whereby the worms incorporated a kind of smell that was irresistibly attractive, enough to force any fish within the smell of them to bite."

A simple but effective proceeding also against corns is to saturate a piece of cotton-wool with alcohol, and apply it for a couple of minutes, then proceeding to loosen the corn by means of the nail. A physician (1821) has written respecting the fasting saliva of a healthy person, "Nor do I know a better medicine than this for troublesome corns: the feet should be soaked overnight in warm water and bran, and the next morning chewed bread should be applied, well moistened with the fasting spittle, by way of a poultice." The hot boiled potato of Derbyshire has been likewise commended for application as a cataplasm against inflamed corns.

COUGH, see COLD AND CATARRH.

CRAMP.

FOR dispelling this troublesome muscular liability to spasm, the knee-cap bone of a sheep or lamb is frequently worn as an animal simple, hence it has become called the cramp bone. Another homely remedy often found effective is to tie round the limb subject to cramp a garter of new phial corks, strung end to end on a worsted hank. Scotch boys used to fasten an eel's skin about the leg to prevent cramp whilst swimming; and again, it was of old a remedy to take the little bone that is in the knee joint of a hare's hinder leg, and to touch the grieved place therewith.

Dr. Kitchener has sagaciously taught that for different kinds of cramp, as likewise for spasms in the stomach, for colics, and after catching cold, a bowl of hot steaming broth is of excellent service. "Warm fluids," he reminds us, "in the form of soup unite with our juices much sooner and better than those which are cold and raw; on which account restorative soup is the best food for those who are enfeebled by disease, or dissipation, and for old people whose teeth and digestive organs are impaired.

"Half subtilised to chyle, the liquid food
Readiest obeys th' assimilating powers."

DEBILITY.

AS restorative foods, the superior cooked meats and their juices rank first. Taken raw, they are lighter of digestion, though not so palatable. Beef contains the largest and best share of support for patients who can bear its strong constituents. Raw beef tea may be made by scraping or shredding the beef on a board, as fine as possible, with a sharp knife; then put it into a cup or basin of cold water with some salt, and blend well

with a fork ; cover it with a plate and let it stand from half to one hour, stirring it occasionally. When the liquid is quite of a bright red colour strain it through a fine strainer, pressing the meat well with the back of a wooden spoon ; serve this liquid in a coloured glass or a cup, as its appearance is decidedly objectionable. It must not be kept long, because soon turning rancid. In making beef tea, or beef extract, a considerable quantity of fibre, fibrine, gelatine and fat, with some albumen, is left behind. That this residuum is digestible stands proved by the fact of its being in fresh meat nearly all digested ; and that it is highly nutritious is proved by its chemical composition. Hence, where health exists, it is best not to throw away such material. This will not alone support existence it is true ; the salts necessary to life and the indispensable fats are absent ; but such fact does not in the least mean that the residuum is but of small value as part of a dietary.

Powdered meat is an article of invalid consumption in France, the *poudre de viande* of Rosseau being one of its best forms. Liebig's extract of beef has been found remarkably restorative after fatigue from great exertion and for sustaining the power of the heart. It has been employed with capital effect when mixed with wine to resuscitate wounded soldiers who have passed into a state of collapse. And yet this does not represent a true nutritive albuminate, since it contains no albumen nor fibrine, its nitrogenous (or life-aiding) properties being in the nature of creatin and soluble extractives. Nevertheless, the "Liebig" is believed to increase the power of the stomach for digesting vegetable food, and while not capable of acting altogether as a substitute for meat, it yet so far assists in digesting the meat that less animal food is needed. But it should not be taken in large quantities,

such as have been known to cause heaviness and torpor, probably owing to the excess of animal extractives introduced into the system. It is (as Dr. Yeo says) "a useful addition to poor soup." This "Liebig" is prepared by subjecting meat, entirely freed from tendons and fat, to a moderate heat for some time, until a thick, glutinous, dark extract is obtained, which contains the salts, creatin, and other organic animal substances. When mixed with warm water it makes a nutritious and palatable soup, whether of beef or mutton. One pound of the meat yields about two-fifths of an ounce of the extract. This has no tendency to decompose, and will remain unaltered for years. Foster tells us that essential as are the meat salts of potash to the economy, yet a large dose of them is injurious; and a dog if fed exclusively on Liebig's extract of meat dies sooner than a dog not fed at all, because of the potash salts from the extract exerting a very deleterious influence in the absence of such other food as they are designed to convert into nourishment.

For making proper beef tea, according to Dr. Pavy, put a pound of finely minced beef into a suitable vessel with a pint of cold water. Let it stand for an hour, stirring it occasionally. Place the vessel containing this beef into a saucepan of water, put it over the fire and allow the water to boil gently for an hour; or the vessel containing the beef tea may be put into an ordinary oven for an hour, then pass the beef tea through a strainer; it will contain a quantity of fine sediment which should be drunk with the liquid, being flavoured with salt. In this process the beef extract should not be exposed to a temperature higher than 170° Fahrenheit.

Ox-tail soup, which is an excellent form of beef juice, was first made by the French prisoners in Porchester

Castle (during the Napoleonic wars), to whom ox tails were supplied as cheap, common food which was held to be of but little value; but the prisoners managed to concoct therefrom a soup which was soon found to be highly palatable and very sustaining. "*C'est la soupe qui fait le soldat,*" says one of the best modern proverbs: but excellent as our troops are in the field, there cannot be a more unquestionable fact than their immense inferiority to the French in the matter of cookery. The English soldier lays his piece of ration beef at once on the coals, by which means the one—and the better—half is lost, whilst the other is burnt to a cinder; whereas six French troopers fling their messes into the same pot and extract delicious soup, ten times more nutritious than the simple *roti* could ever be.

Two soldiers were minded to have a soup; the first one, coming into a house and asking for all the things necessary for making such soup, was soon told that he could not have aught of these things there, whereupon he went away. The other, coming in with a stone in his knapsack, asked only for a pot to boil his stone in, so that he might make a dish of broth from it for his supper, which request was quickly granted him. When the stone had boiled for a little while, he asked for a small piece of meat, or bacon, and a few herbs or roots, etc., just merely to give it a bit of a flavour; till, little by little, he got all the things requisite, and concocted an excellent potage of his stone; this therefore became known as *potage à la pierre au soldat*. Far different was the egg broth of the noted miser who fed his valet with the water in which his egg was boiled.

Another excellent food equally suitable for invalids and infants may be made as follows: Take half-a-pound of lean beef, recently killed and chopped very fine, also

one pint of cold water, to which add a teaspoonful of salt, and twenty drops of *dilute hydrochloric acid* (getting half-an-ounce of such acid from the druggist), mix well, and let it stand for an hour in a cold place; then strain, without pressure, through a piece of fine calico, returning the liquor until it comes off clear. Pour a little more cold water on the beef *very slowly*, until in all three-quarters-of-a-pint of clear infusion are obtained, of a red colour and of a soupy taste; give this *cold*. The vessel in which it is prepared must not be made of metal.

Beef-steaks were the established food at breakfast for the Maids of Honour in the days of Queen Elizabeth; and at an earlier English period this sustenance is known to have conferred mighty strength on those stalwart bowmen who

“drew,
And almost joined the horns of the tough yew.”

George Augustus Sala has related about *à la mode* beef (served at the Thirteen Cantons, in Blackmore Street, Drury Lane, kept by one Jacquet, more than fifty years ago) that a large portion sent up on an earthenware plate might be had for sixpence; the same being a distinctly characteristic dish, which derived its peculiarity from the remarkably luscious and tasty sauce, or rather soup, with which it was accompanied. The composition of this thick, rich sauce perplexed many culinary experts. When the proprietor retired from business he revealed the recipe for his sauce. It was simply, he said, made from a particular mushroom which he called morella, and which must have been the *morchella esculenta*, dried and reduced to powder.

“Cold broth” can be prepared, without any application of heat, by digesting half-a-pound of finely minced beef

with a pint of water to which four drops of hydrochloric acid (got, as said, from any chemist) have been added. This broth is richer in soluble strength-giving albumen than when heat is applied for making soup. Dr. Cheadle orders it as "the most easily digested and most restorative of all animal foods, whilst the most valuable of all nitrogenous preparations for children. Again, add to finely minced rump steak cold water, in the proportion of one part of water to four of meat, stir well together and allow to stand for half an hour. Then forcibly express the juice through muslin by twisting the same. This mixes well with milk and is highly antiscorbutic; but it must be made fresh for prompt use as it does not keep well. For some odd reason preserved beef goes among our sailors by the name of "Fanny Adams." In the South African War (1900), just before the relief of besieged Mafeking, the fare there was minced mule and curried locusts; whilst an excellent brawn was made from ox hides and horse hides.

Again, for *Cow-heel broth*, which is both strengthening, and healing to the stomach: Put a cow-heel into a saucepan with three quarts of water, and set it to boil on the fire; skim this well; season it with a few peppercorns, a sprig of thyme and parsley, and a dessertspoonful of salt; boil gently for two hours; at the end of which time the broth will be reduced to half its original quantity. Again, skim off all the grease, and serve the broth with the glutinous part of the heel in it.

Likewise, take a fresh cow-heel, cleanse and scald it, and remove the fat from between the claws. Do not make use of one already boiled at a tripe shop, or it will fail to be sufficiently nourishing. Put it into a saucepan with one-and-a-half pints of cold water, and add a saltspoonful of salt, a saltspoonful of freshly made

mustard, a saltspoonful of sifted sugar, and a pinch of pepper ; bring it slowly to a boil, skim it well and simmer it gently for four hours. Just before serving thicken the gravy with a teaspoonful of arrowroot mixed smoothly with a little cold water ; add (if approved) a wineglassful of sherry, and serve immediately.

In the same way a calf's foot is, as Lady Constance Howard declared, a wonderful restorative : Take a calf's foot, cleansed, and cut into pieces, one ounce of best refined isinglass, one ounce of hartshorn shavings, three pints of new milk ; bake these ingredients in a slow oven until one third part is consumed ; then strain it off, and when cold take off the fat. Give one or more teaspoonfuls the first thing in the morning and the last thing at night.

"Veal," wrote Dr. Graham (1825), "is usually considered not at all of a heating nature, and is therefore allowed generally by doctors to patients convalescent from an attack of fever, and to those who have a disposition to bleeding from the lungs or elsewhere, especially if some lemon juice be added ; but it is in my opinion a very indigestible article, and has uniformly so strong a tendency to irritate the stomach and the intestines that I wholly proscribe its use wherever persons are not strong and healthy. In all stomach complaints it is particularly injurious." The flesh of calves which have been repeatedly bled (as was formerly the custom) or reared by the hand on milk adulterated with chalk, and confined in small dark places, is particularly depraved. Calves are very fond of licking a lump of chalk if put within their reach, and nearly in the dark, by the farmers who rear them. Breeders of stock in Essex have obtained a reputation for fattening calves better than any other farmers in England, and this is because they supply the animals

plentifully with milk. A calf is called in Latin *vitulus*, a *vitulando*, i.e., *lasciviendo*, being wanton. According to an old proverb "A change of pasture makes fat calves." But among the ancient Hebrews the calf was taken as an idolatrous symbol of divine power, which they called the Elohim—a mistaken Intelligence supposed to have brought them out of Egypt. The animal was thus regarded by such Jews much in the same light as the Cross became subsequently looked upon by certain Christians, who thought it a mystical emblem of the Divine Passion, and Goodness. Consequently, an oath taken on either the Calf, or the Cross, was considered equally solemn and sacred by these Jews, and these Nazarenes. In English history we read that a Calf's Head Club existed among the Puritans remaining after the Restoration, who met on January 30th, the anniversary of Charles the First's death, and dined off calves' heads, carrying one, pinned in a napkin, at the end of the feast and throwing it contemptuously into a bonfire made for the purpose. In Germany veal is specially commended for patients recovering from illness. "This meat," says Sir H. Thompson, "lends itself to so many metamorphoses that we may fairly term it the Chameleon of Cookery." But Charles Lamb in his Essay, *Grace before Meat*, has told us he shrunk instinctively from anyone who professed to like minced veal. Dr. Edward Smith pronounced veal difficult of digestion because of the trouble of masticating it, since the soft fibre eludes the teeth, especially when this meat is boiled. It is a food which may not be regarded otherwise than as a luxury; at the same time we should add that it is probably the most delicate in flavour of all the meats with which cooks are acquainted. As "a good mess for a weak and consumptive person," it has been directed to

“take any quantity of veal, cut into slices; put the meat into an earthen pot with plenty of sliced turnips; cover the vessel and let it stand up to the brim in boiling water; add a small portion of salt; when sufficiently done serve it up. No water is required, as the turnips are sufficiently succulent for the purpose of tendering the meat and extracting the juices from it. The Romans were acquainted with a similar mode of cookery; it was what they meant by the “*per duplex vas coquere*.” This simple dish contains all the juices of the veal with the addition of saccharine matter afforded by the turnips.”

In the *Court and Kitchen of Elizabeth, commonly called Joan Cromwell, the wife of the late Usurper* (1604) we read that Cromwell and his wife did not care for suppers, but contented themselves with eggs and slops; a story is told of their sitting down to a loin of veal, and of Cromwell's calling for an orange, which was the sauce he preferred to that joint, and her Highness telling him that he could not have one, for they were not to be had under a goat.

Cold veal is particularly insipid and tasteless. Perhaps the very “coldest” collation of which there is any record was that provided by Mr. Dombey, in *Dombey and Son*, Charles Dickens (1847), at the christening of his son and heir. It was set forth in the glistening pomp of glass and silver, looking “more like a dead dinner lying in state than a social refreshment.” There was a cold fillet of veal at one end of the table, and a cold preparation of calf's head at the other. There were cold fowls, ham, patties, salad and lobster. The champagne was so cold that it forced a little scream from Miss Tox; and, in short, “there was a toothache in everything.” Thomas Hood, in a delightfully amusing letter to little Jeanie Elliot (1844), who

was then staying at Sandgate-by-the-sea, told her that when there in former days he used to find jelly-fish on the beach, made, as it seemed to him, of sea calves' feet and no sherry.

The true sweetbread, or throat-gland, of a calf is nutritious and light of digestion when plainly cooked. It should always be soaked first for an hour or two in cold water, which must be changed once or twice; then put it into boiling water for about ten minutes, until it is firm and round but not hard; take it out and put it into cold water again until wanted for dressing. This should be done in whatever way it is intended to be cooked. The diet of Gargantua in *Rabelais' Satire* was declared to be a whole calf where an ordinary person would take a cutlet; but this, as Hood facetiously said, was far better than Panta gruel.

For *Veal tea*, an excellent support to infants and invalids: Take a pound of lean veal cut into small pieces, sprinkle a pinch of salt over it, put it into a saucepan, and pour upon it a pint of cold water; let it boil, and skim carefully, then simmer gently for an hour; pour it out, strain it, and it will be ready for use. To thicken this decoction mix a teaspoonful of arrowroot with a teaspoonful of cold water, and stir the boiling tea slowly into the mixture; or boil a spoonful of sago or arrowroot in the liquor a quarter of an hour before using it. A little new milk may be added to the tea occasionally for the sake of variety. Time to simmer the tea, one hour.

Tripe, which is the inner lining of the stomach of the ox or cow, forms an admirably light restorative food for the weakly person after a severe illness and when the digestive powers are enfeebled. The best kinds of this delicacy are those known as the "blanket" or "double."

because folded with fat between the "honeycomb" and the "monkshood," which latter is darker in colour. The tripe should be washed in several waters, and scraped, before being cooked, and this not too quickly. The water wherein the tripe is boiled should not be thrown away, as it contains a good deal of nourishment; this is sometimes served cold to invalids as a jelly. The meat must be washed repeatedly until it has no unpleasant smell. When tripe comes in from the shop it should be considered only half cooked, and from two to three hours is not too long to simmer it again. For tripe served white, put half-a-pound in a stewpan with a quarter of a pint of water, a saltspoonful of salt, a pinch of pepper and two minced onions. Let it simmer gently for two hours or until perfectly tender. Then strain the gravy, take off every particle of fat, boil it up and thicken it with a small dessertspoonful of flour mixed smooth in two or three tablespoonfuls of cream or milk. Put the tripe back into the sauce and let it simmer very gently for a quarter of an hour. Lemon juice is a good addition to it. If properly and sufficiently cooked, tripe ought to be so tender that it will pull easily into pieces when tried with the fingers; if allowed to boil too quickly it will become hard. As tripe for invalids: take half a pound of fresh dressed tripe, wash it, cut it into squares, and remove almost all the fat. Cut up half a pound of lean beef in the same way, and put both into a stewpan with half a pint of cold water, half a spoonful of mustard, a small lump of sugar, and a little salt. Bring the liquor to the boil, skim carefully, then draw the saucepan to the side and let its contents simmer gently for three hours. Mix a teaspoonful of cornflour to a smooth paste with about a tablespoonful of cold water; stir this into the sauce and boil it gently for

a few minutes. Put the meat on a hot dish, pour the sauce over it, and serve. Time to simmer the tripe, three hours.

In the Christmas story of *The Chimes*, by Charles Dickens (1844), a mysterious covered dish is playfully and affectionately brought by his daughter to Trotty Veck, a cheery, little, old ticket porter, waiting for hire in the street, at some distance from his own small abode. "But what is it, father?" said Meg. "Come, you haven't guessed what it is. Wait a minute; a little bit more of the cover; now guess." Meanwhile Toby, putting a hand on each knee, bent down his nose to the basket, and took a long inspiration at the lid, the grin upon his withered face expanding in the process as if he were inhaling laughing gas. "It a'nt, I spose it an't polonies," said Toby. "It's too decided for trotters, a'nt it? "Liver?" "No, there's a mildness about it that don't answer to liver." "It a'nt faint enough for pettitoes! And I know it a'nt sausages." "I'll tell you what it is! It's chitterlings!" "No, it a'nt" cried Meg, in a burst of delight, "No, it a'nt." "Why, what am I thinking of?" said Toby, suddenly recovering the perpendicular, "I shall forget my own name next. It's tripe!" And tripe it was, and as Meg protested he should say in half a minute, "the best tripe ever stewed." Dr. Edward Smith, the well-known authority on National dietetics, pronounced that "the ease and rapidity with which tripe is digested seem to render it a very proper food for the sick; but in practice it is found that the absence of positive flavour, and perhaps the questionable nature of the meat, prevent its selection by invalids generally. The Daniel Lambert tavern in London has been famous for its tripe suppers almost from time immemorial. Brown stout served in

tankards used to be the correct accompanying beverage at the said Daniel Lambert hostelry. In early England a broth of tripe boiled in water, with spices and vegetables, was considered an efficacious remedy against rheumatism. "*Homere rapporte,*" quotes Dr. Kitchener, "*que dans un regal magnifique preparé pour Achille, on servit des tripes de bœuf, et que cela s'était toujours observé aux Repas des Heros.*" "How say you to a fat tripe, finely boiled?" asks Grumio, in *Taming of the Shrew*, to Katharina.

Mutton, taught Dr. Edward Smith, is rather a meat for persons of sedentary and quiet habits, including women and the sick. Dr. Kitchener, in *The Cook's Oracle*, has shown how to make Mock mutton broth, without meat, in five minutes. Boil a few sprigs of parsley with two teaspoonfuls of mushroom catsup, in three-quarters of a pint of very thin gruel, and season with a little salt. This is improved by a few drops of shallot wine, and the same of essence of sweet herbs. By the above method it is said an ingenious cook long deceived a large family, fond, throughout its members, of weak mutton broth. Mushroom gravy, or catsup, approaches meat gravy in taste and flavour more closely than any other vegetable juice, and is the best substitute for it in meagre soups and extemporised sauces that the culinary chemist has yet produced. It is said that the famous actor Edmund Kean suited the kind of meat he ate to the part which he was about to play, selecting mutton for lovers, beef for murderers, and pork for tyrants.

To make mutton broth of a strengthening character : Put into a vessel four pounds of the scrag end of a neck of mutton, freed entirely from fat, and chopped into small pieces, with six pints of water. Boil, skim, draw the pot back and simmer for an hour. Add three

ounces of washed rice, with a turnip, and some celery, if liked; simmer for two hours, strain free from fat, add salt, and serve. "Few know," wrote Dr. Kitchener, "how much good may be done by plain mutton broth (made without onions, roots, sweet herbs, etc., these being too strong for weak stomachs) if taken in sufficient quantity at the beginning and the decline of bowel-complaints and fevers, half a pint being given at a time. This is an inoffensive nourishment for sick persons, and the only mutton broth that should be allowed for convalescents whose constitutions require to be replenished with restorative aliment of easy digestibility. Plain broth will agree with a delicate stomach when the least addition of other ingredients would immediately offend it." Have a pound and a half of a neck or loin of mutton, take off the skin and the fat, and put it into a saucepan; cover it with cold water (it will take about a quart to a pound of meat); let it simmer very gently; skim it well; cover it up and set it over a moderate fire, where it may stand gently stewing for about an hour; then strain it off. It should be allowed to grow cold, when all the greasy particles will float on the surface, and, becoming hard, can be easily taken off, and the settlings will remain at the bottom.

In New Zealand the native word for sheep is "Hipi," and this name has been recently applied to a pure mutton essence, made in England, which is much to be commended as of excellent usefulness, and a change from the beef essences, or beef tea. Furthermore, it will keep good for at least a week after becoming exposed to the air, and the fat (which is in mutton somewhat indigestible) has been separated from this essence. It yields with boiling water a very pleasant and palatable soup, embodying nutritive nitrogenous matter with

reparative mineral salts. No case has yet occurred in which mutton has been proved to be an offending viand through developing poisonous germ life.

For Mutton tea, "To a pound and a half of lean, juicy mutton, cut into small dice, and free from bone, allow one pint of water; put the meat into a saucepan and pour the water cold on it. Infuse this by the side of the fire for half an hour, then boil; add a little salt and remove the scum. Simmer gently for another half hour and let it settle; then strain, keeping back the sediment. If to be re-warmed, set the basin in boiling water.

For ready use in the night when wakeful, and with a sense of emptiness, as well as for occasional support at other times, "Hipi jelly" is much to be commended. "Dissolve half an ounce of the best gelatine (Nelson's) in a pint of hot water, then stir in half a tin of hipi, and, if desired, a little salt. Put it to become cold as a jelly into a mould or into small pots. This jelly may be flavoured by boiling an onion, or celery seeds, or peppercorns in the water in which the gelatine is dissolved.

Sir Kenelm Digby, in his *Book of Medical Cookery* (London, 1669), has given a recipe for "the Queen's Gravy of Mutton," as made by her Majesty's *Escuyer de cuisine*: "Roast a juicy leg of mutton three quarter, then gash it in several places, and press out the juice by a screw press."

Pepys wrote, on December 2nd, 1660 (Lord's day): "My wife and I all alone to a leg of mutton, the sauce of which being made sweet, I was angry at it, and only dined on the marrow-bone that we had beside."

In the fourteenth century, sheeps' trotters, then called "shepe's talons," were prepared as a nourishing dish, with eggs, pepper, salt, saffron and raisins. Dean

Hole, of Rochester, when addressing a company of vegetarians, tellingly asserted there is no more harm in eating roast lamb now with mint sauce than there was in partaking of Paschal lamb with bitter herbs by the children of Israel; likewise, our relish of a haunch of venison to-day is quite as justifiable as it was with the patriarch Isaac of old.

As "flesh food," new unboiled milk is now strongly advocated for infants from the birth, unless they are suckled. Professor Woods Hutchinson asserts (1900), "there has probably been no single improvement in dietetics which has resulted in greater increase of comfort and vigour to the human race than the practical recognition of this morphological fact, that the human infant is emphatically and essentially carnivorous in its tastes, and can live and flourish properly on no other kind of food." "The abolition of paps, and gruels, and puddings of every sort and description and the substitution of an actual milk diet, or, if this fails, of meat juices, during the first six months of life have done simply wonders for the comfort and nutrition of the race, and have been the chief factors in the lowering of infant mortality." Furthermore, "repeated experiments upon foxes and rats have shown that the resistance of these animals to various infections was heightened by a flesh diet and lowered in a remarkable degree by a vegetable one."

"I wish," wrote Baron Munchausen in his *Travels*, "most heartily that the restorative process of curative feeding was performed by us poor mortals in as easy and simple a manner as it is in the cooking animals of the moon, who lose no time at their meals, but open their left side and place the whole quantity at once into their stomachs, then shut it up till the same day of the

next month, for they never indulge themselves with food more than twelve times in the year."

The flesh of a kid, or young male goat when gelded, is particularly nutritious and vitalising. "This flesh," wrote Lemery (1674), "recovers decay'd strength amain." It is told that a certain wrestler of Thebes anciently accustomed himself to live upon goats' flesh, and that he excelled all others of his time in strength; and this might be because the goat, being a lively, nimble and light animal, and consequently containing many exalted principles, thus communicated to him the same very volatile and active principles. The goat is in Latin *Hircus*, *quasi hirtus* (*hirsutus*), hairy, because, as everyone knows, he is covered with hair and has a great beard. A kid is *Hædus*, *ab edendo*, to eat, because 'tis fat and very well tasted. An ancient proverb says "The fleece of a kid is worth two of a cat."

As for pork, Galen, in the *Nature of Foods*, assures us that when well digested in the stomach this meat affords more nourishment than any other food; he relates that "the athletes or young men who practised wrestling, and such as were inur'd to labour, were never so strong and vigorous as when they fed upon pork; and that when those people who were used to this food did but only one day live upon the flesh of another animal, and still continued the same exercises, they found themselves weaker the next day and not so fit to renew their labours; and, finally, when they continued for several days to disuse pork their strength sensibly decay'd and they grew lean." The pig is a foul feeder, and will live on garbage (as was no doubt the case in Palestine), when its flesh becomes unwholesome. But if properly fed and cared for, its meat is as good as that of the sheep or ox; and therefore Christianity does not

condemn the flesh of the pig. Dr. Muffett has quoted the Latin lines :—

“ Est caro porcina sine vino pejor ovinâ ;
Si tribuis vinum, tunc est cibus et medicina.”

“ As mutton tough pork without wine
Is not esteemed so good :
But if that wine be drunk thereon,
'Tis physick both, and food.

Of all adult flesh-meats ordinarily eaten, pork, under the process of cooking, furnishes the largest proportion of gelatin. Young meats, such as veal, are also largely productive of gelatin ; and that gelatin is a favourite nutriment of morbid bacilli should be guardedly remembered. History relates that the Duc de Richelieu's cook boiled down forty hams to make stock for a single soup.

Tom Hood playfully sang :—

“ I've heard about a pleasant land
Where omelettes grow on trees,
And roasted pigs run, crying out
' Come, eat me if you please.'
My appetite is rather keen,
But how shall I get there ?
Straight down the Crook'd Lane,
And all round the Square.”

For “restorative pork jelly” Dr Radcliffe orders : “Take a leg of well-fed pork just as cut up by the butcher, beat it and break the bone, set it over a gentle fire with three gallons of water and simmer down to one. Let half an ounce each of nutmeg and of mace be stewed in it, and strain through a fine sieve. When cold, take off the fat. Give a chocolatecupful the first and last thing, likewise at noon, adding salt according to taste.”

In Miss Fowler's story, *The Farringdons* (1900), an amusing and shrewdly instructive mention is made of pork and its effects on the moods : “Now take Bateson

hissself; and a kinder husband, or a better Methodist never drew breath; yet so sure as he touches a bit of pork he begins to worry hissself about the doctrine of election till there's no living with him; then he'll sit in the front parlour and engage in prayer for hours at a time, till I says to him, 'Bateson,' says I, 'I'd be ashamed to go troubling the Lord with a prayer when a pinch of carbonate of soda would put things straight again.' Then Mr. Tremaine is one as has his religious doubts. 'Ah! That's liver,' said Mrs. Bateson, her voice softening with pity, 'that comes from eating French kickshaws, and having no mother to see that he takes some soda and nitre now and then to keep his system cool. Poor young man! I hear as he goes so far as to deny the existence of a God! All liver! It often takes men like that! When they begins to doubt the inspiration of the Scriptures you knows they will be all the better for a dose of dandelion-tea; but when they goes to deny the existence of a God there's nothing for it but camomile.'"

Again, pork, when cured, has been connected by other writers with the bodily welfare. Byron puts it thus in *Don Juan* :—

" But here I say the Turks were much mistaken,
Who, hating hogs, yet wished to save their bacon."

The *Dissertation upon Roast Pig*, by Charles Lamb, takes rank as an English classic. "Of all the delicacies in the whole *mundus edibilis* I will maintain it to be the most delicate—*princeps obsoniorum*: the lean, no lean, but a kind of animal manna, or rather fat and lean (if it must be this) so blended, and running into each other, that both together make but one ambrosial result, or common substance. The strong man may batten on him, and the weakling refuseth not his mild juices."

Respecting Poultry, which is a super-excellent food for invalids to begin with when convalescent from any serious illness, Brillat Savarin declared it "for cookery what canvas is to the painter"; and an old proverb extols its merits for giving nourishment during the winter:—

"If one but knew how good it were
To eat a pullet in Janiveer,
If he had twenty in a flock,
He'd leave but one to pair with the cock."

It is true the blood of the common fowl differs considerably from that of red-blooded animals, since the salts of iron, which betoken quality, and upon which the red colour depends, are in the fowl only 2·11, whilst in beef and mutton there are of such salts 24 or 25 per cent. ; and so far it is inferior ; but in another essential point it is superior, for the phosphates, which are known to play so important a part in regenerating faulty nervous tissue, are three times more abundant in the fowl's blood than in that of the animals mentioned. By the *Antiquitates Culinarie* (1791) it is shown that as far back as in the Roman times a cook of the Apician period was wont to manufacture medicinal sauce from a boiled or baked chicken (and to dress a hog's paunch).

The *Compleat Housewife* (1736) ordered "to make cock-ale": "Take ten gallons of ale, and a large cock, the older the better ; parboil the cock, flea him, and stamp him in a stone mortar till his bones are broken ; (you must crawl and gut him when you flea him) ; put the cock into two quarts of sack, and put to it three pounds of raisins of the sun, stoned, some blades of mace and a few cloves ; put all these in a canvas bag ; and a little before you find the ale has done working, put the ale and bag together into a vessel ; in a week or nine days' time bottle it up ; fill the bottles but just

above the necks, and leave to ripen the same time as other ales."

Francatelli has told in *Cookery for the Working Classes*, "how to make 'cocky leeky' from an old cock or hen": "First pluck, draw and singe off the hairs, and tie the fowl up in a plump shape; next put it into a boiling pot with a gallon of water, and a pound of Patna rice, a dozen leeks cut in pieces, some peppercorns, and salt to season; boil the whole very gently for three hours, and divide the fowl to be eaten with the soup, which will prove not only nourishing, but also invigorating to the system." Concerning any such tough old rooster, Dr. Franklin, in his *Philosophical Experiments*, has shown that if poultry or game be killed by electricity, it will become tender in the twinkling of an eye; and, if it be dressed immediately, will eat delicately as a toothsome dish.

An old adage says, "Leek to the Welsh, to Dutchmen butter's dear." The onion, leek, and other vegetables of the "allyl" series are highly valuable as antiseptics against any intestinal putrid contents or products. Dr. Vivian Poore declares a simply-cooked Spanish onion is as effective for purifying the bowels, and sweeping away all corrupt septic matters therefrom, as would be a powerful dose of corrosive sublimate, the most potent of germicides, but far too poisonous to be used internally.

Again, for "Cock a Leekie Soup," excellent for anyone suffering from cold, and good against bleeding by reason of the leeks contained in it: "*Isto stillantem poteris retinere cruorem.*" "Wash a dozen leeks, trim away the roots, the outer leaves and the dark green ends, and divide them into pieces an inch long and a quarter of an inch thick. Put them into boiling water

for four or five minutes, then drain them and lay half of them in a stewpan with two quarts of good stock and a large fowl trussed as for boiling. At the end of that time put in the remainder of the leeks and boil for three-quarters of an hour longer. Skim carefully, and season, if required, with pepper and salt. Cut the fowl into neat pieces; place these in a tureen and pour the soup, which should be very thick with leeks, over them."

Chicken stewed with plenty of rice is a good "semel in septimana (once a week) dish for full livers." Dr. Hunter wrote (1820) "If thou hast not a capon, feed on an onion." Parkes teaches that chicken-broth is stronger nutritively than that of beef (which contains in a pint 150 grains of organic matter and 90 grains of salts) or of mutton.

The pure juice, or "essence of chicken," which may be given in extreme cases, a small quantity at a time, will, when cold, become a jelly. "Cut up the chicken (except the breast, which can be reserved for some other dish) into joints, then divide all the meat from the bones into small pieces, chop the bones, and make use of the skin but not of the soft fat. Wash the neck in salt and water, to draw the blood from it; open the gizzard and remove the bag of stones from the inside, then wash it well; cut away the gall-bladder carefully from the liver, and wash the liver well; also wash the heart, and scald the feet. Put the meat, bones, skin, etc., into a large jar without any water, covering the jar with a tight-fitting lid or a piece of strong white paper greased. Simmer the jar in a saucepan of cold water for six or seven hours; when cooked sufficiently, remove the jar from the saucepan and strain all the liquid away from the chicken through a fine strainer or

hair-sieve ; it will be a jelly when cold, as already stated."

For "chicken panada," a capital form of light, sustaining food, take the flesh from the breast of a freshly-roasted chicken, soak the crumb of a French roll, or a few rusks, in hot milk, and put this into a clean stewpan with the meat from the chicken previously reduced to a smooth pulp by chopping it and pounding it in a mortar ; add a little chicken-broth, or plain water, and stir the panada over the fire for ten minutes.

A popular substitute for chicken-broth in some parts of the Continent, where it is much employed to recruit exhausted health, is snail-broth, prepared from the large grey garden snail. This snail may be readily caught in hot, dry weather by inverting a flower pot (one edge being raised and resting on a tile) over half a shovelful of brewers' grains. The shells are broken, and the snails taken out. About a dozen and a half should be simmered in a pint and a half of water down to a pint, adding a teaspoonful of salt, skimming and straining before it is served. British snails are to be found in most ports frequented by British ships : they travel thither in the packing materials. A garden snail (*Helix*) can certainly smell : it "will come a hundred yards after a strawberry, and will retreat fifty from a whiff of turpentine." But its range of vision has been found to be limited to two inches. Moreover, the snail is "as good a homer as a pigeon ; and may be taught to come out from his hole, and show himself when spoken to." "He can drag vertically nine times his own weight, the strength lying in his so-called foot."

The Turkey, noticed already in full amongst animal simples, "is," said Brillat Savarin, "the most savoury of domestic poultry ; in my *Secret Memoirs* I find sundry

notes recording that on many occasions its restorative juice has illumined diplomatic faces of the highest eminence"; (this famous epicure, Savarin, was a French lawyer, and a judge of celebrity, who wrote the *Physiology of Taste*.) A turkey, roast or boiled, when surrounded with sausages decking its body, is known as "an alderman hung in chains." The plump bird, now so popular, appeared generally in Europe about the end of the seventeenth century. It had previously been imported into France by Jesuits sent out as missionaries to the West, and then from France it spread over Europe; to this day in many French localities a turkey is spoken of as a "Jesuit." It is indigenous to America, and was unknown elsewhere until after the discovery of that territory; the Meleagris of ancient authors is the Guinea-fowl.

The Goose is a fowl rich in fat, and therefore scarcely to be commended for convalescents whose digestive powers require tender handling. An old proverb tells: "'Tis a sorry goose that will not baste himself." The Romans ate this bird with quince sauce. Our accompaniments with it are apple sauce, or a stuffing of sage and onions, each being designed to act against putrescence during digestion. The giblets exercise certain solvent properties on other foods, whether in soup, pie or stew; but to the gourmet they are far inferior to those of the young swan. Concerning soup concocted from the giblets of the goose or duck, Dr. Kitchener said: "This is rather a family dish than a company one; the bones cannot be well picked without the help of alive pincers." "But since Tom Coryat introduced forks (A.D. 1642) it has not been the fashion to put our 'pickers and stealers' into soup." Hazlitt tells that during the twelfth century green geese were

eaten with raisin or crab-apple sauce. At the present day an American, when all is serene with him, says, "Everything is lovely and the goose hangs high."

"Goosey, goosey, gander! Whither will he wander?
Upstairs, and downstairs, and in my lady's chamber."

James the Sixth of Scotland was entertained at Eilan Vow, Loch Lomond, by the Macfarlane; and though he admired the sportive proceedings of the wild geese on the Loch, he was so disgusted with the roast specimens of this creature set before him at dinner that he declared about "the Macfarlane's geese, he liked their play better than their meat," a saying which has since become proverbial concerning shirkers. Another pertinent adage is equally popular with ourselves that "Sauce for the goose is sauce for the gander." No mention is made in the Bible of either the duck or the goose. Not by any means is the goose a stupid, foolish bird, as many persons suppose, but intelligent, confiding and sharp, with a great capacity for friendship, a keen appreciation of humour, and an innate fondness for practical jokes. The gizzard is taken figuratively for the human temper; hence comes the phrase "to fret one's gizzard."

Parrot pie is a familiar dish in Australia; for making which take a dozen paraqueets, a few slices of cold, underdone beef, some rashers of bacon, some hard-boiled eggs, spices and puff paste.

In France, sacrilegious as we should deem it, the Robin Redbreast is extensively used as a restorative food, and is thought to be excellent. *Punch* took up the matter humorously enough on November 28th, 1863, by giving the following recipe for its homœopathic soup:—

"Take a robin's leg,
Mind the drumstick merely,
Put it in a tub,
Filled with water nearly;

Set it out of doors
 In a place that's shady,
 Let it stand a week,—
 Three days for a lady!
 Put a spoonful in
 To a five-quart kettle;
 It should be of tin,
 Or perhaps bell metal:
 Fill the kettle up;
 Put it on a boiling;
 Skim the liquor well
 To prevent its oiling.
 Let the liquor boil
 Half an hour, or longer,
 (If 'tis for a man,
 You may make it stronger).
 Should you now desire
 That the soup be flavoury,
 Stir it once around
 With a stick of savory.
 When the soup is done
 Set it by to jell it,
 Then three times a day
 Let the patient smell it.
 If he chance to die,
 Say 'twas Nature did it!
 But should he get well,
 Give the soup the credit!"

The Robin Redbreast (*Sylvia rubecula*) was said to have attended our Saviour upon the Cross, and to have become sprinkled on the breast with some of the sacred blood. Hence it has been always supposed unlucky to kill a robin. A lad with a shaky hand was asked what he had been doing to cause this, and he said, "It always shakes! I once had a robin die in my hand, and they say if a robin dies in your hand it will always shake." Again, boys tell that you mustn't take robins' eggs; if you do you'll get your legs broken." The robin is a very pugnacious and greedy bird.

As an animal product, "Cream," says Florence

Nightingale in *Notes on Nursing*, "is quite irreplaceable in many chronic diseases by any other article of food whatever. It seems to act in the same manner as beef-tea, and is much more digestible with most persons than milk; in fact, it seldom disagrees."

Bone marrow, already described (page 69) for bloodlessness and the ailments leading thereto, is capital nourishment for weakly persons needing compact animal food, which is appetising and somewhat rich without upsetting the biliary organs. To serve it on toast: "Let the butcher break up a marrow bone; take out the marrow in as large pieces as practicable, and put them in a stewpan with a little boiling water rather highly salted; when the marrow has boiled for a minute, drain the water away through a fine strainer; have ready a slice of lightly-toasted bread, place the marrow on it, and put it into a dutch-oven before the fire for five minutes or until it is done; sprinkle over it a little pepper and salt, and a small teaspoonful of parsley chopped fine. The toast should be sent up very hot" (Mary Hooper). Ordinary marrow contains 95 per cent. of fat, but red bone marrow contains only a few fat cells, whilst comprising numerous marrow cells closely resembling those of red blood in the embryo. Chaucer, in the *Pardoner's Tale*, styles it thus:—

"Out of the harde bones knokke they
The *mary*, for they caste nought away."

As certainly the best curative form of bone marrow, that which is obtained by macerating the fresh bones in glycerin makes the most active solution, this being undoubtedly of great remedial power.

Light animal jellies are of excellent service for renewing the strength of persons during recovery from a long or severe illness. To make hartshorn jelly with this

view : Boil half a pound of hartshorn shavings in four pints of water for three hours ; strain through a jelly bag, and boil it again for half an hour with the thin rind of two lemons and of one orange ; when cool, add their juice, half a pound of sugar, a wineglassful of brandy, and the beaten whites and crushed shells of six eggs ; boil the jelly again for a few minutes without stirring, and strain it until it is quite clear. Half an ounce of isinglass may be dissolved in it if it does not seem likely to stiffen. The above quantities are sufficient for nearly three pints of jelly.

In Dame Deborah Bunting's *Book of Receipts* (1761) : " For hartshorn jelly, two quarts of water to a quarter of a pound of hartshorn shavings ; boil it full half away ; pour it into a bason and let it stand all night ; then take it from the dregs, put it into a saucepan, squeeze in the juice of one or two lemons and the peel of half one ; add wine and sugar to your taste ; when the jelly is melted, put in the whites of three eggs well beaten ; let it boil for six or seven minutes ; keep stirring it, because the more the eggs are mixed the finer it will be ; then run it through the jelly bagg till it is quite clear."

Again, from the *Compleat Housewife* (1736) : " For hartshorn jelly, take a large gallipot (' gley ' -clay, pot) and fill it full of hartshorn, and then fill it full with spring-water, and tie a double paper over the gallipot and set it in the baker's oven with household bread ; in the morning take it out and run it through a jelly bag, and season it with juice of lemons and double refined sugar, and the whites of eight eggs well beaten ; let it have a boil, and run it through the jelly bag again into your jelly glasses, and put a bit of lemon-peel into the bag." From hartshorn of the Stag (or Elk) was said to be

procured the "madstone," a round stone popularly reputed to cure hydrophobia by sucking out the poison when applied to the bite or wound. Hartshorn shavings are imported from Germany or got for preparing jelly with us from the bones of calves. In reality jelly made from pure gelatin is quite as good as that obtained from calves' feet, which are in themselves of little nutritive value, but rather vehicles for conveying other forms of nourishment. Restorative jelly may be concocted from shin of beef, a calf's foot, or a piece of ox foot, or knuckle of veal, water and salt. But gelatin (Dr Yeo), owing to some unknown conditions, furnishes its nutritive energy in a different direction from that of actual red meat.

An almost equally nourishing jelly may be obtained from Ivory powder, by infusing six ounces of this in three pints of cold water and simmering over the fire until the liquid is reduced to half the quantity; then let it become cold so as to jelly, and remove the sediment. When it is warmed again, add a little cinnamon or a few cloves, with the juice and some of the thin rind of a lemon. Ivory jelly is rich in phosphates and bone-salts, being therefore a valuable food for scrofulous and consumptive patients.

Another pleasant and nutritious jelly is to be prepared with isinglass boiled with some brown crust of a loaf and seasoned with Jamaica peppers. To an ounce of the dry shreds and a quart of boiling water add a teaspoonful of the peppers, and the bread crust (which should be brown, not black); boil until it has wasted a pint. This jelly will remain good for some while; a spoonful may be put into soup, tea, or any other beverage. Also for "bread jelly" (according to Lady Constance Howard), which is "of so strengthening a

nature that one teaspoonful of it does as much good as one tablespoonful of the more ordinary jellies; it is inexpensive and invaluable": Take a penny French roll, pare off the crust, and cut the crumb in slices; toast them a pale brown on both sides, put them into a quart of spring water, and let it simmer gently over the fire until the liquid becomes a jelly; strain it through a thin cloth, and flavour it with a little lemon-juice and sugar, and add half an ounce of the best refined isinglass while the jelly is still hot. If wine or brandy is allowed, the jelly will be greatly improved; if prepared without lemon, sugar or wine, one teaspoonful of it may be put into any liquid taken by the invalid. Francatelli, likewise, has ordained a "sick-room jelly" considered very restorative: "Take of sago, tapioca, eryngo root, and hartshorn shavings, of each one ounce, and boil the whole in three pints of water until reduced to one pint, stirring all the time; then strain the jelly through muslin into a basin and set it aside to become cold; a tablespoonful of this jelly may be given at any time mixed in broth, milk, cocoa, chocolate or tea; it is of excellent sustaining powers." Dr. E. Smith, on *Foods*, tells us that his experiments, and those of others, have proved that either isinglass, or gelatin, is a valuable food, since it increases vital action in the same direction, if not to the same degree, as albumen. The plan pursued in France of feeding dogs exclusively on ground bones served only to show that the gelatin thus supplied could not alone sustain life, it being solely one kind of food; not that gelatin or isinglass, when properly combined with other foods, fails to give valuable support. It is time that this fallacy should be exploded, the general experience being incorrect that jellies are of themselves valuable articles of food. Gelatin is of use to arrest bleeding if

applied topically, also as a medicament for the same purpose in ulcer of the stomach. A dilute tincture of gelatin, made with one part of spirit of wine and ninety-nine parts of water to a hundredth part of gelatin, has proved efficacious to stay the loss of blood, giving ten drops of this tincture every few hours with a little water.

Bread sauce, if well compounded, is a capital resource for invalids for whom meat and game are as yet too strong food, or who desire a substitute occasionally so as to rest the stomach. A significant proverb teaches also that "*Quando deest panis tunc est cibus omnis inanis.*" "If bread you need, in vain you'll feed." For savoury bread sauce, to make an independent dish which may be eaten with potatoes, or other succulent vegetables, as if game were also being served: Take a breakfastcupful of fresh bread crumbs, dry and not new, rubbed instead of being grated, and a breakfastcupful of milk; cut up into it an onion, and add two or three peppercorns; boil up the milk and pour it on the crumbs (having put them into a small basin), cover over and let it stand for two hours; remove any pieces of onion that show. Warm up immediately before it is wanted, with a small piece of butter in it of the size of a walnut. This simple sauce can be readily made in a sick room, or in a lodging-house kitchen; it will often tempt a person who has but little appetite.

In *The True Gentlewoman's Delight* (1676) is ordered "to make a ponado": "The quantity you will make set on in a posset of fair water, and when it boils put a mace in, and a little piece of cinnamon, and a handful of currants, and so much bread as you think meet; so boil it, and season it with salt, sugar and rose-water, and so serve it." Oddly enough, even this piece of sober cookery lends itself to passing humour. Thus the comic

version runs as follows: "Pluck some bread from a Vienna bread-fruit tree; cut up some milk, and add a head of onions; boil until soft and add your bread; put the result into a saucepan with about two ounces of tar, a little mace and allspice; season with different things, and serve in a gravy-boat or a ferry-boat, whichever is most convenient."

Dr. Hart, in *Diet of the Diseased* (1633), "commended a Cream of Barley, as commonly made of a certaine kind of ready-prepared barley, to be sold in shops and called French barley, whereof wee make use also in our broths and barley-water. This barley wee use to boil, and shift twice or thrice the waters until it colour them no more, and then boil it with a sufficient quantity of faire spring water (the proportion of the Antients may be observed), and then strain it through a clean linnen cloth, adding thereto a little sugar, or sugar candy, or a little rosewater. To correct the crudity, especially in a weake stomack (and it bee often to bee used), we may bottle with it some whole mace; or else, when it is strained, wee may adde thereunto a little small cinnamon water, which will both correct the crudity and not overheat the body. If some acid juice of lemmon or other shall be added thereunto, if need so require, thou mayest use thy discretion, and in acute and maligne fevers especially, but not in pectorall diseases. In this decoction who listeth may also boile other cooling or pectorall herbs, according to the nature of the disease and the party diseas'd, as violet leaves, strawberry leaves, succory, endive, agrimony, or the like. But boile no sorrell, or acid, or other sharpe thing in it, especially if it be to be kept oftener than for once or twice, but the fresher it be the better it is. It is alwaies best to eat milke by itselpe, a pretty distance

from other food, and, after the use of it, wash well thy teeth and gums with beere, wine or vinegar. As for the proverbiall speech, 'If thou wilt live for ever, wash milke from thy liver,' it is most absurd and erroneous, this being a meanes to make it curdle the sooner, which is what we labour here to avoid."

Barley cream is a highly useful and light form of food to foster the weakly invalid. Half a pound of veal cutlet free from fat is to be cut into small pieces and put into a saucepan with a pint of cold water; then add half an ounce of barley which has been previously well washed, and soaked for an hour in cold water; further add half a saltspoonful of salt. Let this boil gently for two hours and strain off the liquor into a basin. Also put the meat and the barley into a mortar, and pound them together. After doing this, rub the pounded meat and the barley through an inverted sieve with a wooden spoon, and pour the liquor on the sieve to help the pulp pass through; lastly, when it has all passed through the sieve, stir in smoothly two tablespoonfuls of fresh cream.

Bavarian barley contains more nitrogenous strength-giving sustenance than any other cereal. Maize or Indian corn is rich also in nitrogen, but the starch of maize, sold as cornflour, is a manufactured article, and only represents the fat-forming, heat-producing constituents of the grain, and, as containing no mineral matter, cannot add anything to the bones. Infants fed on such cornflour grow up rickety. The Indian corn, which makes excellent cakes, contains more oil or fat than any of our common grains. Barley is especially rich in iron and phosphoric acid; bread made from it is heavy and rather laxative, so that the barley meal is generally mixed with wheaten flour for this purpose.

A traditional rhyme of nursery days tells that—

“There was an old woman who lived in a shoe ;
She had so many children she didn't know what to do ;
She gave them some broth without any bread ;
Then whipped them all round, and put them to bed.”

This was, in all probability, a symbolical reference to Mother Church, sorely perplexed, and at length enraged, by the multiplicity of religious sects amongst her quarrelsome children.

Laurentius, says Burton (*Anatomy of Melancholy*), “would have bread kneaded with rain-water, if it may be gotten.”

Macaroni is prepared from hard Italian wheats mixed into a paste and pressed through pipes. Sir H. Thompson thinks that macaroni is in all its forms an aliment of very high nutritive power, being formed chiefly of gluten, the most valuable part of the wheat, from which the starch has been removed. Weight for weight it may be regarded as not less valuable for flesh-making purposes in the animal economy than beef or mutton. Most persons can digest it more easily and more rapidly than meat ; instead of which, therefore, it offers an admirable substitute, particularly for lunch or mid-day meals. “This might with advantage be prepared at restaurants as a staple dish, since it sustains the powers without taxing the digestion too much.” The large-piped macaroni takes the shortest time to cook ; whichever sort is used it must be boiled until it swells to double its own size and is soft, though not sloppy. The macaroni of smaller size is called vermicelli (little worms), and when smaller still, “fidelini.” In making vermicelli, the yolks of eggs, sugar, saffron and cheese are added to the paste. One of the best forms of serving macaroni is *à l'Italienne*, simmered in stock and

with cheese then grated over it. The macaroni ought to "spin" well, that is to say, delicate fibres should extend from one portion to another when moved. If, instead of stock, milk is used, an agreeable change is the result. Abroad this constitutes "*Macaroni au maigre*," the foregoing dish being "*Au gras*." Semolina is a similar preparation of the granular parts within the grains of hard red wheats, and is very rich in gluten. Semolina is also called "Soojee," and the finest sort "Semoletta."

When barley is steeped in water sufficiently long for fermentation of its starchy constituents to proceed as far as the saccharine stage, and the process is then arrested by quickly drying the grain in a kiln, the barley becomes malted. If an extract is got from malted barley it serves, when given in small quantities together with starchy foods, to considerably aid the processes of their digestion by an artificial malting thereof in subsidy of the feeble natural malting digestive powers of the patient. Rice, tapioca, corn-flour and other such farinaceous foods can thus be made more readily digestible than they would be if unassisted. Tapioca is a pure starch, prepared from a tuberous root, of the *Manihot utilissima*.

Fish, as a nutriment, whether for those of active digestion or to renovate strength for persons of enfeebled powers, has been considered at length among *Animal Simples*. It should never be taken at the same meal with milk, this being a particularly indigestible combination. Haddock is the most suitable fish to boil for an invalid, whilst Cod is less digestible than other white fish, being also often woolly and tough of fibre. Again, of all animal foods, fish is the most putrescible; so that the question arises whether it should be allowed to

feverish sick persons, or to convalescents from acute diseases. The fat of fish is more indigestible than that of other animal foods, and readily turns rancid. As a proof how little nutritive substance is found to be contained in fish, it may be observed that jockeys who wish to reduce their weight at Newmarket are not allowed meat, or even pudding, when fish can be got. Dr. Graham, an accurate and shrewd observer, has said in his *Domestic Medicine*: "The wholesomeness of a fish diet has been much disputed. In my opinion it affords but little nourishment, and is for the most part of difficult digestion, being of all animal substances the most liable to undergo putrescence." When eaten by an invalid, fish should always be taken perfectly fresh. "Go early," says the wise adage, "to the fish market, and late to the shambles." "On account of the high percentage of fat few fish can be employed in the treatment of stomach diseases, but when these few can be obtained fresh, a very delicate and easily-digested valuable albuminous food is at command. The lean, fine-fibred fish, boiled or baked, are the only varieties permissible, among which may be named sole, bass, German trout, carp, halibut, flounder, sheeps head, pike, and the lean parts of blue fish, or shad." The action of lean fish on the stomach is much less energetic than that of meat. When fish is eaten alone the gastric secretion from the stomach is scarcely stimulated in quantity sufficient to digest this food, so that the digestive transformation is quickly finished; and the stomach is empty again in about two hours after a breakfast of a small sole with a little lemon-juice, a slice of bread and a cup of tea.

The Whiting is very tender and delicate without being so nutritive; but not being oily or viscid, it is

soon digested, whilst no stimulation of the system has been caused; it is therefore well suited for those persons to whom even the least exciting meats might prove injurious. Lemery wrote about this fish (1674): "A whiting is a fish that produces no ill effects; yea, there are some who have eaten it to excess and yet found no inconvenience by it; and therefore sick persons and those who are recovering from illnesses are safely allowed to eat it. They find small oblong pearls in the head of a whiting which are of an opening nature, good for the cholick in the back, to expel the stone out of the bladder and kidneys, and to stop a looseness. They bray them in a mortar, and the dose is from ten grains to forty." D'Israeli, in one of his novels, has called whiting the "chicken of the deep."

"Mackerel," adds Lemery, "is a little hard, and viscous, and nourishing, but not easy of digestion. Bellonius blames those that boil mackerel in order to eat it, and says this fish should be roasted and seasoned with such things as promote digestion. It is certain that the roasting of it does the more divest it of the viscous and gross juices it naturally contains." For persons liable to gouty acidity the alkaline phosphates, with kindred salts, may be usefully and plentifully furnished by baking the backbones of this fish in a hot oven until so charred as to be readily crushed and broken up small into a powder, then serving the same with red pepper on toast. Mackerel pie is a favourite Cornish dish, being made of mackerel and parsley stewed in milk, then covered with a paste and baked. When it is brought to table a hole is cut in the top crust and a basinful of clotted cream thrown in. "Muggety pie" is prepared from sheeps' entrails (muggets) with parsley and cream. When the mackerel

first makes our coast it has a blinding film over the eyes which afterwards gradually disappears.

Pilchards, again, are fish with an oily liver (from which train oil is expressed); whilst the sardine of the French coast is really nothing but a pilchard one year of age, the same being also plentiful at certain seasons on our south-west coast. These fish (pilchards) are regarded in Cornwall as:—

“Food, money and light,
All in one night.”

“A good year for fleas is a good year for fish,” say the Cornishmen.

There are but few fishes that have such an exquisite taste, and at the same time are so wholesome, as the Sole. And therefore this is called by some *Perdix marina* (the Sea Partridge), which is served at the best and daintiest tables. The sole is in Latin *solea*, because it is somewhat like the sole of a shoe, similarly spelt. Among the *Canterbury Tales* of Chaucer, in the charming story of Gamelin, are the lines:—

“Many a Jack of Dover (sole) hast thou sold
That hath been twice hot, and twice cold.”

The Turbot is by some called *Phasianus aquaticus* (the Water-pheasant) by reason of the goodness of its taste, which is somewhat like that of a pheasant. In Latin it is *rhombus*, because 'tis large, flat and like a lozenge. The great Condé's cook fell upon his sword because the fishmonger neglected to send home their turbot for dinner.

On the south coast of France the Sturgeon is in every-day use, and a huge slice of it larded and covered with herbs may be frequently seen carried through the streets to the baker's oven. It looks and tastes very much like a fillet of veal.

The Sturgeon was so highly valued by the Romans that in the time of the Emperor Severus it was brought to table by servants crowned with coronets and preceded by a band of music. Its flesh was compared to the Ambrosia of the Immortals. These old Romans drew a likeness between sturgeons and peacocks, soles and partridges; turbot and pheasant.

The "roes" of cod-fish and haddock contain capital nourishment: "Wash the roe of either fish well and tie it up in a piece of muslin or a pudding cloth; put it into a saucepan with enough boiling water to cover it; add a teaspoonful of vinegar and half a teaspoonful of salt to each quart of water; boil slowly for about twenty minutes till the roe feels quite firm to the touch; drain well and serve with plain cold butter." For grilled or fried roe (which may sometimes be used as a variation from cod-liver oil): "The roe must be boiled first, then, when cold, cut into slices about half an inch thick; grease the grill, or gridiron with a little butter and make it quite hot; broil on it the slices of roe over or in front of a clear fire for from five to seven minutes until the pieces are browned on both sides; serve very hot." To fry the slices: "Melt an ounce of butter in a frying pan; let it get smoking hot, and put the pieces of roe into it; fry them a nice brown colour on one side, then turn with a knife and brown on the other. When they are ready, drain them on a piece of double paper and serve hot." Or, again, if boiled fish is thought too insipid, an excellent plan is to finely mince the boiled fish with a little suet, bread crumbs, boiled potato, salt and pepper; make into cakes and brown them in the oven.

"Salmon and sermons have their season in Lent," according to a proverb of old usage. Without fish at

his afternoon repast, at about 4 p.m., the Roman of fashion in former days did not think he had supped. The salmon is said to have an aversion to anything red; hence fishermen engaged in catching it do not wear jackets or caps of that colour. Pilchards smoked were called "fumadoes" in Cornwall, now vulgarised into "fair maids," and known commonly as such.

For plain Turtle Soup, which is told of in *Animal Simples* as the highest form of restorative food, a ready method of making this is to soak two ounces of dried turtle in water for twenty-four hours, half a pint of cold water to the two ounces (or a pint of water to a quarter of a pound) of turtle; add to this three pints of good stock, and boil for twelve hours, *i.e.*, till the whole of the quantity is reduced to one half and the turtle has become quite tender; add a little salt, and such other simple condiments as may be liked.

Lemery (1674) reminds us that, according to Cardon, "the flesh of the African tortoises being eaten with bread for several days together is an excellent remedy against the leprosy; for which our author endeavours to give a reason (but I think it necessary before anyone should embroil himself with explaining this matter that he ought to be first certain of the truth of the fact). The blood of the tortoise being dry'd is looked upon to be good for curing the falling sickness, and you may prescribe a drachm of it. They extract an oil in some countries from the tortoise that is good to burn." Sir Henry Thompson avers that conger eels form the basis of all our turtle soups.

In telling humorously about a doctor's strengthening treatment for an invalid, Thomas Hood (*The Echo*, 1844) makes this doctor say, as the servant narrates it, "I did all I could to nurridge him. Mock turkey soop, and

strong slops, and wormy-jelly, and island moss." The epicure Quin used to remark, it was not safe to sit down to a turtle feast at one of the city halls without a basket-hilted knife and fork. If a large ship capsizes, sailors say she turns turtle.

When plainly cooked, turtle flesh is easy of digestion : but its highly esteemed soup will not always suit a weakly stomach. Dr. Pareira says, concerning this flesh, "It is an appetising, and wholesome aliment, nutritive, and generally digestible ; yielding by decoction highly restorative broths, which are much to be valued in consumptive, and other ailments requiring concentrated light support."

"Beautiful soup! Who cares for fish,
Game, or any other dish?
Who would'nt give all else for two-p
'ennyworth only of beautiful soup?"

—*Alice and the Mock Turtle.*

"The flesh of Tortoises," wrote Lemery, "is nourishing enough, producing solid, and durable food ; for it contains an oily, balsamic, and saltish juice that is easily condens'd in the vessels of the fibrous parts, and sticks in such a manner thereunto as not easily to be separated. In the meantime, as 'tis hard and viscous, 'tis not quickly digested : and, therefore before 'tis eaten it ought to be well boil'd, and seasoned afterwards with such things as may help digestion."

Oysters, as famously nutritive for invalids, and withal easy of digestion, whilst rich in beneficial salts, have been treated of at large among *Animal Simples*. Dr. Graham, has declared, in his *Domestic Medicine* (1830), that oysters, when fresh and good, are of special use as food to mitigate the hacking and distressing cough of advanced consumption. They act remedially by reason of the iodine, iron, sulphur and marine lime salts which

analysis shows them to contain. The liquor found within the lower shell of an oyster when opened proves especially rich in these curative, and restorative constituents. It differs materially from sea-water, affording albuminous elements, with some vegetable matters, and many marine animalculæ. A French physician of note has averred that the oyster never causes indigestion if eaten in its natural state. Warm milk drunk therewith is believed in Paris to be the best solvent.

“If,” says the *American Anthropologist*, “a barrel of oysters were planted in an estuary of the sea, and their progeny preserved in successive generations for ten years, the oyster field thus produced would supply a bounteous repast for every man, woman and child on the face of the earth. “Oysturs in ceny, and oysturs in gravey, your health to renew,” were extolled ages ago in the *Babies' Book*.

“A loaf of bread,’ the walrus said,
 ‘Is what we chiefly need:
 Pepper and vinegar besides
 Are very good indeed.
 Now, if you're ready, oysters dear,
 We can begin to feed.’

‘But not on us the oysters cried,
 Turning a little blue.
 ‘After such kindness that would be
 A dismal thing to do.’
 ‘The night is fine,’ the walrus said,
 ‘Do you admire the view?’”

Alice through the Looking Glass.

The Lobster, which contains twenty per cent. of highly nutritious meat, and two per cent. of fat, nevertheless requires a strong stomach to digest it. For gouty persons it is altogether inadvisable. Lobsters, as already stated among *Animal Simples*, are for strong stomachs; they are best in the full of the moon; they give a strong nourishment, and an indifferent stomach. Other explicit details concerning the lobster as an

article of diet have been further supplied. When it was served for the table among the ancients it was opened lengthways and filled with a gravy composed of coriander and pepper; it was then put upon the gridiron and slowly cooked, being basted with the same kind of gravy. Americans in the States call the lobster a cardinal, and a lobster salad is a "cardinal hash." Their dentists (known as tooth carpenters), prepare a favourite dentifrice from the rose-red concretions of lime found in the lobster's stomach. Thomas Hood, in one of his charming letters to little Jeanie Elliott (1844), whilst she was away from London at the seaside, tells her playfully, about her sleeping, that he supposes at Sandgate the fairies by a magical *spell* may have changed the *lobsters* into *bolsters*. Sterne says, "I am convinced there would be more attentive observers of nature, if, for example, the spider spun threads of gold, if the lobster contained pearls, or if the flowers of the field made old people young."

From all high-class grocers, and Italian warehousemen, is to be procured Bailey's extract of *Clams*, which molluscs have a much higher food value than oysters. Clam juice has been described with happy alliteration as "nature's nerve nourisher." The properties and virtues of this mollusc have also been told of among *Animal Simples*. For cooking the extract: Mix one pint of it with one pint of milk, and put the same in a stewpan with half an ounce of fresh butter. Let it come to the boil without actually boiling. Season (to taste) with salt, pepper, and a tiny grate of nutmeg. Serve in cups, with sippets of bread toasted, or with water biscuits. This is excellent sustenance for invalids. Do not use black pepper with it. The American clam is the *Venus mercenaria*, and in this country we have, from the river Halford, in Cornwall, a clam known as the piddock,

which is equally edible. After being removed from the water for a day, the animal changes colour and shines like a glow-worm.

From the Craw-fish can be made "a very nourishing aliment that hath recovered divers in consumption." . . . "Take eight or ten craw-fishes: boil them (after the blackest gut is taken out) in barley water till they become very red; then take them out, and beat them long, shells and all, in a marble mortar, to a soft mash; and in a press strongly squeeze out the juice; which may be given either alone, or mixt with about an equal part of chicken broth, or some such convenient alimental liquor."

According to Pliny, "Figgs are restorative, being the best thing they can eat who are brought low by languishing sickness, and are on the mending hand" This fruit has been told about fully among *Herbal Simples*.

Evelyn describes the sweet Chestnut as "A lusty and masculine food for rustics at all times, and of better nourishment for husbandmen than cole (cabbage) and rusty bacon; yea, or beans to boot." Miss Sedgwick, in *Letters from Abroad*, relates, "Chestnuts are bread here (Rome), they are cheap, abundant, and very delicious, much larger than ours, sweet and marrowy, and approaching the lusciousness of fruit; their sweet odours as they are roasting perfume the streets." In France chestnuts are deemed highly restorative for convalescents.

On the modern principle now advocated by some physicians of note—that the methods, growth and physical attributes of trees and herbs determine their sphere of curative action—it is plausible to suppose that the oak, as an emblem of sturdy strength and prolonged endurance, may minister help to those who are weakly and powerless of body. The Arcadians, a healthy, happy race, were said to live chiefly on acorns; and in

our own country oak corn was made into bread as late as the time of Queen Mary. Early in the present century a Signor Vernani, a quack pretender, realised large sums of money by the sale of "Quercine decoction," which professed to confer strength on the most helpless and infirm persons. Sir Thomas Browne (1642) wrote concerning the oak, "Besides the gall, which is his proper fruite, hee shootes out oakerns, *i.e.*, *ut nunc vocamus*, acornes, and oakes apples, and poly pody, and moss." Oak sawdust is sometimes put into new port wine, or brandy, to impart an astringent quality, and supposed age. Its peculiar aroma given off in tan-pits is found to protect working tanners from consumption of the lungs: and will benefit this disease remedially by inhalation.

The Banana, which has become a fruit of large consumption and widespread popularity, is forty-four times more valuable as to its nutritive qualities than the potato, and is twenty-five times more nutritious than good white bread. When candied it makes a delicious sweetmeat, being much preferred by many persons to dried figs. The ripe banana is cut into thin slices, and laid in the tropical sun until it becomes a sweet, semi-gelatinous mass. Pieces thereof are packed in boxes, with a dusting of fine white sugar between each layer; or when cut into strips and dried in the sun, they may be ground to a powder in a mortar and sifted. Stanley, the African explorer, dwelt on the superiority of banana flour over wheaten flour for dietetic purposes; he tried the experiment of converting the dried fruit into flour, and the bread made therefrom was found to be both palatable and strengthening. Superior West Indian bananas are now on common sale in England for a halfpenny each.

Sir Henry Thompson calls special attention to the value of Haricot Beans as one of the best of the pulses

for affording strength economically. "No product," he says, "of the vegetable kingdom is so nutritious, holding its own in this respect, as it well can, even against animal beef and mutton." The haricot ranks just above lentils, and is to many palates of a pleasanter taste. Likewise, by most stomachs, the haricot is more easily digested than meat, and, taking weight for weight, the eater feels lighter and less oppressed, as a rule, after the leguminous dish, whilst the comparative cost is much in its favour." Haricot beans are rich in nitrogen. Boiled haricots left in a warm oven for some hours develop a peculiarly agreeable flavour not noticeable in the freshly boiled beans.

In former days a diet-drink made from Oats was favourably regarded by physicians; concerning which Dr. Lower and the famous Dr. Hoffman wrote a treatise, about the end of the seventeenth century. The inventor of this drink, Joannes de Sainte Catherine, is said to have kept himself alive by it to the age of one hundred and twenty years, free from all disease. The Muscovites make an ale, or drink, of oats which is of so heating a nature, and so strong, that it intoxicates more quickly than the richest wine.

Flummery (which derives its name from the Welsh "llymrig," meaning "raw") is a dish which in its original form consisted of oatmeal boiled to the stiffness of thick gruel; and to this were added sugar and orange-flower water. It was eaten with wine, milk, cream, or cider. Rhubarb flummery, which is an excellent anti-scorbutic food, is boiled rhubarb from the kitchen-garden, in milk, thickened with gelatine and sugar. Goldsmith, in his *Citizen of the World*, wrote, "There was a farmer in my parish who used to sup upon wild ducks and flummery." Our forefathers supposed that wild oats came by witch-craft, likewise that the wild

oats of youth are scattered by the same agents ; from which notion the misdeeds and frolics of thoughtless young men have thus become called wild oats.

Asclepiades, a physician of Bithynia, who wrote about ninety years before the Christian era, affirmed, together with his followers, that Onions give strength and clear the complexion. He laid a wager that he should never be sick, and won it by dying at last from a fall when very old. Lord Byron thought that even the odour of onions and leeks is in some degree nutritious. He says, "I knew a gentleman who would sometimes fast three or four, yea, five days without meat, bread or drink ; but the same man used to have continually a great wisp of herbs that he smelt on, and amongst these some esculent herbs of strong scent, as onions, garlick, leeks and the like.

Lentils are the most nutritious of all the pulses, and contain the largest proportion of nitrogenous (quasi-animal) substances. This pulse has the further advantage of being remarkably rich in iron, its ash containing as much as two per cent. of the oxide ; also in phosphate of lime. Peas and beans afford sulphur and phosphorus abundantly in combination with legumin ; they are richer than the cereals in potash and lime but poorer in phosphoric acid and magnesia.

Bran-water is given in America to supply strength, this being supposed to contain the phosphates of the wheat-husks and most of the nourishing qualities of brown bread. Pour cold water on two handfuls of fresh bran, let it stand for four hours, then strain it off clear.

Porridge, "the halesome parritch, chief of Scotia's food," as so highly extolled by Burns, in *The Cotter's Saturday Night*, is well known and esteemed for its nutritive and wholesome qualities (except in skin

diseases). Its particular properties have been related among *Herbal Simples*. Formerly this popular mess was served in small bowls or "porringers," hence so called.

"And often after sunset, sir,
When it is bright and fair,
I take my little porringer
And eat my supper there."

Wordsworth—"We are Seven."

Parsnips made into marmalade with a small quantity of sugar, will stimulate the appetite, and are of much service for convalescents. Likewise, wine prepared therefrom is more like the Malmsey of Madeira and the Canaries than any other wine. Instinct has taught the deer when near calving to feed upon the wild parsnip; and cows by eating the same will yield an abundance of rich milk. In former times parsnips were known as "mypes."

It is to be remarked with regard to green vegetables generally they are of but low nutritive value, whilst owing their chief importance as regular articles of diet to the alkaline salts, particularly of potash, which they contain. These salts become excreted in the urine as carbonates, for which reason green vegetables are of benefit for any patient liable to gravel. Their abundance of cellulose and fibrous matter impedes their digestibility, but is useful by supplying intestinal ballast against constipation. They contain so little sugar or starch that they may be confidently allowed, in most cases, to diabetic patients; cauliflowers are the easiest of digestion.

M. Lemery (1704) has set forth the virtues of Chocolate (being full of oily and balsamic properties) "for allaying the sharp humours which are predominant with those who are troubled with the phthisick, and for nourishing and recovering their solid parts." "Upon this occasion,"

said he, "give me leave to tell a story of a phthisical person which Munday, a London Physician, knew and mentions himself, even in his *Treatise of Foods*, when he speaks of Chocolate. The patient was in a desperate consumption, but taking to the sipping of chocolate he recovered in a short time; but what is more extraordinary is that his wife, in complacency to her husband, having also accustomed herself to sip chocolate with him, bore afterwards several children, though she was looked upon before as not capable of having any offspring." The word "chocolate" is an Indian compound of "choco" (a sound) and "atle" (water), because the latter was commonly used in preparing this substance, whilst a little rustling sound was produced by the stick used in stirring it. In the *Natural History of Chocolate*, London (1682) we read that "several curious travellers and physicians do agree in this, that the cacao nut has a wonderful faculty of quenching thirst, allaying the hectic heats, and of nourishing and fat'ning the body. Some object that it is too oily and gross, but then the bitterness of the nut makes amends, carrying off the other by strengthening of the bowels." The Cacao, or cacaw-nut tree, grows in several parts of America, Nicaragua, New Spain, Mexico, Cuba, and in Jamaica; the inhabitants whereof have so great a value for the nuts that they do use the kernels instead of money, both in their traffic and rewards. The Indians look upon their chocolate as the greatest delicacy for extraordinary entertainments.

In France, as stated already, the sweet Chestnut is much valued for restoring the health of persons convalescent from any wasting diseases. A Chocolate, which is highly nutritious, and fattening, does excellent service in this way, being prepared from the Chestnuts

first cooked in Cognac until their outer shells, and inner investing skin can be peeled off: the nuts are then mashed into a pulp, together with milk, and sugar, sufficient for this purpose; some cinnamon, or other spice as may be preferred, being added. The mixture is afterwards boiled with more milk, and frothed up in a chocolate pot. At the best tables in France and Italy the sweet Chestnut is usually found served with dessert, being roasted, and eaten with salt, so as to give a zest to the wine: it then becomes almost aromatic in flavour. Being the least oily of all nuts, and the most farinaceous, it is easier of digestion than any other. Continental confectioners dip the cooked nuts into clarified sugar, turning them thus into sweetmeats.

“Post pisces nux sit; post carnes caseus esto:
Nux unica prodest; nocet altera; tertia mors est.”

Highly renovative of strength for the weakly and aged is Salep or Saloop, a nourishing starchy decoction made from salep powder, which is often to be found in the kitchen, or is readily obtainable as a food. A teaspoonful of this powder should be first mixed with a dessertspoonful of brandy, and then with half a pint of water, boiling them together, and adding spices, if approved, or (as formerly) sassafras chips, for flavouring. Charles Lamb, in his *Praise of Chimney Sweepers (Essays of Elia)* wrote, “There is a composition the ground work of which I have understood to be the sweet wood 'yclept Sassafras. This wood boiled down to a kind of tea and tempered with an infusion of milk and sugar, hath to some tastes a delicacy beyond the Chinese luxury. The judicious Mr. Read hath time out of mind kept open a shop (the only one, he avers, in London) for the vending of this ‘wholesome and pleasant beverage,’ on the south side of Fleet Street, as thou approachest Bridge

Street—the only *Salopian House*. The rake who wisheth to dissipate his overnight vapours in more grateful coffee curses the ungenial fume as he passeth ; but the artizan stops to taste, and blesses the fragrant breakfast ; this is Saloop, the precocious herbwoman's darling, the delight of the early gardener who transports his cabbages by break of day from Hammersmith to Covent Garden's grand piazzas ; the delight, and, oh ! too often I fear, the envy of the unpennied sweep ! Him shouldst thou haply encounter, with his dim visage pendent over the grateful steam—regale him with a sumptuous basin (it will cost thee but three halfpennies), and a slice of delicate bread-and-butter (an added halfpenny)." Squire, in his *Pharmacopœia of Medicaments*, directs to "take powdered salep, one part, and agitate well with ten parts of cold water ; pour on to this ninety parts of boiling water, and stir until cold."

Sassafras bark, or wood, is still infused to make a tea for relieving the rheumatism of aged persons ; and a similar beverage was formerly sold at daybreak in London as a common outdoor breakfast article, in St. James' Park and elsewhere, being then known as saloop. The leaves of Sassafras contain much mucilage. A few chips of the wood may be added with benefit to common tea, or an infusion of sassafras altogether substituted as a table drink. In Tuer's *London Cries* (1750) it is told that "considered as a sovereign cure for drunkenness, and pleasant withal, saloop, first sold at street corners, where it was consumed principally about the hour of midnight, eventually found its way into the coffee houses. The ingredients used in the preparation of this beverage were of several kinds, sassafras, and plants of the genus known by the simplers as cuckoo flowers (*cardamine pratensis*) or ladies' smock, being the principal among

them. An early name in England for the sassafras was "ague-tree." Its root is a powerful aromatic stimulant, and is used for scenting. A German saloop soup is frequently ordered for weakly children: Into a quart of good beef bouillon stir a tablespoonful of salep mixed in a little cold water; set it on the fire and let it boil till it begins to thicken. This may be made also with thin wine, or with water, instead of broth, in which case sugar, lemon, or sweetmeat should be stirred in. The soup is not only nourishing for weakly persons, but it is specially recommended for delicate children. A teaspoonful of salep mixed in a little water, and a teacupful of milk or broth poured over it, may be given to a child daily when first weaned, and this will be found to strengthen it greatly. Our salep or saloop, as now used commercially, is a starch obtained from the roots of the male orchis, *orchis mascula* (see *Herbal Simples*). This is likewise employed in Turkey and in the East. It is more nutritive than either sago or arrowroot, and is consequently better adapted for the convalescent than for those actually sick; it is a light, bland and sustaining article of diet.

Concerning "Milke itself," wrote Dr. Hart (1633) in *Diet of the Diseased*, "when taken by moist or phlegmatick bodies (for whom it is not so good) it will be best to boile it, adding thereto a little sugar or some honey, and salt and a little powder of cinnamon and other spice." "The milke of all others most temperate and best is woman's milke, which is used to bee suck't out of the breast, the which is the best way, for if it be but a little kept it soureth, and is not so apt to nourish. Of this milke Hippocrates maketh no mention, which may seeme somewhat strange. The best excuse we can for this pretend is to say that he regarded not so much in milke this alimentary power as the abstersive faculty

thereof for cleansing the ulcers of the lungs. In goodness of nourishment next to it is thought by some to be ewes' milke, as being thickest and most nourishing; then goats' milke next; after which followeth cows' milke, and after it mares' milke; asses' and camels' coming in at the last. In abstersion and cleansing of the lungs, asses' milke hath alwaies challenged the first place, and with us next to it is goats' milke, for camels' milke wee cannot come by it. But of all others cowes' milke, both in sicknesse and in health, with us is most usuall and ordinary; and goats' milke moisteneth much, and is not so hot as some imagine who hold that the goat is never without a fever. As for asses' milke it is thinner, more cooling and moistening than any of the other, and ingendereth no obstructions as other milke doth, and is therefore more physicall; and concerning this milke thus much upon my own experience, I can testifie that during my long sicknesse in France I found more benefit by a moneth's use of this milke than by all the other coolers used, insomuch that whereas before no drink could satiate my unsatiable drouth, I was with my morning's draught of this milke so refreshed that I little regarded any other drinke for all that day following. A browne woman's milke is accounted the best, even on the judgment of Hippocrates. The beast from whence milke is to be milked ought to be of an indifferent size of body, neither too fat or corpulent nor yet too leane; and here the colour cometh likewise to be considered."

Maize or Indian corn (*Zea mays*), by reason of its containing vegetable nitrogen in large proportions, is more stimulating than wheat. The grain comprises besides these nitrogenous elements, starch, sugar, fat, salts and water. It is produced over immense regions of the globe, through North and South America, in Asia, Africa and

the islands of the Pacific Ocean, but not in England. As well as being used for bread, this corn flour is commonly made into pudding, and eaten either alone or with meat. It is now known in Ireland as "stirabout," and in Italy as polenta, whilst it is served in America with pork under the designation of hog-and-hominy. The time required for the digestion of Indian corn-bread, or corn-cake, is from three to three-and-a-half hours.

A cordial Panada, when required promptly, may be made in five minutes by setting a little water on the fire in a small saucepan, with a glass of white wine, some sugar, a grate of nutmeg, and lemon peel, meanwhile having some bread crumbs grated. The moment the mixture boils up, whilst keeping it still on the fire, put the bread crumbs in and let it boil as fast as it can; when of a proper thickness to be drank, take it off. Or, slice the crumb of two French rolls into a basin, and pour over it as much boiling, plain, good gravy (free from fat) as it will absorb. When quite moist beat it well with a fork, and add whatever seasoning is required; then put the bread into a saucepan with an ounce of butter, and stir it over a gentle fire till it is dry and smooth and leaves the saucepan with the spoon. When cool it is ready for use. Time, about half an hour to soak the bread.

Sugar (which is elsewhere treated of as antiseptic, page 17) is in itself a muscular food of much value. If taken early in the evening it is capable of decreasing the daily fall in muscle-power which occurs at night, and it also increases the resistance to fatigue. Glycogen, the sugar constructed by the liver from the blood and stored in that organ, when found in the muscles is used up whilst they are being worked, and accumulates again in them, for a like purpose, when they are at rest. (For

this reason active muscular exercise, supposing it can be adequately undertaken, is much to be commended for diabetic patients, so as to get rid of the morbid sugar from the system.) A pound of sugar with grass, or hay, has supported the strength and spirits of a horse during a whole day's labour, in one of the West Indian islands. Also the plentiful use of sugar in diet is one of the best preventives ever discovered for the maladies contingent on worms. Dr. Frederick Slare tells of an experiment made by a friend who was a small, lean man, accustomed to take freely of wine in the company of strong drinkers. "I asked him how he was able to bear it. He said his health became damaged and he was apt to be fuddled until he learnt to dissolve sugar in his wine; and from that time he was never sick, nor heated, nor fuddled with wine, which he usually took of a red sort. I made use of sugar myself in red wine, and found the like good effect, that it prevents heating my blood, or giving my head any disturbance, if I drink a larger portion than ordinary. I allow about two ounces of sugar to a pint of wine, and dare assert that this proportion will take off the heating of wine to a great extent; and after one has for some time used himself to add sugar to his wine, he will be pleased with the taste, and will feel the comfortable and cordial virtue of this combination. Let those that are thin and apt to have hot hands and heated brains upon drinking, and yet cannot abstain or be excused from drinking, take notice of this counsel and try it for some time, and they will be gratified with the delicious taste and the salubrious effects of the saccharine addition." Dr. Rush asks, "Why is the use of sugar with food not more general in this country? It would tend to lessen the inclination or supposed necessity for spirits, for it is

a matter of observation that a relish for sugar in diet is seldom accompanied by a love of strong drink."

"No sweet without some sweat," says a common proverb; and Thomas Hood, in *A School without Scholars* (1833), plaintively exclaimed:—

"Oh! if I was but at Clapham—at my old school again,
In the rod I'd fancy honey, and sugar in the cane!"

The fragrant aroma of sugar is so extremely volatile that it evaporates almost as soon as the sugar is powdered, and the fine lemon-peel *gout* presently flies off. "Sweet meat should have sour sauces."

With respect to foods, high price and nutritive value are not synonymous, seeing that the cost of a food in the market is determined more by such considerations as flavour and rarity than by chemical composition, or wholesomeness for easy digestion. Thus, a pound of cod's flesh at threepence yields just as much nourishment as a pound of sole at eighteenpence; and common arrow-root at fourpence is of the same chemical and physiological value as Bermuda at two shillings. But, of course, quality and flavour lend a superiority appreciable by the refined palate.

"Health is preserved," wrote R. A. Austen (1653) in his *Treatise of Fruit Trees*, "by wholesome meats and drinks all the yeare from the garden of fruit trees. The spirits of the body in summer stand in need of cooling and condensing, and what meats and drinks more proper for that purpose than dishes and drinks of the fruits of an orchard? They are both alimentall, and physicall; they cure disease, and preserve health, discharging the body of the beginnings and seeds of many diseases. Now, I say, the orchard or garden of fruit trees is profitable to the body for long life, and that in several respects. First, by the organs of the body;

secondly, by the affections of the minde. The sweet perfumes of fruits work immediately upon the spirits for their refreshing, but meat and drink act by ambages and length of time. Sweet and healthful ayres are speciall preservatives to health, and therefore much to be prized. Is the curative part of physick so worthy and excellent as the preservative part? It's better to stand fast than to fall and rise againe!"

"Take my advice, sir, a mother's advice, and relax a littel! I know what it is you want, brassing; a change of air and more stummick; and you ought to wear flannin and take tonicks. Do you ever drink Basses Pail? It's as good as camomile tea! But, above all, there's one thing I'd recommend to you—steal wine! it's been a savin' to sum invallids." Such was Hood's utterance through the mouth of a dear old lady in *The Echo* (1844). "As the doctor used to say, "What made Jack a dull boy? Why, being always in the workhouse and never at the playhouse;" so, "get out of your gownd, and slippers" says he, "and put on your best things, and unbend yourself like a beau! The mind requires a change as well as the merchants."

With regard to fruits, these consist of flavour fruits and food fruits. The former include all the berry class, and are chiefly eaten for the sake of their agreeable tastes, but they are also of service by reason of the vegetable salts of potash which they furnish. The food fruits are represented by the fig, banana, date and other dried fruits. They contain a large proportion of sugar which gives them a quite considerable nutritive value, and they are used in many countries, as in Egypt, for example, instead of the cereal grains. It should be remembered that the chief sugar met with in fruits is lævulose (and that this sort may be better utilised to nourish in diabetes than

any other form of sugar). Cooked food is sold in France at, or a little before, the hour of *dejeuner*. "Women carry monster baskets on their heads containing tiny earthenware stoves, with charcoal inside them which serves to keep all hot; likewise earthenware pans filled with baked apples, fried potatoes, or rice milk (*riz au lait*); and cooks do not think it at all beneath their dignity to rush out with a basin and receive the steaming rice, toss a couple of eggs into it, and brown it over in the oven in ten minutes' time; or to fetch a dish of the *pommes cuites* for satisfying the eager children."

This *riz au lait*, or rice milk, if shreds of fine suet from the sheep's kidney be added thereto when hot, is very nutritious on its own merits, or as an excellent substitute for cod-liver oil.

Dr. Jaeger, known as the staunch advocate of all-wool clothing, has directed attention to the fact that if food articles are tested by the sense of smell (except when the stomach has been already satiated with supplies) the odour of the wholesome foods will be found to prove most agreeable, whilst the poisonous and unwholesome objects when smelt are usually malodorous; *Quod olfactu fœdum est, idem est esu turpe.*" Of edible fruits those which are fragrant and of a delectable scent when fresh, are the most salutary as food, such as apples, pears, strawberries, raspberries, oranges, lemons, etc; but the noxious berries, however inviting of aspect, have generally an offensive smell, such as belladonna (deadly nightshade), henbane, hemlock, fools' parsley, and herb Paris. If, however, the sweet-scented fruit is worthy to be eaten, it must in addition to its fragrance and appearance excite a feeling of appetite, or desire to taste thereof. Most flowers are fragrant and have beauty, but we do not wish to masticate them.

In tropical countries the Banana, which has been already referred to, is a most valuable food, its parent tree being highly productive, and yielding from the same extent of ground a larger supply of human sustenance than any other known vegetable. The fruit contains seventy-three per cent. of water; when dried it may be converted into meal which approaches in composition most nearly to rice. About six-and-a-half pounds of the fruit, or two pounds of the dry meal, with a quarter of a pound of salt meat, or fresh pork, form in tropical America the daily allowance for a labourer. Banana flour is being largely manufactured at the present time in Columbia and Central America. The fruit, when stripped of its skin, is sliced and dried either in the sun or by artificial heat, then ground and sifted. A bunch of bananas weighing fifteen pounds will yield three pounds of the flour. The unripe fruit is sometimes used as bread, being first dried in the oven, so that when baked it resembles bread both in taste and composition, it being the fact that whilst unripe the fruit is filled with starch; as the bananas ripen their starch becomes converted into sugar. The unripe fruit is eaten also as a vegetable; when dried artificially, or in the sun, it is formed into a paste (with spices and sugar) which will keep for years. It is likewise roasted and flavoured with the juice of oranges or lemons. Bananas are the pulpy fruit of the *Musa paradisiaca*, which grows throughout the East. They consist of a thick skin and an enclosed edible pulp, containing grape sugar, cane sugar, nitrogenous matter, cellulose and fat, with phosphoric anhydrid, lime, alkalies and iron. They form the principal food of the Mexican people. Gerard calls the banana tree "Adam's apple tree," from a notion that it was the forbidden fruit in the Garden of Eden; some

kinds of the fruit possess the flavour of a good mellow pear.

Throughout France, a sort of national jam is made of very valuable use against scurvy and allied affections, because of its abundant and varied fruit salts. This has been already mentioned as Raisiné, because of its slightly laxative effects for school pupils of sedentary pursuits who cannot take sufficient bodily outdoor exercise. But such jam, by reason of its wholesomeness, is very popular with the middle class, being eaten commonly with bread, and used in making cakes; it is a perfect hodge podge of fruit and vegetables, with a foundation of new wine as it comes from the press. Into this are thrown beetroots, turnips, carrots, all, of course, carefully washed and peeled, apricots, plums, apples, pears, and any other fruit which may be in season; and the mixture is kept moving for twenty-four hours, everyone having a stir at the raisiné cauldron.

M. Lemery (1745) explained with respect to New Wines that those called by the French "*vins de Liqueur*" were usually made by putting the Juice of the Grapes over the Fire, after it hath been press'd out, in order to make Part of the Humidity to evaporate: after which they tun it, and leave it there to ferment. But you are to consider that the fermentation it then undergoes is but imperfect, because part of its Flegm having been taken away, its salts are not so much extended as they ought to be in order to act with so much force upon the oily parts of this Juice. From whence it follows that these same oily Parts, being no more than half rarefied, and still embracing the Pungency of the Salts, with their gross particles, the Wine is become but half spirituous, and still retains part of the sweet taste of the Must." There are many animals of the fields, and

woods, who grow fat in grape time ; which shows this Fruit is very nourishing. Young Foxes become very fat in Autumn in those places where there are Vines ; and their flesh at this time is tender, delicate, and good meat. But it is observable that when the Vintage is over, and that these little animals can find no more Grapes, they grow lean, and their flesh loses the good savour it had before."

"It is striking to observe" (*Johnston's Chemistry of Common Life*, 1855) "how by a kind of natural instinct the inhabitants of every country have contrived to mix up and adjust the several kinds of food within their reach so as to attain precisely the same common physiological end. The Irishman mingles nitrogenous cabbages with his starchy potatoes ; the Englishman fat bacon with his nitrogenous beans, or albuminous milk and eggs with his starchy rice ; the Italian, again, takes fat cheese with his lean macaroni ; soft oil is blended with the watery vegetable salad, and butter adds heat-forming energy to the gluten of bread. These and other sagacious methods exhibit so many chemical adjustments of vital importance.

"The potato has become in a sense the national food of Ireland, and mainly through its containing large proportions of potash and soda, but much less of lime, and of other necessary mineral ingredients than either wheat or oats, which are the staples of English and Scottish life. But the greater part of Ireland is covered with a broad limestone formation, which impregnates with lime the springs and other waters employed for domestic purposes ; so that the mineral contents of what the Irish drink supply the natural deficiency in what they eat. It would thus appear that the adoption of a special national diet may lie much deeper

than political economy can commonly go. It may depend upon refined chemico-physiological and chemico-geological relations, the discovery of which takes us long to arrive at!" This considerable amount of alkaline potash and soda supplied by potatoes serves often usefully to keep down the acidity of the urine; so that eating a moderate quantity of properly cooked potatoes twice a day may suffice to make a urine which tends to throw out some red sand at frequent intervals (because of its relatively high acidity), cease to do so. Lord Palmerston, who was a decidedly gouty man, and who lived, nevertheless, to the patriarchal age of eighty-one, was accustomed for many years to eat potatoes at every meal. "Small potatoes" is a slang epithet applied in the United States to anything mean and insignificant. "I took," said Mrs. Whicher, "to attendin' Baptist meetin' because the Presbyterian minister here is such small potatoes that it warn't edifyin' to sit under his preachin'."

Turnips, told about in detail among *Herbal Simples*, when well cooked are wholesome and help the digestion; furthermore, they increase the flow of urine somewhat.

"Rapa juvat stomachum, novit producere ventum;
Provocat urinam: faciet quoque dente ruinam
Si male cocta datur: hinc tortio tunc generatur."
Schola Salernit.

"They please the palate, but provoke a storm
Of wind and water: raw, the teeth they harm."

Undeniably, as these quaint lines teach, turnips are of a flatulent nature, and if munched in the field are apt to cause toothache. A turnip, *terre napus*, popularly "turmit," is in Lincolnshire a "dowball"; turniptops are "fash," and in Lancashire "shaws." Audrey comes on the stage in *As You Like It* munching a raw turnip. George III preferred a boiled leg of mutton with turnips to the most sublime

composition of his *maitre d'hotel*. It has been sagaciously said that the power by which man becomes truly omnivorous is habit; the inferior animals could do the same if they only knew how to set about it; but even for such a simple process as learning to eat turnips the silly lamb needs a shepherd to stand over him and forcibly make him chew. Nevertheless, "it is to be observed," as we read in the charming essay by Charles Lamb on *All Fools' Day*, "that the foolisher the flesh, fowl or fish—woodcocks, dotterels, cod's heads, -etc.—the finer the flesh thereof; and what are commonly the world's received fools but such whereof the world is not worthy? Take my word for this, reader, and say a fool told it you, if you please: that he who hath not a dram of folly in his mixture hath pounds of much worse matter in his composition." The woodcock is noted for its simplicity; "springes to catch woodcocks."

When at Schwalbach at the Baths, in 1836, Thomas Hood published in his *Comic Annual* for that year a humorous account of the dietary attributed to Dr. Furbe for the benefit of his patients there on a novel principle. "The said doctor, famous at home, may not yet have quacked loud enough to be heard in England; he has gathered the knowledge (from St. Pierre, if I remember rightly) that insects take the colour of that which they feed upon; acting on which hint he professes by proper tints in diet to paint one up to 'a perfect picture of health.' First, he proceeds by negatives; for example, in yellow jaundice you are not to take mustard, yolk of egg, oranges, pease-pudding, saffron cakes, apricots, or yellow hammers. In hypochondria, or the blue devils, he forbids plums with the bloom on, peas, such as blue Prussians, blue rocks, sky blue, and blue ruin. In scarlet fever, love-apples (tomatoes), red streaks,

red currants, cayenne pepper, red cabbage and scarlet runners. In black jaundice, black currants, black cocks, blackbirds, liquorice, blackheart cherries, black puddings and black strap ; and so forth onwards according to the hue. Then he prepares for the positive treatment by endeavouring first, like a dyer, to take all colour out of you before he gives you a new tint. To this end he plies you with water-ices, creams, white meats with white sauce, cauliflower, turnips, blancmange, and lily-white mussels, giving you besides a lump of chalk to lick, like a country calf, to whiten your veal. Should he succeed in bleaching you to a plaster cast of yourself, your cure is certain ; he has then only to give you the true herbe complexion by commending you, when the season suits, to plenty of strawberries smothered in cream. But if, on the contrary, the case proves obstinate, he attempts to divert it ; for instance, he tries to turn yellow jaundice into green by a blue diet ; or the frightful blue stage of cholera into a green one by a yellow diet, or, which is preferable, into a purple stage by the exhibition of pink noyau. As for black jaundice, he has a method of making it piebald by the white diet, or, in mild cases, of reducing it to the spotted state, or Dalmatian. Finally, in extremity he has recourse to his neutral tint, which is intended to make you neither one thing nor another ; to this end he mixes up all his dietetical pigments together ; and it was at this point, when he had prescribed for me a mixture of blue ruin, black strap, scarlet runners, green cheese, brown stout, mustard flour, and a few trifles besides, without consulting my *palate*, that I begged him to 'give me over.' He took his fee and retired in dudgeon, and I never saw his white beaver turned up with green, his plum-coloured coat with a

brown collar, his velvet waistcoat with tulips in their natural colours on a purple ground, his sky blue pantaloons with a pink stripe up the seams, his grey stockings, and his yellow handkerchief with a rainbow border, any more. It was just in time; if I had not struck his colours, he would have struck mine.'

DELIRIUM TREMENS.

THIS is a disease of the nervous system brought about by a long-continued mischievous indulgence in alcohol, with the corrupt products induced whereby the system has become so saturated that the life of the nervous tissues as regards their nutrition is arrested; especially are those which contain phosphorus incapacitated. The best plan of treatment is to cut off the alcohol altogether at once, and at the same time to get rid of alcoholic products which are already poisoning the nervous centres. This latter object may be effected by a brisk emetic of mustard and water (unless vomiting takes place spontaneously). But at the same time the prostrate nervous system must be supplied liberally with new material ready for immediate use as soon as its digestion becomes possible. Good, freshly-made beef tea, highly seasoned by cayenne pepper, and with which some pounded beef has been incorporated, will best answer this essential purpose. The energies of the jaded stomach will be thus aroused to making fresh efforts, and the strong sustenance administered in this way will become utilised so as to recruit the shattered powers of brain and body. "For delirium tremens when it declares itself," says Dr. Stacey Jones, "give beef tea red hot with cayenne pepper in frequent copious draughts." When this is so strong that a person in ordinary health would not dare to taste it, the sufferer

will declare it a most cool and refreshing draught. One surgeon in London reports a hundred and fifty successive cures by means of such a diet alone. Furthermore, an old author has told that anchovies (being of a highly pungent flavour) may well be called the drunkard's delight,—“they cut tough phlegm in a phlegmatick stomacke and provoke appetite.”

In severe cases where there is marked prostration of the strength, and particularly when congestion of the lungs is threatened, it will be imperatively needful to allow some alcohol, such as whisky with hot water, at intervals graduated by the conditions prevailing of pulse, respiration, and bodily powers; otherwise, as already said, alcohol is to be avoided as far as possible. This may be quite safely prohibited in first attacks, whilst a light milk diet is supplied, and gently laxative foods are combined therewith, such as diluted milk, raw eggs beaten up with milk, beef tea, and strong soups freely administered. In this way, whilst perfect quiet and repose of body and mind are maintained, together with careful nursing, a severe attack may be prevented and natural sleep will return in from three to five days. All methods of self injury should be guarded against during the violent stages of the attack, and a padded room, when available, is of great assistance. Grated Parmesan cheese with red pepper is of admirable dietetic use as stimulating food during the active delirium, and will help to rally the strength. Avoidance of all mental excitement is of essential importance. The fact that no phosphates are now excreted in the urine shows that the vitality of the nervous tissues is completely at fault. In the early stages of this delirium sleep may be sometimes induced by giving twenty or thirty grains of cayenne pepper made into a bolus with honey, and

repeated after three hours if still necessary. Strong coffee proves capitally calmative, whilst the room is to be kept comparatively dark, and the patient lying down, as far as this can be managed. Cayenne pepper has been told of already in detail among *Herbal Simples* as of specific virtues in treating the delirium of confirmed drunkards. And the "gaud of red peppers mingled with dried apples and peaches hung in picturesque festoons on the walls" is fancifully described by Irving in his *Sketch-book*.

DIABETES.

"IN health," as Dr. Yeo concisely explains, "the sugar taken with other foods into the body, or formed therein from starches, alcohol, etc., is without doubt used up to a great extent for the production of force, to which bodily warmth, and the formation of fat are secondary contingencies. But in diabetes an amount of this sugar escapes (as grape sugar) from the body unconsumed. Such is essentially the nature of the disease. Meanwhile the presence of sugar largely retained in the blood proves constantly irritating, and provokes incessant thirst; to allay which it should be arranged that copious draughts of water, or perhaps of skimmed milk, shall precede a meal, but not immediately follow it so as to dilute and impair the digestive ferments. The addition of a few drops of fresh lemon-juice to this water will help to allay the thirst, and small fragments of ice may be sucked for the same purpose."

Of the exciting causes of diabetes the two chief are injury to, or disease of the brain, and excessive mental fatigue, excitement, or worry. But a constitutional habit generally underlies the disease. Certain errors of diet, such as the excessive use of sugar and of other

"hydrocarbons," may originate a formidable diabetes, especially in those who have any hereditary tendency thereto. It is probable that the frequency of this malady among the Jews may be accounted for on dietetic grounds.

In constructing a dietary for the diabetic the rule should be to exclude, consistently, of course, with the nourishment of the body, all those articles of food which can become converted within it into sugar. As far as possible the albuminous foods, animal and vegetable, and fat freely allowed, should form exclusively the sustenance of the patient. The thirst which occurs so insatiably is determined by the amount of sugar in the blood; and the hope must be to relieve this urgent craving by a diet which diminishes the formation of such sugar. In elderly persons, especially if of a gouty habit, the urine not unfrequently is found to contain harmless sugar, which may persist for years without any serious deterioration of the health, or strength, or any wasting of the body; indeed, allowing a complete ultimate recovery.

For diabetic sufferers a diet restricted altogether to milk has proved successfully curative. Some years ago it was stated by Dr. Donkin that by this method he obtained excellent results. His plan was to limit the nourishment altogether to skimmed milk, of which the sick person was directed to consume at first from four to six pints in the day, which quantity was slowly increased to twelve pints daily. The milk was taken warm, and a portion of it, about one-third, was first converted into curds and whey. Dr. Donkin maintained that at the end of a fortnight on this regimen the sugar had entirely disappeared from the urine; but his mode of cure was never largely adopted, as, though undoubtedly

agreeing with a few cases, it could not be borne by the many. In diabetic persons who are fat and well nourished, whilst somewhat gouty, the most strictly abstinent feeding may be beneficially carried out; but in emaciated patients the general nutrition must not be allowed to fail through sole attention to arrest of sugar-formation. Certain French physicians withhold milk altogether, because considering that it increases the quantity of sugar found in the urine. Sir Wm. Roberts thinks it best to replace the milk by cream. All kinds of animal flesh and fat are permitted to diabetic patients, as well as fresh and preserved meats, provided that sugar has not been used in their preparation. Fat is an invaluable nutrient substance, and indeed the sheet anchor in this disease, because of its large sustaining powers, and because its being eaten never increases the formation of sugar. With the same purpose in view such articles may be hopefully given as *paté de foie gras*, sardines in oil, and Caviare (which is very appetising, and has been said to rescue patients when in the last stage of diabetes). Green and fresh vegetables may likewise be freely allowed, such as cabbage, spinach, sorrel, lettuce, dandelion, cucumber, watercress, and other vegetables used commonly for salads: though, as a rule, such garden products as carrots, turnips, beans, peas, artichokes, and beetroot are to be avoided, as well as the sweeter fruits, whether fresh, candied, or preserved. But such of the acidulous fresh fruits as contain lævulose in the place of ordinary sugar are permissible, for instance, apples, gooseberries, cherries, and currants.

“*Paté de foie gras*” is especially well suited for diabetic patients, both because of its fat, and by reason of the liver supplied in this way as a remedial animal extract to make amends for the human liver at fault about

assimilating sugar. Furthermore, towards supplying the defective carbon which is lacking because of the unappropriated sugar by the liver, other fats may be freely taken, such as olive oil, sardines in oil, butter, cream, and rich cheese, also the roe of cod. It should be mentioned that to the curious gourmet affected with diabetes Professor Bouchardat particularly commends the flesh of carnivorous animals, and advises the making a trial at table of cat, dog and fox; by removing the fat of these creatures much of their rank flavour is avoided.

Lampreys, among animal simples, as already detailed, are, by reason of their abundant oil, and their delicate flavour, excellent food for diabetic persons whose digestion can bear them. A lamprey pie seasoned royally had peculiar charms on a fast day with our ancestors. The city of Gloucester has been long famous for its lampreys; though Norman epicures fancied that those of Nantes possess a superior flavour. This fish was rare in the reign of King John, and the Countess of Blois could not find any in England of a flavour to suit her delicate appetite. The King, to oblige her, issued a licence to one Sampson to go to Nantes and procure some for her ladyship's use. In 1231 a ship freighted with lampreys for the table of Henry the Third left Nantes, and was wrecked off the Isle of Wight; the news was conveyed to the King, who despatched a notice to the sheriff compelling all who found any of these coveted lampreys to immediately surrender them for his Majesty's table. As late as the time of Queen Elizabeth, Lord Berkeley used to send lamprey pies as presents to the judge in assize, and to other distinguished persons. Smollett tells in *Peregrine Pickle* that Julius Cæsar got together six thousand lampreys

for one triumphal supper (see the *Doctor's Roman Banquet*).

Eels also, which abound in fat, are proper food for diabetic persons whose digestion is otherwise robust. Boiled eels may be thus prepared : Place the eel, from which its skin has been first drawn off, before a clear fire, or on a gridiron over the fire, to rid it of the oily matter with which it abounds. After about ten minutes it will have parted with much of its fat ; then scrape and wash it in warm water, and put it into a clean saucepan with more hot water, about one quart ; add a bunch of parsley, and a little salt, and simmer until done ; serve with some of the broth in the dish and minced parsley as well ; it should simmer for twenty minutes. Strangely enough, eels will devour ducks ; the undigested heads of which birds have been found within the bodies of the eels when opened.

Old Izaak Walton counsels to stuff a large eel with a few herbs and anchovy, to wrap his own skin about him and tie him to a spit, and roast him leisurely, basting the while with water, and salt, and a little butter. "When cold the delightful creature will be almost jellified and will make a very choice morsel indeed." Says Izaak with loving unction, "When I go to eat an eel thus I wish he were as big as that which was caught in Peterborough river in 1667, which was a yard and three-quarters long ; if you will not believe me, then go and see it at one of the coffee-houses in King Street, Westminster." If the *Ingoldsby Legends* (Rev. Thos. Barham, 1830) can be taken as authoritative, eels will feed on a human corpse after drowning. In witness whereof see the *Knight and the Lady* ; where Sir Thomas, the worthy old Knight, whilst fishing for entomological curiosities, falls accidentally into fifteen feet of water,

and on his being afterwards discovered and taken out:—

“ When his wife comes to,
 Oh! 'tis shocking to view
 The sight which the corpse reveals!
 Sir Thomas's body
 It looked so odd: he
 Was half eaten up by the eels.”

Eel pies were once the great feature of the “duellists' breakfasts” served at the Old Sluice House, near Finsbury Park. It is currently reported in some of our country districts that if you put horse-hairs into a spring they will turn into eels. M. Lemery (1674) wrote that “the fat of an eel is looked upon as good for taking away the sign of the smallpox in the face, to cure the piles, and to make the hair grow; it is also put into the ears to help your hearing.”

The supporting influence of fat under great muscular fatigue is strongly maintained by Elstein; and it is stated that the German Emperor, in the war of 1870, recognised this fact by requiring that each soldier should have served out to him daily two hundred and fifty grammes (that is, about half a pound) of fat bacon. The Pemmican (so called from *pemus*, fat, and *egan*, substance) of the American Indians consists of buffalo meat, dried and powdered, then put into bags of the animal's hide with the hairy side out, and these are filled up with melted fat. The food is thus preserved and can be carried about by explorers and men in pursuit of game. When some of this is mixed with flour and boiled, it is known as “Robbiboe.”

Mrs. A. Tweed, the daughter of Dr. George Harley, writes (1879): “By living for three days entirely on asparagus, made stimulating with pepper and vinegar, my father found that he could render himself diabetic”;

which shrewd observation suggests that in the diabetes of disease this vegetable, when simply prepared and retaining its juices, is likely to prove of specific curative use. The rule should be as regards the asparagus, and other vegetables, that all the green parts may be eaten freely, because where chlorophyll (the green principle) is abundant, starch and sugar are commonly scanty ; thus the green parts of asparagus and celery may be taken, whilst the white portions are to be rejected as saccharine. Green artichokes may be used, but Jerusalem artichokes are objectionable. Cabbage should be chosen before it forms a white heart. Cauliflower and brocoli are questionable. Scotch kale and spinach may always be approved ; seakale is to be forbidden. Most fruits are of doubtful propriety, but nuts, if they can be digested, are free from reproach. Peaches are to be particularly commended for diabetic patients because containing so little sugar. But as the School of Salerno directed :—

“*Persica cum musto vobis datur ordine justo.*”

“It is a wise ordinance to take a cup of wine together with the peach.”

To make vegetable soup for diabetic persons : “Add to a weak stock of meat, or bone, a fine purée of such vegetables as spinach, turnip, tomato, sorrel, lettuce, or asparagus ; and with this a measure of cream may be mixed if the patient can digest it readily. Fruit sugar (or lævulose) is specially helpful as a food in diabetes for sweetening other provender, because it is not converted into dextrose in the system, nor thrown off therefrom as sugar, but is wholly used up in the animal economy. It is chemically a carbo-hydrate, useful for affording heat and fat. Lævulose is contained abundantly in the grape, but together therein with grape-sugar, or glucose, which would be injurious to those suffering

from diabetes mellitus. As prepared by the chemist, lævulose, of which two ounces may be safely used in the day, occurs as a white crystalline powder which may be readily purchased. Green gooseberries, green currants, green plums, or apricots, whilst still unripe and before the sugar is matured in them, may be used by diabetic persons with advantage. These should be stewed with just sufficient saccharin to give them a pleasant sweetness (though some discredit has been, and still is, thrown upon this coal-tar product), then pressed through a sieve and a little cream added. North of the Tweed, gooseberries, when ripe and sweet, are known as "honeyblobs." Again, for stewed lettuce, which makes an excellent change, select a well-grown lettuce and first boil it in plenty of water, taking care not to let it drop to pieces; when nearly done, take it out, drain it, and place in a stewpan with a little good brown gravy and allow it to simmer for twenty minutes.

Almond cakes were introduced by Dr. Pavy for his diabetic patients, but are rather rich to be eaten with meat; when used by themselves they are excellent; and almond flour, from which much of the oil has been expressed, is available for other dietetic uses. Fatty articles which contain glycerin (a sugar-former) ought not to be allowed. Small quantities of cold tea, without milk or sugar, and to which a slice of lemon has been added, will often be found palatable, cleaning the mouth and relieving thirst. Cocoa should be infused from the nibs. For the mischief which ensues in the lungs through their tissues becoming seriously concerned in throwing off sugar, (as well as the kidneys), it may be reparative to give healthy animal lung structure, obtained fresh, and simply cooked, on the newly-discovered

principle of health restoration by animal extracts corresponding to the diseased human organs.

Similarly the use of the animal stomach-bread (pancreas, or sweet-bread falsely so called) has been advised as a remedial food with some success. This pancreas (stomach-bread) of the sheep or calf is prepared by being cut up into small pieces, which are to be mixed with a certain quantity of bacon fat or lard, leaving the mixture to undergo (as it spontaneously will) self-digestion for about three hours, and finally roasting it lightly before the fire. As suggesting such a line of action it is to be noticed that extirpation of the stomach-bread, or pancreas, in a dog is followed by diabetes. Likewise, because of this disease depending so intimately on a faulty liver which fails to use up sugar from the blood, it has proved highly useful to give remedially portions of fresh animal liver, either slightly cooked (so as to retain its juices), or made into an extract with glycerin by the druggist; which latter will keep good for service from time to time. The use of animal liver thus formulated is found to diminish the amount of sugar passed in the urine, although no change may be made in the patient's diet.

With respect to new milk for the diabetic, as Dr. Yeo tells, some caution is necessary, since it contains 4 per cent. of milk sugar; but it also comprehends animal albuminates and fat which are of great service. Cream includes less of the lactose (sugar of milk) than milk, but seven times the amount of fat; it is therefore most useful in severe forms of the disease. By a simple method an artificial milk, containing no objectionable sugar of milk, can be made from cream: "To about a pint of water poured into a jug or glass measure, add four tablespoonfuls of fresh cream, and mix these well

together, allowing the mixture to stand for twelve hours. Most of the fatty matter will float to the top, and can be skimmed off with a teaspoon, and this will be found almost free from any of the sugar (which, as originally present in the cream, has been dissolved and distributed in the water); the fatty matter should now be separated, and placed in a glass, and mixed with water; the white of an egg is to be added and the mixture well stirred. A little salt may be further introduced. Such mixture may, with a little practice, be made to taste almost like milk, and can be taken freely by all diabetic patients."

The administration of alkaline waters with meals is so useful against this disease that "they may be regarded," says Dr. Yeo, "as forming an essential part of the diabetic regimen." "Their use is frequently attended by a diminution of the excessive thirst, a banishment of the excessive dryness of the mouth, by a less frequent urination, and by a disappearance of eruptions and out-breaks on the skin. The mode of action of these alkaline waters remains obscure, but their good effects are undoubted. If the stronger of such waters, like those of Vichy and Vals, are employed, from three to six ounces should be drunk half an hour before each meal; whilst the weaker waters, like those of Apollinaris, Ems, etc., may be taken in larger quantities and may be used to mix with wine, etc." As to alcohol, the choice is restricted to unsweetened spirits, or absolutely dry wines. Such alcohol is generally needed in some form, not only for the acute diabetes of the young, but also in the more chronic form of the affection in middle life; and though this may be of but little use as a substitute for the sugars, sweets and starches, it is a stimulating help to digestion. Whisky and unsweetened gin

are more generally suitable than other kinds of fermented liquor. In the severe complications of diabetes brandy proves the best stimulant.

Quite lately Professor Lépine, of Lyons, has related cases of chronic diabetes, gradually growing worse, in which a despairing self-indulgence in sugar (with tea, coffee, or wine), far from doing any harm, has led to an increase of strength. Forty years ago the treatment of diabetes by sugar was strongly advocated by Drs. Budd, Corfe, Sloane, and others on purely empirical grounds. Cane sugar is made up of equal quantities of glucose and lævulose, and it is now recognised that the lævulose can be tolerated by many diabetics in doses of from an ounce to an ounce and a half daily. Professor Lépine even suggests that small quantities of honey (which consists almost exclusively of lævulose) may be borne even better than cane sugar.

Dr. King Chambers, see *Diet in Health and Disease* (1876), gave it as his opinion that doctors do not act wisely in enforcing a diet on the diabetic patient which is really intolerable to him, or her. The object to be gained is to conciliate the stomach, appetite, and fancy into taking the greatest possible amount of animal food and oleaginous matter; in fact, to assimilate the patient as much as possible to the Esquimaux with their Polar diet, or to the Pampas Indians, who have nothing but water and beef, beef and water, from the cradle to the grave. And if he eats the heartier for having a biscuit, or a crust, or glass of porter, or even a forbidden vegetable, with his meals, it is better to give him his way than by playing the tyrant to tempt him to break through all rules altogether.

It is a remarkable fact that the virus inflicted by a wasp's sting will cause, or materially aggravate, diabetic

symptoms ; which suggestive piece of discovery (by Dr. Navarre, of Lyons) is well worth bearing in mind towards giving relief for such disease if the virus be curatively employed.

The diabetes (insipidus) of strumous children, characterised by an immoderate flow of pale, watery urine *entirely free from sugar*, is quite a different complaint ; in the dietetic management of which there is no objection to be raised against starches, sweets, and sugar, if well digested ; but alcohol, tea, potash-water, and coffee should be prohibited because provoking an increased flow of urine. It is not necessary to restrict the amount of fluid drink, which will pass off by the skin. Ice and acidulated water may be given to relieve the thirst. In more advanced cases the fluids should be milk, cocoa, whey, and light broths. (Electricity has proved of marvellous curative effect against this infirmity.) The insipid form of diabetes occurs occasionally, says Dr. Woods Hutchinson, in the dog, and very rarely in the horse ; and with respect to an excess of sugar in their tissue-fluids plants likewise suffer from such an affection. Galloway has reported an epidemic amongst hot-house violets due to an excess of sugar in their structures, and which produced "moist rot."

DIARRHŒA and DYSENTERY.

ACTIVE diarrhœa, if arising through causes immediately operative, has to be met by medicinal means, and avoidance of all irritating foods, drinks, and septic influences. It does not then come within the province of systematised kitchen physic. Among articles which have given rise to severe diarrhœa may be mentioned, in an admonitory way, pork pie, veal pie, sausages, tinned meats, stale goose, stale oysters, crabs, cheese, ice cream, and some of the

tinned fruits. Many cases of acute diarrhœa may be quickly cured by limiting the food for a day or two to water arrowroot (flavoured perhaps with a little port wine, or Cognac); the proper drink is—except for the summer diarrhœa induced by hot weather, and which is best met by diluted acids—soda water and milk, with a small addition of brandy; this can be iced if there is much thirst or fever. On the subsidence of the acute attack a gradual return to the ordinary diet may be made; but it will be better to restrict the food for a few days to clear soup, or beef tea, or mutton broth, or veal broth, thickened with sago, arrowroot, tapioca, or crumb of stale bread. Boiled chicken, boiled mutton, with soft rice, or boiled sole, or whiting, and a little mashed potato may be next allowed. In continued diarrhœa it is scarcely necessary to enjoin that all green vegetables, most fruits, nuts, brown bread, likewise all rich, fatty, or acid dishes, with such forms of animal food as are hard and tough, being therefore difficult of digestion, should be prohibited. For persons who can readily and easily digest milk, this is one of the best foods. It should be first raised nearly to the boiling point, and then given diluted with water, or soda water if the stomach is qualmish. But where milk is not borne well, or when its curd is found to be passed in the stools, then unirritating farinaceous foods will suit better, such as arrowroot, sago, tapioca, or ground rice, prepared with water, and flavoured with some aromatic spices, as cloves, cinnamon, or nutmeg. Cloves when used freely with either of these bland farinaceous messes serve to narcotise in a measure the irritated nerves of the disordered stomach, and bowels; so that thereby the looseness is subdued. In one of our modern plays a German wag of a doctor advises his patients to “rub your belly mit a clove.”

“Egg albumen (the white of egg) has been found,” so Dr. Yeo teaches, “an excellent food for children with diarrhœa, when milk disagrees. The white of one or two eggs should be whipped up with half a pint of cold water (which has been first boiled), a little salt being added, and perhaps a few drops of brandy; this mixture may be given freely.” Dr. George Keith, in his *Fads of an Old Physician* (1897), says, “I first saw white of egg used for diarrhœa by Chomel (1841), in the Hotel Dieu, Paris: it was given *ad libitum*, and with no other food or medicine; the effect was excellent on a large number of cases, an epidemic of diarrhœa having prevailed at the time. The patients were kept strictly in bed. I have also known white of egg most helpful in catarrhal jaundice, probably from relieving irritation of the intestines at their commencement, with temporary obstruction of the gall-duct. For upwards of fifty years I acted on the idea that white of egg much diluted (or lime water with milk, or both combined) helped to carry down the bile, and other secretions; they seemed to relieve better than anything else the irritable stomach.” It has been recently shown that the green diarrhœa of infancy is of a microbic character, and that therefore the soiled linen must be disinfected so as to prevent this disease from being propagated to other infants.

Egg albumen is prepared for use by stirring up the white of each new-laid egg with four ounces of cold water (previously boiled). Prepared thus, and sweetened, it may take the place for a time of the ordinary milk diet in infantine diarrhœa. This is less stimulating than raw meat juice. In the case of children some months old who pass curdy stools with diarrhœa, it is useful to cut off all forms of milk, even the mothers' milk, and to give instead barley broth, or chicken broth, or veal

broth. Thin gruel is often well borne, and, like the barley water, may be added to chicken broth or veal broth. For making such barley water: To a tablespoonful of pearl barley washed in cold water, add two or three lumps of sugar (if for adults the rind of one lemon, and the juice of half a lemon); on these pour a quart of boiling water, and let the mixture stand for seven or eight hours, and strain it: in this instance the barley should never be used a second time. Half an ounce of isinglass may be boiled in the water for persistent diarrhœa.

Some French physicians are strongly in favour of raw meat to be used in the treatment of chronic diarrhœa. This may be combined with the milk diet if desired. An ounce of the lean of beef or mutton, thoroughly separated from all fat and fibrous tissue, is to be scraped, or pounded to a pulp, and mixed with powdered sugar, or red currant jelly (this being of itself antiseptic), or with a little thin tapioca, or weak combination of port wine and water, and taken twice or three times a day. Or, if repugnance is felt thereto, some finely-minced underdone meat may be compounded with milk and water, or with wine and water; only small quantities should be given at first, and, if well borne, they can be increased. If the diarrhœa ceases with this plan of feeding, a gradual return may be made to the ordinary articles of food, taking them in strict moderation, and carefully selected as to former experience of digestibility. Long ago, Theophrastus Paracelsus (whose works were translated by Dr. Hester, 1633) ordered for a chronic looseness the "oyle of acornes; to make which, take the acornes and stampe them, put them into a frying pan with a little wine, and stirre them well together until it bee so hot that you can scarce abide your hand therein; then put it into a canvas bag, and presse it out into a

presse, and thou shalt have both oyle, and water, the which thou shalt separate. This oyle is very restrictive and driving, and helpeth those that are troubled with the fluxe, if ye drinke thereof a little, and annoynt the belly therewith. You shall note that this oyle is not to be occupied much inwardly; this oyle is excellent to make varnish."

A "good gruel for bowel complaints" is to be made by taking a spoonful of ground rice, and thickening with it a pint of milk, or water, mixing it in the same way as oatmeal gruel; then boil it with a bit of dried orange peel, or lemon peel, and a piece of cinnamon-stick, for about ten minutes; sweeten with loaf sugar, and add two wineglassfuls of port wine, or one of brandy, as may be required. Coggan in his *Haven of Health* (1584) has ordered as "a present, and pleasant medicine in nervous languors, and in relaxations of the bowels, two teaspoonfuls of 'cinnamon cordial,' from Cognac, in a wineglassful of water, hot or cold, as preferred."

Matthiolus wrote, "Rice is commonly mixed with aliment intended for those who labour under a dysentery, and is boiled in milk in which ignited stones have been extinguished." For rice-water, as useful against dysentery and chronic diarrhœa, according to Dr. Parry, "Wash well an ounce of Carolina rice in cold water, then macerate it for three hours in a quart of water kept at a tepid heat, and afterwards boil slowly for an hour, and strain. This may be flavoured with lemon peel, cloves, or other spice. If rice is washed in cold water, and then boiled in a good deal of water, the liquor with a little sugar added thereto, makes a pleasant, nutritious drink, the same being much used in India by our soldiers. As a food, rice ought not to be boiled, but thoroughly

steamed when cooked by itself, since boiling removes some of the small amount of nitrogenous, nutritive, and saline matters which it contains, and so lessens its food value, which is already scanty.

Francatelli, in his *Cookery for the Working Classes*, has given as "a remedy for relaxed bowels—*Rice gruel*: Boil very gently eight ounces of rice in a quart of water for about an hour in a saucepan covered by its lid, and placed on the side of the hob. The rice must be so thoroughly done as to present the appearance of the grains being entirely dissolved; a bit of orange peel, or cinnamon, should be boiled with the rice, and when quite soft the gruel is to be sweetened with loaf sugar, and a tablespoonful of brandy added." For *Rice water*: Wash two ounces of rice in several waters, boil it gently for two hours and a half, and stir frequently; strain it through a fine sieve, and rub the glutinous part through the sieve, but not that which is firm. When the liquor is cold it is ready for use. A tablespoonful of raisins is sometimes boiled with the rice. In India and other Eastern countries, where rice forms the principal food of the inhabitants, it is usually taken with curry powder, peppers, and other stimulating condiments in order to assist digestion.

Isinglass jelly is beneficial in dysentery and diarrhœa, being made best of Russian isinglass, and used by being added to beef tea, milk, or port wine. Dissolve one ounce of this isinglass in a pint of water over the fire; add one ounce of white sugar, and one pint of port wine; strain through muslin, and allow it to set. A curious remedy for dysentery in olden days was to cut a sheet of white unglazed paper into strips, and boil these in a pint of milk and strain; then take the quantity all at once. Or make a medicine of birch buds,

powdered and mixed with essence of red roses. This has been sold for a guinea a gallipot. Formerly a piece of Good Friday bread was kept in most houses, and a little of the same when grated was thought to be a sovereign remedy for diarrhœa, as well as for several other ailments.

“In dysentery,” to quote Dr. Yeo, “all irritating food which leaves within the intestines a residue prone to decomposition must be strictly avoided. Milk is the best food; it may be boiled, and then cooled with ice, or with iced water; no undigested curd of milk should be suffered to reach the large intestine; and therefore the milk should be first diluted with water, or barley water, or a little arrowroot mixed with the milk to form a useful unirritating food, which will not clot inside. Strong meat-extracts if slowly digested are prone to decomposition within the bowels, and are therefore questionable; but light broths are less so; likewise, clear soups flavoured with the expressed juices of fresh vegetables; they leave no solid residue, and are often grateful and refreshing to the exhausted and thirsty patient.”

Fruit and grapes are sometimes employed systematically for diarrhœa as a means of cure. The juice of grapes contains, in a thousand parts, one hundred and fifty of grape sugar, a considerable quantity of water, and from twenty to thirty parts of such constituents as silicates, phosphates of soda, and potash, and lime; also tartrates of lime, and potash, with mucose and pectin. The skins afford some aromatic ethereal oils, and the stones a good deal of tannin with some fat. Grape juice has been compared to the waters of the *grande grille* at Vichy. On the whole, the grape cure (for dysentery, etc.) affords a somewhat complicated solution of salts,

with free sugar, and small quantities of gum. The grape sugar is partly absorbed in the stomach unchanged, and is partly converted into lactic acid. Generally there is some relaxed action of the bowels during the first four or five days, the appetite becoming increased, and the system improving, whilst the bile-making functions gain activity. The urine is rendered alkaline, as by all fresh fruits. Occasionally an obstinate attack of indigestion is caused, with soreness of the mouth, and some jaundice, especially in children. The Germans also have their grape-cure; but grapes do not stand alone in this respect. Most fresh fruits are remedial against ailments as well as useful food for man. When a child was brought to him covered with ulcers from head to foot, and blinded by them, so that physicians despaired, and confessed that all their medicaments were useless (as we read in the *Lancet*, May 14th, 1842), Mr. S. Rowbotham, a surgeon of Stockport, not given to vegetarian practice, cured the young patient perfectly in a few months by a diet of stewed English fruits, and honey. The fact that grapes eaten in a continuance will not infrequently cause thrush in a young person, and sometimes obstructive jaundice, may reasonably be taken to suggest the same dietetic practice for such ailments when they occur spontaneously, or from other morbid actions.

During the active stages of dysentery all foods should be ordered in a liquid form; then, as the stools become more frequent and consistent, solid nourishment, such as tender chicken, lamb, or mutton, may be allowed, with biscuit or stale bread; also light sago, rice, or tapioca pudding. Microbes are generally to be found in the stools of a dysenteric sufferer, and these can be abolished by simple douches of warm water (perhaps made aseptic)

into the lower bowel three times a day, each injection being retained for five minutes.

A milk and cinnamon drink is very helpful in cases of obstinate diarrhœa. Boil in one pint of new milk sufficient cinnamon to flavour it pleasantly, and sweeten this with white sugar. It may be taken cold with a teaspoonful of brandy, or for children, given warm, without the brandy. M. Lemery ordered (1704) the syrup of sorrel as a capital remedy against dysentery, and other violent fluxes.

Among *Herbal Simples* which are of service in chronic diarrhœa, detailed notice has been paid to the blackberry, mulberry, orange, and quince; likewise among *Animal Simples*, to hartshorn jelly, butter-milk, and whey. In the North of England, blackberries are known as black "bowowers," and in Yorkshire as black spice. The last Friday in September is generally set apart as "blackberry Friday," a holiday on which all the children go blackberrying.

For dysentery in Bengal the particular medical dietary or "kitchen physic" practised there is remarkably curative. In new acute cases what is known in India as *mar* and *dahi* are given, eight ounces of each two or three times a day. To make the *mar*, thoroughly boil one pound of fine, well-cleaned rice with three pints of water, and then strain it; there should result a white, starchy substance of the consistence of porridge. *Dahi* is only "tyre," and is obtained daily from the milk. The two, *mar* and *dahi*, are mixed together by the patient and eaten. This mixture is administered at ten in the morning and at five in the afternoon; also at seven in the morning half the same quantity is given, except when bael fruit is in season, and then bael is ordered instead of the *mar* compound. The patients

are kept on such a diet for two or three days, until the stools become semi-solid, when rice-milk and soup are added. Full rice diet is only allowed after the patient has passed solid stools, properly formed, for one or two days. When bael fruit is obtainable it is good to order it together with the dahi for the early morning meal. This is especially necessary for chronic cases, to whom also mango pickle, or some other anti-scorbutic, is often given. The bael is administered in the form of a sherbet, with sugar, after the manner so well known in India (Major Buchanan, M.B.). Rice cooked with chicken goes there by the name of "pish-pash." When in the husk this grain is paddy. The ancients esteemed rice as beneficial against consumption, and spitting of blood from the lungs.

Among our animal simples the English blackbird,—*merula, aut medula, eo quod modulatur*, because he sings pleasantly enough,—has been looked upon (Lemery, 1744) "to be good for the bloody flux and looseness." This bird is called golden-bill by country folk; it is the ouzelcock of our old ballad poetry. The male bird gets the yellow (golden) bill in his second year. A Venetian work, *Epulario, or the Italian banquet*, printed in 1549, contains a receipt "to make pies that the birds may be alive in them, and fly out when it is cut up"; and in the sixteenth century a Spanish tone had communicated itself to the cookery of the Peninsula. The same "surprise pie" was fashionable in Stuart England; which pie was no sooner opened than one or more living creatures issued from the break in the crust (so called because of the Old English term for a pie, "crustard," corrupted in time to custard, whence apple pies were called custards; the hard paste being named crust from the Latin, *crusta*, baked). To a

bird pie of this kind served at the table of Charles I, we are indebted for the popular nursery rhyme, *Sing a Song of Sixpence*.

DIGESTION AND ITS AFFECTIONS.

AS to the incapacitating effects of faulty digestion on body and mind, Brillat Savarin formed the opinion, in one striking instance, that the great Emperor Napoleon lost the second battle of Leipsic mainly through neglecting a repast which had been carefully prepared for his sustenance, and devouring at some wayside *gargote*, the best part of a shoulder of mutton stuffed with garlic; this gave him such a fearful attack of indigestion that he was disabled from following up the advantages which he had gained over the allied armies. A golden rule for persons of feeble digestive powers should be: small meals, eaten slowly and with deliberation. The principal cause of flatulence with such persons is a fermentative decomposition of the contents of the stomach, and bowels, some while after eating those foods which lend themselves thereto. Such articles of diet as are likely to undergo this change are therefore to be taken but sparingly, or altogether abjured, such as starchy or sweet foods, or hot butter and fats, likewise, tea and slops; the meals should be well masticated, and solid throughout; liquids are only to be sparingly allowed, at the close of the meal, or an hour afterwards; though about this matter the School of Salern taught otherwise in former times.

Friction of the abdomen with eau de Cologne, or lavender water, so as to stimulate its skin surface, together with a gentle kneading of the distended abdomen, will help to relieve the flatulence; also internally a little whisky with hot water unsweetened,

or such cordial warming condiments as peppermint, cloves, ginger, etc.; and, with an antiseptic view, munching the charcoal of black charred, crisp toast. Vinegar in small quantities gives a grateful and salutary stimulus to the stomach, correcting the putrescency of animal food, and the flatulent effects of vegetables. Dr. Paris, in his *Diet*, has told that vinegar will often check the chemical fermentation of certain substances within the stomach, and will prevent vegetable matter in its raw state from forming windy products. Fatty and gelatinous substances frequently seem to be rendered more digestible in the stomach by the addition of vinegar, though it is difficult to offer a chemical, or a scientific explanation of this fact. The native vegetable acids may likewise be occasionally substituted: thus, the addition of fresh lemon juice to rich and gelatinous soups renders them less liable to disagree with the stomach; and the custom of eating apple-sauce with pork is undoubtedly indebted for its origin to the same cause. "The juice of lemons," as Lemery taught, "agrees in hot weather with young bilious persons: its peel agrees with folks at all times, provided it be used moderately, and to animate the blood, and spirits" (1745). But when the stomach is charged with sour liquid from fermenting food, and would be oppressed by milk taken alone, this should be mixed with soda water. Heat, nearly to boiling, a teacupful of milk, and dissolve in it a teaspoonful of refined sugar, then put it into a large tumbler, and pour into this two-thirds of a bottle of soda water.

A very simple and efficacious remedy for some common forms of sour indigestion, where a formation of acid is felt, or is known to occur towards the end of digesting a meal, is the administration of a draught

of hot water three or four hours after taking the meal. This comforts the stomach, and dilutes its acrid contents, whilst thereby doing much to relieve pain and uneasy sensations. As indicative of such acid dyspepsia the tongue appears foul and coated before meals, and the breath is somewhat tainted; this fact having been noted by Shakespeare in his play of *The Two Gentlemen of Verona*.

Speed. "Item, She is not to be kissed fasting, in respect of her breath."

Launce. "Well, that fault may be mended with a breakfast! Read on!"

Similarly the other mucous membranes become disordered in the same way, and help to produce a general morbid condition thereof, just such as the tongue indicates by appearing coated and foul. Looking at which present results, we may ask what will now be the effect of taking a meal? As a positively alkaline mass it will serve to correct this acid disposition of the mucous surfaces; whereby it will occur that such a meal becomes both food and medicine, so that this act of taking substantial food will frequently dispel a nausea, or a headache, consequent upon the presence of an excess of sour acid in the stomach.

In *Ourselfes, Our Food, and Our Physic* (1866), Dr. Ridge pronounces concerning roast and boiled meats as follows: "Roast, broiled, or baked meats leave behind them after their digestion the least quantity of acid elements in the system. When first taken they exercise their most salutary effects by serving to neutralise the acid gastric juices which are present in the stomach. On the other hand, boiled meats are also alkaline to the system when first taken; but after the person has eaten them on an empty stomach they do not absorb so much of the acid

constituents present in the body as do the roast, baked, or broiled. Consequently by failing to utilise such acid constituents the meats leave behind them, after digestion is completed, more of the free acids. But to condemn boiled meats on such account altogether would be irrational, though even the poorest people who have to exercise economy in their choice of foods do not as a rule of diet take boiled meats habitually. These boiled meats and broths have not been sufficiently or properly considered by doctors in their bearing on disease. I have seen the medical skill of the physician defeated by errors of such a kind, and life lost by a relapse attributable alone to a basin of mutton broth. In all congestive conditions with superacidity, whilst the tongue is coated or foul, only roast or broiled meat should be allowed."

Dr. Kidd, in *Laws of Therapeutics* (1878), relates that "a middle-aged woman had been suffering throughout many years from agonising attacks of spasms, with vomiting of sour fluid from the stomach. She had been treated by several doctors with only palliative relief, chiefly from large doses of alkalies, which had nevertheless no ultimate effect in curing the cause, *i.e.*, the great acidity, which became as bad as ever directly the use of an alkali was discontinued. Furthermore, for three years she tried the several strengths and forms of homœopathic remedies without any good effect. I prescribed the juice of a lemon in a little water twice a day, about two hours after meals. A three weeks' course of this treatment permanently cured both cause and effect, the acidity and the spasms. It was a knowledge of the true law of cure which taught this selection of remedy."

Again, a singular case was described some years ago by the physician of a lunatic asylum. One patient,

most dangerously violent, destroyed every particle of grass in the garden, eating it all. Taking a hint from which circumstance, the doctor supplied the patient with an unlimited quantity of green vegetables, and they proved the main agents in his cure.

Wm. Coles has taught (1657) that "of all the sauces (which are very many) there are none so pleasant, none so familiar and agreeable to man's body as Samphire for the digestion of meats." And Gerard adds: "The leaves kept in pickle are eaten in sallads with oil and vinegar as a pleasant sauce for meate, and stirreth up an appetite to meate."

In the Augustan age of old Rome, says Horace,

"Two sorts of sauce were worthy to be known:
Simple the first, and of sweet oil alone;
The other, mix't with rich and generous wine,
And the true pickle of Byzantine brine;
Let it with shredded herbs and saffron boil,
And when it cools pour in Venufrian oil."

"Any food," according to Dr. Yeo, "saturated with fat which prevents it from being penetrated by the gastric juice in the stomach, such as buttered toast, muffins, eggs fried with bacon, pastry, etc., as likewise sweet dishes which are liable to undergo acid fermentation (sugar and vegetable acids coming together into combination in such dishes, as in jams, raspberry vinegar, and the like), are difficult of digestion, or likely to turn sour by fermenting. Rich greasy sauces with some persons quickly undergo the acescence common to bad butter, and turn rancid, especially if meeting in the stomach with the souring remnants of a prior meal. No acid is so disagreeable to the stomach, and to the gullet leading from throat to stomach, as the butyric, developed from fermenting butter; but relief may be found through arresting the process by giving another

(vegetable) acid, such as a teaspoonful of lemon juice, a little Chili vinegar, or even a piece of raw young apple. Though, of course, it will be still better to refrain from any indulgence in the causative article of food."

Charles Lamb, in the Essay of *Elia*, on *Grace Before Meat*, has declared that "butter ill-melted, that commonest of kitchen failures, puts me beside my tenor." When advancing in years he became very liable to acid indigestion, and therefore averse to dining otherwise than alone. "As old age comes on," he has said, in *Home is Home, Though it is Never so Homely*, "the inferior functions of life begin to move heavily. Our chief meal to be nutritive must be solitary. With difficulty we can eat before a guest: the unexpected coming in of a visitant stops the machine." Again, in a letter to Wordsworth, he wrote to the same effect, "Home I go: mutton on the table: hungry as a hunter; hope to forget my cares, and bury them in the agreeable abstraction of a meal. Knock at the door! In comes Mr. Hazlitt, or Mr. Burney, or Morgan Demigorgon, or my brother, or somebody, to prevent my eating alone; a process absolutely necessary to my poor wretched digestion. Oh, the pleasure of eating alone! eating my dinner alone! let me think of it!! But, in they come; and make it absolutely necessary that I should open a bottle of Orange; for my meat turns into a stone when any one dines with me, if I have not wine. Wine can mollify stones! then *that* wine turns into acidity, acerbity, misanthropy, a hatred of my interruptors (God bless 'em, I love some of 'em dearly!): and with the hatred a still greater aversion to their going away."

Butter abounds in bacterial microbes by the million, unless, indeed, salt has been freely used in its manufacture. This mineral materially alters the appearance

and behaviour of the microscopic bacilli ; and (as Frankland shows) the common butter microbes do not by any means regard salt as their elixir of life. "Salt and bread make the cheeks red," says a German proverb.

Ghee, or Indian butter, is highly valued in India because it will keep good for many months without acquiring a bad odour or taste, so that it is particularly esteemed by the wealthier classes, not only for food, but also as an ointment when perfumed. Shea butter (the fat of the seeds of a tree, *Bassia Parkii*) is likewise employed in European commerce for making pomades, as well as candles and soap. It is said to be the basis of Holloway's noted ointment.

Many German physicians have found that buttermilk suits some patients better than fresh milk. Niemeyer gives his full approval of its prescription: "When the patient is hungry let him eat butter milk, and when he is thirsty let him drink butter milk," because in this the cheesy curd, or casein, is finely divided instead of remaining in large lumps such as new milk forms when it reaches the (acid) stomach. In some instances where there is an obvious inability to digest the casein of milk, whether in bulk or divided, Whey freshly prepared should be substituted for the milk ; and its nutritive qualities may be increased, either by adding a little beef essence, or by shaking up the yolk of an egg with a little hot water, and combining this in suitable proportions with the whey. A good drink at meals in strengthless indigestion is Bran-tea, care being taken that the bran is fresh, so that a fair proportion of its cerealin still adheres to it, and that the bran is not boiled. This is better without sugar or liquorice, which our forefathers used to add.

Dahl's "dyspepsia cakes" are specially useful for the relief of indigestion where flatulence and acidity occur, and are of great service in preventing constipation. These cakes are prepared from the outer cortical layers of several kinds of grain, which layers abound in albuminates and phosphates, as well as in the materials by which the normal action of the bowels is maintained. They should be taken plain, or soaked in hot water, or with a little butter. From a quarter to a whole biscuit may be required twice or three times in the day.

Tea is very refreshing to a dyspeptic invalid if made in the Russian way, with a slice of lemon put into it on which a little sugar candy has been sprinkled, this being a substitute for milk or cream. One small cup in the evening is enough." Elia, in *Old China*, talks of "our old Hyson," which his sister Mary and he were old-fashioned enough to drink unmixed still of an afternoon.

"When starchy foods are properly masticated in the mouth—such as bread, cakes, potatoes, farinaceous puddings, gruel, and the like—the saliva exercises a digestive power upon them, so that by an increase of its flow such foods are made to be more completely digested; with which object a pebble can be sucked, or a piece of ginger chewed slowly for several minutes at a time shortly after taking food likely to provoke heartburn"; so say the dietists; but how far the salivary action is overpowered in the stomach by the acid gastric juice is a question leading to doubts.

In *Three Hundred Receipts* (1734) are quaintly given "Lozenges for the Heartburn," to be made as described: "Take calcined oyster shells as found on the sea coast. Let them be so well washed by Time as to be as white within and without as Mother of Pearl. Dry them well by the fire, and let them be beat and sifted as fine as

'tis possible. With half a pound of this powder mix half a pound of sugar well beat and sifted ; wet this with a spoonful or two of milk and water to make it into a very stiff paste ; then mould them into lozenges neatly, and bake them very dry in an oven that is not too hot, for fear of discolouring them ; they do best when everything is drawn. This does so effectually sweeten that sour humour in the stomach which causes this distemper (heart-burn) that it not only prevents it, but helps digestion, and secures you from all the ill effects that are the consequences of it. And it was recommended on the experience of a very worthy gentleman who had suffered extremely till this specifick was discovered ; and indeed this medicine may be reasonably supposed to work the cure 'tis prescribed for, if we will be at the pains to try its immediate effect over the sharpest vinegar."

Quoth Dr Samuel Johnson : " For my part I mind my Belly very studiously and very carefully ; and I look upon it that he who does not mind his Belly will hardly mind anything else." The *Cooks' Oracle* adds, " The Doctor might have said, ' *Cannot* mind anything else,' for ' the energy of our Brains is sadly dependent on the energy of our Bowels.' " " He that would have a clear head must have a clean stomach."

The wise Son of Sirach taught (Ecclus : xxxiv. 21) : " If thou hast been forced to eat, arise, go forth, vomit, and thou shalt have rest." With the old Romans, who were great feeders, not to say gluttons, it became customary to provoke vomiting by tickling the throat and fauces after a big meal so as to get rid of the same, and to resume their feasting with an empty stomach. Dr. Mackenzie, of Worcester (1749), directed : " When food is a burden and troublesome in the stomach, the

wisest course will be to vomit it up directly. Thousands have suffered sickness and pain from their ignorance or neglect of this rule." Nevertheless it is far better to eat moderately at each meal, when obeying the adage: "Let the guts be full; it's they that carry the legs."

Aerated waters are often useful aids to digestion by harmlessly stimulating the stomach, whilst assisting by their carbonic acid gas to dissolve the mineral ingredients of the food. This carbonic acid gas contained in the waters through pressure, and on which they depend for their effervescence as the gas becomes liberated, is, strictly speaking, a carbon dioxide (one atom of carbon with two atoms of oxygen). It revivifies the system, and checks any tendency to sickness; also it stimulates the appetite for food. Champagne and other sparkling wines owe their briskness simply to the presence of this carbon dioxide as consequent upon vinous fermentation. In sweet cider such fermentation is arrested by putting a lighted canvas match of sulphur into the bung-hole of its cask, and closing it so as to retain the fumes. Therefore, in this sweet cider the amount of alcohol is very small; but as a beverage, by reason of the sugar still contained in solution, it is not so wholesome for rheumatic persons as the rough cider with its fermentation finished, and no sugar remaining.

"In a nice little village, not far from the sea,
Still lives my old uncle, aged eighty and three;
Of orchards and meadows he owns a good lot—
Such cider as his not another has got!
My uncle is lusty, and nimble, and spry;
As Ribstons his cheeks, clear as crystal his eye;
His head snowy white, as the sweet flow'ring May,
And he drinks only cider, by night and by day."

Devon and Cornwall—Book of the West—1899.

With regard to the physical effect of alcohol on the digestive processes, it was found by Sir Wm. Roberts,

with respect to brandy, Scotch whisky, and gin, that when used in moderation, and well diluted, these spirits promote rather than retard the digestion of such foods as are acted on by the saliva ; that they increase the salivary secretions, so that the common practice of adding a tablespoonful of brandy to a basin of arrowroot, or of sago-gruel, tends to promote its digestion. As to the respective influence on the digestive functions of the several spirits in common use, Sir Wm. Roberts found gin preferable to either brandy or whisky. He noticed that brandy contains a modicum of tannin, which has an intensely retarding influence on the salivary digestion. Brandy is so called from the German *brant wein*—burnt wine.

About alcoholic *liqueurs* little need be said, except to particularise the distinctive flavouring substances which determine their several characters. The special medicinal effects of these substances have been told of among *Herbal Simples*. Curacoa is flavoured with orange peel ; Noyau with the kernels of the peach and apricot ; Maraschino (from the wild black cherry called in Italy “*Marasca*”) with a principle derived from cherries, such a liqueur of Dalmatian make having the best qualities ; Kimmel with cumin, and caraway seeds ; Anisette with anise, and coriander.

Sherry is the most unsuitable wine for persons of feeble digestive powers. Sir Wm. Roberts has shown that (even to the proportion of twenty per cent.) sherry trebles the time in which ordinary digestion is completed. Those persons who drink beer to any extent are subject to heaviness and drowsiness, these effects being commonly referred to the narcotic principle (*lupulin*) of the hops ; but Ranke has suggested that such an obfuscation of mind and senses may be caused in part

by the potash salts contained in this malted beverage. It is further believed that the habitual free consumption of beer interferes with a due oxidation of the blood, and with the elimination of toxic products from the body to such an extent as to lead to these becoming accumulated within the system, in the form of oxalic and uric acids, thereby inducing biliousness and gout.

“Greatly is it to be regretted,” laments Dr. Yeo, “that in the interest of temperance amongst the poor no generally acceptable cheap beverage somewhat of the same character as beer has been provided for common consumption. We add a recipe for such a beverage, which we obtained from the wife of a country doctor, after partaking of some of this brew of hers, which seemed excellent: “Take six pounds of raw sugar, five ounces of hops, and four ounces of ginger (crushed). Boil these together for two hours (the hops and ginger being enclosed in bags) in nine gallons of water; then place the whole in a pan to cool, and add to it whilst still warm two tablespoonfuls of yeast. Next skim off the yeast, and put the liquor into a barrel, allowing it to ‘work’ for two days and two nights. Next add three-quarters of an ounce of isinglass, and bung up the barrel. After standing for three days the brew will be fit for use. If a little burnt sugar (caramel) be added, this gives the drink an attractive colour.”

Ale preceded beer by a long way as an English beverage. It has been brewed in this country for more than twelve hundred years. The Hop converted our English ale into beer: which was of old the “barley wine” of the Egyptians. Likewise, the Chinese have brewed such a drink from barley and wheat since the earliest times.

Dr. Mead (1751) advised that a man who has eaten a large meal, especially of highly-seasoned food, will receive benefit from drinking after it a moderate draught of cold water, with some juice of fresh lemon, to assist his digestion. The "water-cure" said Charles Lamb, "is as old as the flood: but in my opinion it then killed more than it cured."

Some women who suffer severely from acid heartburn during pregnancy find relief from eating lettuce, perhaps because of its slightly narcotic qualities.

In the *Three Hundred Receipts* (London, 1734) is given "A Powder to Help Digestion": "Take a very large nutmeg, the same weight in mace, and the weight of both in Angelica seeds. Bake all these in the middle of a small brown wheaten loaf. When 'tis done enough, take out the spice, and the seeds, and beat them to a very fine powder, together with powdered egg shells and double refined sugar, of each a like quantity, enough to make the powder palatable. Of this take after every meal as much as will lie on a shilling. I have known it wonderfully relieve a windy, soure-weakened stomach. It must be continued a month or more." Mint, likewise, said the Salernitan School, is very stomachical—

"Nunquam lenta fuit stomacho succurrere Mentha."

When heartburn arises through poverty of food in the stomach, so that a flow of healthy gastric juice takes place in excess of what it has to act upon, then a better supply, including light meats, should be eaten at the principal meals; and it will be helpful to sprinkle cayenne pepper at table on the meats taken thus, so as to stimulate the digestive energies of the stomach. Pepper tea is of like assistance for cold, flatulent, sluggish indigestion by the stomach and bowels. In Hungary a native pepper is commonly used at table as

a condiment, being less pungent than cayenne, and so helpful that indigestion there is quite a rare complaint.

For flatulent indigestion (also for the chronic bronchitis of old persons) one of our English pot-herbs, the Savory (*Satureia Thymbria*) was formerly much cultivated, and is now coming again into use as an excellent item of kitchen physic. This herb is a native of France, but grown as yet only sparingly amongst ourselves; it is pleasantly aromatic in smell and flavour, being frequently put into puddings, cakes, and sausages. Before Indian spices were known and introduced, the Savory was much favoured as a condimentary herb.

“ Et *Satureia Thymi referens, Thymbriæque saporem.*”

Columella.

“ It doth marvellously prevaile against winde; therefore it is with good successe boyled and eaten with beanes, peason, and other windie pulses.” In its constituents Savory is closely allied to Hyssop, as containing an essential oil, and “hyssopin,” which is an impure sulphate of calcium; a drop or two of this oil may be given for a dose on a lump of sugar, or on a morsel of bread; or a tea may be made from one drachm of the dried herb to a pint of boiling water, two or three tablespoonfuls of such tea being taken at a time. Externally the herb is a capital stimulating application to passive bruises, and for muscular rheumatism. Savory is mentioned among Anglo-Saxon recipes, being reckoned one of the “farsing” or “farsting” herbs used for forcing and stuffing meats, or puddings.

Cogan wrote (1589): “The rinds of oranges preserved condite in sugar, being taken in a little quantity, do greatly comfort a feeble stomache.” In the seventeenth century candied orange rind was eaten to cure heart-burn and colic. John Murrell, in his charming *Daily*

Exercise for Ladies and Gentlemen, gives directions for making "Orange Chipps, a very cordial thing against the paine in the stomach."

Galen ordered apples for strengthening weak digestive powers. "*Nonnunquam autem cum pane ad ventriculum et stomachum roborandum.*" Eaten with bread they commonly give power to the belly; "*post cibum statim dare ipsa.*" So also said Avicenna, "*Confortant debilitatem stomachi.*" Dr. Samuel Johnson directed that a magnificent apple-pie, stuck with bay leaves, should be had at supper in the *Devil's Tavern* to celebrate Mrs. H. Lennox's first novel, the *Life of Harriet Smart* (1781). He "knew a clergyman of small income who brought up a family very respectably, chiefly feeding them with apple dumplings; for which dish," said Coleridge, "No man who retains a fondness has lost all simplicity of character." An apple-pie rolled up in paste, and baked, is called in our Eastern districts "bottle-bird." In Wiltshire an apple pasty is a "crowd," and in Suffolk an "apple-hoglin"; whilst in the West an apple turnover is a "crowdy-pie." Apples baked in batter are "fisher" in Devon. Fitchet-pie is in the North made of apples, onions, and bacon. In Herefordshire an apple dumpling is a "tantadlin"; and "scriggens" or "scrogglings" are the small, worthless apples left on the trees after an ingathering.

" Si terra e pistis constaret inhospita pomis,
Si foret oceanus vasti lacus atramenti,
Si folia in sylvis panisque et caseus essent,
Pro facinus! per-ego-hos oculos, per sidera, testor,
Nescio quid biberent sitientia sæcla virorum!"

" If all the world were apple-pie,
And all the sea were ink,
And all the trees were bread and cheese;
My stars! what should we drink?"

Gammer Gurton.

It is of recent discovery that the ripe Pine-apple possesses an active principle which closely resembles animal pepsin as a digestive ferment, and which can take the place of the gastric juice when this fails for dissolving the food proteids into chyme. For such a purpose the pine-apple may be readily preserved so as to be always available. To bottle the fruit without boiling, choose pine-apples, which, though ripe, are perfectly sound. Pare them; remove the specks, and cut them into slices a quarter of an inch thick; weigh them, and allow one pound of crushed and sifted sugar to each pound of fruit. Put a layer of the sugar, half an inch thick, at the bottom of a small glass jar; place on this a layer of equal depth of sliced fruit; press it down, and repeat until the jar is full, remembering that the first and last layers must be of sugar. Fit the cover as closely as possible to keep the fruit air-tight. The pine-apple was first cultivated in England by Sir Matthew Decker, of Richmond. In Kensington Palace there is a picture representing Charles the Second having a pine-apple presented to him by his gardener, who is making the offering on his knees.

Again, for flatulence, pour a quarter of a pint of hot water on a pinch of saffron; let it infuse for ten minutes; then add two or three tablespoonfuls of brandy, or of some other spirit, and a lump of sugar. Serve hot or cold, taking half of this brew at a time. It will speedily relieve dyspeptic spasms and colic.

Starchy food is converted, whilst being masticated in the mouth, into dextrine by the saliva; but often, especially with a rapid eater, this process is incompletely finished when the food is swallowed: and its necessary furtherance ceases to go on within the acid stomach. But the conversion may be promoted by giving some

malt extract (which is sweet) as pudding before meat, so that for children this can be usefully taken together with farinaceous food as the first part of a meal. Such "maltine" is a concentrated extract of malted barley, malted wheat, and malted oats. By its starch-dissolving powers it quickly changes a surprising amount of farinaceous food into digestible dextrine. Moreover, malt-extracts contain the phosphates of the grain, which go to build up bony structures.

"Plain gruel," as Dr. Kitchener advised, "is the most comforting soother of an irritable stomach that we know." Water gruel is the king of spoon meats, the queen of soups, and gratifies nature beyond all others. This essence of oatmeal makes a noble and exhilarating meal." Dr. Franklin's favourite breakfast was a good basin of warm gruel, in which there was a small slice of butter, with toasted bread, and nutmeg; the whole expense thereof being reckoned by him at three half-pence.

DIPHTHERIA.

SUCH an acute disease is diphtheria that the close medical attention it must receive almost from hour to hour will preclude recourse to kitchen physic, except under special orders from the doctor, whether at the time, or presently during convalescence, when the immediate crisis has been overcome. Pills of powdered raw beef (with which some pepsin has been incorporated for predigestion), when taken with a few teaspoonfuls of the expressed juice of raw or slightly roasted beef, are exceedingly helpful towards keeping the patient alive whilst this formidable disease is expending its immediately destructive force; and, when irritability of the stomach does not forbid the trial, strong egg-flip

may be administered. This should be made by beating up one teaspoonful of concentrated Swiss milk, one teaspoonful of brandy, and two or three teaspoonfuls of water, and a new-laid egg thoroughly whipped into a froth. The popular egg-flip, given as a cordial, or for a catarrhal cold, is a *hot* drink compounded of ale, with eggs, sugar, spice, and sometimes a little spirit, thoroughly beaten together. This bears the common name of "a yard of flannel," from its fleecy appearance. It is considered essential to heat the posset by means of a red-hot iron plunged into the liquor, which gives a burnt taste: the iron flipdog is shaped liked a poker. Egg-nog is by contrast a sweet, rich, stimulating *cold* drink made of eggs, milk, sugar, and spirits.

Milk should enter largely into the diet of convalescents from diphtheria, who become rapidly thin during the attack, whilst at the same time extreme prostration of the strength occurs. Under these conditions, the liberal administration also of alcoholic stimulants is imperatively needed; and thereby, if food is rejected or cannot be swallowed, the only means of supporting life during the most critical period of the disease are pursued. Tea with plenty of cream, and strong, good coffee may likewise be given. Brewer's yeast mixed with warm water, or with new milk, and sipped frequently, will relieve the foetor of breath. When sustenance cannot be swallowed or kept down, it must be injected in a suitably concentrated form into the lower bowel, so as to be absorbed from there into the body.

DROPSY.

THIS secondary effect of disease supervenes through obstructive affections of the heart, the liver, or the kidneys, and is to be considered in distinctive association

with each of these several organs. It may further depend upon a general strengthlessness of blood circulation, as told of under the heading "Debility." A skimmed-milk diet is to be commended for many cases of dropsy.

EARS AND THEIR AFFECTIONS.

FOR Earache, due in most instances to a catarrh through exposure to damp and cold, place the heart of a toasted onion in a piece of washed book muslin, or old cambric ; put it within the ear, and sleep upon it. Again, for earache, and faceache, a handful of hops may be well picked, and boiled in two quarts of water, and then strained through a coarse flannel bag made hot to receive the same. Apply the hops in the bag as hot as can be borne over the aching, or swollen side of the face and ear.

In Dame Deborah Bunting's *Book of Receipts* (1761) fried Chamomile is recommended for earache, applied to the part hot at bedtime, and taken off in the morning.

Sometimes, through aggravated catarrh of the middle ear, an abscess will form there, and will burst by perforating the drum, so that deafness ensues ; then an artificial drum can be substituted of admirable use, this being a small flattened pad of moistened cotton-wool which may be readily inserted sufficiently far into the ear every morning by the person himself, or herself, with a small pair of forceps. A Caraway poultice for earache has been advised among *Herbal Simples*.

Singing in the ears is frequently caused by an empty stomach.

"Notus, longa fames, vomitus, percussio, casus,
Ebrietas, frigus, tinnitum causabit in aure."

EPILEPSY.

“A CAREFUL attention to diet,” as Dr. Yeo reminds his readers, “is often attended with great improvement in the condition of epileptic patients.” Nourishing, light and easily-digested food should be allowed, this being strictly limited to the quantities necessary for sustenance. Sweets for the most part are to be very sparingly permitted. The food should be eaten slowly, and well masticated, especially bread and starchy preparations, potatoes and vegetables. It is best to give the principal meal in the middle of the day. Meat is of questionable suitability, and certainly ought not to be taken more than once in the day. Some epileptic children have been found to improve rapidly on a strictly vegetarian diet consisting of milk, bread and butter, fresh, wholesome vegetables properly cooked, and farinaceous foods; any return to meat diet being followed by convulsive relapses. It has likewise been noticed that if adult epileptics are supplied with a free allowance of meat they become mentally more dull. A tendency exists with epileptics to gorge themselves with food; and this must be carefully guarded against. The regular use by them of fresh vegetables, and of fruit, is beneficial, especially as this tends to promote a daily evacuation of the bowels. Strong tea and coffee, as well as all alcoholic drinks, are to be strictly prohibited. A liberal measure of sleep in a well-ventilated bedroom is of excellent tonic use to a weakly, nervous system, wakefulness being particularly prevented as far as possible by simple measures, especially for a nervous child, since it is both exhausting and exciting. Sometimes a little plain food, such as a glass of milk, or a cup of bread and milk, at bedtime, will induce a restless, epileptic child to go to sleep. Instead of giving aperient

medicines against costiveness, food laxatives should enter into the daily dietary, such as boiled spinach, Spanish onions, artichokes plainly cooked, lettuces, and such fruits as oranges, apples (ripe, or cooked), stewed prunes, stewed figs, and bananas.

There is a considerable weight of evidence in favour of restricting epileptic persons to a diet of farinaceous foods, milk, fruit, and fresh vegetables. A marked diminution of the seizures in frequency and severity has been observed to follow limitation to purely vegetable foods. Then, after a time, if desired, and if not unquestionably productive of a relapse, boiled fish and lightly-cooked eggs may be permitted in moderate quantities at a time. Substantial food just before bedtime is to be disallowed. All fish is poorer in extractives than meat, and for this reason fish is less stimulating than animal food, and therefore preferable for epileptics. The leaner fishes are best digested, owing to the short-fibred flesh and the absence of fat; oily fish is difficult of digestion, being apt to become rancid and to upset the stomach.

Lemery (1674) advised that of foods obtained from animals, lambs' gall is looked upon to be good for the falling sickness; "they take it from two to eight drops in a liquid prepared for that purpose." Also, as already indicated, "the blood of the tortoise (or turtle), being dried, is considered to be good for curing the falling sickness, and you may prescribe a drachm of it."

For epilepsy, the leaves of the Orange tree are an esteemed remedy on the Continent. M'Locker, in the Hospital of St. Mark's, Vienna, found them superior, he says, to the most famous medicines, all of which he had tried. From twenty to sixty grains of the powdered dry leaves should be given three times a day.

Quails are reported to have cured Hercules of epilepsy, and to have restored him to health ; the Romans feared eating them as tending to cause convulsive fits, but the Greeks devoured them readily. They possess little or no flavour, and, being kept in confinement, whilst poorly fed, are never fat. When served they are to be roasted, but not drawn, on a slice of toast which has been placed in a pan under them to catch the drippings of the trails. Colonel E. M. Thornton, of Atalanta, ate thirty quails on twenty-nine consecutive days ending February 28th, 1876 ; on the last day he polished off two birds. In Shakespeare's time quails were synonymous with low company, and prostitutes. "Here's Agamemnon, an honest fellow enough, and one that loves quails."

Similarly, according to Lemery, the use of the Pheasant, which is a wholesome bird, is good for epilepsies and convulsions. It is related that Democritus, of Athens, when young, was frequently troubled with the falling sickness, and he went to ask counsel of the Oracle of Apollo, which answered him thus :—

"Take a tame goat that hath the greatest head,
Or else a wild goat in the field that's bred,
And in his forehead a great worm you'll find :
This cureth all diseases of that kind."

The Pigeon is similarly accredited with properties causative of epilepsy and melancholy, if its use as food is repeated on several consecutive days. Recently a Farnley man, in defiance of such a risk, undertook to devour a pigeon daily throughout a fortnight. The bird on each day was roasted and served with potatoes and cabbage, being eaten in public. Because a pigeon is supposed to take twenty-four hours to become digested, the time for beginning to consume the bird was fixed five minutes earlier on each consecutive day than that of

the previous day. After the ninth pigeon "Long Tom" complained of feeling rather ill, but for the remaining five birds he proved himself fully equal, and he voluntarily consumed a fifteenth pigeon at last in the presence of a great throng of people. It is said that never before in England has a similar feat been accomplished; a Newcastle man who once attempted it failed at the tenth bird; but he ate the liver on each day, which the Farnley man avoided doing. Not improbably the failure or success of the whole proceeding has a dependence altogether upon this difference of action. It is never advisable to fix a dove-cot intended for pigeons immediately against the dwelling house, because these birds often swarm with bed bugs.

Some authors look upon Thrushes (Lemery, 1744) as good against the falling sickness. They are docile birds, and will soon learn to talk; but many persons suppose the thrush to be so deaf as to verify the old proverb employed when one was minded to speak of a man as specially hard of hearing, "He is as deaf as a thrush."

Thomas Hood has told whimsically enough about another of our bird songsters:—

"My brain is dull, my sight is foul;
I cannot write a verse, or read:
Then Pallas, take away thine Owl,
And let us have a *lark* instead!"

Virgil intimates, writes Lævinus Lemnius, that the "*aureus et foliis, et lento vimine ramus,*" the golden-colour'd shrub Misselto (and see this among *Herbal Simples*), by its use and medicament overcomes sooner than aught else the deadly assaults and terrible diseases of the brain." "Likewise the claw of the Elk, called in the Bible a stone-buck, is a present remedy against the epilepsie, as I have proved by many experiments."

“Yea, they do likewise put salt into the mouths of those that are fallen into epileptic fits, that so by pricking and grating hard upon the fibres of the tongue it may cause a kind of burning in the nerves, which gives the spirits an opportunity to free themselves from those gross matters that so oppress them.” This became much more recently a popular practice, to stuff salt into the mouths of persons seized with epilepsy, whereby the attack was apparently cut short. Quite lately, at the end of 1900, a sensation was caused by certain doctors in New York laying claim to new discoveries about salt as the elixir of life, because of the electrolytic decomposition this mineral undergoes when taken in solution into the body; it was stated that the products of these electrolytic changes are life-prolonging substances which actuate the whole system through the blood. Corroborating which theory of the professors, the story was told of Mr. Vandercook, a well-known citizen of Chicago, ninety-two years old, that through taking a large dose of common salt twice daily for forty-five years he had attained this remarkable longevity. His own belief was that salt preserves the human organization in life just as it serves to keep pork in packing-houses from spoiling. The same remedy was used in a different way, and on a different principle, as long ago as in 1848 by Dr. Benjamin Richardson and others, according to a proceeding first successfully introduced even in 1656 by Sir C. Wren. It consists of injecting a saline solution into the veins of any person drained of all the serum or watery volume of the blood, whether by cholera, or by some excessive bleeding through injury. This volume of fluid, essential for carrying on the circulation by filling the blood vessels and stimulating the heart, having

become lost, is replaced by an artificial solution of common table salt (together with phosphate of sodium, etc.) injected into one of the veins, and so into the blood at large. By which method the circulation is re-established, and life is often saved. But what the American doctors assert about electrolytic actions wrought by salt when taken internally as a food medicament is altogether a different allegation, which has not been substantiated. The wonderful uses of salt caused Lucretius to name it "panaceus." Homer, Plato and others called it "*corpus divinum et Deo amicissimum*." The Salernitan School of Medicine declared:—

"Sal primo debet poni, non primo reponi,
Omnis mensa malé ponitur absque sale."

Plutarch also thought:—

"Non sapit esca bene quæ datur absque sale."

"Some pretend," as Lemery (1764) tells, "that salt does not a little contribute to make the spirits more brisk and lively; and this they have grounded upon the relations given by certain historians of some nations who eat no salt, that they were altogether dull and stupid. Homer, being about to describe the ignorance of a certain people, says (as translated into Latin):—

"Illi non æquora norunt,
Nec sale conditis noverunt carnibus uti."

The etymology of the name "salt" is from the Greek word *αλς* (*als*), the sea, which also signifies salt, and spells the same by transposition, adding one letter. When food is salted for preserving it, this process may merely hold the life of organisms in suspense without entirely destroying their vitality; and thus in the conversion of American salted pork into American hams in this country by a process of re-salting and subsequent drying, the specific germ, a bacillus, has

been known to be again rendered harmful ; as likewise in Dutch herrings pickled in salt without being cooked, and bottled for use as " hors d'œuvres."

Upwards of half the saline matters of the blood consist of common salt ; and as this is mainly discharged through the skin and the kidneys, the necessity of keeping up continual supplies of such salt to the healthy body becomes sufficiently obvious. Also the bile contains soda (which is the chemical basis of salt), as a special and indispensable constituent, in common, likewise, with all the cartilages of the body. Therefore, if the supply of salt is stinted, the bile will not become capable of assisting digestion, nor will the cartilages acquire strength as fast as they waste by daily use. " If you take away the salt, you may throw the flesh to the dogs " says a sapient Hebrew proverb.

Again, the liqueur Absinthe is commended by some for careful use in small antidotal doses against epilepsy ; which disease this dangerous and seductive preparation is found to cause amongst its intemperate devotees ruined in body and mind. The said liqueur, of an emerald-green colour, contains a high percentage of alcohol, with various essences obtained by macerating in alcohol parts of several plants, especially a species of wormwood (*artemisia*), star anise, sweet flag root, and angelica root. Tipplers of absinthe suffer from restlessness at night, bad dreams, mental dulness, giddiness, convulsions and nausea. Such epileptiform convulsions constitute a very characteristic feature in absinthism, and are readily produced in animals by the liqueur. The volatile oil of the wormwood causes epilepsy in those who become intoxicated thereby ; and this oil, or essence, when used medicinally in reduced doses for patients epileptic from other causes, has proved frequently curative.

Juniper berries, as explained among *Herbal Simples*, will act in a like manner against epilepsy, proving sometimes successful when all other remedies have failed. The berries are to be carried about the person in a bag, and a few should be eaten from time to time daily. Thus, also, the Melilot (a common yellow field-clover, of the Pea tribe) made into a tincture is reputed to be the "one great master remedy" against epilepsy if given in doses of a few drops every five minutes during the attack, and four, or five drops with a little water five times daily throughout several weeks afterwards.

That lunar influences affect epileptic sufferers harmfully has long been regarded as an established fact. The following "limerick" to this effect appeared during the time of William the Fourth:—

" There was a young man of Saint Kitts
Who was very much troubled with fits :
A change of the moon
Threw him into a swoon,
When he tumbled, and broke into bits."

Bartholini relates a story of an epileptic girl who had spots on her face which varied both in colour and magnitude according to the time of the moon. It is not long ago that doctors stoutly upheld a belief in the influence of the moon on lunacy.

ERYSIPELAS.

THIS specific skin inflammation, of a low type, and given to spread rapidly, depends on morbid germs developed from without through a weak and debilitated condition of body. The "streptococcus pyogenes" is the special microbe of erysipelas. Whilst antiseptic measures are vigorously adopted under medical guidance, the food must be as sustaining as possible, and of irreproachable soundness. Some alcoholic support will likewise be most probably required.

EYES AND THEIR AFFECTIONS.

AMONG *Herbal Simples* have been described several effective kitchen remedies of repute, past and present, for the various ailments which concern the eyes and the sight, such as parsley, rice, and garden rue. Likewise for a stye in either eyelid it has been commended to gently rub the part with a gold ring, first wetted with fasting spittle. In Egypt such a stye is termed "shahh-hhateh," a female beggar.

Of Parsley there are the tall and the curled varieties. In classic times the use of the tall parsley was forbidden at table, by both Chrysippus and Dionysius, because it was one of the condiments ordained to be served at funeral feasts; and this variety was thought of old injurious to the eyesight; but the curled parsley was highly esteemed for many medicinal purposes. Phillips, in his *Cultivated Vegetables*, asserts that when parsley is rubbed against a glass goblet, or tumbler, it will break the same, but the cause of this curious phenomenon is unknown.

Dioscorides, the physician of Anthony and Cleopatra, has told that in his day there was a kind of Honey called Saccharon, which is found in India and in Arabia Felix. It has the appearance of salt, and is brittle when chewed. If dissolved in water it is beneficial to the bowels and stomach, is useful in diseases of the bladder and kidneys, and *when sprinkled on the eye* removes those substances that obscure the sight.

Salt was applied anciently for distempered eyes, (and used on a bandage for the bites of mad dogs). Dr. Compton Burnett has recently declared (1880) that cataract of the eyes is sometimes dependent on a super-salinity of the blood; and German pathologists have lately found by experiment that a persistent dosing of

cats and frogs with common salt eventuates in a form of cataract affecting these animals.

Again, Pomet (1675) explains about sugar, if put into the eyes in fine powder it takes away their dimness, and heals them being bloodshot; it cleans old sores being strewn gently on them. The sap of the Vine is also a most excellent remedy for weak eyes; but Sea-kale (*Crambe maritima*), or sea-colewort, was thought injurious to the sight.

“ Now let sea cabbage also come,
Though to the eyes a foe : it blunts the sight.”

Columella.

Pliny informs us that the Romans made poultices of onions and barley-meal for watery eyes. He affirms that onions clear the sight by the tears they draw. The juice was also given in his day for those who suddenly lost their use of speech.

“ Allia, nux, ruta, pira, raphanus cum theriacâ,
Hæc sunt antidotum contra mortale venenum.”

In Japan, Tea is considered the best domestic remedy for weakness of sight and for most complaints of the eyes. The French make use of Pekoe tea only as such a collyrium, and not for drinking by infusion.

As to the curability of cataract medicinally, Dr. Burnett gives the case of “an intelligent lady, of about sixty years, who lost the sight of her right eye by a cataract, and began to lose the sight of her left eye. She consulted several of the best noted specialist doctors of Philadelphia, who all pronounced cataract to be present, and agreed that nothing but operative measures would restore her vision. But an old woman told her to apply oil from a rabbit to her eyes, which she did twice a day. After six months her sight had become completely restored, and all traces of cataract were removed,

so that she could read without glasses, which she had not done for many years. She complained at first of constant dryness in the eyes, which the oil removed, and this was the only peculiar symptom." The above case was recorded in July, 1878, by Dr. W. Dodge, of Philadelphia. "What the oil from a rabbit may be," adds Dr. Burnett, "I do not know; this is a curious case, and perhaps of no great weight. Let some one with cataract try it."

In ophthalmia, or eye inflammation from relaxed membranes, and coats of the eyes, through cold or rheumatism, the diluted juice of the Capsicum (see *Phillips' Cultivated Vegetables*, 1822) is a sovereign remedy, and "I have often witnessed its virtues in obstinate cases of this sort. All the capsicum peppers are of a much more burning nature than white or black pepper. Some rulers punish their slaves by putting the juices of these peppers into their eyes, which cause unspeakable pain for a short while; and yet it is said that certain Indians will squeeze the juice of red pepper into their eyes before they go to strike fish, so as to make themselves see clear."

For a sty or small boil on the margin of an eyelid, if this be discovered when as yet only an incipient pimple, it may often be aborted by pulling out the eyelash which passes through its centre, and then stimulating the spot with a small piece of table salt, or with lemon juice. Reference has been previously made (page 39) to the garden Rue. A custom obtained formerly among the Roman carvers, engravers, and painters, of eating the leaves of this garden rue to preserve their eyesight; whilst others just touched the corners of their eyes with rue juice, which cured watery humours therein. Lemery (1685) wrote: "The gall of

a sheep is made use of to cleanse the ulcers of the eyes ; they make use of the animal's suet, inwardly taken, to stop the bloody flux ; they do also mix it in ointments, plasters and pomatums for dissolving and lemifying." In the neighbourhood of Banbury, likewise in Worcestershire, rain which falls on Holy Thursday (Ascension Day) is carefully bottled for use against sore eyes. The Sparrow (*Passer domesticus*), according to Tobit in the *Apocrypha*, "muted warm dung into mine eyes, and a whitenesse came into mine eyes, and I went to the physicians, but they helped me not." Tobias (the son of Tobit) "strake of the gall (from a fish, which had leaped out of the river Tigris) on his father's eyes, saying 'Be of good hope, my father' ; and when his eyes began to pricke, he (Tobias) rubbed them, and the whitenesse pilled away from the corners of his eyes, and when he saw his sonne he fell upon his necke, and wept, and sayde 'Blessed art Thou, O Lord.'" Also the liver and heart of the fish were used, made into a perfume.

In classic times a belief obtained as to the exercise of malignant influences by the "evil eye" on the part of certain uncanny persons. Virgil, in one of his Eclogues, alludes to this: "*Nescio quis teneros oculus mihi fascinat agnos*" ("I know not what ill-favoured eye bewitches my tender lambs"). Such a belief is pertinaciously retained at the present day in remote rural districts of Devon and Cornwall.

Dr. Pagenstecher, the famous German oculist at Wiesbaden, makes much use of mercury for some forms of blindness, thereby in a fashion becoming a manufacturer of human looking-glasses and mirrors. "At night you see the patients sit in their rooms naked to the waist, and each holding a little globule of mercury in one hand while passing it swiftly down the other arm from

the shoulder to the wrist. This they must do eighteen hundred times in half an hour, and always from above downwards. The process is applied alternately to the arms and the legs day by day." Mercury is now recognised as the most potent of all germicides.

Pepys wrote thus in his Diary, July 3rd, 1668: "To an Alehouse: met Mr. Pierce, the surgeon, and Drs. Clarke, Waldron, Turberville, my physician for the eyes, and Dr. Lowre, to dissect several eyes of sheep, and oxen, with great pleasure, and to my great information. But strange that this Turberville should be so great a man, and yet to this day had seen no eyes dissected, or but once; but desired this Dr. Lowre to give him the opportunity to see him dissect some."

FAT: TO REDUCE.

SEVERAL systems have been devised for the reduction of bulk, and weight, through excess of fat. French physicians have insisted on a dry diet because noticing that water and watery foods caused a great accumulation of abdominal fat in horses. Again, the Banting method was to exclude from the dietary all farinaceous foods, sugar and fat, whilst limiting the amount of liquids taken. Through such means Mr. Banting reduced himself in one year by forty-six pounds, and his girth by twelve inches; at the same time his numerous bodily infirmities were greatly mitigated, or altogether removed. This was likewise the system of Hippocrates, who also prohibited all roots, or vegetables grown underground. But he advised obese persons to eat fat because it produces a feeling of satisfied fulness, and thus leads to the consumption of less other nourishment. Again, the idea of certain physicians has been to so strengthen the muscular walls of the

heart that active bodily exercise may be taken more vigorously, such as is known to be attended with a considerable using up of the bodily fat. Dr. Weir-Mitchell advocates a milk diet, with bodily rest, and massage of the burdensome fatty accumulations about the limbs and trunk, particularly of bloodless women who have become excessively fat. He declares that on skimmed milk (from which the cream has been removed) fat persons lose flesh; and that a large amount of their weight may be got rid of safely and expeditiously by rest, with skimmed milk gradually increased in quantity; and their proceeding presently to a moderate allowance of beef, mutton, and oysters. But the absolute rest in bed for a week or two must be insisted on. Towards reducing fat the giving of soap was formerly often employed, as much as three ounces being taken daily, with milk, or in lime-water.

“To grow stout is not necessarily to look coarse: but if there is an inherent element of coarseness in man or woman, a very little additional surface will make this manifest, much as an enlarged photograph magnifies its own details.” The chief feature of the Banting system, which still finds its followers, is the exclusion of two elements, starch and sugar, from the food; therefore bread (except thin, crisp, charred toast), potatoes, sweet roots, butter, sugar, cream, pastry, chocolates, beer, port wine, champagne and all sweet wines must be avoided. Outdoor daily exercise in the open air is necessary as actively as it can be pursued without harmful fatigue. “Wordsworth,” said De Quincey, “with his questionable legs must have traversed a distance in all his walking (about the Lake district) of from a hundred and seventy-five thousand to a hundred and eighty thousand English miles: a mode of exertion which to him stood

in the stead of alcohol, and of all other stimulants whatsoever to the animal spirits: to which indeed he was indebted for a life of unclouded happiness; and we for much that is most excellent in his writings."

Obesity is said to be removed by again another plan, pursued on rational grounds, which has come from America, and passes under the name of the Salisbury treatment, as recently devised there. It consists in limiting the kinds of sustenance which are allowed, to lean meat in considerable quantities (some fish likewise of lean fibre), and hot water. No bread, vegetables, milk, or any other article of diet besides those specified are permitted. It is supposed that the patient supplies from his own store of fat, already accumulated, the necessary hydrocarbons (absent in his diet); that, in fact, he consumes his own fat. One of the strongest advocates of this method, Dr. Towers Smith, gives three pounds of rump steak, and one pound of cod fish, together with six and a half pints of hot water, as the daily sustenance for the first fortnight. During the next three weeks the hot water is reduced in quantity to four pints daily; and other kinds of lean meat and fish, free from oil or fat, are allowed, as well as a little green vegetable food. During the following month the hot water is brought down to about a quart a day; and some crusts of stale bread, captain's biscuits, grilled meat, or poultry, or game, with some hock, or claret, and seltzer water, are permitted. A slice of fresh lemon may be used to flavour each tumbler of hot water. Remarkable results have likewise been obtained by limiting the food to one pound of lean fish, and one pound of cooked lean meat daily, together with the consumption of a pint of warm water every two hours, the water to be taken as hot as it can be comfortably drunk, and sipped slowly.

The fish and meat are distributed in various meals according to the inclination of the patient. Dr Yeo says: "We think this diet can be improved by the addition of some fresh, green vegetables, such as tender watercress, lettuce and the like."

The storage of fat is with animals a functional process, consisting of a marked autumnal increase when food is plentiful, and of an equally marked decrease throughout the winter and spring. With man, however, the variations are reversed because of his artificial habits. The human increase takes place during the depth of winter, and the decrease during the summer, when the exercise and the perspiration are more active. "The winter fat," says Dr. Woods Hutchinson, "is a surplus product with man in this country, and becomes a distinct incumbrance at the time of early spring, which has to be got rid of by Lenten observances, spring medicines, and the like:—

" Is it a Fast to keep
 The larder clean
 From fat of veals, and sheep?
 Is it to quit the dish
 Of flesh? Yet still
 to fill
 The platter high with fish?
 No! 'Tis a Fast to dole
 Thy sheaf of wheat,
 And meat,
 Unto the hungry soul:
 To show a heart grief-rent,
 To starve thy sin,
 Not bin!
 And that's to keep thy Lent."

ROBERT HERRICK (1650).

Fat in the animal is a necessity, and is accordingly of active formation; in man it acts chiefly as a lubricating and packing material, and is proportionally stagnant,

often giving rise to tumours in the human being, but not in animals. The one period of human life in which it does unquestionably display uses of storage is during childhood, when it seems to act as a reserve material for the exigences of growth. Later on in life the obese person is generally somewhat dull of intellect whilst lacking energy of mind and body. "*Pinguis venter non gignit sensum tenuem*"—"Fat paunches make lean pates." But as regards physical endurance for hard labour, a sufficient possession of bodily fat is undoubtedly advantageous. Emerson (in *English Traits*, 1848) wrote: "The English labourers, high and low, are of an unctuous nature: one should understand, therefore, how they hold out. There is an adipocere in their constitution, as if they had oil also for their mental wheels, and could perform vast amounts of work without damage to themselves."

FATIGUE; and BODILY EXHAUSTION.

IN France, as a reviving sustenance for fatigue from travel or tiring bodily efforts, Sorrel soup is highly esteemed. About as many fresh Sorrel leaves as will half fill a vegetable dish are to be taken, together with half a pound of fresh butter, six eggs, and one French roll; also two quarts of medium stock, salt, and pepper. Blanch the sorrel leaves, chop them very fine, and put them into a saucepan with the butter, stock, salt, and pepper. As soon as the potage boils, bind with the yolks of the eggs beaten up in a little milk, and add a little butter. Pour it whilst steaming hot on the roll cut up into slices in a tureen, and serve. May and September are the proper seasons for Sorrel. Another recipe for Sorrel soup, as in vogue with French ladies when fatigued, is to take two or three handfuls of fresh,

green Sorrel and pick the leaves from the stems ; wash them in several waters, drain them, and put them into a stewpan with a slice of fresh butter ; no liquor will be required. Steam the leaves gently until quite tender ; dredge a little flour upon them, beat out all the lumps, and add about a quart of either white stock or water ; then simmer for ten minutes. Whisk two eggs lightly, and just before the soup is wanted put a little of the soup to the eggs, adding the remainder gradually ; make hot again, but do not boil after the eggs are added. This is an acid soup.

The Romans formerly partook of Sorrel stewed with mustard and seasoned with oil and vinegar. The acid of this herb is a binoxalate of potash, *i.e.*, a combination of oxalic acid with potash. The French Sorrel (*Rumex scutata*) is more succulent and less acid than the Sorrel (*Rumex acetosa*) with which we are familiar. "Sorrel sops" were a fever drink in the sixteenth and seventeenth centuries. Pope, however, wrote more cordially, "The weary find new strength in generous wine."

Another excellent form of light recruiting nourishment is the old-fashioned Caudle, or oatmeal gruel, sweetened, and with ale, brandy or wine added to it. Mix a tablespoonful of oatmeal with a cup of cold water ; pour a pint of boiling water, or milk, over it ; return it to the saucepan, and let it boil for four or five minutes, stirring it all the time ; add ale, wine or brandy according to taste ; sweeten, and season with nutmeg or ginger. This will constitute thin Caudle ; if it is desired thick, then two tablespoonfuls of oatmeal must be mixed in. Again, another way of making the Caudle is to stir two tablespoonfuls of oatmeal into a pint of water, and add the thin rind of a lemon, a blade of mace, and a tablespoonful of brown sugar. Let all

boil together; then strain the liquid and add a pint of mild ale, and warm it for use. A little grated ginger is often an improvement to this Caudle. In Elia's exquisite Reverie, *The Child-Angel*, it is related: "Nor wanted there, to my seeming (when the Earth-Child was born in Heaven)—Oh! the inexplicable simpleness of dreams!—bowls of that cheering nectar, which mortals *Caudle* call below."

With respect to bodily exercise, though the good old adage, "Better to wear out shoes than sheets," inculcates a wholesome truth, yet immoderate exercise beyond the individual powers, and such as is followed by prostration of strength, rather than by a healthy sense of simply wanting to rest, must be discouraged. "'Tis good to walk till the blood appears on the cheek, but not the sweat on the brow," says a wise Spanish proverb. Alexander the Great, when upon a march, turned away his cooks, saying "he carried much better cooks along with him than those he dismissed, *viz.*, a long morning's journey to whet his appetite for dinner, and a frugal meal when dining, so as to make his supper relish well." Proper intervals of bodily and mental repose are essential to compensate for the wear and tear of daily life, and even of recreative efforts. "*Arcus nimis intensus rumpitur*" ("A bow long bent at last waxeth weak").

"Otia corpus alunt, animus quoque pascitur illis;
Immodicus contra carpit utrumque labor."

"All work and no play makes Jack a dull boy."

Cold tea as a refreshing beverage is a capital sustainer. One or two cups taken without milk or sugar are as reviving and stimulating as the same quantity of sherry; and a taste for this beverage is worth acquiring by those who need an occasional and harmless restorative. Dates, and a liberal use of sugar, have been likewise

warmly commended for invigorating those who are exhausted as to strength of limb. Liebig's extract of meat has been found promptly recuperative after great bodily exertion and its consequent fatigue; also for giving power to the heart.

FEVER.

THIS may be of a comparatively simple kind, more or less acute, and prolonged; or of a serious character, caused by a specific poison as in typhoid fever; or, again, intermittent fever from ague; other forms also occur after injury, or of an inflammatory nature, etc. Maintenance of the strength by all admissible means is of vital importance throughout the course of any exhausting fever. Dr. Graves, a noted Irish physician, once when going round the wards of the Meath Hospital, said to his class, "If anything is to be inscribed on my tombstone, let it be 'This man fed fevers.'" He first taught in his day that good food, and the moderate use of alcohol, cured many cases which an opposite course of treatment would serve to kill.

"Eggs," says Dr. Yeo, "form a complete food allowable in most febrile maladies. These should not be cooked, but beaten up with twice or three times their volume of hot water, then strained, sweetened (if thus agreeable to the patient) with sugar, and added to a little light broth, or clear soup, thereby making a very nutritious food." Or, the yolk of an egg may be beaten up with a little hot milk and water, or with a little hot weak tea sweetened with honey, or grape sugar; or eggs may be given with brandy after the recognised formula of the British Pharmacopœia, which any good druggist will dispense. This is ordered to be made by rubbing together the yolks of two eggs, half

an ounce of refined sugar, adding four ounces of Cognac, and four ounces of cinnamon water. But a more generally useful mixture may be compounded with half this quantity of brandy. It was a Noel-tide superstition of the old world, which still finds many believers, that if a raw egg is taken as the first food on Christmas morning, strength to carry heavy weights, and to do great deeds will become acquired thereby.

Too little attention has been given to the flavouring of foods for febrile patients; in the preparation of light clear soups it is easy, and indeed beneficial, to add some condimentary aromatic herbs; and Sir W. Jenner long ago directed attention to the error which is perpetuated in omitting to combine fresh vegetable juices with these soups. By cooking such vegetables as carrots, turnips, celery, parsnip, endive, lettuce, etc., together with some aromatic herbs, such as parsley, mint, thyme, tarragon, etc. (first cutting these fine, and putting them as a nosegay in a small muslin bag, then boiling, and squeezing out the juice into the soup), an important and wholesome improvement of such soup, or broth is effected.

Physicians formerly held in high esteem for feverish distempers a remedy which has been undeservedly made the subject of much modern ridicule, water gruel, as made of oatmeal boiled with water. This is actually endowed with the same medicinal virtues as the Ptisan of Hippocrates, and being an acescent food is practically useful when there is some tendency to an alkaline putrefaction within the body, as is the case in many acute feverish illnesses.

In his treatise on the *Management of Acute Diseases*, Hippocrates advises the Ptisan of barley, which we now call gruel. The proper preparation thereof was considered by him so important that he condescended

to give instructions how to make it; that it may be "thin, but not too thin; thick, but not too thick," as Miss Austen describes this dietetic mess when cooked to perfection. Dr. King Chambers directs to mix one large tablespoonful of oatmeal into a smooth paste with a little cold water; then pour in, whilst stirring all the time, a pint of boiling water. Boil for ten minutes, still stirring as before, and strain. It may be eaten with salt, or sugar, according to taste. "But gruel," says Dr. Mackenzie, "is a very insipid diet to a person of a nice palate." Plutarch tells that one of the kings of Pontus, who loved good eating, having heard great encomiums passed on the black broth of Sparta, hired a cook from that city to prepare it. But when he came to taste this celebrated dish he called immediately for the cook, and with some warmth told him that it was a vile, abominable mess. To which the other modestly replied, "Sir, to make this broth relish well, a man must first bathe himself in the river Eurotas"; which was a river of Laconia, running by Sparta. The inference was, that "to bathe in Eurotas" signified to imitate the discipline and temperance of the Lacedemonians.

For *Toast-water*, which is specifically antiseptic in fever, because of its charcoal from the bread burnt to blackness: Take a slice of stale bread, crust should be preferred, and toast it slowly all through, even to almost blackness, but without actually burning; let it become cold, then pour over it a quart of boiling water, and let this stand covered until cool; strain it through muslin before serving it. Another way of making toast water is to use the crust of bread, as it does not so soon turn sour; toast it well on both sides until dry, and thoroughly browned, though not burnt. Have the water very fresh and *cold* at hand in a jug, break the

toast in pieces, and put them into the water; if the water be poured on the toast, it will be thick and not so clear. Cover the jug, and let the toast remain soaking until the water has the colour of sherry; then strain, and serve cold.

To make *Crust Coffee*, bake slices of stale bread a nice brown; crush, or roll them into powder, which put into a wide-mouthed bottle, and keep dry. Add a table-spoonful of this to water boiling in a small saucepan, then strain through muslin into a teacup.

White Wine Whey, cold, is an excellent drink in low fever; also in the early stages of convalescence it is as safe and sufficient a stimulant as can be given. When made warm it promotes perspiration, and thus is useful at the commencement of an attack during the cold stage of nervous shock: Take half a pint of new milk, and dilute it with an equal quantity of hot water: boil both together, and while boiling pour in at the moment two wineglassfuls of white wine; a curd will form, which after the mixture has boiled for two or three minutes will settle at the bottom of the saucepan; strain the whey carefully from the curd, and it should be perfectly clear. Sugar may be added to taste. From a Glossary of the fourteenth century it appears that whey was then used as a drink; it occurs there as *cerum-i-quidam*, "liquor whey."

Lemery (1674), quoting Hippocrates again, tells that the whites of eggs well beaten in spring water make a drink that is very moistening, cooling, and good for those that are sick of fevers (and for opening the body). Fruit soups are advised by Bauer, as both useful and agreeable; they are to be made by boiling fresh or dried fruits with water (adding, or not, sugar, and lemon peel) and freeing this from the solid residue by pressing and

straining. The "soups" thus prepared contain a small measure of albuminates, with some organic acids; they are therefore useful beverages during feverish states. Lonicerus wrote, "*Persica mala in ardentibus febribus sumi possunt.*" Dr. Samuel Johnson would eat seven or eight large peaches before breakfast, and the same number again before his dinner; and yet "he never, but once, had as much as he wished of wall fruit."

The Tamarind is antiputrescent against fever, besides being slightly laxative; *Tamarind whey* (see page 66) when diluted with water makes an excellent fever drink. The tamarind tree is disliked in India, and banished by the natives from near their dwellings because of its obnoxious droppings when in fruit. To prepare *Tamarind juice*, which serves as a refreshing drink for the sick, mix a quarter of a pint of tamarind syrup, from the fruit, with half a pint of cold spring water. Similarly, for *Tamarind drink* boil three pints of water with an ounce and a half of tamarinds, three ounces of kitchen currants, and two ounces of stoned raisins, until about a third of the quantity has evaporated; strain, add a bit of lemon peel, which is to be removed in half an hour, and then cool for drinking. The same is also of service for daily use to prevent constipation.

Grape sugar, obtained from grapes (or by adding sulphuric acid to cane sugar) may be mixed for febrile patients with farinaceous foods, and used also to sweeten their drinks. It is the substance resulting from the digestion of carbohydrates, being, indeed, a predigested carbohydrate, and can be purchased from the druggist.

Typhoid fever is caused by a specific poison which determines its mischief chiefly in certain glands occupying the lining membrane of the larger bowels; these

glands become ulcerated, and must be kept at rest as absolutely as possible with respect to any irritating food products reaching them, else there occurs an imminent risk of most serious bleedings from their raw sore surfaces, or of the bowel becoming perforated; therefore it is imperative that all the nourishment shall be taken in a liquid form until the ulceration heals; likewise that no solid curds, as produced by taking undiluted milk, should assume the condition of risky foods in the bowels. "The popular tendency," to quote a leading authority, "is to overfeed the typhoid patient." But in the acute stage scarcely any food becomes digested. Fluids, which will remain fluid within the alimentary canal, are alone absorbed. Excellent as milk is, it is a too concentrated food. Sir. Wm. Jenner has pointed out that a pint of milk contains as much solid animal matter as a full-sized mutton chop, so that milk should always be given freely diluted with water (first boiled and then allowed to cool). A few grains of common salt may be usefully added to each cupful of the milk and water; this will compensate for some of the salts which are missed through absence of vegetable foods; and such common salt is a capital antiseptic. An equivalent of from two to three pints of milk in the twenty-four hours will be an adequate allowance for most cases, and two pints of either boiled water or barley water may be combined therewith. Frequent diarrhœa from the ulcerated intestines is a marked accompaniment of the fever. If milk, however treated, disagrees, and curd of milk is found in the motions, it will be best to convert the milk into whey. As another substitute for milk, *Junket* is an admirably light, yet sustaining form of suitable nourishment in fever, or acute disease.

Sweeten with white sugar one pint of good new milk ; add, if desired, a dessertspoonful of sherry, or perhaps of rum : heat this to the temperature of new milk, pour it into a shallow dish, and stir in two teaspoonfuls of essence of rennet. A light curd will thus be formed : grate a little nutmeg over it, and add a pinch of powdered cinnamon ; serve when quite cold. In the winter the milk must be placed in a warm room to set. The whey can be readily substituted by boiling each pint of milk with a tablespoonful or two of fresh lemon juice, and straining through muslin, strongly squeezing out all that can be expressed from the curd. If whey is thus used, the clotted albuminous constituents of the milk, which have been strained away in making it, may be replaced by beating up a new-laid egg (with or without two teaspoonfuls of brandy, as the case may be) and adding thereto two or three ounces of hot whey, and straining if necessary. Presently light beef teas, chicken broth, milk jelly (made by adding a little isinglass to hot milk diluted with water) calf's-foot jelly, butter-milk, and water of egg-whites (mixed with twice as much water as their own bulk, and strained) may safely follow in ordinary cases.

Young persons generally do well in typhoid fever without any alcohol ; but there are very few patients who are not the better for a glass or two of port wine each day during the first period of convalescence. As a rule, the older the patient the greater and earlier will be the need for stimulants. Whisky and brandy are the best stimulants during the fever ; port wine and champagne during convalescence. A well made infusion of freshly ground coffee recently roasted is often better as a restorative in fever than alcohol. Sometimes

throughout the fever a scalded milk diet taken exclusively is found to answer adequately, and reliably.

A French physician has recently ascertained that the bacillus of typhoid fever cannot exist in apple juice, except for a very short time; and he advises persons who live where the drinking water is open to suspicion that they should mix natural cider therewith before using it as a beverage. Apple-water is moreover an excellent, cooling, antiseptic fever drink. To make it: Clean the outside of three large apples by well sponging and rubbing them, slice them, pour a quart of boiling water on them; let it stand for some time, then strain it, and boil it up with the juice of half a fresh lemon and a little sugar; this is sufficient for making a quart of the liquid. Such an apple-water may be concocted also from green, unripe fruit, as verjuice (green juice). In Izaak Walton's *Complete Angler* (1653) the Milk woman says to Piscator, in return for some fish he has given her, "Marry! God requite you, sir, and we'll eat it cheerfully. And if you come this way a-fishing two months hence, a' grace of God I'll give you a syllabub of new verjuice in a new-made haycock for it, and my maudlin shall sing you one of her best ballads."

Again, for *boiled apple-water*: Wash the apples, and cut them into thin slices without peeling them, put them into a lined saucepan with the water, some sugar, and the thinly peeled rind of half a lemon. Boil gently for an hour until the fruit is soft, then strain through muslin, and cover until cold. Or, again: Rub well three large apples to make them perfectly clean, slice them, pour a quart of boiling water on them; let it stand some time, then strain it, and boil it up with the juice of half a lemon and a little sugar; time to boil, five or six minutes; sufficient for a quart of the liquid.

To make Lemonade as a drink for the sick: Squeeze the juice out of a fine lemon, strain it, put it with about a quarter of the rind, and three or four lumps of loaf sugar into a jug, and pour over it a pint of boiling water. Cover closely, and let the lemonade stand for two hours; at the end of that time strain, and it will be ready for use. This lemonade for invalids should be prepared with boiling water, as the unwholesome belongings of the lemon are thus destroyed. Only a small quantity of sugar should be used (unless a desire for more is expressed), as the acidity will most likely be grateful.

The juice of the Mulberry is suitable in ordinary fever of a non-specific character, by reason of its cooling and slightly laxative properties; it should be freely diluted with water; though somewhat acid this is an aromatic juice, being wholesome because, like that of the strawberry, it does not undergo acetous fermentation; and it may therefore be safely employed by gouty, and rheumatic persons. Likewise, Raspberry syrup, or Raspberry vinegar, diluted with water, makes a cooling and agreeable drink in febrile complaints; this is furthermore useful against scurvy. Raspberry syrup helps to dissolve the tartar of the teeth, and does not undergo acetous fermentation in the stomach.

For Milk jelly, to relieve the thirst of fever: Put three quarters of an ounce of gelatine (so called from the Latin, *gelo*, to stiffen when cold) into a pint of water, and when it has swollen, gently warm, and add one pint of milk, one ounce of crushed sugar (unless objected to), the juice of a lemon, and (conditionally) three tablespoonfuls of old rum; strain all through a piece of very fine flannel, and put it in a cool place until required.

Yeast is found to be a good antiseptic in typhus and typhoid fevers. A teaspoonful of good fresh yeast is to be mixed with a pint of strong wort, and the vessel closed, and placed near a fire; in less than an hour the wort will become covered with a white cap of yeast, and should be drunk in that state, from one to two pints being taken in divided doses during the day. Drs. Haggarth, of Chester, and Stokes, of Dublin, have used this preparation with successful results. It should be stated that within the present year some leading physicians in London have begun to advocate less strictness as to feeding typhoid patients exclusively on liquid foods, and diluted milk. These teachers have observed unfavourable conditions arising through the lack of more vital nourishment, and endangering the lungs, the kidneys, or the brain; so that the feeding is not limited by them beyond the ordinary care exercised in simple febrile states generally; unless symptoms of diarrhoea, bleeding from the bowels, and abdominal tenderness show that the intestines are implicated.

For Intermittent fever (*see also* "Ague") the decoction of lemons has proved highly useful in Italy and Rome: a method for preparing this is given on page 30.

In Remittent fever from malarial causes, there is often a tendency to collapse; for which white wine whey is an excellent restorative, or champagne, or good Rhenish wine. Livingstone's party (in Africa) used bitter ale, and tell about it as having proved grateful to the patient, frequently remaining on the stomach when all other stimulants were rejected. *Ale* is a Saxon term used for *malt-brewet*, and signifies the cheerful "giver of warmth."

FLATULENCE, *see* INDIGESTION.

FOODS.

SUCH nutritious foods as kitchen physic can supply for weakly persons, and for those recovering from a severe illness, have been already considered under "Debility." Others for patients of feeble stomach under "Digestion." And, again, light strengthening sustenance for those of advanced years under "Old Age." There are, furthermore, certain particular foods unusual in the ordinary dietary of the ailing, or endowed with special curative powers, which are entitled to a distinctive consideration. "With respect to meat and vegetables," wrote Lemery (1675) in his *Treatise of All Sorts of Food*, "several pretend that the custom of eating animals did not come up till after the Deluge, and that men before that were content to feed on vegetables; and this they would prove from Genesis, the first, that God before the Flood prescribed the food which men should eat, and that there is no mention made therein of the flesh of animals. Moreover, they cite divers fathers, historians, poets, physicians, philosophers, and others, who are of this opinion. But Plutarch wrote that hens' eggs in Egypt do hatch themselves in the warm sun, also that wild conies breed every month; so that, albeit by their rites of religion the Egyptians were forbidden to eat eggs, or to kill for meat any living creature, yet necessity caused them to eat both, lest their corn would be devoured both in seed and blade, or they themselves forced to do nothing else but to bury young rabbits and to squash eggs." Yet the ancient Greek athlete was a vegetarian. Hercules, according to the comic poets, lived chiefly on pease pudding. Dr. Cheyne, the eminent physician of Bath, pronounced that for those patients who were extremely broken down with chronic disease, he could find no other relief

than what was afforded by a total abstinence from animal food, and from all sorts of strong and fermented liquors. "Throughout about thirty years practice," said he, "during which I have, in some degree or other, advised this method in proper cases, I have had but two such in whose total recovery I have been disappointed." Haller, the noted physiologist, gave it as his opinion that food in which flesh has no part is salutary, inasmuch as it nourishes a man fully, protracts life to an advanced period, and prevents, or cures such disorders as are attributable to the acrimony, or grossness of the blood."

Respecting meat, it should be noted that this, whether beef or mutton, must be hung until tender before being cooked; which means until the muscular rigidity coming on soon after the animal has been killed (and which is known as the *rigor mortis*, or stiffness of death) has disappeared. This sets in within a variable period after death, from ten minutes to seven hours, and may last an equally variable period, for from one to six days. Its duration differs greatly in different animals. The meat is more tender and has a better flavour after this stiffness has passed away. Sometimes, though rarely, it happens that the flesh can be cooked before the muscular rigidity comes on. The actual flesh of animals which constitutes "meat," consists of muscle fibres held together by connective tissue. These fibres vary in length and thickness. If they are long and coarse, as in the leg of a crab, the meat is less easily digested than when the fibres are shorter, and more delicate, as in the breast of a chicken. The fibres contain the muscle juice of the meat (which juice consists chemically of water, myosin, hæmoglobin, creatin, and mineral salts, chiefly compounds of potassium, and phosphoric acid). The stiffness of an animal's carcase which ensues

shortly after death is due to the clotting of this muscle juice, during which stage the meat is tough. But presently acids are developed in the meat which soften the clotted muscle juice into solution, and then the meat becomes tender again.

“Extractives” of meat are the main constituents of soups, and form beef extracts, mutton essences, etc. These yield no potential energy, and therefore are not really nourishing foods. They have no power of enduringly increasing the force of the heart. Their stimulating effect on the circulation is due, in a measure, to certain volatile condimentary principles, but chiefly to the hot water with which they are taken. It is doubtful if they exercise any renovative action on the nervous system, but they certainly seem to remove the sense of fatigue. Their taste and odour are agreeably fragrant, and therefore give positive aid to digestion by helping to excite a flow of gastric juice in the stomach. Thus it is the case that clear soups which consist of a solution of the meat extractives have no real nutritive value, but are of assistance at the commencement of a meal. Nevertheless, if taken beyond moderation, they are apt to provoke diarrhœa. Furthermore the digestibility of meat itself is not positively improved by any method of cooking; indeed, it may be laid down as a general rule, to which there are few exceptions, that cooking diminishes the digestibility of animal foods, and increases that of vegetable products.

“Much reliance may be placed,” writes Dr. Jaeger, “on the warning which is given by any food seeming to possess a repellent odour (supposing this food to be really sweet, and sound), particularly when the same food generally proves appetising; if exciting any repugnance

then such food is almost sure to disagree." Nature indicates the wisdom of fasting when the customary food smells disagreeably, or ceases to be approached with appetite. One of the chief symptoms of illness in an animal is its refusing food ; under which conditions both in the animal and in the human being, fasting is the remedial treatment prescribed instinctively by nature, and it will even serve to restore the oppressed vital energies. Dr. Jaeger advises everyone to fast at regular intervals, if only by omitting on one day in the week the mid-day meal. In *Medicina Simplex*, or the *Pilgrim's Waybook*, by J. Hester, M.D. (1832) it is related that Baron Maserer, who lived to be ninety, and who never employed a physician, used to go without dinner on one day in every week, not eating until tea time, when he took a round of dry toast.

With respect to a depraved sense of smell, the following characteristic advertisement appeared in an early number of the *Spectator* (1712) : " Sold only at Mr. Payn's Toy Shop, at the ' Angel and Crown,' an incomparable pleasant tincture to restore the sense of smelling, tho' lost for many years ; a few drops of which being snuffed up the nose infallibly cures those who have lost their smell, let it proceed from what cause soever : it admirably opens all manner of obstructions of the Olfactory, or smelling Nerves ; comforts and strengthens the head and brain, and revives the smelling faculty to a miracle, effectually removing whatever is the cause of the disorder of that sense, and perfectly cures so as to cause the Person to smell as quick and well as anyone in the World." What could this marvellous secret remedy have been ?

Dietists in the seventeenth century assumed that properly selected foods would enable men to attain the

age of the patriarchs ; and that by eating the flesh of long-lived animals, or birds, men could increase the length of their own years. Hippocrates chiefly commended the flesh of a wild sow because it feeds purely, and enjoyeth the benefit of a cleare aire which clarifieth blood. Roger Bacon has pronounced deers' flesh one of the best meats, if it be so young that we can digest it. For, saith he, that which liveth long by its own nature maketh also others to live long. "When I consider," told Dr. Muffett, "how cleanly the hedgehog feedeth, namely, upon cows' milk (if he can come by it) or upon fruit and mast, I see no reason to discontinue this meat (hedgehog) upon some fantastikal dislike ; nay, it nourisheth plentifully, procureth appetite and sleep, dissolveth knots, and kernelly tumours, and helps the lepry, consumption, palsy and stone." "*Utere Echino hilari, stomachum fovet, ilia mollit.*"

"As concerning vegetables, the nature of their meat is to be commended for three principal reasons—antiquity, purity, and sufficiency ; it is more ancient than either flesh or fish by two thousand years : it is so pure of itself that it never defiles the hand, nor needeth any great dressing ; and it is sufficient to maintain us long in life ; as not only the history of the first twelve patriarchs, but also whole nations living at this day in India, Africa, Asia, and some parts of Europe, sufficiently declare, feeding wholly, or principally on fruit ; whereof I find three special kinds, namely, orchard fruit, growing upon trees ; garden fruit, growing upon shrubs, herbs, and roots ; and field fruit, concluded under the name of graine. All apples may be sorted into sweet, soure, and usavory. Sweet apples ease the cough, quench thirst, cure melancholly, comfort the heart and head, (especially if they be fragrant and

odoriferous) and also give a laudable nourishment. Soure apples hinder spitting, straiten the brest, gripe the stomach, encrease phlegm, and weaken memory. Sweet apples are to be eaten at the beginning of meat, but soure and tart apples at the latter end. All apples are worst raw, and best baked, or preserved."

"Honey and bread was a great meat with Pythagoras and his scholars, and counted a sufficient food for a temperate life, since that bread strengthens the body, and honey both nourishes much, and also cleanseth away superfluities. As the Ancients had no sugar they made use of honey for almost everything we now sweeten therewith. Pliny calls it "divine nectar," and Virgil terms it the "gift of Heaven." Honey made by bees in the spring is more to be valued than that of autumn, because the juices of the flowers are bland and milder at the beginning of summer. Later on the honey acquires a pungency which is disagreeable to many persons, and it then becomes more liable to ferment. As a heat-producer, one pound of honey is equal to two pounds of butter: and it may be better tolerated than cod-liver oil by some persons of feeble digestive powers.

"Concerning meats," reasoned Dr. Muffett (*tempore Elizabeth*), "I conclude that who seeth not a great difference between meats killed in season, and out of season, betwixt raw meat, and parboiled, betwixt fri'd meats, and baked meats, spiced and unspiced, salt and fresh, betwixt asparagus once wash't, and twice wash't, betwixt cabbages once or twice sod, is in my judgment deprived of his wits, or else overwedded to his will. For, who is ignorant that cabbages once sod loosen the belly, but twice sod (I mean in several waters) procure most dangerous, and great costiveness? Who knoweth not (as Galen affirmeth) that asparagus often washed is a

good nourishment, but otherwise so bitter that it wholly purgeth? What stomack of any such dulness that, being over moist, it confesseth not amendment after the use of spiced, salted, baked, and dry roasted meats? and otherwise complaineth of hurt by fresh, liquid, sodden, and unsavoury meats?" It is to be noted that the ancients called all the sprouts of young vegetables "asparagus," embracing therein artichoke, alisander, asparagus, cardoon, rampion, and sea kale.

About the Cabbage, wrote Culpeper (1650) "this was surely Chrysippus, his god, and therefore he wrote a whole volume of them and their virtues; and honest old Cato, they say, used no other physick. I know not what metall their bodies were made of; this I am sure, cabbages are extremely windy, whether you take them as meat, or as medicine! Yea! as windy meat as can be eaten, unless you eat bagpipes, or bellows." A classic legend tells that Jupiter labouring to explain two oracles which did not agree, broke out into a sweat, and from the divine perspiration sprang the cabbage, or colewort; the probable meaning of which is that it was first cultivated by the sweat of the brow. An old-fashioned word for the colewort was "Crambe," (of which it was said "the single portion is excellent, the double dish is death"). "*Occidit miseros Crambe repelita.*" Again, old Fuller wrote *Crambe bis cocta* (Latin proverb)—"Colewort twice sodden"—means "Stale news"; Crambe being a kind of cabbage which, with vinegar, being raw, is good, boiled better, twice boiled noysome to the palate, and nauseous to the stomach;—applicable to such as grate the ears of their auditors with ungrateful tautologies of what is worthless in itself, tolerable as once uttered in the notion of novelty, but abominable if repeated, for the tediousnesse thereof."

A familiar circumstance will have been noticed by most persons that the colourless, fresh cut surface of an apple, or turnip, or potato, when exposed to the air, soon becomes brown. In all such substances the presence of a certain quantity of water, in which the molecules are able to move freely on one another, is a condition necessary to the production, by temporary contact with air, of a change in form and composition, a resolving of the original body into new products, which continues uninterruptedly until no part of the original compound is left; this process is known as putrefaction. So, likewise, directly the constituents partaking of sulphur and nitrogen are separated from a person or an animal, and come into contact with the air, then decomposition begins, and continues to proceed although the air be again excluded.

The noted naturalist, John Ray (1670), whilst disbelieving the doctrine of plant signatures as a whole, wrote, nevertheless, "There are by the wise dispensation of Providence such species of plants produced in every country as are made proper and convenient for the meat and medicine of the men and animals that are bred, and inhabit therein; insomuch that Solenander writes that from the frequency of the plants that spring up naturally in any region he could gather what endemical diseases the inhabitants thereof are subject to. So in Denmark, Friesland, and Holland, where the scurvy usually reigns, the proper remedy thereof, scurvy-grass, doth plentifully grow."

Cheese is a condensed and cheap form of animal product, having a high nutritive value, and specially adapted to supplement a deficiency of animal elements in the diet. But its density, and its richness in fat, make it difficult of digestion. This difficulty can be overcome, for persons whose digestive powers are feeble, by dissolving the cheese, and then mixing it with some cereal food,

such, for instance, as macaroni. To dissolve the cheese add to each quarter of a pound of the grated substance as much bicarbonate of potash as will lie on a threepenny piece, and stir these, when thus combined, into a little warm water, or milk. The intestinal uses made of cheese fully equal those acquired from meat. It may be eaten for two very different purposes, either as a part of the regular food, for the general sustenance of the body, or as a kind of condiment taken in small quantity, together with, or just after the usual fare, as is common at old-fashioned dinner tables; with which latter view it is chiefly the riper and stronger varieties of cheese which are chosen. By way of a digester, as some persons not inappropriately term it, such cheese (that which is decayed and mouldy being preferred by connoisseurs), is often eaten at the end of dinner.

When the curd of milk is exposed to the air in a moist state for a few days at a moderate temperature, it begins gradually to decay, to ferment, and to emit a disagreeable odour; and whilst in this state it possesses the property under certain circumstances of inducing a species of change and chemical fermentation in other moist substances with which it becomes mixed, or is brought into contact. The action is similar to that produced by sour leaven when mixed with sweet dough. Now, old and partially decayed cheese acts in a like manner when introduced into the stomach; it causes chemical changes to gradually commence among the particles of such food as have been previously eaten, and thus facilitates the processes of solution which necessarily precede digestion.

“Cheese, it is a peevish elf:
Digests everything but itself.”

However, it is only certain kinds of cheese which will effect this purpose, those being generally considered the

best in which a cheese mould of some sort has established itself; so that it is not the mere eating of a morsel of cheese *of any kind* after dinner that promotes digestion; if too new, or of improper quality, it will only further encumber the meal with which the stomach is probably already overloaded.

“On the whole, cheese is a highly nutritious form of food, and the ploughman leading a free, open-air life can consume large quantities of this substance without having his digestion upset. But it would be a singularly unsafe piece of science, and an equally illogical piece of practical advice, to recommend cheese as a prominent article of diet for persons leading a sedentary life, such as clerks, and those engaged in literary pursuits, and many others whose digestive capacities are unfit for its assimilation.”—*Food and Cookery*. “It agrees at all times,” wrote Lemery (1674) “with young persons that are used to hard exercise, or labour, and have a good stomach; but old folks, and nice persons used to an idle life, and that have some touches of the stone or gravel, ought to abstain from it, or use it moderately.”

Old cheese can hardly be discerned to be the same as when it was new; and Matthiolus seemed to be of opinion that only then is it good for gouty persons, being also outwardly applied to the parts where they feel their great pains, some persons being instanced who by the use thereof have been recovered. Dr. George Keith, in *Fads of an Old Physician* (1897), relates the case of an aged woman supposed to be at the point of death who expressed a great craving for green cheese, and when, after some misgivings, it was supplied to her, she ate greedily of it, and—recovered!! In the *Diet of the Diseased* (1633), Dr. Hart wrote: “In weak stomackes, and such as lead a sedentary life and use but little

exercise, cheese, if too frequently and too liberally eaten, will breed the stone and all manner of obstructions, the colicke, and many other diseases."

"If thy body be loose, cheese before meals is fit ;
If costive, then should thou end thy meals with it."

"Caseus ante cibum confert, si defluit alvus ;
Si constipetur, terminet ille dapes."

"At Batten's Tavern (see *Spectator*, 1714) the convivial gentlemen of the time, after dinner was over, bawled for a ha'porth of cheese ; and hang the expense."

Quite recently a sanitary journal of some note has pronounced about "What to do with cheese:" "Those persons who persist in eating it should take the precaution to thoroughly cook their cheese before it comes to table. For this reason some people who are unable to eat raw cheese find they can eat toasted cheese without being upset by it ; not that toasting the cheese increases its digestibility, but rather the reverse. The beneficial effect of this process is, if any, from the destruction by heat of the virulent microbes which are present, and which are capable of giving rise to symptoms even more distressing than those of ordinary indigestion. *But indeed the best method of dealing with cheese is to give it to the pigs, as it is nothing more or less than decayed milk, and fit only for a scavenger diet.*" Again, "A sparing hand in the use of cheese I hold alwaies the best." "Caseus est sanus quem dat avara manus."

"Too much pudding," says an old adage, "will choke a dog." "Spare dinner, spare the doctor." "Every animal" (*Spectator*, No. 25) "but man keeps to one dish ; herbs are the food of this species, fish of that, and flesh of a third." Julius Cæsar set an example of moderation in eating ; and Cornaro, as we have seen, restored his ruined health when well advanced in years by a

reduced and moderate diet alone. He took but a fourth part of the victuals customary with his fellow-citizens, and lived to a long age, vigorous and cheerful, doing his best literary work when upwards of eighty years old.

Galen has said in the *Nature of Foods*: "We see that those who live upon goats' milk are usually more lively, active, and nimble than others; but those who live upon the flesh of asses, or camels, are usually heavy and dull of understanding." *For a Sour Milk Diet* (Ringer, 1897): "The milk for this food must be good; it must be allowed to stand for forty-eight hours in a cool cellar, the vessel in which it is kept being upright, such as a gallon measure. Then the milk becomes solid, and looks like a poor blancmange. It carries a cream on top, which most persons remove, as it makes the food too rich. Add to about a pint of this sour milk, or rather less, half a pound of grated rye-bread, a good quantity of powdered sugar, and a glass of sweet milk, these being well stirred together." For butter milk: "Boil a spoonful of flour for a few minutes in a pint of butter milk, and add half a teaspoonful of sugar; this is good for infants with irritable bowels." When butter milk is added to boiling whey, and the two are well mixed, a soft curd is thrown down. This mixture is known as "fleetings" in Wales, and is eaten, either hot or cold, with some bread.

The Egg is often considered a complete food, but it is no more so than fat meat. The hard boiled white of an egg rapidly excites a secretion of gastric juice in the stomach; in seventy-five minutes after eating the white of an egg the stomach is empty. If a hard-boiled egg is very finely divided into quite small pieces, the gastric secretion is still more rapid; the stomach is empty in one hour, and at once assumes an attitude of repose. The digestion of a whole soft-boiled, or poached egg is modified

by the increase of fat, as well as of salts, and the stomach is not empty until almost two hours have expired. The whole constitutes a fat food. Egg-white, taken alone, should be lightly coagulated, or in solution, when rapidity of digestion is an object. For some persons a single egg may be enough to start intestinal putrefaction, and to cause a few colicky movements, with an abundant formation of foul-smelling gas given off in flatulent discharges. A soft-boiled egg is digested in less than two hours; a raw, or scrambled egg in two and a half hours; but a fried egg, or an omelette, requires nearly three hours. The yolk of an egg contains a large amount of emulsified fat, and a considerable portion of lethicin, with the other compounds of phosphorus, among them a nucleoproteid (useful in producing protective blood elements) and an organic compound of iron. Indeed, the yolk of egg is one of the richest food-sources of iron that we possess. Furthermore, the fact that it furnishes so much fat and organic phosphorus seems to make yolk of egg of peculiar use to growing animals, and explains its value in the diet of children. But by the same token the egg-yolk is considered unsuitable for gouty persons disposed to the fermentative formation of uric acid during digestion; whilst eggs are altogether forbidden by many physicians when albumen occurs in the urine. The well-known "*lait de poule*" is made by beating up the yolk of an egg in hot water, and adding sugar, with some aromatic flavouring substance, such as orange-flower water. Occasionally a little rum or Cognac is included. An egg should not be actually boiled for ordinary eating. If two are put into the slop basin at breakfast, and boiling water is poured on them till they are covered, and a saucer is put over to keep in the steam, at the end of ten minutes the eggs will be done

to admiration. The shepherds of Egypt practised a special way of cooking eggs without the aid of fire. They placed the eggs in a sling, which they would turn so rapidly that the friction of the air heated them to the exact point required for use. For a qualmish stomach in a weakly state of health, an unbroken yolk of egg, with a dash of lemon-juice, or vinegar, and a sprinkle of pepper, is a convenient little refreshment to be swallowed like an oyster.

Congreve, in *Juvenal's Satires* translated, praises as an excellent combination :

“ The largest eggs yet warm within their nest,
Together with the hens which laid them, drest.”

Formerly, the day preceding Quinquagesima Sunday was called “Egg Saturday,” or the “*Festum Ovorum.*” Omelettes are easily made, and are a light digestible form of egg nourishment. They require but little time for cooking, and hence in France they have obtained the sobriquet “*Excusez moi,*” meaning that the guest is begged to make allowances for a dish so hastily prepared. As a capital egg-cordial for prompt use in an emergency of faintness, or prostration of strength ; Beat the white of an egg to a froth ; add a tablespoonful of cream and a tablespoonful of brandy. But the egg must have been newly-laid. “*Si sumas ovum, molle sit, atque novum.*” Egg-oil got from the eggs of hens and ducks is used in the manufacture of chamois leather.

The development of rottenness in eggs is an art cultivated for the epicure in China. Similarly, as Dr Pavy reasons (*Food and Dietetics*) : “If you had chanced to be born a Zulu—seeing that the Hottentots consider the entrails of animals most delicate eating—you would have joined them in their feast of carrion, or decomposed

flesh, with the worms in it, which Bishop Colenso tells us they call *ubomi*, this being a synonym for their highest notion of happiness." "Each man thinks that the particular flesh he is in the habit of eating is pleasant to his taste, and necessary to his support, while it may be neither the one nor the other." Of hens' eggs in Russia, the oil is separated from the yolk, and is then employed for medicinal purposes, each yolk yielding about two drachms. "Eggs," wrote Lemery, "are nourishing enough and good food; they increase seed, qualify the sharp humours of the breast, are good for phthisical people, become readily digested, ease the piles, and are looked upon to be good to make the voice loud and pretty." Also, in the Middle Ages, the yolk of eggs was used in the painter's art before the discovery of oil colours, as in the Chapter House at Westminster! Daniel Quilp, in the *Old Curiosity Shop* (1840), "eats hard eggs, shells and all; devours gigantic prawns, with heads and tails on; chews tobacco, and watercresses most voraciously, at the same time drinks boiling tea without winking, and bites his fork and spoon till they bend again. In fact, he lays himself out for, and is, a little enormity; ship-breaker, and heart-breaker!"

Digestion is performed slowly by persons of studious and sedentary habits. The more intensely a man thinks, and the more strongly he exercises the reflective faculties of his mind, the more tardily, and with the less energy of action, does he digest what he eats. On the other hand, the freer a man's mind is from close application, the more readily and the better he assimilates substantial food. "A regular diet," said Tissot, in the *Health of Men of Letters*, "is capable of effecting almost everything possible for the body."

In 1675, as we learn from Lemery, the most universally

received custom, and such as best suited the health, was to make two meals a day, dinner and supper. "Some persons, especially children, and old folks, do add two more, which are breakfast and porager, because children stand in need of recruiting more than others, and old people eating but little at every meal ought to do it the oftener."

"In primitive times men had to live chiefly on such foods as sprang out of the earth without art or cultivation. At Argos they fed mainly on pears, at Athens on figs, and in Arcadia on acorns. A vegetable food is not only necessary for ordinary health, but to secure the likelihood of a long life. In infancy and youth we should be restricted for the most part to forms of such vegetable food, using animal sustenance in manhood and maturity, and when nearing the close of life returning again to vegetable nourishment." But absolute vegetarianism, based on the plea of not taking animal life unjustifiably for the sake of the meat, is unreasonable and a fallacy. "There is (the *Human Machine*, 1899) a plant life as well as animal life, and it is only a narrow and prejudiced mind that would dare pronounce the one inferior in nobility to the other. The vegetarian who objects to bloodshed perforce *kills* a cabbage for his dinner, since a cabbage is a living thing, subject, like ourselves, to the great law of birth and death, and accounted inferior by us only because its life is planned upon a different scale from ours. As a living entity, a cabbage is as far beyond our power of comprehension, or imitative manufacture, as a bullock or a sheep. It does in its way what no mere animal can do, it draws its nourishment from the soil; that is, from the constituents of the mineral kingdom, which it transforms into substances capable of being assimilated by animal life.

We may prey upon the animal, or, like the animal, we may go direct to the vegetable kingdom for our food; but without the destruction of life our existence is impossible."

Bread when hard and stale proves very nutritive to healthy persons who have sound teeth, because it renders mastication necessary; and this assists powerfully in promoting digestion, whilst prolonging the enjoyment of eating, a matter of no small importance which has not hitherto been sufficiently considered. An excellent tonic bread can be made with sea-water, when, by the heat of baking, the chlorides of magnesium and sodium are disintegrated, so that their peculiar taste disappears; but this would not be the case with soup if prepared with sea-water, and nearly boiled; it would not be eatable, unless by the addition of some cane sugar to the soup. A compound would then be formed between the sugar and the chlorides which would neutralize the disagreeable taste of these chlorides.

With respect to drinking at meals, the School of Salern taught, after the manner of Hippocrates, "*Ut vites pœnam de potibus incipe cœnam*": by which verse we are led to understand that we should begin our principal meals with liquid foods as being those which are easier of digestion and stay least in the stomach, thus giving free passage to the more solid aliments which come after; and from hence perhaps has arisen the custom of commencing our dinners with soup. There is no French dinner without soup, which is regarded as an indispensable overture. This is commonly followed by "*le coup d'après*," a glass of pure wine, considered so wholesome after soup that the Frenchmen's proverb declares "thereby the physician loses a fee." Between the roasts and the following course they introduce "*le*

coup du milieu," which is a small glass of Jamaica rum, or essence of punch. Our ancestors were very fond of a highly-spiced stimulant of the same sort, which they called "Ipocrasse," and which generally made a part of their last course at dinner. But some substantial food ought always to end the meal. "*Sit tibi postremus semper in ore cibus.*" "Close the stomacke rather with meate than with drinke." Fuller, in his *Holy State*, tells of a curious immaterial meal which is worth recounting, because a certain measure of fact is signified in its recital: "A poor man, being very hungry, staid so long in the shop of a cook, who was dishing up meat, that *his stomach became satisfied with only the smell thereof.*" The context of this anecdote may well be added because of its humour: "Getting into a rage the cook demanded of the poor man to pay for his meal; but this he denied having had. So the controversy was referred for decision to the next man who should pass by, and who chanced to be the most notorious idiot in the whole city. He determined that the poor man's money should be put between two empty dishes, and the cook should be recompensed with the jingling of the poor man's money, as the latter had been satisfied with the smell of the cook's meat."

It is to be remembered as a positive fact that good, pure, bracing outdoor air is in a sense actual food, which stimulates by active exercise therein the healthy person to first utilise his own reserve supplies, and then to renew them by fresh material. Cyclists, as is well known, will go for a long time in the open air without hunger. The metamorphosis of their ready-stored sustenance is stimulated; rapid oxygenation goes on, and they live adequately on themselves, to their immediate and their ultimate advantage. "In good health," says Emerson, "the air is a cordial of inestimable value." "When the

sun rises the disease will abate," tells a Hebrew proverb. One of the Jews declared there was a precious stone which did hang on the neck of Abraham, and on which when the sick man looked he was presently healed ; and that when Abraham died God placed this stone in the sun. Thus the proverb now quoted is supposed to have originated.

"Blest power of sunshine, genial day,
What life, what hope are in thy ray!
To feel thee is such perfect bliss,
That had the world no joy but this,
To sit in sunshine warm, and sweet,
It were a world too exquisite
That Man should leave it for the gloom,
The dark, cold shadow of the tomb!"

"Nourishment of the body," says Hufeland, "includes not only meat and drink, but much rather that influx from the atmosphere, of subtle, spiritual, vital sustenance which serves in a particular manner to contribute towards the support of the vital strength, especially as the coarse material nutriment serves rather for maintaining and repairing the substance of the body and its organs. In a word, not that alone which passes by the mouth into the stomach goes to sustain a man, since our lungs and skin further receive an abundance of vital food, and are thus for spiritual support of much greater importance than the stomach." A proverbial expression for going without one's dinner, whilst getting only a mental meal at the time, is to "dine with Duke Humphrey." This duke was the founder of the University Library at Oxford, which in the seventeenth century merged into that of Sir Thomas Bodley. Any studious scholar making use of the library until over-reading the dinner hour of his hall, so as to miss the earlier meal of meat, with porridge, and having therefore to go until supper for any substantial refreshment, was said to have "dined (intellectually) with Duke Humphrey."

FOOT.

IN persons who are troubled with sweating feet (called according to medical language "hyperidrosis"), this affection is due to a constitutional weakness affecting the sweat glands of the skin. The offensive odour of the feet, because of such an infirmity affecting them, is not owing to any bad smell of the perspiration itself, but by reason of its saturating and macerating the cuticle of the feet until this becomes partly putrid, and tends to corrupt in like manner the fabrics worn upon the feet. This fœtid putrescent skin is alkaline and teeming with bacterial microbes. Lambs' wool stockings should be worn, which do not absorb the moisture. After washing and well drying the feet, dry powdered alum should be rubbed in between the toes and along the soles, as well as about the heels, whilst allowing the dusted powder to remain on. Also some of the same powder should be sprinkled rather freely inside the shoes and stockings before putting them on. Any boots or shoes already saturated, or offensive, should be discarded. The diet must be plain and nourishing. "The root," says Gerard, "of the Globe Artichoke is good against the ranke smell of the arme-holes, if it be boiled and drank."

GALL STONES (*see* **BILIOUS DISORDERS**).

BETWEEN the attacks of this painful malady two or three drops of turpentine spirit taken in a spoonful of milk, or on a lump of sugar, twice or thrice a day will serve to act as a preventive. Also, as a domestic remedy, Castile soap made into a small pellet, and powdered with white sugar, if taken at bedtime on several consecutive, or alternate nights, proves highly useful.

GIDDINESS, *see* HEAD, DISORDERS OF.**GLANDS, ENLARGED ; or HARDENED.**

As has been shown among Seaweeds in *Herbal Simples*, the Dulse (*Rhodomenia Palmatus*) is very useful for scrofulous glandular swellings, and deposits. It is of a deep blood-red colour, or dark purple when dried, with flattened fronds, and has been shown to contain the glandular absorbent principles bromine, and iodine. "Dulse," writes Barrie (*Window in Thrums*), "is roasted by twisting it round the tongs when these are fired to a red heat, and the house is soon heavy with the smell of burning seaweed." This Dulse makes a remedial food, and is to be also topically applied.

A saturated solution of common Salt in water is of great service in reducing the size of scrofulous glands, and of some tumours. This solution, when kept constantly applied to the part, is in some instances capable of curing very large or hard swellings, as related in *Graham's Domestic Medicine* (1848): an admirable book, the teachings of which in many instances still hold good, and are highly estimable. For tubercular deposits in the glands (mesenteric) of the belly with scrofulous children, the fowl's gizzard in broth is antidotal, likewise the calf's stomach-bread, plainly cooked; abundance of fresh air, and sunshine are also essential. For any local enlargement of glands in a patient of supposed scrofulous constitution, it has been found beneficial to rub over the region of the backbone from top to bottom once or twice a day with soft soap for four or five minutes at a time. The same method of treatment does good against strumous weakly rheumatism of the joints with swellings; also for the diarrhoea of children liable to tubercular deposits.

It does not relieve on the modern principle of massage, because the affected parts themselves are avoided when rubbing in the soft soap. Kapesser (in 1878) first commended this plan of spinal inunction for local tubercular affections of other organs. A tablespoonful of the brown soft soap of commerce is to be rubbed into the back, from the neck, down to the flexor surfaces behind the knees, twice a week just before bedtime, with a piece of soft flannel and tepid water. It is left on for ten minutes, and then washed off with warm water. The mode of cure is uncertain. Some have suggested that it acts on the tubercle microbes (bacilli) by raising the alkalinity of the blood through absorption of the free carbonate of potassium contained in the soap.

The throat gland (thyroid) of the sheep, which is now so much in curative vogue with modern doctors, as food, or in the form of a medicine, serves to dispel constitutional deformities induced by goitre and Derbyshire neck. It does this generally, and specifically, by the iodine which it is found to contain, and without which it would not be so helpful. The sheep is an animal of low vitality, soon succumbing to disease, or to any surgical treatment after injury, so that to "die like a sheep" without making any constitutional efforts of resistance, is a truism. For counteracting the physical disfigurements entailed by goitre throughout the whole body of the sufferer therefrom, the throat gland of the calf, or its true sweetbread, is likewise given dietetically with much curative success. Soak the sweetbread for an hour or two in cold water, changing this once or twice; then put it into boiling water for ten minutes, until it becomes firm and round, but not hard. Return it again into cold water until wanted to be (plainly) dressed. The waters in which the sweetbread has been

macerated may be used for broth in a supplementary way. The sweetbread of the lamb is not uncommonly substituted for that of the calf. This contains a considerable proportion of water and some fat. It has a delicious flavour when properly prepared.

A specific infectious painful swelling of the glands (parotid) below the ears, is known as Mumps. If this be treated speedily from the beginning of the attack, Cinnamon will serve, by destroying the invading germs, to cut short the threatened mischief. It should be given in frequently repeated doses of strong Cinnamon tea, or by sucking concentrated Cinnamon lozenges (or tabloids), if swallowing is difficult. Meanwhile the swollen glands should be freely fomented with very hot bran infusion from time to time. Remedial preparations for this affection may be made with the corresponding (parotid) glands freshly procured from ram or ewe, and reduced to a meat extract, or a dried powder, five grains for a dose. It has been already stated that Gold also exercises a special effect upon such glandular tumours. The name Mumps refers to mumping or speaking in a difficult way with the lips scarcely apart. Figuratively, to be "in the mumps" is to be sullen and silent, or to sulk. In Beaumont and Fletcher's play, *Bendicca*, to the question "Where's Junius?" Pitell answers, "In's cabin; sick o' th' mumps, sir."

GOUT.

GOUT, as it commonly presents itself, is caused by the accumulated products of acid fermentation in the digestive organs. These products pass into the blood, and are presently determined towards various joints. When an attack of gout comes on acutely, they are expelled from the body chiefly by the kidneys, and relief is obtained.

The particular kinds of food which undergo this acid fermentation in gouty subjects are starches, sugars, animal fats, and vinegar ; so likewise do malt liquors, full-bodied, sweet, and effervescing wines, liqueurs, and spirits. Before, and especially during, an attack of gout, the blood is surcharged with the (uric) acid products. Then, at the end of the paroxysm, this excess is expelled chiefly in the urine, and the patient is set free for the time being ; but if gout-producing foods are persistently repeated, a fresh accumulation begins forthwith to take place. During bodily growth from childhood to maturity, the gouty elements, if inherited, are not uncommonly used up by the system in making bone, and may be kept in check by strong muscular exercise. When these modifying conditions cease to operate, then the constitutional gouty bias will begin to declare itself. "In gout," writes Dr Haig authoritatively (1896) "from uric acid formation in the blood, as to nourishments, we should at once, I think, forbid tea, coffee, and cocoa, or permit them only in the smallest quantities as flavourings. We should straightway cut off such animal foods as contain uric acid in abundance, and give only so much of the less harmful kinds as is necessary for nutrition. The steady administration of eggs invariably brings about a large rise in the excretion of uric acid, and all the evil effects of its passage through the blood, so that I have had to exclude them from my own diet." It is generally agreed (the Salisbury mode of treatment notwithstanding) that an excess of animal food causes gout. Cullen remarked that this infirmity seldom attacked persons employed in constant bodily labour, or those who lived much on vegetable diet. "In a word, animal food increases the introduction and formation of uric acid (the gouty

element), whilst at the same time preventing its being thrown out of the body; and the alkaloids of tea, coffee, cocoa, and certain other vegetable products of a like sort act in exactly the same way." Such are the personal experiences of Dr. Haig, a gouty man, given to close original experiments. But his conclusions differ in several respects from those of other observers, and may perhaps bear testimony only to effects produced on a constitution peculiar to himself. As to the nationality of gout, he notices the fact that the Scotch suffer comparatively very little from this illness, so that doctors north of the Tweed have difficulty in finding cases on which to work for observation. "I have no doubt," says Dr. Haig, that this is because the national beverage of the Scotch, viz., whisky, contains little or no acid, and affects the acidity of the blood but little; and the Scotch also, as a rule, eat considerably less animal food than the English. If a Scotchman comes to England and drinks his beer and wine, and eats meat freely, he suffers from gout like the Englishman." The least acid of all alcoholic drinks are Geneva (gin), and whisky. "As to how much animal food is really necessary for nutrition, I should say that perfect health may be maintained and the hardest of bodily and mental work performed on a diet from which all animal food, with the single exception of milk, is excluded. If we eat a fair quantity of bread and of cereal foods, a moderate allowance of milk, from a pint to a pint and a half daily, will supply all the rest of the nitrogen (*quasi* animal matters) required. And if we bear in mind that two pints of milk are equal to about twelve ounces of meat, we see at once that we can easily get in this way what is necessary of animal sustenance."

Parenthetically, as to constipation, there are few things more constipating than meat, and if milk is added to a meat diet it no doubt increases this constipation; but if milk is taken with other things, as porridge or pudding, there are few persons who cannot digest a fair quantity of it; and abundant materials are thus provided for the intestines to act upon, so that constipation is then quite rare. It is to be remarked that a Jewish law sagaciously forbids to eat butter, or milk, until a considerable time after a meat meal.

“For indolent and sedentary persons who have gouty tendencies, animal food,” according to Dr. Yeo, “should be reduced to a minimum, whilst to the energetic and active a more liberal proportion may be allowed. It is the experience of most authorities that in the food of the gouty, fats also, as well as animal food, should be very sparingly permitted; fatty, sweet and gelatinous foods tend to the production of gout in the blood by interfering with the complete conversion of the animal foods into healthy products. On the other hand, green vegetables, fresh fruits, and salads are especially suitable, since they are known to render the urine more alkaline, whilst they do not favour the deposit of fat about the body. Still, an exclusively vegetable diet is by no means to be commended. White meats may be allowed more beneficially than brown meats; but ‘there is no proof that tender, well-cooked mutton and beef in small quantities are more prejudicial to the gouty than large quantities of chicken and rabbit; indeed, the latter, though a white meat, has often been found more difficult of digestion than beef or mutton.’” By what is called the Salisbury treatment, as introduced within the last few years from America, the diet is restricted absolutely for a time to large allowances of rump steak, cod-fish,

and hot water ; so as to cut short and prevent any acid changes, such as occur in gouty subjects from taking starchy, sweet or fatty foods, as well as from alcohol in almost all its forms. This treatment requires that the meat shall be minced, or finely divided in a special manner ; which condition is insisted on as a matter of much importance. By keeping exclusively to the special diet thus indicated, all fermentative food is withheld from the system, whilst the free drinking of hot water in repeated quantities acts to dissolve and extricate morbid products through the kidneys and skin. Such are the principles and practice of the treatment in question. But certain professors of medicine in the New York School have shown that by an exclusively meat diet no increase of strength can be produced, whilst the bodily weight is diminished ; consequently, though a healthy body may be maintained thus without harm, yet a weak or emaciated person cannot be made stronger ; the first effect of an exclusively meat diet is loss of weight and strength by most persons who try it. Moreover, in order to establish good nutrition, so large a quantity of meat is found requisite that even the most tender and palatable animal viands become presently disgusting. Then constipation, putrefactive processes within the intestines, and self-poisoning by the absorbed products, become the prominent symptoms ; and to prevent serious harm, other nourishments than the animal foods are found to be imperatively needed.

In the dietetic management of gout, moderation as to the total quantity of food which is supplied should be a primary object. It is not necessary, or desirable, to limit persons who are gouty to a very low diet, as is sometimes done, especially if they are in any way weak ; but an amount of nourishment in sufficiency for

the support of each individual case must be maintained, though at no meal should the stomach become uncomfortably full. The meals are to be taken at regular times, and without hurry, so as to avoid bolting the food. Very late dinners, as well as substantial suppers, are to be prohibited; but it better suits many persons to eat a wholesome, nutritious dinner at six, or half-past six, in the evening than at mid-day.

Lemery wrote (1674): "Formerly some persons were of opinion that the dietetic use of hens, chickens and capons caused the gout. There were perhaps two things which gave rise to this popular error: First, these animals are subject to the same disease, and consequently may impart it to those who feed upon them; secondly, persons who lead an idle life, and fare high, and feed upon juicy and nice nourishment such as chickens and capons, are more afflicted with the gout than others; but this is rather because of the idle life they lead, and the excess they go to in all sorts of pleasures." Dujardin Beaumetz, of France, has taught that in his country, by general consent, such meats as pork (smoked, dried, or pickled), game, fish and other meats are to be forbidden in gout, as they all represent very condensed forms of nitrogenous food, and excite thirst, which is not invariably quenched with simple pure water. Rich and fat sauces should be altogether avoided, and all entrées or made dishes which are served with such sauces. Strong meat soups and extracts are also particularly undesirable; and when soups are allowed they should be vegetable soups only slightly flavoured with animal extract. Spinach, which has been so universally approved of, is to be prohibited, next to Sorrel, because abounding in oxalates, of which the oxalic acid is closely allied to gouty (uric) acid.

Fresh fruits partaken of by gouty persons, though acid at first owing to the fruit acids which they contain, yet afterwards become appropriate refreshment because these acid salts are presently converted into carbonates, and then act as alkaline, tending to lower the acidity of the urine passed during twenty-four hours. Many fruits which have a distinctly acid reaction do for an hour or two after they have been eaten, raise the acidity of the urine, and diminish the alkalinity of the blood; and while they act thus they often exalt the mental spirits, giving a sense of wellbeing, (together, perhaps, with some pricking and shooting feelings in the joints, or, in a very gouty person, an attack may be precipitated); but at the end of this time their alkaline bases come into action, and there is a fall in the acidity of the urine, with a rise in the alkalinity of the blood, which more than compensates for the previous opposite fluctuations; so that the effects of such fruits on the reaction of twenty-four hours' urine is to produce some fall of acidity. Fresh, ripe fruits, therefore, may be freely eaten by those persons who have not much prior urate in their blood, and they will not tend to cause an accumulation of uric acid in the body, but rather the reverse.

Most of our fruits contain besides water, some sugars, and salts, which may be readily considered as alkalies; for though they are often present in the form of acid tartrate of potash (which reddens litmus paper, and acts as an acid when first swallowed), their effect on the blood and urine of a whole day is that of an alkali. Certain acid fruits, however, act as an acid all through, or at least for several hours after they are eaten, and they thus stimulate useful digestion and the formation of force. Almost everyone who has gone in for athletics

knows the reviving effect of a mouthful of fresh lemon which is without doubt due to its first action as an acid ; "take a suck at the lemon and at him again." The modern expert druggist has devised a lozenge-form of alkaline soluble earth-salts (which counteract gout) in combination with the dry citric acid of lemons rather in excess. When one of these circular lozenges is put into water it begins to dissolve with some effervescence, and in a few seconds there is prepared for immediate use a pleasantly-sparkling draught, antidotal to the gouty formations, whilst refreshing by the fruit acid in excess which will eventually become also alkaline in the stomach.

A good-class natural Cider, if taken by those who are subject to gout, produces little or no effect on the acidity of the urine, though its fruit acids are abundant ; it also contains a good measure of potash and soda, and the effect of drinking it is, as regards the acidity of the urine passed throughout twenty-four hours, almost nil. The acidity of the cider is similarly due to acid salts of vegetable acids, which in the body become converted into alkaline carbonates. "It will beggar a Physitian," wrote Austen, in his *Treatise on Fruit Trees* (1665) "to live where cider and perry are of general use." When made from good fruit, and supplied without sophistication, and free from impurities, such as lead, etc., cider certainly tends to lower the acidity of the blood, as shown by the urine, thereby helping to obviate gout. "Cider gone sour will scour the foul egg white," as another Austen, Poet Laureate, reminds us in *England's Darling*.

The acetic acid of fermented vinegar is, according to Dr. Harley, a powerful producer of gout, and particularly when combined with sugar, as in salads, or in mint sauce, or when added to slices of beetroot. The garden

lettuce, when minced and served up plainly like spinach, is very suitable for gouty and rheumatic subjects.

Dr. Edmonds, of the London Temperance Hospital, is loud in his praises of grape-juice salts in the form of "cream of tartar" as antidotal to gout when the system has become already charged with the acids of this malady. "As a febrile drink there is nothing," he says, "to match it"—taken in barley water nicely made from Robinson's barley-flour and sweetened to taste with loaf sugar, if the patient be of spare habit; perhaps also flavoured with a grating of lemon peel. A small saltspoonful of these grape-juice salts (cream of tartar) should be given twice or three times in the day, either with the barley water, or dissolved in simple aerated water, or in hot water if more agreeable." Though an acidulous solution, its tartaric acid is of use in the stomach, and the bicarbonate of potash is set free as an alkali.

Some doctors forbid coffee in gout, but no reason can be assigned why it should be harmful except as regards the cream and sugar generally served therewith. On the contrary, it stimulates helpfully, whilst as a warm, bland evacuant it assists in purifying the blood. In Johnson's *Chemistry of Common Life* (1856) the case is mentioned (among others) of a gentleman who was attacked with gout at twenty-five years of age, and had it severely till he was upwards of fifty, with chalk stones in the joints of his hands and feet; but the use of coffee was then recommended to him, and completely removed the complaint.

The French attribute to a free coffee drinking, their freedom from gout (as due to uric acid formations, with kidney troubles and gravel) both at home, and more particularly in their colonies, where an opportunity is

afforded them for comparing their own habits with those of their English neighbours. It has not been determined to which of the coffee constituents this curative, or preventive action is due; but the belief in its efficacy is confirmed by the fact that in a great coffee-consuming country like Turkey such gouty disorders of digestion and excretion are practically unknown. It is remarkable that ground coffee quickly absorbs surrounding odours. If brown sugar is put near coffee an unpleasant taste is acquired by the coffee. In Germany the four o'clock afternoon meal, at which guests constantly tumble in uninvited, is familiarly known as "*coffee-klatsche*" or coffee-gossip. A common adage puts it that "Gossips and frogs drink and talk." Sir W. Roberts, of Manchester, says, nevertheless, whilst speaking as an authority, that the *café noir* of France exercises a retarding influence on the first digestion in the stomach, and that therefore it should not be taken immediately after a meal by dyspeptic persons. "When doctors differ, who shall decide?" "With respect to gout," as an old saying runs, "the physician is but a lout."

Sorrel, tomatoes, and garden rhubarb are objectionable for gouty persons of a lime-producing constitution, or in chalky districts, because containing oxalate of potash, which would form with the lime an insoluble salt irritating to the kidneys. "Cooking," explains the *Pharmaceutical Journal*, "would probably not alter this; as a matter of fact, though, rhubarb is never served raw; and the preponderating acid in tomatoes is citric; sorrel is so little eaten in this country that it scarcely enters into the question, whilst the cultivated sorrel used in France is a much larger and more succulent plant than the wild sorrel, and tastes much less acid."

Physicians have pronounced the natural juice of Mulberries to be an absolute specific for gout and allied rheumatic affections. Since the time of Queen Anne this fruit is no longer eaten cooked, because the action of heat is found to degrade its flavour. James I. planted the famous Mulberry Garden in London, where Arlington Street now stands, as well as on ground which has become a part of the Green Park. Pepys delighted to repair thither, and Evelyn wrote about it in 1654. It was designed at first avowedly for the silk industry, but it soon became a place of public amusement. At this resort were made the famous "mulberry tarts which Dryden loved." The Romans dedicated the mulberry tree to Minerva as an emblem of prudence; its fruit is thought to obtain perfection only for one day, being too acid the day before, whilst flat and insipid on the day after; the moment when the berry falls is the perfection of its time, to seize which the eager watcher must be "on the pounce." Fuller says: "The mulberry tree may pass for the symbol of prudence; slow in consultation, swift in execution, for it putteth forth its leaves the last of all trees, but then all in one night."

It is recorded, tells Phillips (1822), that Sextus Pompeius, a Spanish Noble, whose son was afterwards Prætor of Rome, having been suddenly seized with a fit of the gout while sitting in his barn to see the corn winnowed, he thrust his legs above the knees into the heap of wheat (either by accident, or in a rage from the extreme pain), where he soon found himself wonderfully eased, and his legs much dried thereby; from which time he never used any other remedy, but so soon as he found a fit of the gout coming on, he plunged his feet and legs into a heap of wheat. This grain is said to be of such a desiccative nature that it will dry up the

urine, or any other liquor in a barrel which is buried within a heap thereof.

Long ago Lemnius (1658) wrote: "So I observed in Gallia Belgica that very many were subject to the gout in their hands and feet, all whose joynts were swol'n and in bitter pains; onely the ring-finger of the left hand, that is next the little finger, was free from it, for that, by the nearnesse and consent of the heart, felt no pain. Hence the Antients had a custome to wear a ring of gold on that finger, and to adorn it so above the rest. Also, the worth of this finger, that it receives from the heart, procured this much, that the old Physitians (from whence also it hath the name of 'Medicus') would mingle their medicaments and potions with this finger, for no venom can stick upon the very outmost part of it, but it will offend a man and communicate itself to his heart. Likewise, again, in all sorts of joynts' gowts of the hands, or feet, or elsewhere there is nothing more ready to asswage all pains, be they never so sharp than whelps laid to the parts affected, especially those that are of one colour'd hair, and not spotted with many divers spots on their skins, for these not only foster inbred heat, but ease pains also; for by a sweet and warm heat they stir up the faint and decai'd native heat in man, and by a continual fostering they either attract to themselves the humour that causeth the pains, or by a digesting and discussing faculty they cut and consume it. For you shall find that when they are taken away and released, that their joynts will be weak and feeble, and that they can hardly stand on their legs, the greatest part of the pain being drawn on themselves. But, as Galen says, amongst those things that are outwardly applyed a little boy of a good constitution is the

best, to be in the bed so that he may alwayes lye near the abdomen."

It is claimed by certain authorities nowadays also that strawberries are useful for gouty persons, because this fruit abounds with salts of potash, soda and lime, especially if it be grown on a chalky soil with earth-salts plentiful therein. But manure-grown strawberries produced on an otherwise arid soil are not nearly so wholesome or remedial, though large and handsomely luxuriant; these latter very soon spoil, and begin to undergo watery fermentation. The analysis of a well-grown, sound strawberry shows it to be particularly rich in soda salts; and although containing a high percentage of water, it excels all other homely fruits in the amount of other mineral salts; moreover, it possesses beneficial qualities of a cooling, diuretic, and gently laxative kind. In Mrs. Gaskell's tale of "My Lady Ludlow" (*Household Words*, Vol. xviii) we read: "The great hereditary faculty on which my Lady piqued herself (and with reason, for I never met with any other person who professed it,) was the power she had of perceiving the delicious odour arising from a bed of strawberry leaves in the late autumn when these leaves were all fading and dying." The old lady quotes Bacon, and then says: "Now the Hanburys can always smell this excellent cordial odour, and very delicious it is! In the time of Queen Elizabeth the great old families were a distinct race; just as a cart-horse is one creature, and very useful in its place, whilst Childers, or Eclipse, each a noted racer, is another, though both are of the same species. So the old families have gifts and powers of a different and higher class to what the others have. My dear! Remember that you try and smell the scent of dying strawberry leaves in this next autumn; you

have some of Ursula Hanbury's blood in you, and that gives you a chance." "But when October came, I sniffed and sniffed, but all to no purpose; and my Lady, who had watched the little experiment rather anxiously, had to give me up as a hybrid."

Cumberland Courtship, as concerned with strawberries, is thus described in a familiar old nursery rhyme:—

"Bonny lass, canny lass, wilt a be mine?
 Thou'se neither wesh dishes, nor sarrah the swine;
 Thou sall sit on a cushion, and sew up a seam,
 And thou sall eat strawberries, sugar and cream."

"Mellaque erunt epulis, et lacte fluentia fraga."

The German medical authorities pronounce that in treating a gouty disposition, or its development in an attack of gout, the first consideration must be to lessen the quantity of uric acid formed in the system. Experiment shows that strawberries, cherries and other fruits do this to a considerable extent, not so much by any alkaline constituents, as by the action of the quinic acid which they contain. This fruit-acid may now be obtained in tablets (combined with lithium), which seem to be specifically of much curative value against gout.

French writers maintain also that the flavour of strawberries is enhanced by the addition of some acid juice, such as that of orange or lemon, or by a few drops of good vinegar. Dr. Arbuthnot, on "Diet" (1740), wrote: "Strawberries, by their fragrant smell, seem to be cordial; the seeds obtained by shaking the ripe fruit when dried are an excellent remedy against the stone. The juice of strawberries and lemons in spring-water is an excellent drink in bilious fevers."

Some quaint lines occur in a M.S. of the seventeenth century which is in the *Sloane Collection* :—

“ The man in the wilderness asked of me
 How many strawberries grow in the sea ?
 I answered him, as I thought good,
 ‘ As many as red herrings grow in the wood.’ ”

Which has been classically rendered thus :—

“ Quidam in desertis blandâ me voce rogavit,
 ‘ Fraga quot in pelagi fluctibus orta putes ? ’
 Nec male quæsitus hoc respondere videbar
 ‘ Salsa quot alecum millia sylva ferat.’ ”

Table Salt has lately been pronounced by some doctors provocative in gout of feverishness and constitutional disturbance because of the soda which (as a chloride of sodium) it sets free in the blood, and which combines with uric acid. But Dr. Yeo reminds these objectors that the salts of soda are always present free in the blood, whether taken in table salt, or medicinally as an alkali. He suggests that in gout alkalies do more to stimulate the liver, than as neutralizing gouty acids in the blood. As to an external use of salt, Noel du Fail advises that a piece of linen, which has been first steeped in brine, should be applied about the affected part. According to Montaigne (1580) a curious use of salted foods was made within his knowledge towards procuring relief against gout. “ A gentleman of ours, exceedingly subject to this infirmity, being instantly solicited by his physicians to leave all manner of salt meats, was wont to answer pleasantly that when the fits, or pangs of the disease took him, hee would have somebody to quarrell with; and that crying and cursing, now against Bolonie-sausage, and sometimes by railing against salt meats, tongues, and gammons of bakon, he found some ease.”

Dr. Paris, concerning Diet, said : “ We have to consider man as he is, not as he might have been had he

never forsaken the rude paths of nature. I am willing to confess that the more simply life is supported, and the less stimulus we use, the better; and that he is happy who considers water the best drink, and salt the best sauce."

Concerning Alcohol in gout, if called for in advanced cases when the heart seems likely to fail as to its action, and when the digestive powers are enfeebled, then the selection of a stimulant should be referred to the doctor. Genuine spirits are probably the least harmful; and in choosing whisky as the exclusive drink, all questionable wines are put beyond discussion, such as detrimentally sweet, imperfectly fermented, sparkling, and highly fortified vintages. Among the lighter kinds those which act on the kidneys as diuretics will probably agree best. The geography of the disease is a useful guide about this; gout prevails in Burgundy much more than in the Bordeaux district, and it is uncommon in the Rhine country. Light Hock or Moselle is thus to be accorded a preference. Claret occupies an intermediate position between Burgundy and Hock, and may sometimes be allowed; but in this group the variety is greater and selection more necessary. Likewise in the North, gout has always been comparatively rare; also in Scotland and Ireland, where spirit is the popular beverage, and where the consumption of ale, and stout is much less than in the South. The cider-growing districts, in which plain rough cider is the common drink, are again relatively free from gout.

Elstein puts it that the gouty who live to grow old in spite of their besetting disease are almost always those who have been able to avoid becoming fat. He considers a preventive treatment against growth into fatness as an essential element in the management of

gout. But instead of forbidding fat as a food, he encourages his patients to take it, for he contends that the addition of a certain amount of fat to the dietary is the best means of lessening obesity. He accounts for this result by the rapid manner in which fat allays the appetite, or craving for other food, and so prevents its large consumption. The fat given thus also diminishes thirst, and lessens the tendency to drink freely of fluids. Good fresh butter he considers the best form of fat, and allows a patient from two to three and a half ounces daily, starchy foods being meanwhile forbidden, or nearly so, together with sugar, sweets, farinaceous preparations and potatoes. A moderate use is advised of fresh fruit and vegetables, spinach, and red cabbage and cauliflower, but not of carrots, turnips, or parsnips. Races who live according to vegetarian principles are for the most part free from acid gout. In Persia it is only the rich who eat flesh, and they alone have such gout; similarly in England, this gout is uncommon amongst the poor. Ripe and cooked fruits taken almost exclusively will often benefit gouty persons.

“Wines of bad quality,” writes Dr. Yeo, “are highly prejudicial; a more injurious beverage than cheap claret or that of an imperfectly-matured quality, was never drunk by a gouty patient. Half a wineglassful of bad sherry, or of inferior claret, will produce a decided disturbance of the health, when much larger quantities of superior wines will pass through the system without doing any injury. But it is undoubtedly better for the gouty person to abstain entirely from alcohol if he can do so with tolerable comfort.” No remedy is more valuable and important in the treatment of the gouty disposition than the regular consumption of a considerable quantity of pure water, and preferably hot water.

As a dilutor and solvent of gouty matters to be thrown off by the kidneys, it is of great service; while in its rapid passage through the system it must also dissolve and carry away waste matters from the blood, and tissues.

The amount of sugar acquired by grapes depends much on the sunshine and rainfall during their growth; the hotter the season, the sweeter being the grape, and the colder the season, the sourer the wine. Also the sweetness is in direct proportion to the size of the vine leaves; the larger the leaf, the greater is the amount of sugar in the grapes, and, as a consequence, the stronger the wine made from the fruit. There are seven acids in wine; three natural acids, tartaric, malic and tannic; as well as four developed by fermentation, carbonic, acetic, formic and succinic.

The popular esteem in which a fruit and vegetable diet has been held for many years by sufferers from gout with whom uric acid forms, and accumulates within the blood, has recently been justified by scientific research. Weiss has found that from one to two pounds of cherries, strawberries, or grapes, daily, will reduce the amount of gouty uric acid excreted from the blood through the kidneys from 20 to 40 per cent.; and this is by reason of what is now known as quinic acid, which is a frequent, though hitherto supposed a minor constituent of fruit, and of vegetables.

Ginger tea is a warming stomachic drink which does good in gout, not only by its qualities of spice, but, further, because of certain specific virtues possessed by the condimentary root. Some of this root, after being crushed in a mortar, should have boiled water, or boiled milk, poured upon it; and then (having strained away the fibrous root tissue) some of the infusion may be taken either at supper or at breakfast. A heaped

teaspoonful of the crushed ginger will make a teacupful of the drink as proper for each time of use. Sir Joseph Banks (1784) gave the following account of its effects upon himself: "I have taken two teaspoonfuls heaped up of powdered ginger in a pint of milk, boiled with bread and sweetened with sugar, for breakfast during more than a year past; the weight of the ginger is between two and three drachms. At first this quantity was swallowed with difficulty if the ginger were good. I was guided in the quantity by the effect it had on my stomach: if it caused hiccough, the dose was too large." The late Lord Rivers took ginger in considerable doses for more than thirty years, and at eighty was an upright, healthy old man. "Since making use of the ginger I have had only one fit of gout, which was confined entirely to my extremities, and never assailed either my head, my loins, or my stomach, and lasted only seventeen or eighteen days; but the last fit which I had, before proceeding to take the ginger, affected my head, my stomach, and my loins, and lasted (with intervals) from the end of October until January."—*Sinclair's Code of Health*.

"Green ginger," wrote Dr. James, "preserved with sugar, is proper for old persons and those of cold and phlegmatic constitutions, especially when it is new. It is also good for viscid phlegm in the lungs." An extract of ginger is very serviceable for domestic uses, and may be made by crushing half a pound of fine whole ginger in a mortar, or cutting it into small pieces. Put the same into a bottle with half a pint of unsweetened gin; let it stand for a month, shaking it occasionally; then drain it off into another bottle, allowing it to remain still until it has become clear; when it will be fit for taking as a stomachic cordial with hot water, or for making gingerade as a

comforting drink. Again, ginger-jelly is to be readily prepared by adding some of the above extract to water, sweetened to taste, and into which, when boiled, a quarter of an ounce of gelatine is stirred. Small pieces of preserved ginger can be put into the jelly mould before pouring in the liquor to set.

At Pistoja, in Tuscany, are dispensed by the R.R. Benedictine Sisters from their Pharmacy certain powders "compounded entirely of medicinal herbs (none of which can have any bad effect on the patient), which have obtained a considerable reputation locally, and likewise in this country, for curing obstinate chronic gout. One of these powders has to be taken daily in half a glass of cold water, or tepid coffee, two hours before breakfast during a whole year without interruption." It is insisted on that throughout four entire seasons the blood must be under the essentially depurative action of this remedy. An assurance is given that the powders do not contain any colchicum, belladonna, or other poisonous substance. Gentian is one of the ingredients.

Elia relates, concerning Sir William Temple, in a *Genteel Style of Writing*, that "Old Prince Maurice of Nassau recommends the use of hammocks in gout, having been allured to sleep while suffering under it himself by the constant motion, or swinging of these airy beds."

GRAVEL, *see* URINARY DISORDERS.

HAIR.

AMONG *Herbal Simples*, Artichoke juice has been advised for making the hair grow; likewise the Watercress has a classical reputation for promoting the luxuriant growth of the hair.

"Illius succo crines retinere fluentes
Alitus asseritur: dentisque curare dolorem."

In the *Annual Register* for 1762, appeared an article "On the property of the Box tree to make the hair grow:" "A young woman of Grunberg, in the lower Silesia, having had a malignant distemper, which caused the falling off of all her hair, was advised by a person some time after her recovery, since her hair was not likely to grow again of itself (her head being then as bald as a hand), to wash it all over with a decoction of boxwood, which she readily did, without the addition of any other medicament, using no other precaution to secure her neck and face. Hair of a chestnut colour grew in effect on her head, as she was told it would, but her whole neck and face became also covered with red hairs, which made her so deformed that she appeared little different from an ape or a monkey."

For Ringworm ("tinea," a moth worm,) of the scalp, due to a vegetable parasite in the skin-tissues, the administration of good, wholesome, nutritious food in plenty is highly important, as are all renovative hygienic conditions, since the system must be at the time below par in general vigour and soundness. Fatty substances, when they can be digested, are, as a rule, beneficial for children affected with ringworm. Some harmless parasiticides may be applied outwardly, such as tar ointment, or sulphur chrisma.

As a depilatory for removing hair from parts where it is unsightly, or out of place, the *Annual Register* (1762) tells of a physician advising that the resin of the larch tree should be applied, mixed with that of mastich.

HEAD AFFECTIONS.

IN seeking to relieve headache, a distinction should be made as to its most probable cause and character: whether it be of a dull congestive sort; or from weakness

and an insufficient supply of blood to the head ; or nervous, in a highly-sensitive patient easily affected by surrounding influences and mental impressions ; or through sympathy with disorder of the digestion. " In all kinds of headache," wrote the *Kitchin Physician* (1680), " drink but little wine, eat but a little, let your victuals be good, and such as will feed but little, as the flesh of young hens, stewed lettice, purslain, and sorrel, milk of sweet almonds, with peeled barley. Eat no windy herbs, nor sodden meat, nor milk alone, which is very bad in this distemper (and for all sorts of agues). Let the patient discharge himself of all disturbances of mind, neither let him read nor write much, but with quietness expect, by God's blessing, the operation of these means." Very excellent also, with respect to such conditions, is the apt advice of " a Middle Age Philosopher": " Not only be sure to eat food which is pure of its kind, agreeably prepared, at right times, and in right quantities, but take care to breathe pure air by night and by day ; get some physical exercise (which ought to be out of doors) daily ; and practise the strictest cleanliness. Remember that man's bodily welfare and the state of his spiritual and mental faculties are closely and mutually interdependent. It is, therefore, a primary duty to keep these also in health ; to which end see that they be usefully, tranquilly, and constantly occupied, and cultivated. Let no day pass without its quiet hour ; none without its social mirth, its exercise of blessed industry, its gleanings from the field of knowledge ; none without music ; none without the society of little children."

For a tendency to dull, heavy headache, with passive fulness of the veins about the brain, and with drowsiness, whilst at the same time the skin is pimply and itching,

mushroom ketchup, if well and properly made, is an excellent and effective remedy. Some mushroom eaters are enthusiastic in their praises of the edible sorts. For example, Dr. Badham (1885) says: "I have myself witnessed whole hundredweights of rich, wholesome diet rotting under trees, also woods teeming with food, and not one hand to gather it. I have indeed grieved, when I reflected on the straitened conditions of the lower orders, to see pounds innumerable of extempore beef-steaks growing wastefully on our oaks in the shape of *fistula hepatica*, with *agaricus fusipes*, to pickle in clusters under these same trees. Puffballs, which some of our friends have compared not inaptly to sweetbread for the rich deliciousness of their unassisted flavour! Hydra, too, as good as oysters, which they very much resemble in taste. *Agaricus deliciosus*, reminding us of tender lamb's kidneys; the beautiful yellow chantarelle, that 'kalon agathon' of diet, growing by the bushel, and no basket but our own to gather a few specimens on our way. The sweet nutty-flavoured *boletus* in vain calling himself 'edulis' (worthy to be eaten) when there were none to believe him. The dainty morchella, the *agaricus heterophyllus*, which tastes like crawfish when grilled; the *agaricus melior*, and *agaricus virescens* to be cooked in any way, and equally good in all."

For making mushroom ketchup, or catsup, (originally an Indian dish) lightly bruise the mushrooms, and strew over them a little salt. Then, after they have been allowed to stand for from twenty-four to forty-eight hours, boil the expressed juice with spices, pepper, ginger, and cloves, and with herbs. The catsup should be taken with meat at meals, or a teaspoonful of it with a tablespoonful of cold water, together with food. Instead of preparing this catsup from the horse

mushroom (*agaricus arvensis*), as is most commonly done, it is much better to use the tiny fairy-ring mushroom (*marasmius oreades*), though this is too dry and too small to be employed alone. Swift was severe on the depraved taste of his day, which substituted

“ For our home-brewed British cheer
Botargo, catsup, and caviar.”

Sometimes the so-called mushroom ketchup sold in towns has been made without any mushroom at all ; but this spurious sort may be readily detected if a drop of the fluid is examined under the microscope, as the dusky colour of the genuine ketchup is due to the dark spores of the mushroom held in solution, without any change in their form or colour. Mushroom gatherers are given to collect almost anything which looks promising for the purpose ; and (writes the Rev. Mr. Berkeley) “ the mixture of all sorts which may be seen consigned to the pot in ketchup manufactories would rather astonish an outsider.”

Again, a palliative remedy of much service in most cases of headache is to smell freely at freshly-scraped horse-radish root.

Mace, the dried outer covering of the nutmeg (and which is one of the condiments to be found in the kitchen spice box), when partaken of to excess, is known to cause a determination of blood to the head, with some confusion, or other disturbance of the intellect. It has a pleasant aromatic flavour, and a hot, biting taste. Inferentially, we conclude that this substance, if given in quite a small quantity at short intervals, will serve to dissipate a headache of dull, passive fulness, with turgid veins about the temples, face, and scalp, whilst the mind is somewhat stupid and wanting in alacrity of perception.

For the headache of bloodlessness, debility, or

from an empty, craving stomach, good beef tea, well spiced, and perhaps containing half a wineglassful of sound port wine, is the best immediate remedy. The recurrent continuance of such a headache should be obviated by steadily pursuing those appropriate measures advised here under Bloodlessness and Debility.

A nervous headache is ordinarily the infirmity of a sensitive, impressionable person when overwrought, whether by bodily, or by mental toil, or shock; also it may be due to immediate surroundings of atmosphere and climate, or to unfavourable circumstances of time and place, or again to lack of sufficient sustenance. Sometimes this form of headache is hysterical in its character, and occurrence. A German recipe which will often afford relief is Violet vinegar: "Gather wood Violets when they are most plentiful in spring. Put the flowers, without their stems, into bottles, shaking them down till the bottles are full. Then pour in as much white wine-vinegar as they will take. Cork and set them in the sun for three or four weeks, and after this length of time strain off the vinegar. A teaspoonful or two of the violet-vinegar in a wineglassful of water, with or without sugar, will in most nervous headaches prove very remedial. An infusion of Violet flowers made as a tea will act in the same beneficial manner; likewise Balm tea, taken cold, as commended among *Herbal Simples*. All tiring mental application must be suspended when there is a tendency to repeated nervous headaches. "As our doctor says" (Thomas Hood) "it's as bad to studdy till all is brown as to drink till all is blew." "Mix your cullers!" A cup of strong coffee with milk and sugar will frequently dispel a headache of nervous causation.

Periodic headache, usually occurring at early morning,

and disabling the sufferer throughout the day, goes by the name of "migraine," and is associated almost always with disturbed digestion. It may attack a robust, gouty individual, or a bloodless, weakly person. Treatment thereof is called for actively during the paroxysm, and more deliberately throughout the intervals between the times of these severe headaches. Tea and coffee are admirable restoratives at the time; likewise, if the sufferer is wanting in a sufficiency of good blood, or is a nervous invalid of weakly type, well-made chicken broth, on which there is a liberal sprinkling of cayenne pepper, will do good. Meantime the recumbent position must be kept, in a quiet dark room, at a comfortable temperature, without close stuffiness, or oppressive heat. Many of those persons who are subject to attacks of migraine have already learnt to be careful as to their diet, and abstain from gouty, or questionable foods. For such patients a plain, wholesome dietary, with regular meals, is to be advised, whilst all alcoholic stimulants are to be prohibited, whether malt liquors, wines (especially sweet wines), and spirits, unless specially allowed. When the attacks are generally found to be ushered in by a digestive upset, with retchings, or sickness, also uneasiness of stomach, and a sense of fulness, it will sometimes prove altogether preventive to take every morning regularly throughout the intervals between the headaches, from half to one teaspoonful of common salt, either dry on the tongue, and washed down with a mouthful or two of water, or dissolved at the time in half a wineglassful of cold water. This plan must be steadily pursued daily for a length of time if it is to succeed. When the headaché is present with a bloodless person, help may be afforded by holding the arms high over the head whilst lying down.

HEART AFFECTIONS.

THESE are either simply functional, or more serious from structural changes. Speaking in general terms, the heart is liable to discomforts and deficiencies of steady, equable action, either from nervous and muscular weakness, as well of the whole body as of the organ in particular, or from advancing age as the underlying condition, or from an overwrought state of the nervous system altogether. Again, the muscular substance of the heart may be weakened and embarrassed by fatty deposits in an obese person of free living and sedentary habits; or again, the organ may have sustained an enlargement of its muscular walls because of prolonged high pressure brought to bear on it through excess in foods, drinks, exercise, or powerful emotions. Tobacco likewise may have been indulged in to an extent which has poisoned the heart's whole apparatus of steady movements. In Latin the heart is called "*Cor*"—"a *currendo*," (from its running), because of its continual motion by day and by night throughout the entire length of life.

For a heart which falters in its energies because of nervous and muscular weakness, a wide range of usefully restorative Cordials may be happily found in the province of *Kitchen Physic*. These include nutritive support, and aromatic, comforting, volatile stimulants. For instance, as an example of positive support, egg cordial is found to be of capital service. Beat the white of an egg to a froth; add a tablespoonful of cream, and a tablespoonful of brandy; mix these ingredients together, and administer the dose. Hot water may be added if desired. "Egg-nog" (from nog, a mug, or a strong ale,) is taken, on the contrary, *cold*, making a helpful resource in acute febrile illnesses. To prepare this, scald some new milk by putting it, contained in a jug, into a saucepan of

boiling water, but the milk must not be allowed to boil. When it is quite cold, beat up a fresh egg with a fork in a tumbler, with some sugar, into a complete froth; add a dessertspoonful of brandy, and fill up the tumbler with cold milk which has been first scalded.

According to Dr. Parkes (1875), Liebig's meat-extract is cordial and very restorative, removing all sense of fatigue after great exertion. Its really nutritive qualities are inferior to those of good home-made beef tea; but it may often be taken by an invalid when beef tea would be rejected; and it has the further advantage of being quickly prepared.

Wine whey is another cordial drink of excellent and speedy usefulness. Put milk and sugar into a small saucepan and boil up; then pour in a glass of good sound sherry, which will curdle the milk; let it boil up again, and strain off the solid curd through a piece of muslin. This drink is very soothing and light of digestion. Likewise white wine whey may be prepared after the fashion commended by Dr. King Chambers. Put two pints of new milk into a saucepan, and stir it over a clear fire till it nearly boils; then add a gill (four ounces) of sherry, and simmer for a quarter of an hour, skimming off the curd as it rises. Add again a tablespoonful more sherry, and repeat the skimming for a few minutes. The curd may be kept cold, and then rubbed fine in a mortar, and mixed again with the whey, if it be desired that nutriment shall be supplied as well as a cordial. Whey is considered by some persons a wholesome cold drink for feverish patients; and in rural districts the young lasses often wash their faces with simply-made whey, used cold, to improve the complexion. For either of these purposes the whey should be concocted without wine by adding vinegar,

or fresh lemon juice, to boiling milk, and diluting the liquid, clear of curds, with sufficient water, hot or cold. If it be taken hot it will promote free perspiration. Lady Constance Howard has devised a capital cordial in cases of utter exhaustion: "Mix the following ingredients well together, and administer three tablespoonfuls every fifteen minutes: One ounce of best refined isinglass dissolved in hot water, two new-laid eggs, one gill of old brandy, and one gill of cinnamon water, half an ounce of sugar, and a few drops of essence of cinnamon. It is a marvellous restorative. Or, again, as the "*invicta* pick-me-up," "One pint of new milk, two gills of old brandy, two gills of good thick cream, the yolks of two new-laid eggs thoroughly beaten, and half an ounce of best refined isinglass dissolved in a little hot water, with castor sugar to taste. Divide the quantity, and take half before getting up in the morning when suffering from debility, and the other half at five o'clock p.m., or on going to bed." Rum Punch also is a stimulating cordial of immediately exhilarating effect, though not serving at the same time as a support. This renowned beverage owes its origin to India, the name being derived from a Hindoo word meaning "five," and bearing reference to the number of ingredients which originally entered into the composition of the brew. These ingredients seemed of so opposite a character that a French critic has called rum punch a drink made up of contradictions,—the rum to give strength, the water to make weak, the lemon for sourness, and the sugar for sweetness. Nutmeg is the fifth ingredient, because of its spicy flavour. It will be remembered that the "particular vanity" of Stiggins in the snug bar parlour of the Marquis of Granby (see *Pickwick*) was "hot pine apple rum and water, with a slice of lemon in

it." Tea Caudle is another famous cordial reviver (*Compleat Housewife*, 1736): "Make a quart of strong green tea, and pour it out into a skillet, or porringer, and set it over the fire; then beat the yolks of four eggs, and mix with them a pint of white wine, a small grated nutmeg, sugar to your taste, and put all together. Stir it over the fire till 'tis very hot, then drink it in china dishes as Caudle." A skillet is a long-handled metal pot. Another capital Caudle of a stronger concentrated sort may be made, of which from ten to thirty or forty drops (or more) can be profitably added to tea, or other beverage: "Half an ounce of cayenne (capsicum powder), the same quantity of powdered mace, also of crushed cloves, also of bruised cinnamon, with three nutmegs, and three gills of best whisky. Rub and shake the spices together; then add the whisky, and let it stand for three or four days, shaking them up pretty often." "The Duke of York" (see *Pepys' Diary*, February 10th, 1661) "being ambitious to possess a universal sauce, did mightily magnify the same, which he then did eat with everything, and said it was the best universal sauce in the world, it being taught him by the Spanish Ambassador. Made of some parsley and dry toast, beat in a mortar together with vinegar, salt, and a little pepper, he eats it with fish, flesh, and fowl. "By-and-by did taste it, and liked it mightily!" After a similar fashion Dr. King Chambers orders: "Pound hard dry toast and a tablespoonful of peppercorns in a mortar, and boil them, with an equal quantity of chopped parsley (or any other herb preferred) and a dessertspoonful of salt in a small teacupful of water. Add a teaspoonful of white wine vinegar, or Tarragon vinegar, or lemon juice."

"Deficient inopem venæ te, ni cibus, atque
Ingens accedat stomacho futura ruenti."

Towards properly making the several invalid culinary Cordials which have been described, some practical knowledge is very requisite. As Mrs. Chalmers Watson, M.D., Edinburgh, teaches (*Invalid Feeding*, 1900), and illustrates her maxim by quoting the following instructions, which are frequently given for making an egg-flip: "Beat up an egg, add a little milk, a little sugar and a stated quantity of brandy." What is the result? "For lack of the requisite straining of the mixture, the second or third mouthful swallowed by the patient may include the streaky tenacious portion known as the tread, which is to many persons so nauseating that no more egg flip will be tolerated at that time, nor for many a day afterwards."

Malt liquor spiced is at once cordial, and sedative, for persons who are not gouty. To make "beer soup with caraways" boil some brown bread in a little water until soft enough to be beaten to a smooth pulp. Put three pints of beer into the soup kettle with a little lemon peel, cinnamon, sugar, and a large teaspoonful of bruised caraway seeds. Mix the bread pulp in the beer, and boil all together till the flavour is extracted from the seeds. Then beat up four eggs in the tureen, and pour the soup upon them, stirring briskly all the time. Serve hot. Time to boil the beer, about thirty minutes. This is sufficient for six or seven persons.

"Old October, nutmeg'd nice,
Sends a tankard and a slice."

Gerard writes of the Garden Marigold (*Calendula Sativa*) as "so much esteemed in Holland that the yellow leaves (petals) of the flowers are dried and kept throughout Dutchland against winter, to put into broths, in physicall potions, and for divers other purposes. These are used in such quantities that in some grocers' or

sellers of spices' houses there are to be found barrels filled with them and retailed by the penn'orth, more or lesse, insomuch that no broths are well made without dried marygolds." The like Marigold flowers, as told of among *Herbal Simples*, were formerly put always as cordials into broths. Quoth old Lisbeth to Adam Bede when commending to him as a wife the sweet meek Dinah Morris: "And what's it sinnify her being a Methody? It's ony the marigold i' th' parridge." Dairywomen used to churn the petals of the marigold with their cream for giving to the butter a yellow colour. This plant has been called *verrucaria* because of its efficacy in expelling warts by its juices.

A marmalade of Quinces is known to prove admirably cordial, strengthening the stomach and the heart of both the sick and the sound. Matthiolus commends this fruit, boiled with honey, for meat and for medicine. "*Ex melle tantum, et Cotaneorum carne confecta, tam ad cibi quam medicamenti commodum.*" Galen tells that such a confection will last for seven years. "*Diu duret si quis ipsum cum melle coctum asservare velit: post annos septem invenimus nihil in qualitate immutatum.*" Dodonæus thought, concerning Quinces: "*Valde astringunt,—ventriculum roborant, vomitum sedant.*" Fuller describes the fruit as "not more pleasant to the palate than restorative of the health, and accounted a great cordial;" but "no quinces grow in Cheshire." For Quince liqueur: "Grate ripe quinces till you come to the core, but take care there are no pips; let the mass remain for three days in an earthen pan; squeeze it to extract all the juice; measure it, and add to it an equal quantity of good brandy. Allow six ounces of sugar to each quart of the mixture, with cinnamon and cloves to taste. Let it infuse for two months; then filter it,

and pour it into bottles. This liqueur when old is a famous cordial." Quinces are supposed by some to have been the golden apples guarded by dragons in the garden of the Hesperides.

In some country districts "champagne sticks" or twigs of a flourishing Vine are believed, if they are well chewed, to do "a power of good" as a cordial. For a weak, languid circulation cordial aromatic herbs put into soups, or taken infused as a tea, are of signal service. In the South of France milk is sometimes flavoured with garlic; but sweet herbs, thought Dr. Chambers, "are more wholesome for English stomachs." "As for the garden mint" (*mentha viridis*, spearmint), wrote Pliny, "the very smell of it alone recovers and refreshes the spirits, as the taste stirs up the appetite for meat, which is the cause that it is so general in our acid sauces wherein we are accustomed to dip our meat. You will not see a husbandman's board in the country but all the meats from one end to the other are seasoned with mint." Ovid tells, in the story of *Bancis and Philemon*, that rustics perfumed or scoured their tables with this herb before serving their suppers.

"They rubbed them o'er with newly-gathered mint,
A wholesome herb that breathed a grateful scent."

Sweet Basil too grows as a fragrant cordial in the kitchen garden, being sown afresh every year, and it is highly aromatic, though Culpeper puts it: "This is the herb which all authors are together by the ears about, and rail at one another like lawyers. Chrisippus rails at it with downright Billingsgate rhetoric. Pliny and the Arcadian physicians defend it!"

"The whole of Fennel," another restorative herb (see *Phillips' Cultivated Vegetables*), "is good in soup or broth." It was formerly the practice to boil fennel with all fish;

and this would never have been discontinued had its virtues been more generally known, for it consumes the phlegmatic humour in which most fish abound, and which greatly annoys many persons who are fond of boiled fish. Our fishmongers should at all times have a plentiful supply of this hardy and wholesome herb, every part of which agrees with the stomach." French epicures keep their fish in leaves of fennel to make them firm, making use also of the same in water *souché*, and in all fish soups. The steam of its decoction is an excellent cleanser for the eyes, and strengthens the sight. Pliny states that fennel was cultivated as a garden herb by the Romans, and that it was so much used in their kitchens that there were but few meats seasoned, or vinegar sauces served up without it; likewise that the bakers gave a pleasant taste to their bread by placing some of the herb under their loaves when put into the oven." "A good housewife will go into her herb garden instead of a spice shop for her seasonings, and thus preserve the health of her family by saving her purse."

The fragrant smell of common Wormwood is in like manner cordial and refreshing, whilst its reviving qualities in heated courts are almost equal to a change of air. Wormwood was dedicated formerly to Diana, and Venus gave some of it to Æneas. Provincially it bears the modern title "old woman."

With regard to disturbances of the heart's action from impaired digestion, one such form of this trouble will arise when the abdomen is distended by flatulence; then the midriff becomes pushed upwards by the inflated larger bowels, and the room which the heart should occupy is so encroached upon that difficulties of its movements are the result; whilst oppression of the breath, palpitation, and discomfort of the heart ensue.

In such cases the diet must be carefully regulated, all food likely to provoke gaseous fermentation being avoided. For detailed particulars concerning such foods see *Digestion (Flatulence)*. Tea and coffee should be then allowed only in sparing quantities, and not made strong, or taken with food. French physicians have recourse for a time in such cases to an exclusive milk diet, which gives rest to the stomach from putrescent substances, and which at the same time lessens the general circulatory volume by promoting a free flow of urine through the kidneys. It is better for persons with weak hearts to take their principal meal leisurely in the middle of the day, and of as dry a character as can be made to suit their appetite. For almost all affections of the heart, a dry diet contributes greatly to the comfort of the patient. This is because liquids are then absorbed with much slowness by the stomach and bowels, so that they remain gurgling about by reason of the slackened blood circulation, its central pump being disordered in its movements. Soup, therefore, should not be chosen to begin dinner with; and what is drunk during the meal should be taken by sips. Such a restricted diet is especially necessary in fat persons when the heart is at fault, and its space for beating diminished. Animal food will be needful for such patients, but not of too stimulating a kind, though such as will sustain the muscular strength of the heart's walls; but alcohol, on the contrary, would deteriorate their structure, and is, therefore, to be prohibited, unless there is special weakness of action. Nothing whatever should be taken between the regular meals, except perhaps a cupful of weak, hot milk and water, or very light broth. If the teeth are bad, then the meat at the principal meals should be minced or pounded.

In the heart impediments of old age, as revealed by pallor of the face, with a tendency to giddiness, or faintness, loss of memory, disturbances of vision, and hearing, besides other signs of a deficient blood supply to the brain, the food must then be sufficiently nourishing, whilst light and easy of digestion, not too much being taken at any one meal. When a diet of milk is readily borne, and agreeable to the patient, it should be recommended. At the same time well-cooked, tender vegetables and fruits may be combined therewith so as to prevent constipation.

For nervous palpitations and other discomforts of the heart, when there is a general derangement of the nervous balance, or a lack of nervous strength, some immediate restorative is often effective to give relief, and the system at large may be then strengthened and built up more deliberately. Dr. Copland narrates a very instructive case of this character. Being summoned to a young lady who had suffered for twenty-four hours from violent emotional palpitation of the heart, he prescribed, to the surprise of the parents, a cup of strong green tea, which, as is commonly known, will at all times excite palpitation in a healthy person. But on this occasion it speedily and completely relieved the patient. The dietary in such cases may well consist for a while chiefly of diluted milk, and its light preparations.

Respecting the Heart, "that little three-cornered exponent of all our hopes and fears," writes Elia in his essay on *Valentine's Day*, "what authority we have in history, or mythology, for placing the headquarters and metropolis of god Cupid in this anatomical seat rather than in any other is not very clear; but we have got it, and it will serve as well as any other. Else we might easily imagine upon some different system which could have prevailed, for anything our mythology knows to the

contrary, a lover addressing his mistress, in perfect simplicity of feeling, 'Madam, my liver and fortune are entirely at your disposal.' Or putting a delicate question, 'Araminta, have you a midriff to bestow?'"

For a fatty heart, as Dr. Yeo ordains, all excesses in eating and drinking must be at once suppressed. As an alcoholic beverage, only a little sound hock, or claret, diluted with water, should be allowed. Drinking at meals must be forbidden, and such fluid as is needed must be taken either half an hour before a meal, or an hour or two after. A glass of hot water, to which a slice of lemon may be added for flavour, will be useful at bedtime for promoting digestion, for flushing away waste products, for allaying thirst, and for helping the regular action of the bowels. Fat-forming foods, such as starchy farinaceous dishes, sweet things, pastry, and hot animal fats, should, as far as practicable, be excluded from the daily dietary. The lean of butcher's meat, chicken, game (when fairly fresh), and white fish, boiled for choice, or broiled, should form the staple nourishment; whilst fresh green vegetables (well cooked), ripe fruits, and tender salads, with some very simple accompaniments, may be permitted in moderation. Asparagus (as was shown among *Herbal Simples*) has a specially soothing effect on an irritable heart, besides giving relief through the kidneys to any attendant dropsy. This vegetable is sometimes called Paddock cheese.

For a heart that has suffered some lesion to its valves (which control the supply of blood at the main entrances into the several heart-chambers), a special management of the food is essential for the comfort and welfare of the sufferer. Under such circumstances a compensatory thickening of the chamber walls occurs, or else they undergo dilatation, and stretching of the thinned walls.

In the first event the pulsations become hard and of excessive energy ; in the second, an enfeeblement of the heart's beats ensues, such as we have considered already. As an American sedative to soothe a quick, irritable heart, the cobweb of the black spider, which inhabits their cellars, barns, and stables, as likewise amongst ourselves, is administered with remedial success. So also "hum," or bee beer, brewed from refuse comb (which contains bees which have perished in the process of taking the honey, as well as embryo bees) has proved singularly beneficial for a labouring heart with injured valves, and enlarged walls. This "hum" is commonly made by cottagers in the Western counties of England, especially in Hampshire. After disposing of the bulk of the honey produce, the good wife economises what remains, for the use of the family, after the following manner : Dissolve a pound or more of honey, newly taken, in three quarts of water : boil, skim, and reduce the liquid to half a gallon : fill the vessel in which it is placed ; cover, and let this first brew (mead) remain undisturbed for two or three days, when it will be ready for use. The combs, after being drained of their honey, are to be washed in warm water, so that nothing shall be lost ; and the same liquid is then to be strained from the sediment, and to be used for brewing a family beer, with the addition of a little yeast. It must be kept warm near the fire for a few days to ferment, and then bottled, or put into a small cask. The bee-sting principle, which becomes dissolved in this brew, whilst in no way harming a healthy heart, has a remarkable curative influence on a heart affected as described above, quieting its tumultuous or violent action, and serving to get rid of dropsical effusions which may have collected in the limbs because of hindered circulation of the blood.

Metheglin was an ancient Saxon brew from honey, and as much stronger than mead as the best ale is than small beer. It demanded one hundred weight of honey to twenty-four gallons of water; and was a very intoxicating drink. Honey contains eighty per cent. of glucose, which becomes by fermentation alcoholic; whilst only thirteen per cent. is found in grapes, and five per cent. in malt.

Any immoderate use of strong tea, or coffee, or tobacco, is likely to induce exaggerated action of the heart, which would proceed at length to failure of its pulsating powers. When sudden faintness comes on from a faltering heart, prompt relief may be generally obtained by pouring from above very hot water over its region in the chest. The value of an absolute milk diet in the treatment of heart difficulties depends mainly on the sugar of the milk (or lactose) which causes the kidneys to carry off much of the fluid parts of the blood, thus diminishing its volume, and giving the heart less to keep in circulation. One Professor has, therefore, strongly advocated giving sugar of milk as an efficient remedy for dropsical swellings because of an inefficient heart. The sugar of milk is not very sweet, and is not fermentable by yeasts, though sometimes when given to infants it meets with microbes, which convert it into lactic acid (as of sour milk) and provoke diarrhœa. A pint of new milk takes for digestion in the stomach about three and a half hours, sour or skimmed milk about three hours, and boiled milk about four hours. Where the main bloodvessels are thought to be structurally impaired, it would be wrong to allow only a low unstimulating diet, leading thereby to further degeneration of the coats of the arteries. Otherwise, as a standing rule for an irritable heart, with an excited pulse, to "feed sparingly, and defy the physician" is a golden rule.

HICCOUGH.

THE unwelcome discomfort known as Hiccough is a troublesome series of spasms affecting the midriff, or diaphragm which forms the floor of the chest-cavity, and which is at the same time the muscular roof of the abdominal cavity. These spasmodic contractions, together with jerks of the windpipe, are most commonly due to something at fault in the digestion, or they may result from sheer failure of strength as in the extremity of mortal illness. A sovereign remedy in Cornwall for hiccough, is to munch slowly a fragment of Good Friday bun, kept carefully for the purpose ; or this can be grated into a glass of cold water and drunk. In some Cornish farmhouses the said bun may be seen hanging by a string from the bacon-rack, and slowly diminishing until the return of Eastertide replaces it by a fresh one. Besides staying hiccough it is thought of infallible good for all manner of other ailments which may affect either the family, or the cattle. Mr. Quilter Couch, of Polperro, writes, "I have more than once seen a little of this cake grated into a warm mash for a sick cow."

Another almost infallible cure for hiccough is to take from twenty to thirty drops of vinegar on a lump of sugar, or on a little brown sugar ; and a teaspoonful of fresh lemon juice may be given in the same way.

As a practical measure it will stop the hiccough if the tongue is pulled vigorously forwards for from two to three minutes at a time ; this proceeding will effectually relieve the spasm.

"My beard to grow, my ears to prick up,
Or, when I'm in a fit, to hickup."

Hudibras.

HYSTERIA.

HYSTERICAL phenomena manifest themselves almost exclusively in persons of a sensitive, nervous organisation, and when the system is physically depressed. Mental causes commonly lead to some such depression, though purely animal conditions of disturbed health may provoke hysteria, especially in women. Our ancestors employed against hysterical sinkings a long array of diffusible stimulants, many of which were of a repulsive character. It has become the modern fashion to regard such old-fashioned remedies with ridicule, or contempt, but at all events their repulsiveness had one advantage, that the patient was quite willing to give up taking them when the need was over; whereas the seductive alcoholic poisons which have insidiously occupied their place, become to the weak-minded hysterical victim more and more attractive the longer they are employed.

Dr. King Chambers insists that one point of dietetic regimen should form a part of the stringent advice to an hysteric person in every case: "Let no fermented, or spirituous liquor ever pass your lips." "I have not," he adds, "a shadow of a doubt that at least one-third of the subjects who inherit hysteria, and who come under medical treatment, would never have developed the actual disease if they had always observed this abstinence. I have been surprised to find how often a total abstinence from fermented, and spirituous liquors is followed by a restoration of the hysterical invalid's strength." The ailment is through disturbance of the nervous system, and upon the nervous system falls the chief brunt of alcoholic action; whilst a precisely similar effect is wrought upon the urine, whether by an attack of hysteria, or by an alcoholic indulgence. Its volume is increased, but the normal acids and phosphates therein

become deficient, through an arrest of proper metamorphosis in both cases.

A diet generous as to its animal foods, is essential in the treatment of hysteria. At first porridge and milk may be taken at breakfast, proceeding presently to the lighter meats, such as the lean of a mutton chop underdone, broiled chicken, eggs boiled, or poached, and the white kinds of fish. An infusion of cocoa nibs may be drunk, or milk with soda water if preferred. All the stronger beverages, tea, coffee, etc., are to be forbidden. For hysterical headache with giddiness, cowslip tea is beneficial. Country children sometimes love to eat cowslip salad made from the yellow petals mixed with vinegar and sugar, taking this in the nursery as a relish with their bread and butter. In the time of Charles I, cowslips, violets, roses, and other fragrant flowers were served in salads after a similar fashion for the dinner table. Happily the same elegant and attractive adornments of the salad bowl are now again coming into vogue; our daily journals informing us quite recently that "the flower salad is increasing in popularity; the clover variety has a specially delicious flavour when mixed with the skill of a Parisian chef. Orange blossom salads are introduced at weddings, being garnished with candied violets, and rose leaves. Boiled Chrysanthemum salad has risen into great request, the invariable accompaniment of which is Mayonnaise sauce. Nasturtium salads are said to be eminently wholesome; both the flowers and the leaves are used, of which the latter are occasionally placed between slices of bread and butter for sandwiches; these leaves must be gathered young."

Hysterical attacks do not imply anything fundamentally wrong with the nervous system. Maudsley, in *Body and Will*, writes, "It is impossible to conceive

hysteria attacking one who, Robinson Crusoe-like, was planted alone on an uninhabited island, or, again, one who was not a social being amid civilised surroundings.

INDIGESTION, *see* DIGESTION, DISORDERS OF.

INFLUENZA.

THE "flue" or (evil) "influence," which during the last few years has become a dreaded bugbear of this, and other lands, by reason of its frequent, and alarming, visitations throughout all classes of the community, is an infectious febrile affection, making sudden attacks, and entailing serious prostration, especially as regards the heart. It is associated with a specific microbe. Convalescence from the malady is often very protracted. Rest, warmth, and quiet, are the three sovereign remedies (with perhaps quinine as a medicine). There are no two patients whom precisely the same dietary will suit. "*Quot homines tot epulæ.*" If the attack has invaded the body through the digestive organs so that there is a loathing for all food, then water must be given *ad interim*, cold or hot, to be frequently sipped; or, by way of making this nutritious as well as grateful to the thirsty patient, egg water may be usefully substituted. It is to be prepared by blending with a pint of cold water the whipped up whites of from two to four eggs, and flavouring with salt, or cinnamon. A more substantial form of sustenance is the egg-flip, compounded by pumping aërated water from a syphon on to the whipped up yolk of an egg. Animal broths may be presently given, when they can be taken with some relish, it being a capital plan to mix chicken broth and beef tea in equal parts.

But the requirements of adequate and appropriate

nourishment will vary considerably, according to individual conditions, and habits of body. Dr. King Chambers (1875) reminds us that when the tailor in Laputa refused to take the usual measurements, and vainly proceeded to cut and construct a coat, waist-coat, and pair of breeches for Captain Gulliver, on abstract principles, the customer vowed it was the worst suit of clothes he ever had in his life. "We should certainly fail, adds the doctor, "in a similar way, if we did not take the measure of numberless contingencies in the daily life, and of numberless peculiarities in the persons of those who consult us about their diet and regimen"; especially when overtaken by illness.

If much thirst accompanies the first feverish stage of influenza, a very useful lemonade, of specific value for such occasions, may be made by adding powdered nitre (nitrate of potash) to cold water which has been first boiled and filtered. From one to two small teaspoonfuls of this powder should be dissolved in three half pints of the cold water, and with a slice or two of fresh lemon added; which quantity may be taken by an adult patient during the twenty-four hours. It will lessen the feverish disturbance, and will certainly becalm the system. Furthermore seeing that nitre of such sort has been found, when given in large toxic doses, to particularly irritate the lining membranes of the breathing passages, it may be reasonably concluded that its much modified use is well calculated to relieve any like irritation when occurring as a condition of disease. The value of nitre paper in mitigating asthma on this principle is undoubted, and is indisputably recognised.

Dr. Joseph Ross, of Manchester, claims quite convincingly a power for Cinnamon of cutting short the invasion by influenza-poison, if only this antiseptic spice

is given (in some form) early enough to prevent a development of the enemy, and of its mischievous juices throughout the blood. "In those cases," he says, "where the cinnamon treatment has been commenced within four or five hours from the onset of the attack, I have found patients usually able to resume their duties within forty-eight hours." "My experience," he adds, "during the past five years leads me to believe that no patient, if promptly and systematically treated, need be on the sick list, even after a most severe attack, for more than five or six days at the very outside." The cinnamon is employed either as boiled down in water to a strong decoction, or as made into a tincture, or essence. Half an ounce of the decoction, or two teaspoonfuls of the tincture in a little water, are given, to begin with, every half hour for two hours; then the same dose every hour until the temperature, as shown by the medical thermometer, falls to normal. It is indispensable that this cinnamon treatment shall be commenced within twenty-four hours from the onset of the attack of influenza. "Carefully reviewing results I have learn't that they stand in some direct relation to the period in the course of the attack at which my cinnamon treatment has been begun; so I determined to take twenty-four hours (the sooner than this the better) from the onset of the disease as a time limit, and to treat no cases with cinnamon where this time limit was already overpast. Since the spring of 1894, I have invariably observed this rule, and have treated a large number of cases; and in every case so treated within twenty-four hours from the onset, the patient has returned to his place in society not later than five days from the commencement of treatment, and in no case have I been embarrassed by complications of any kind."

The decoction of Cinnamon is to be made by slowly boiling a pound of cinnamon (*in vacuo*) with a sufficiency of water until the fluid is reduced to a pint and a quarter. (The Messrs. Burroughs & Wellcome, of London, have prepared "tabloids" of cinnamon decoction, two of these being equal to half an ounce of the decoction; and, "as far as my experience goes," says Dr. Ross, "their tabloid product seems to be quite as efficacious as the decoction.") For making a "tincture of cinnamon:" "Put three ounces of bruised *true* cinnamon bark into a bottle of the best French brandy: and it will be ready for use in a week. One or two teaspoonfuls to be taken for a dose (according to the frequency enjoined by Dr. Ross), with one or two tablespoonfuls of hot water for influenza (or of cold water for sickness, and nausea,—as well as for Cancer, see page 99).

Again, for preparing "cinnamon drops," mix half an ounce of the best powdered cinnamon bark, with a pound of powdered white sugar, and half a pint of water; boil these to a syrup of candy-consistence, or until it snaps when dropped into cold water: then spread the thick syrup on a large flat dish well oiled, and score it into appropriate sections before it hardens, or let it fall evenly in drops upon oiled paper. Cinnamon is named from *cinna momum*—the amomum of China. It was very rare in the time of Galen, insomuch that Emperors only could afford to use it. So highly was the bark esteemed, and so close was its monopoly which the Dutch had in Ceylon, until 1833, that the punishment of death was inflicted on those who injured the plant, or illegally exported the bark, or the oil. It is now used in pieces like small rolls of stick, or ground into a fine powder. This aromatic cordial was more in vogue

formerly than of late years. A teaspoonful of it, says Dr. Kitchener (*Cook's Oracle*) with a lump of sugar, in a glass of good sherry, or Madeira, with the yolk of an egg beat up in it, was called "*balsamum vitæ.*"—*Cur moritur homo qui sumit de cinnamomo?* Coggan wrote in his *Haven of Health*, (1584), "Cinnemon is verie comfortable to the stomache, and the principal partes of the bodie." *Ventriculum, jecur, lenonem, cerebrum, nervosque juvat et roborat.* "I reckon it a great treasure for a student to have by him in his closet, to take now and then a spoonful."

In Steele's *Introduction to Bartholomew Anglicus* (1250) "a book written for men desirous to hear of the wonders in strange lands," it is told "the man who bought cinnamon at Stourbridge Fair in 1380, would have felt poorer if any one had told him that this was not shot from the Phœnix nest with leaden arrows; whilst the merchant of 1580, wished to know where it was grown, and how much he would pay a pound for it if he bought it at first hand."

The heart weakness which often sets in during, or after influenzal attacks, and the accompanying complications affecting bronchial passages and lungs, especially in weakly and aged persons, are frequently difficult to overcome. For the first of these troubles cordial stimulants are needed, such as have been detailed under "heart" page 392; comprising egg-cordial, white wine whey, Liebig's extract, tea caudle, and other similar restoratives. For the chest complications, towards making it easier to expel tough, sticky phlegm—"præcipue sanus nisi quum pituita est molesta"—warm stimulating alkaline drinks should be given freely, such as hot milk with seltzer water in equal parts, with two or three teaspoonfuls of whisky, or brandy, in each cupful. Egg flip (flippe) is another stimulating restorative form of nourishment.

“A liquor,” says Dr. Johnson, “used in ships, made by mixing beer with sugar and spirits.”

With rheumatic, or gouty persons intestinal disturbances are apt to occur on the access of influenza, and these may become complicated by some congestion of the lungs because of the gouty elements in the blood; for which troubles fresh Oranges are much to be commended, especially during the feverish stage of the attack. It is curiously amusing to notice how during an epidemic of influenza affecting any of our large towns, the street hawkers have availed themselves of medical eulogiums which have been bestowed on oranges as helpful against this malady. Their barrows laden with such fruit at cheap prices abound in those busy thoroughfares which are specially frequented by the populace for street marketing purposes, each barrow bearing a placard printed in large type which embodies the copy of a letter from “Dr. Sir de Lacy Evans extolling oranges, when taken by the dozen, because of the citrate of potash furnished by their juice,” “this prevents the blood from becoming too fibrinous, and leading thus to pneumonia.” The curative virtues of oranges in such respect are said to have been widely proved in a similar epidemic “which arose on the swamps of the Niger”; and on this account the fruit is now retailed as “a safe, easy, and real cure.”

One of the leading physicians at Biarritz has published a book in which he asserts that nothing is so improving to the blood as the juice of the fresh orange; and that its employment, whether in orange salad, orange tart, or orange fritters, is especially good for children, and for persons with weakly digestion.

For making Orange jelly: Take one gill of orange juice, and one gill of water. Boil a few shreds of the

peel in the water ; add the orange juice, and sweeten to taste. When at boiling-point stir in a quarter of an ounce of brilliant gelatine, and when this is thoroughly melted, take the stewpan off the stove. Have ready the yolk of an egg well beaten, and pour the hot jelly on it by degrees. Pour the mixture back into the stewpan, and stir it over a gentle fire for five minutes. A teaspoonful of curaçoa gives flavour and richness to the jelly. Those oranges, as Lemery taught, which grow in hot countries are best ; not only because the soil thereof has store of exalted sulphur, but by reason also of the volatile salts communicated thereby to the fruit.

Venator, *Walton's Complete Angler* (1653) says : " I will requite a part of your courtesies with a bottle of sack, milk, Oranges, and sugar, which, all put together make a drink like nectar, indeed, too good for anybody but us anglers : and so, master, here is a full glass to you of that liquor ! "

The following classical lines relative to an outbreak of influenza, incurred through the person at first of an obnoxious citizen, appeared some years ago, and merit republication :—

" Cæsar Ruthenus,
 Grippâ perplenus,
 Torquens in lecto clamat :
 " Hunc miserum morbum
 Totum per orbem
 Spargam, qui circum me stat !
 Tumque bacillos
 Valde tantillos
 Ventis distribuit sic
 Ut hi ministri
 Plane sinistri
 Spargerent illic, et hic.
 Itaque ventis
 Minime lentis
 Ex Aquilone qui flant,
 Et sordidis sclavis
 (Quippe per naves
 Quæ super Atlanticum errant).

Pervenit nobis
 Iste microbus,
 Aut virus,—quodcumque sit—
 Quo lugent populi
 Rure, metropoli,
 Et medicus dives quo fit.
 Aut, sustinebimus?
 Inulti flebimus?
 Nimis molestum est, heu!
 Sumamus casum!
 Cæsaris nasum
 Tundamus ego, et tu!"

INSANITY.

AS far as its treatment by *Kitchen Physic* is concerned, Insanity can only be considered in general terms without discussing its different forms, causes, and methods of management. "Good and abundant food is an essential," declares Dr. Blandford, an authority of repute, "in the treatment of the insane." Likewise with regard to the sleeplessness which is almost invariably an accompaniment of insanity Dr. Mercier, lecturer on this class of diseases, tells his pupils "the two conditions which we can with the greatest confidence commend for the induction of sleep are fatigue, and to satisfy the stomach." Not only is there a very definite connection of occurrence between the absorption of food and the acquisition of sleep, but a deficiency of food is positively hostile to to any such acquisition. When therefore, we have to deal with a patient who suffers from sleeplessness, it is important to ordain for him (other things admitting this) a healthy degree of fatigue by his taking a sufficient amount of muscular exercise, especially using such exertion in the open air; and it is still more important to secure for him the absorption of adequate food. In the majority of cases of acute insanity which come under treatment, the patient is suffering from starvation.

He has either refused, or neglected to take food in sufficient quantity; and his sleeplessness owns the same source as that of the man who has perforce gone supperless to bed. Nothing, not even acute pain, is so efficient a cause of wakefulness as an empty belly. Even in the torments of toothache, and of gout, snatches of sleep are possible; but the hungry man does not sleep even for a moment.

Hence our first measure in the treatment of acute insanity, accompanied by sleeplessness, as it always is, should be to give a copious meal of some easily assimilated food. Slops, and stimulants, concentrated foods, and meat extracts, are not what is needed. This is rather a bellyful of readily utilised nourishment, such as Benger's food, revalenta, rice and milk, or, still better, (if the patient will take it, and if it may be supposed his digestion can cope therewith,) a meal of beefsteak and potatoes, or bread and butter, or anything in short that is nourishing, wholesome and bulky. Not seldom this measure, and this alone, is enough to secure a sound and long sleep to a patient who has scarcely slept at all for weeks; and in any case such treatment is right.

As illustrating the beneficial effects of plentiful food, and some generous wine, on a tired, and restless brain, De Quincey has told inimitably about Charles Lamb. "In regard to wine, Lamb and myself had the same habit,—perhaps it rose to the dignity of a principle,—viz., to take a good deal *during* dinner, *none* after it. At this period of his life Lamb then passed regularly, after taking wine, under a brief eclipse of sleep. It descended upon him softly as a shadow. In a gross person, laden with superfluous flesh, and sleeping heavily, this would have been disagreeable: but in Lamb, thin even to meagreness, spare, and wiry as an Arab of

the desert, or as Thomas Aquinas wasted by scholastic vigils, the affection of sleep seemed rather a network of aerial gossamer than of earthly cobweb,—more like a golden haze falling upon him gently from the heavens than a cloud exhaling upwards from the flesh. Motionless in his chair as a bust, breathing so gently as scarcely to seem entirely alive, he presented the image of repose midway between life and death, like the repose of sculpture; and, to one who knew his history, a repose contrasting with the calamities, and internal stories of his life.”

On every account the administration of abundance of food is the first necessity in the management of acute insanity, especially in young sufferers. This paramount advantage of an ample and nutritious diet in insanity, is daily forcing itself more and more upon the minds of those who conduct lunatic asylums, though the interests of the proprietors would naturally incline them to the opposite creed. Evidently it is good economy in the end to feed abundantly with the more nutritious viands even pauper lunatics, unused as they may have been to such a diet, for by this means cures are effected; (and the county is relieved of the charge).

A very clever, and significant illustration which appeared in *Punch* some years ago, forcibly conveyed the truth of such a doctrine. It represented two married ladies, the one seeking condolence from the other, and counsel how to manage a peevish, fretful, highly irritable husband. “Feed the brute,” was the shrewd far-seeing reply.

There is, however, tells Dr. King Chambers, a peculiar form of hypochondriasis which arises from eating too few vegetables, and too much meat. This is distinguished by a superabundance of salts in the urine, which

make it of high specific gravity; an excess of urea is now present, but without sugar. In these cases often a remarkable lassitude declares itself, and an apparent uselessness of the limbs occurring suddenly after exertion. Sometimes there is wasting of the body and limbs. But these symptoms usually lead the patient and his friends to attribute the ailment to insufficient sustenance, and induce them to increase more and more the proportion of meat, in spite of the aggravation of the illness thereby. A rapid cure will attend the reduction of the meals, including meat, to one daily, and substituting for the others plenty of porridge and green vegetables.

A fish diet, as told about among *Animal Simples*, was strongly advocated some years ago by Dr. Mortimer Granville, in a letter to *The Times*, for persons suffering from mental excitement; in cases of which nature he met with almost startling success by entirely prohibiting meat, as well as milk, eggs and butter, whilst allowing only fish with bread, vegetables and fruit. Very usefully a harmless sleeping draught, which was much favoured by Dr. King Chambers for nervous wakefulness, can be prepared thus: To a tumblerful of sour curds and whey add a full teaspoonful of carbonate of soda, or as much more as is required to make it alkaline, sweeten it with sugar or treacle, and grate some nutmeg on the top. It may be taken cold at bedtime, but is best hot.

A striking instance of nervous irritability caused by indigestible food occurred in the person of Charlotte Brontë. In a letter to an old schoolfellow, Ellen Mussey, she writes: "the humour I am in is worse than words can describe. I have had a hideous dinner of some abominable indescribable spiced mess, and it has exasperated me against the world at large."

Again, among *Animal Simples* it is told how the brain-substance from a recently killed healthy animal is now on trial by medical scientists for making amends to the human system when its health is impaired by reason of physical faultiness in its own brain. Marked success has been already met with in this direction. To prepare lambs' brains as food for such a purpose, wash and clean the brains thoroughly, let them lie in cold water for half an hour, then boil them in vinegar and water for six or eight minutes; after this they may be chopped small and mixed smoothly with a dessertspoonful of flour, half a teaspoonful of salt, a quarter of a teaspoonful of pepper, a teaspoonful of finely-minced parsley, and about a square inch of thin lemon peel finely grated. Work all thoroughly together with a well beaten egg: have ready a pint of boiling fat, drop the mixture into it from a spoon in small round cakes, and fry them to a bright brown colour; drain the fat thoroughly from them before serving. The time to fry the cakes is from three to four minutes. For sheep's brains roasted or baked, four or six brains will be required for a dish at table. Ox brain may be given thus, with a like object in view, to patients in whom their own brain is at fault, but whose digestive powers are strong. Having carefully washed the animal brain, boil it very fast, in order to harden it, in well seasoned gravy. When it is done take it out of the gravy, and set it aside until cold. Cut it either in slices, or in halves, and dip each piece in egg and bread crumb, with parsley (dried), pepper and salt: fry in a little butter until brown: pour over the brain some of the gravy in which it has been boiled. This dish may be served twice or three times in a week, and should be partaken of quite moderately at each time, being always made afresh.

Tabloids of animal brain-substance for the purpose now indicated are supplied at the present day by the leading manufacturing chemists, and which are quite to be commended. They are prepared from the brain of the sheep, and have been used in melancholy, sleeplessness, alcoholism, and insanity, becoming then credited with restorative properties, as manifested especially upon the heart, and the general nervous system. St. Vitus's dance is reported to have been likewise cured by them. A tabloid of five grains of this sheep's brain-substance is given once or twice a day, preferably after food.

Emerson, on *English Traits* (1847), shrewdly observed the reliance which Britons place on abundant food of a generous sort to make them clear-headed, capable men of business. "They doubt a man's sound judgment," Emerson writes, "if he does not eat with an appetite: healthy Englishmen are full of coarse strength, rude exercise, butcher's meat, and sound sleep; and they suspect any hint for the conduct of life which reflects on this animal existence, as if somebody were fumbling at the umbilical cord, and might stop their supplies."

It is remarkable that under the influence of strongly fragrant Lavender Water (which has a potent, soothing effect) even wild beasts, when in captivity, are rendered docile. Our moist and moderate climate gives a marked superiority to English lavender. The crop is best when a hot summer follows a mild winter.

Saveloys, named from the French "*cervelle*" (brains), were originally made from such animal organs; though nowadays these sausages are stuffed with salt pork and bread-crumbs seasoning; they are boiled or baked, and generally eaten cold.

Persons disposed to become melancholy ought to abstain, thought Lemery (1674), from hare, or to use the

same very moderately. It is a crime among the Jews to eat this animal, though it has a very good taste, and is served at the best tables. Anciently in some parts of the world a hare was so much valued that the common people were not allowed to partake thereof. Some pretend that the frequent eating of hare gives to persons a fine vermilion complexion, and makes them beautiful.

“The hare is called in Latin *‘lepus, quasi levipes’* because she runs fast, or rather because she treads softly through her feet being hairy underneath.” Horace lets us know that in his day the fore part of this animal was thought by epicures to be the choicest for eating. “*Fœcundæ leporis sapiens sectabitur armos*”—“A man of sense will desire to have the forequarters of a pregnant hare.”

“ Besides, the wings of hares, for so it seems
No man of luxury the back esteems ! ”

But the flesh of the hare is such dry food that a saying goes amongst cooks, “a hare with twelve pennyworth of sauce is worth only a shilling.” This flesh though esteemed by the Romans was forbidden by the Druids, and by the earlier Britons who kept the creatures only, “*Causâ voluptatis,*” for pastime. In modern times the gentle poet Cowper (1780), who became insane with melancholy, strangely enough had an affection for pet hares, Puss, Tiny, and Bess. In one of his letters he writes, “How do you dispose of yourself in this howling month of March? As for me, I walk daily, be the weather what it may, take bark, and write verses. By the aid of such means as these I combat the north-east wind with some measure of success.”

The above facts seem to convey an emphatic suggestion that, if eaten plainly prepared, and at stated intervals, hare’s flesh is calculated on reliable principles to act

remedially against melancholy, and insanity of a like nature. Similarly "most authors who have writ concerning a Rabbit look upon it as bad food, fit to provoke gross and melancholy humours. However, the wild rabbit produces few ill effects, because feeding upon several aromatic plants, such as thyme, juniper, and allied herbs, which give the flesh a nicer and more agreeable relish. Some fancy that rabbits' brains weaken the memory, because this animal cannot for a moment afterwards retain in mind the foils laid for her, and which she had just escaped." A rabbit is called in Latin "*cuniculus*," because she digs underground, and makes a kind of burrow, which goes by the same name—

"Gaudet in effossis habitare cuniculus antris;
Monstravit tacitas hostibus ille vias."

Martial.

So late as the middle of the eighteenth century, powdered hare, or rabbit, "*pulvis leporis*" was mentioned respectfully by our writers on pharmacy. The poet Drayton (1620) spoke of the "melancholy hare." But the school of Salerno, together with Martial, favoured this animal for eating.

"Inter aves princeps pinguis (me judice) turdus:
Inter quadrupedes gloria prima lepus."—

"Amongst the feathered knights fat thrushes do excel:
Amongst four-footed squires the hare deserves the bel."

The Thrush was the most popular bird at delicate tables in ancient Greece, but was withheld from young persons for fear lest its exquisite flavour might engender premature greedings; nevertheless, when a girl married she was sure of a brace of thrushes for her own special eating on her wedding day. In Rome these birds were still more popular: men ruined themselves in providing dishes composed of thrushes for their guests. A former

proverb put it that "if wishes were thrushes, beggars would eat birds."

De Quincey told (1730), "Some prescribe Saffron to be worn in a bag with camphire at the pit of the stomach for melancholy: others affirm that so used it will cure ague." Ray tells concerning this condiment "*itemque in sacco suspenditur sub mento, vel gutture, ad sic dissipandum materiem putridam, et venenatam, ne ibidem stagnans inflammationem excitet, ægrotumque strangulet.*"—Again, "Saffron has long enjoyed the reputation of comforting the heart and raising the spirits, going thus far towards the relief of those who are melancholy through grave mental burdens."

The Romans gave Thyme as a sovereign remedy to melancholy persons, and to those who were troubled in mind or lunatic, as also to such as were afflicted with epilepsy or falling sickness: the very perfume and smell of thyme was said to raise these persons out of a fit. A little of the herb mixed with wine imparts thereto a most grateful savour: and both the smell and taste of it are very penetrating. Thyme is of service in the flatulent colic, and restores a decayed appetite: it relieves headaches, and is salutary for old persons of phlegmatic habits. Dioscorides assures us that mixed with food it helps dimness of sight. The herb always denotes a pure atmosphere wherever it grows spontaneously; and it is thought to enliven the spirits when making the air fragrant. The essential oil of thyme eases pains caused by decayed teeth, if it be dropped on cotton, and applied in the cavity of the tooth.

Galen said about Apples "the pleasanter kinds are helpfull against melancholy, and are good against the pleurisie." "*Succo, et saccharo mirifice juvant. Pomaceum e succo malorum dulcium substantiæ melancholicis adeo salubre est ut omne potionis genus bonitate vincat.*"

If at any time (ran the popular notion) the low country people will set forth a man of inconstant brain and unsettled mind, who, in his manners, gestures, words, deeds, and all his actions is like a madman, they will say he hath been among the Beans. "A melancholy of our own," quoth Jacques, "compounded of many simples."

Gooseberries, again, are not good for melancholy persons, because they increase the acid humours, with which of their own they are already incommoded in too great a degree. A gooseberry is, *uva crispâ*, because like a hairy grape. Gooseberry jelly, made from the red fruit, is specially antibilious, and of service for promoting activity of the liver when sluggish, particularly in stout plethoric persons: it is cooling, refreshing, and preventive of putrescence within the intestines.

New Wort, which is practically beer in an early stage of fermentation before the admixture of hops, was at one time recommended as a sovereign drink in melancholy. Also for perversion of the mind, with lowness of spirits, a few grains of common Salt rubbed up with powdered sugar, one part of salt to ninety-nine parts of sugar, triturated together for ten minutes or more, has been unmistakably remedial. About ten grains of the mixed powder is to be given twice a day whilst fasting. The dose may be had dry on the tongue, or dissolved in a teaspoonful of cold water, and is to be continued throughout two or three weeks at a time.

Fuller, in his *Book of Worthies* (1662), tells that the phrase "he looks as if he had lived on Tewkesbury Mustard" is spoken of such who always have a sad, severe, and tetrick countenance.

"Si ecastor hic homo sinapi victitet,
Non censeam tam tristem esse posse."

Thus, also the same is said of such as are snappish, captious, and prone to take exceptions where they are not given: such as will *crispare nasum*, in derision of what they slight or neglect. A well-known mustard manufacturer has been heard to say that he makes his profit out of what people leave on their plates rather than on what they consume.

ITCH, THE.

SCABIES, or the Itch, is explicitly treated of among *Animal Simples*, as a double affection, in one case constitutional, in the other accidental from an outside parasite.

Externally, the oil of lavender when rubbed on, will effectually destroy the itch insects; or to apply concentrated vinegar, which is free from any unpleasant odour, and is refreshing: it kills the acari very effectively. Likewise, strong alcohol will make a cure within six or eight minutes if thoroughly sponged over the skin. Poplar twigs put into the bed where the patient sleeps, are quite destructive of the insects: but the clothing, before being resumed, must be well fumigated with sulphur to destroy also their eggs, otherwise a fresh tribe will be presently generated, and all the trouble of treatment must be gone over again.

JAUNDICE, *see* BILIOUS DISORDERS.

THE Tench was formerly commended as a fish to be specially eaten in cases of jaundice. It is probable that the golden colour of this fish when in its full season induced some folk to suppose that such colour has been given by Providence for a signature to point out the medicinal qualities denoted.

JOINTS, AFFECTIONS OF.

It is told among *Animal Simples* that to bathe weak joints and wasted limbs with a strong broth made from sheep's fleece is very helpful.

For tuberculous or scrofulous diseases of joints, the most modern treatment (not dietetic) is a subjecting of such joints to direct, strong sunshine, the rays being more or less concentrated on the part, which has to be exposed out of doors to a sun bath for several hours daily. During the intervals the joint is covered with wool, and rather firmly bandaged. This treatment is pursued at Copenhagen.

The various joint troubles of strumous children require as their dietetic treatment just such a regimen as is described herein under "Rickets, and Scrofula."

For weak ankles, take an oyster, fresh from the sea, in the palm of the right hand, and rub each ankle-joint with it well until the oyster is nearly rubbed away; also, if necessary, make a similar use of a second oyster. Do this every night.

For a sprained ankle, crush some Caraway seeds, and put them into a tin vessel, with a little warm water, until the pulp swells and becomes thick; then apply it under a handkerchief about the ankle, and this will quickly give relief.

In rheumatic affections of the joints, whether simple or occurring through urinary acid complications, much relief may be obtained from very hot baths, to which spirit of turpentine and black soap are added. In a *History of the Sixteen Wonderful Old Women*, published 1821 (Harris, St. Paul's Churchyard), as set forth in *limericks*, one is told of thus:

" There was an old woman of Croydon
Who tried to affect the young hoyden:
She would jump and would skip
Till she put out her hip,
Did this foolish old woman of Croydon."

Pepys tells in his Diary, on May 25th, 1662 : Lord's Day ; "take to trimming myself, which I have this week done every morning, with a pumice stone, which I learnt of Mr. March when I was last at Portsmouth ; and I do find it very easy, speedy, and cleanly, and shall continue the practice of it."

KIDNEYS, AFFECTIONS OF, *see also* **URINE.**

VARIOUS dangers beset the kidneys, whether from a severe chill, or from taking alcoholic liquor habitually beyond their powers of excretion, or from gouty indigestion, with an excess of uric acid products, which it devolves upon the labouring kidneys to throw out of the body. If an attack of kidney congestion is incurred, with active febrile symptoms, and local distress, the food should then consist exclusively of diluted milk, skimmed milk, or butter-milk. It will be soothing to the kidneys as outlets to dilute the milk with thin oat-meal gruel, or barley water, whilst it is better that the drinks shall be warm. And when convalescence from the attack begins, none but light meats and fish should be taken for a week or more. Water may be given freely throughout, also a moderate allowance of tea and coffee, but no alcoholic drink whatever. Home-made, weak lemonade, prepared without sugar, is permissible ; likewise whey, and "imperial drink," which consists of the juice of half a lemon and one moderate teaspoonful of cream of tartar, added to a pint of hot water, and allowed to cool sufficiently. Whey may be easily prepared for the purpose in view by boiling milk with a small quantity of lemon juice, two tablespoonfuls to the pint, and straining away the curd. This is very useful for patients who do not like, or cannot digest milk.

A severe attack of kidney inflammation, or repeated lesser attacks, may induce the chronic passage of albumen, a blood element, by the kidneys; this constituting the morbid condition known as albuminuria, and popularly termed Bright's disease (though such an appellation is a misnomer, unless other collateral disease of the blood-vessels generally is also present). But a temporary passing of albumen from the kidneys may depend upon causes of minor importance, such as merely eating meat or eggs in excess. Nevertheless, Dr. George Johnson, an eminent authority, has stated, as the result of his long and exceptional experience, that temporary albuminuria, even if traceable to food or fatigue, or chill, will, if disregarded, or neglected, lead sooner or later to persistent albuminuria, and to fatal disease of the kidneys.

The treatment in the early stages of this trouble must be chiefly concerned with the diet, which need not be exclusively milk, but may comprise meat, fowl, or fish, though sparingly. All alcoholic drinks are to be forbidden. Plenty of fresh, well-cooked vegetables may be eaten. Weak mineral waters will be helpful by increasing the flow from the kidneys, and by diminishing the acidity of the urine. They can be taken mixed with milk, or with a little added fresh lemon juice. Skimmed milk is much to be commended because containing less animal substance (casein, or cheese curd) than new milk, but still furnishing digestible fat, and useful sugar of milk. Its value may be increased by adding a small quantity of table salt, twenty grains to the pint of skimmed milk and hot water in equal proportions. As a variation to the monotony of milk diet, a hot milk soup, flavoured with celery salt, or with some shredded Spanish onion, well boiled, will make an acceptable change; or, the milk may be jellyfied by adding to it a hot solution of

isinglass (flavoured with lemon-peel) and allowing it to become cool. Some difference of opinion prevails as to whether or not fish should be permitted for patients suffering from albuminuria, this being thought by certain physicians to increase the amount of albumen in the urine. Eggs should certainly be avoided because of their being almost entirely albuminous. It has been alleged that playing on wind instruments has led to albuminuria in boys.

For an irritable state of the kidneys, the bladder, or the urinary passages, linseed tea forms an admirably soothing drink. Half an ounce of linseed should be put into a pint of boiling water and macerated for two hours, being afterwards strained. The mucilage of the seeds makes this drink very emollient, whilst moreover they furnish malates, acetates, and other useful salts. Again, "boil gently for two hours two ounces of linseed in a pint of water, with an ounce of barley sugar. A teaspoonful or more of fresh lemon juice may be added. Strain the tea, which should be taken when warm.

Attention is drawn among *Animal Simples* to the recent medical practice of giving kidney substance obtained from a freshly-killed, sound animal, in order to compensate for impairment of the whole sum of health in a human being whose kidneys are structurally, and functionally at continued fault. The same renovative effects may be expected from a culinary use of sheep's or other edible kidneys, plainly cooked, and served occasionally at table, once or twice a week for the invalid, who need partake thereof only by quite a moderate helping. They should never be cooked rapidly, but sent to table rather underdone. Broiled kidneys are appetising, and contain all the special principles of these animal glands. Having skinned the

kidneys (they must not be split, or cut), dip them very quickly into boiling fat, and place them on a gridiron over a slow fire, turning them every minute. They will take from ten to fifteen minutes in cooking, and will be done as soon as the gravy begins to run. Salt and pepper may be added freely. It must be understood that kidneys cooked thus ought to have the gravy in them, and that when they are cut at table it should exude from them freely and in abundance.

Certain small glands of dubious use, whilst attached above the kidneys, being, therefore, named *supra-renal capsules*, become at times diseased in an occult way; whereupon it comes about that weakness of the whole body, and of the heart in particular, is the serious consequence. Furthermore, the skin displays remarkable patches of stained discolouration.

For this obscure malady, which is by no means uncommon, concentrated nourishment must be given, as far as the same can be tolerated by the stomach, which becomes very sensitive and irritable. The essence of meat, or fowl is to be commended, or raw pounded beef. "It is important," writes Dr. Silver, who has specially studied this disease, "that the stomach will often bear food cold, or even frozen, when hot substances would be promptly rejected. In certain stages of such a malady it may be well said that the physician's success will frequently depend more on his knowledge of the Cookery book than of the Pharmacopœia." "Addison's disease" is the title given by doctors to this remarkable complaint. The proper activity which is exercised in health by these supra-renal glands seems essential to the general well-being of the whole body. They contain a toxic substance more potential than that which is found in any other gland. This toxic substance, procured from the same

organs in a freshly-killed, sound animal, is of effective use also for immediately relieving hay fever, and for alleviating losses of blood from the bladder. It has been obtained from the calf, the sheep, and the dog, and given in the form of an elixir, whether for these kindred ailments, or for the fundamental Addison's disease.

LIVER AFFECTIONS, *see also* BILIOUS DISORDERS.

BESIDES the derangements of the liver from illness, whether spontaneous, or acquired through unwholesome living, this organ may be become deformed and faulty of function from the continued mischievous practice of tight-lacing. Such a result is, of course, commoner in women who wear corsets; but it may be likewise produced in men who make use of a tight belt, or strap, round the waist. Indigestion ensues, and the proper nourishment of the liver is prevented.

Remedial measures for such adverse effects should consist, after discontinuing the mechanical cause, in improving the dietary. Good and liberal feeding will be required in most instances to restore the nutrition, though the meals at first must be modified in quantity, and gradually increased. If a person whose liver is but small, or the assimilative functions of whose liver are lacking activity, consumes more food than he can digest, fermentation of the excess takes place, and poisonous products become formed, which are taken up into the blood. They serve to make the liver still more oppressed; so that under the conditions thus particularised a proper limit to the quantity of food allowed, and to its quality as respects fats, starchy preparations, sweet things, and alcohol, is of great importance. Generally speaking, the following articles should be almost entirely

prohibited: Concentrated and highly-spiced soups, pork, duck, hare, game (unless quite fresh and plainly cooked), made dishes, sauces, melted butter, tea-cakes, crumpets, cheese, and the heavier meats, beef, pies, or sausages. Alcohol, if thought positively indispensable, should be supplied in great moderation, and in a diluted form; but beer, porter, champagne, port, and sherry must be forbidden.

Respecting the duck, this bird is objectionable because a foul feeder, eating, like the pig, any garbage, but with a preference for slugs and snails. Ducks hatched in May are supposed about Wiltshire, Devon, and Hants never to thrive, and to be particularly liable to paralysis of the legs.

For a chronic inactivity of the liver, after long tropical residence, it is often highly useful to wear throughout every day (except during the two principal meals) a compress over the faulty organ, beneath the right lower ribs and across the upper bowels. The double linen of this compress should be soaked in a mixture of white wine vinegar and table salt, two tablespoonfuls of salt to a pint of vinegar; with which the inner sides of the thighs should also be sponged each night and morning. A convenient way of applying the compress is to soak one end of a flannel roller, a foot wide, and of sufficient length, in the vinegar and salt mixture; then wring it out so as not to drip, and put this around next the skin of the parts, with a covering over it of oiled silk, or thin guttapercha tissue; finally wrap the remaining dry part of the roller round the body once (or twice, if this is more liked). The compress should be removed before a substantial meal, and put on again an hour afterwards; or it may be worn at night instead of by day if preferred. Mattiulus, who was physician to Maximilian the Second,

prescribed hare's liver, dried and reduced to powder, as a specific for derangements of the liver ; quite in accordance with the advanced scientific treatment of animal extracts from healthy organs corresponding to those disordered in the human subject.

LUMBAGO, *see* RHEUMATISM, MUSCULAR.

LUMBAGO is a rheumatic muscular affection of the loins. Malt liquor, of whatever sort, should never be taken by those persons who are liable to this infirmity.

For chronic lumbago, as well as for neuralgic rheumatism, an excellent "poor man's plaster" may be readily made of cayenne pepper, mixed with resin plaster (by the druggist), and spread upon paper. It will create a sense of warmth in the skin, and will redden it, without making such skin in the least sore, whilst affording prompt ease and relief. The cayenne pepper can likewise be mixed at home with yellow resin ointment by the broad blade of a knife until the two are well incorporated, and then some of the unguent is to be spread on paper for a plaster. Dr. Samuel Johnson, who was an ardent lover of London, said : "People live as long in Pepper Alley as on Salisbury Plain." Again, a plaster of bacon rind, applied with the fat side in, across the loins, is often efficacious ; or to wear round the loins outside the flannel shirt a band of enamelled cloth.

LUNGS, *see* CONSUMPTION.

IN pneumonia, or inflammation of the lungs, after the acute stage has been surmounted, light, but good nourishment will be needed to sustain the heart. Clear soups and broths, milk with soda water, an occasional cup of tea, and good restorative coffee will be required. If there is at the same time a catarrh of the bronchial

tubes, and the phlegm, because of its toughness, cannot be readily expectorated, hot milk, with seltzer water, in equal parts (and perhaps two or three teaspoonfuls of brandy) will serve both as a stimulating food, and as a useful expectorant.

MEASLES.

“STARVE the measles,” says a Chinese proverb, “and nourish the smallpox.” Again, a former adage was “low diet and slops ; no meat during the whole course.” But this is going much too far. Light broths and soups will be needed after the first feverish stage is overpast, with chicken presently, and fish. Also, there is often no little vital depression immediately after the crisis of the eruption, with a small, quick pulse, when an allowance of wine will produce marked and immediate benefit.

MONTHLY IRREGULARITIES OF WOMEN.

THESE have received a full consideration when the several *Herbal Simples*, which are more potent to control them than aught else, came under detailed notice. Among the same, chief reliance (according to varying requirements) may be placed upon such condiments of ordinary kitchen use as garden balm, cinnamon, lemon, parsley, pennyroyal, saffron, and thyme. These different simples are given made respectively into tea, the balm being fragrant and gentle of action, whilst the pennyroyal is more powerful, and the saffron most usefully repressive. Thyme is popularly called “Mother of Thyme” because of its beneficial action on the womb, or “Mother,” so named in the *Old Herbals*. “*Matris animula, quod menstrua movet.*”

The Oat (*Avena sativa*), of which, for convenience sake, a tincture is made, and dispensed, solely from the

uncombined principles of the grain, proves highly beneficial for giving relief when the monthly period is difficult and painful. From fifteen to twenty drops are to be given in hot water, and to be repeated every three, four, or six hours as needed.

Porridge, simply prepared with hot water, a table-spoonful of gin having been first mixed with the dry meal before proceeding to make the porridge, will answer a similar purpose.

Parsley, taken in a sauce at table, will agreeably exercise the remedial effect desired of promoting the monthly flow. Its excellence always depends upon chopping the leaves very small. Take a handful of fresh parsley, wash it, bruise the stalks, and boil them with the leaves for ten minutes in only a little water. Then chop them small, first picking out the tough stalks; put them into a sauce-boat with some of the liquor in which they were boiled, and pour well-made white sauce (not rich with melted butter) over them. An excellent infusion may be made of the herb as parsley tea by adding boiling water in a teapot to parsley prepared as above (for sauce), instead of putting it into the sauce-boat. Parsley, though a luxury to hares, rabbits, and sheep, is a poison to parrots.

The oil of parsley ("apiol") is better known as Parsley Camphor: it exercises the plant's particular virtues in a concentrated form, two or three drops of this oil being given on a lump of sugar every four hours when required. The apiol can be supplied by any leading druggist. It specially affords prompt relief against womb-colic at the monthly times.

From the several instances thus recited it can be seen how much useful aid is to be derived from kitchen herbs for the relief of women's disorders. In *Gardens and*

Garden Craft (1896), "the authors being physicians and apothecaries," it is said, concerning the great Herbals of Gerard, Hill, and Parkinson, "their descriptions of familiar plants, in the beautiful Elizabethan speech read like the Psalms of David, whilst now and then there is a touch of whimsical humour which is captivating. They are delightful reading, full of keen observation, and even now of practical utility." But concerning the aromatic herbs, or flavouring herbs, such as garlic, onions, tarragon, mint, etc., temperance is to be advocated in their employment. The "dietetic object aimed at (Dr. King Chambers) in using these is to promote the secretion of digestive solvents, and the degree in which they attain this object may be judged by the watering of the mouth. A whiff of them excites the flow of saliva. A copious dose runs it dry. An excess makes us unpleasant to our neighbours, and perhaps will disguise the true flavour of our meat, leading to our putting up with an inferior article."

As a domestic medicament for the mitigation of menstrual colic, or those severe abdominal pains which often accompany the access of a scanty or difficult monthly period, gin with hot water is resorted to by many women, and with prompt benefit. The relief is partly due to alcoholic stimulation (though on other scores this may be objectionable), and partly to the diuretic action of the juniper which has been employed in making this gin.

Elizabeth, and her German Garden (1898), tells that "next spring the bare places are to be filled with trees that I have ordered, pines, oaks, copper-beeches, maples, larches, and juniper trees. Was it not Elijah who sat down to rest under a juniper tree? I have often wondered how he managed to get beneath the same. It

is a compact little tree, not more than from two to three yards high, and all closely squeezed up together! Perhaps they grew more aggressively where he was?"

In the *Natural History of Coffee* (1682), it is related that this has long been famous in old female obstructions, so that all the Egyptian and Arabian women were observed to promote their monthly courses with coffee, and to tipple of it constantly all the time these fluxes were lasting; for which we have the undoubted authority of Prosper Alpinus, who spent several years amongst the said people. In the Eighteenth Century Jaques Delille wrote a well-known Ode in praise of Coffee.

Said Lævinus Lemnius (London, 1658), in *The Miracles of Nature*: "So the feminine sex, having their monthly terms flowing from them, do make dusk the brightnesse of ivory and a looking glasse: doth blunt the edge of a sword: doth choak the corn: the infecting of the breath doth kill the hearbs of the garden: and she doth not onely deform every one she meets, but her own self with spots and blemishes."

When the periodical flux is excessive, Cinnamon tea, made by pouring boiling water on some bruised cinnamon bark, and letting it stand until almost cold, then adding sugar and milk, will be a safe, mild, and specific astringent; or sucking the juice of one or two fresh lemons will often effectually help to check the flow. As a recent remedy for flooding, the fresh blood of a fowl is advised, by way of an animal substance which is curatively analogous to the ailment at fault.

NÆVUS.

NÆVUS (mother's mark) is so called from the supposition that it owes its origin to some influence acting on the mother during pregnancy. This mark may be a growth of

small bloodvessels, or a pigment spot known as a mole. To keep it covered with white-lead paint, mixed with linseed oil to the consistence of cream, has caused the mark to dwindle and become insignificant. Again, threads may be passed with a fine needle to and fro through the base of the growth (if small) in various directions, so as to establish a harmless adhesive redness, and temporary soreness. As soon as any mattery discharge begins, the threads are to be removed. But electrolysis, or galvanopuncture, which decomposes the elements of the growth, is almost an infallible cure, and is to be preferred before all other means.

NERVOUS DEBILITY, AND NEURALGIA.

FOR lack of energy in the main nervous centres (the brain, the spinal cord, and the great bundle of belly-nerves), leading to general weakness, the physicians of the Celestial Empire (*Archives Russes de Pathologie*) have for a long time given beneficially the brain substance of the common, or barndoor fowl. This brain substance is dried and powdered (being sometimes mixed with other restorative nervine matters). It will answer a like purpose for persons thus nervously debilitated to ask for the fowl's head at table, and to make a *bonne bouche* of the brains on bread. When nervous powerlessness is of an hysterical type, and attended with morbid or defective appetite, it is best to begin treatment on an absolutely milk diet, using skimmed milk at first, and only in small quantity at a time, but rather frequently. This may be gradually increased, a lean mutton chop being added at noon after four or five days; then some bread and butter may be further allowed in the evening, guiding the patient on, if the digestion holds good, until three full daily meals are taken, and from two to three

pints of milk. A fair amount of the fatty elements, such as cream and butter, will be needed for defective nutrition from want of functional nervous strength. "Brain workers," says Dr. Yeo, "should live chiefly on light food, which food does not demand much energy of the stomach to digest. They should take only a small amount of butcher's meat, and this on days when physical exercise is pursued. Some animal fat is essentially required by such persons, it being the remarkable fact that whereas the muscles contain only three per cent. of fat, the brain contains eight per cent., and the nerves twenty-two per cent. This high percentage of fatty matters comprised in nervous substances indicates the necessity for fat towards the proper performance of the nervous functions. The fat of bacon is more readily assimilated than any other kind, so that a rasher or two of fat bacon at breakfast (eating very sparingly of the lean) will be usefully prescribed. Oats are of special service (by reason of their remarkable constituent principles) in such nervous disorders as Saint Vitus's dance, neuralgias, sleeplessness, sexual derangements, some female irregularities, and writers' cramp; also for hysteria, and epilepsy." As a rule, the beneficial qualities of oats can be utilised in food preparations from the grain; but chemists precipitate the remedial constituents so as to make a convenient tincture of the same, which has been already described.

Owing to the extraordinary effects of this tincture in relieving the pain of various nervous disorders, some persons have expressed their belief that a narcotic drug, or drugs are mixed in combination with the oat; but such has not been the case. Dr. Keith, of New York City, first employed this preparation from the oat, and used it upon himself for a paralytic affection with

signal success. And Dr. Sell proved its trustworthy service for treating the morphia habit, as well as for inebriety.

In consequence of the tenacity of starch-cells in the oat, it is difficult to make this cereal into bread, except when baked at a very high temperature. Recently a special preparation has been introduced under the name of "rolled oats," in producing which the grain is subjected to enormous pressure under steel rollers, whereby the cells are so crushed as to set free the starch granules. These rolled oats can, therefore, be perfectly cooked in less than a quarter of the time required for oatmeal, however finely ground. Oatmeal needs to be quickly boiled and thoroughly mixed, whilst being stirred all the time; hence the term "stir about" as given to oatmeal porridge. This, when thoroughly cooked, and not made too thick, is easily digested, and forms a very substantial nourishing food. It contains a large proportion of the phosphates which are essential for making bone; in consequence of which fact the young people in Scotland seldom grow up rickety, with bandy legs, or broken teeth. But the charge has been brought against oatmeal that when employed as the sole food, without milk or meat, it will cause heat and irritability of the skin, will aggravate existing skin troubles, and will sometimes produce boils. Very seldom, however, do circumstances render necessary such an exclusive consumption of oatmeal for any length of time.

Tea, taken in an infusion, has long been noted as one of the very best and most reliable nervine restoratives. Father Athanasius Kircher (about 1655), writing with respect to the plants of China, and the estimation in which they were held by Europeans of that day, recorded: "The leaf of the tea shrub being boiled and

infused in water, they drink it hot as often as they please. It is of a diuretic faculty; much fortifies the stomach, exhilarates the spirits, and wonderfully openeth all the nephritick passages or veins. It freeth the head by suppressing of fuliginous vapours, so that it is a most excellent drink for studious and sedentary persons to quicken them in their operation; and though at the first it seemeth insipid and bitter, yet custom maketh it pleasant; and though the Turkish coffee administer the like cordiality, and the Mexican chocolate be another excellent drink, yet tea, if the best, very much excelleth them both, because that chocolate in hot seasons inflameth more than ordinary, and coffee agitateth choler, but tea in all seasons hath one, and the same effect."

Cibber was enthusiastic in its praises: "Tea! thou soft, thou sober, sage, and venerable liquid! thou female, tongue-running, smile-soothing, heart-opening, wink-tipping cordial, to whose glorious insipidity I owe the happiest moments of my life; let me fall prostrate!"

The theine and aromatic oil of tea not only act as sedatives generally to the nervous system, but also exert a conservative action on the different structures of the body, checking any disposition to a change therein of too rapid a nature, and consequent physical exhaustion. Tea contains potash, peroxide of iron, soda, and some other salts of importance to the human economy. Liebig explains: "We have, therefore, in tea a beverage which comprises the active constituents of the most powerful mineral springs."

From the Sixteenth Century, when tea was sold at ten guineas a pound, to our day, when we have it of excellent quality at two shillings a pound, its use has become steadily extended to the millions of Great Britain, and

to the English-speaking race wherever they can obtain it. We are able to trace back the use of tea in China about one thousand years, at which early period the Emperor of China derived a considerable revenue by a tax on "an herb called 'tcha' (tea), which they drink with hot water, and of which vast quantities are sold in all cities of China."

From *Mercurius Politicus* (September 30th, 1658), was taken the subjoined "tea advertisement:" "That excellent and by all physitians approved China drink called by the Chinese 'tcha,' by other nations tay, also tee, is sold at the Sultanness' head coffee-house, in Sweeting's Rents, by the Royal Exchange, London." Pepys, in his Diary (September 28th, 1660), wrote: "I did send for a cup of tea, a China drink, of which I had never drank before."

This leaf was first employed in England at the time of the Commonwealth, the price of common tea being then in London sixty shillings a pound. During 1666, the year after the great plague in London, tea came into use with such rapidity that it may have been considered an antidote against that disorder. Mr. Thomas Garway, in Exchange Alley, was the principal, if not the first, promoter and dispenser of this herb, and its beverage, in London. He had a paper printed declaring the virtues of tea against all affections of the head, and obstructions of the stomach, the spleen, and the veins. "It drieth up all vapours that offend the head, and annoy the sight; it digesteth anything that lieth heavy on the stomach, and restoreth lost appetite," etc., etc. One of these printed bills may still be seen in the British Museum. Therein Thomas Garway offers his tea for sale at from sixteen to fifty shillings per pound. "We believe" (Phillips in *Cultivated Vegetables*) "it is to this person

that Garraway's Coffee-house owes its name and origin."

The Dutch, with all their boasted cleanliness, have a disgusting habit when drinking tea, for instead of adding sugar to their cup, they generally suck a piece of sugar-candy, which they take out of the mouth whilst imbibing the liquid. "We hear of instances in that country where one piece of the said sugar candy is said to answer the purpose of the whole family."

In 1715, green tea began to be used. This is prepared from the younger leaves roasted in pans soon after they are gathered. Black tea is got later. Of China teas, young Hyson is the best green, whilst Souchong and Pekoe are the best black. Such teas contain much less tannin than those of India and Ceylon, and, being particularly soluble in hot water, the tannin becomes extracted by even the shortest infusion; so that, as Sir William Roberts found, tea infused for two minutes does not contain less tannin (as to the retarding power of this constituent over the digestion by the saliva) than tea infused for thirty minutes. Indian teas, on account of the large amount of tannin which they possess, are much more prone to cause disorders of the digestion, and of the nerves in sensitive persons, than the best China teas. When milk and sugar are added to an infusion of tea, it becomes a nutritious and useful food. Good tea should yield a pleasant aroma, alike in the dry state, and when infused in boiling water; and the flavour of the infusion should be agreeable. The test for tea of the first quality is to put a small quantity in a cup, pour water at the boiling point on it, taste it for its flavour, then allow it to stand till it cools, when it should throw up what is called a cream. The leaves when spread out should be small, with saw-like edges, elongated, and

liver-coloured. The bloom or glaze of black and green tea is generally artificial. In the case of black tea, it sometimes consists of a coating of black lead; and in that of green tea, it is usually a mixture of Prussian blue, turmeric, and china clay.

The smuggling of tea from France was at one time carried on to so great an extent about the coast of Suffolk that it was calculated the quantity thus clandestinely imported between May, 1744, and January, 1745, was not much less than four thousand pounds. This unlawful traffic was so largely pursued that it was not uncommon to meet a troop of a hundred horses laden with bags of tea, and the farmers in Sussex dared not refuse them a passage through their lands. So formidable were these gangs of smugglers that to lie under the suspicion of being an informer, or in any way to give them offence, was as dangerous in Sussex as it would be in Spain to incur the animosity of the officers of the Inquisition.

The chemical composition of tea consists, in a hundred parts,—of theine, a crystallisable salt, from two to three parts, of casein fifteen parts, of gum eighteen parts, of sugar three parts, of tannin twenty-six parts, with some starch, aromatic oil, fat, vegetable fibre, mineral substances, and water. An important physical action of tea is its effect upon the skin, and mucous membranes. The production of active perspiration by drinking a cup of hot tea is a familiar fact; and the relief to the sense of heat in hot weather by doing the same thing is well known. Some persons may be disposed to attribute such effect to the hot water with which the tea is taken; but though this may be true in particular instances, it is equally the fact, as a rule, when cold tea is taken, so that the effect must be partly, if not mainly, due to the tea itself.

To account for the refreshing coolness induced thus in hot weather, it is to be said that the stimulated activity of the skin by causing an increase in the sensible, and insensible perspiration renders a large quantity of heat near the skin-surface latent (by converting fluid into vapour), and thus powerfully cools the skin by evaporation.

The Tartars (*History of Thee*, London, 1682), are observed to "boyl their thee in milk, with a little salt, which way they think is the very best." The great Jesuit, Alexander de Rhodes, always cur'd himself of a periodical pain of his head by thee; and having often occasion to sit up whole nights in China to take the confessions of dying people, he found the great benefit of thee in those great watchings, so that he was always as vigorous and fresh the next day as though he had rested all night. Nay! he says he sate up six nights together by the assistance of thee.

Lemery tells us: "It is reported that those who commonly make use of tea in countries where it grows, are never afflicted with the stone or gout; but indeed we do not find they who drink it frequently amongst ourselves reap the same benefit by it; perhaps because they do not send us the best, or if they do, time and the length of the voyage make it lose much of its value." Where tea is wanted both as substantial nourishment and to revive the energies, it may be brewed with boiling milk instead of with boiling water, making use of a tea-infuser for this purpose.

The Chinese express their astonishment that we Europeans should come to them for tea whilst having at home what they think so superior. The Dutch have long been in the habit of drying Sage leaves to resemble tea, for doing which they collect not only those of their

own growth, but also great quantities from the South of France. These they pack in cases and take out to China, where for every pound of Sage they get in exchange four pounds of tea, the Chinese preferring this aromatic herb to the best of their own tea. French cooks make a pickle of the young Sage leaves. If Sage be smelt for a considerable time, it is said to cause a sort of ebriety, and at length a vertigo, or giddiness. "On making trial of this plant," writes Dr. James, "I found myself almost drunk with the smell thereof; and when I had taken some of the flowers, I felt a heat, with an accession of strength from them" (1822).

As nervines, or nervous restoratives, sweet odours, and perfumes are undoubtedly of service; moreover, they may even afford nourishment when the frame is mortally exhausted. Thus it is related that Democritus, whilst on his death-bed, hearing a woman in the house complain that she would be prevented from being present at a solemn feast which she had a great desire to see, because there would be a corpse in the house, ordered some loaves of new bread to be brought, and having opened them poured wine into them, and so kept himself alive with the odour of them until the feast was past. Phillips (1822) wrote: "Without entering into the extravagant opinions of the ancients respecting odours, we cannot avoid thinking that the effect which different smells and perfumes have on the mind, as well as on the health, is not at present sufficiently attended to."

Most persons acknowledge to have felt the refreshing fragrance of tea and coffee before taking infusions of these exhilarants; and in heated rooms the aroma of cut lemons, or of a recently-sliced cucumber has been observed to give general refreshment. The ancients held certain odours in the highest veneration. Among the

Israelites the principal perfume of the Sanctuary was forbidden for all common uses. The smell of incense, and burnt offerings, and sacrifices, was thought to dispose the mind to devotion, while other luxurious scents were used to excite love. "I have perfumed my bed with myrrh, aloes, and cinnamon" (Proverbs vii., v. 17). Some aromatic substances were prescribed to procure pleasant dreams, whilst others were deemed to have a contrary effect. Arnoldus de Villa Nova states that he has often seen cancers, gangrenes, and fistulas dried up and perfectly cured, though they would yield to no other medicine, through frequently washing them with an infusion of rosemary in spirit of wine. By inhaling the fumes of ignited rosemary, or of dried lavender, or dried cedar wood, against influenza, and for relieving a catarrhal cold, beneficial results may undoubtedly be gained.

Dame Deborah Bunting, in her *Book of Receipts* (1761), gave it out that "rosemary, burnt on a chafing dish, is admirable to prevent infection."

" The herbs we seek to heal our woe
Familiar by our pathway grow :
Our common air is balm !"

KEBLE, *Christian Year, First Sunday after Easter.*

Nervous debility as enfeebling the organic functions of the chest, and of the abdominal viscera, depends most commonly on defective innervation from the spinal cord. The consequences of this are pallor, bloodlessness, cold extremities, depression of spirits, a tendency to hysteria, an incapacity for exercise, loss of appetite, sadness, sleeplessness, constipation, and other indications of faulty vital force. An admirable mode of external treatment, known as Acetopathy, or the Vinegar cure, has been in remedial vogue for these several defects of

health since 1871. Strong acetic acid (that of Francis Coutts, Glasgow, London, and Manchester, being specially commended, though for no evident reason, and probably as a mere trade advantage) is applied to the spinal column along its length of bone from top to bottom, or else only to local parts, by means of a small sponge fixed to a handle. The acid is to be applied not merely to the spinal column proper, but likewise over the skin surface for a width of two inches on each side of it; whilst any hard friction which would chafe the skin is to be avoided. The acid must be employed thus until smarting is induced; then it should be washed off straightway with hot water, and the parts to which it has been applied must be gently dried. Some duration of mild rubbing will be required at first, especially in chronic cases, so as to bring about the action which is sought; but afterwards, when this is regularly established, a much shorter time will suffice. If any parts of the spinal skin or that contiguous thereto, are observed to retain a white and inanimate appearance under the acid, a special endeavour should be made to arouse the vital activity in such parts.

Dr. Letheby, Professor of Chemistry at the London Hospital (November, 1873), has explained that when acetic acid is used in the way now enjoined, its fumes, which of themselves are of a refreshing nature, become combined with impure, gaseous matter given off by the skin, this being expelled therefrom out of the system by the chemical action of the acid. In which way congestions are relieved, and nervous forces are restored. Dr. Letheby has further taught that in the process of this treatment some eruptive manifestations on the skin where the acid is applied may cause temporary excoriation, or pimples, and small transitory boils, during the

dispersion of the congested humours ; but these effects entirely disappear when the cause has been removed by eradicating the disease from the part treated. In cases of chronic diseases, the cure, though slow, is commonly sure. Certain sceptical persons have expressed an opinion that the acetic acid simply acts like any other similar irritant, and only as such, serving to blister when strong enough, and thus counteracting the pain or inner soreness ; but it will be found that the specific local effects of the acid are produced only where there is a morbid condition underlying its application.

As a part of the diet ordered for neuralgic sufferers, and for those whose nervous systems are impoverished, animal fats are necessary, in a simple form, as fresh butter, cream, bacon fat, and good olive oil, giving as large an allowance as can be digested.

For nervous irritability, Pliny quotes old writers as stating that the eating of Lentils caused men to be mild and patient ; wherefore these persons were called "lenti," and "lenes." The people of Hampshire leave out the first syllable, and name Lentils "tills" ; and in Oxfordshire they go by the name of "dills."

Neuralgia (which is almost invariably a neurosis, or expression of nervous weakness) may often be decidedly benefited by alcohol. If this is taken dietetically together with a meal, it then brings no risk of tempting the patient to any immoderate indulgence ; and if good, generous wine be the vehicle, a very limited quantity will usually suffice. Spirits are not nearly so effectual, and require to be employed in larger doses. A caution should be given that the intended dose of alcohol must be determined definitely, and not exceeded, even if the pain remains as severe as before. Whatever happens, the stimulant should not be repeated on each single occasion.

For an instantaneous relief of facial neuralgia, and of toothache, a sufflation up into the nostrils of common table salt, dried, and finely powdered, is generally promptly curative. Some of this should be either sniffed well up, or blown from a quill (open at both ends) into the nostrils.

“If you would like to have a hobby for all kinds of aches and pains,” writes Dr. Stacey Jones, U.S.A., “something to fly to on all occasions for all varieties of neuralgia, even toothache; for all rheumatic ailments, even gout; all pains from strains, and cold affecting the muscles; something to make you a reputation! Behold here it is!! Into a clean four-ounce bottle put half a drachm of the tincture of *kalmia latifolia* (mountain laurel) and half a drachm of the tincture of jessamine (*gelsemium sempervirens*). Fill up the ‘jessamine’ bottle with water, and shake the two together. To an adult give one teaspoonful of this compound jessamine tincture every ten, twenty, or thirty minutes until better; then every one, two, or three hours until well.”

Another useful remedial measure is to apply the cut surface of half a fresh lemon to the neuralgic part for a short time; or, again, to have the troubled limb painted with oil of peppermint, or with oil of cloves, together with peppermint camphor (menthol) in solution; of menthol six grains, of rectified spirits of wine twenty-five drops (half a teaspoonful), and of oil of cloves one teaspoonful, mixed together, and the solution to be applied freely with a small camel-hair brush. Likewise a peppermint plaster (to be procured, of the required size, from the druggist) will give relief to any pained neuralgic part. So also scraped horse-radish put on as a cold poultice is a capital anti-neuralgic application,

whilst some of the horse-radish scrapings are to be held in the hand of the affected side.

In the treatment of nervous disorders generally, the modalities should be thoughtfully considered, such as with regard to heat and cold, the weather, and likewise the position of the patient's bed, whether north and south, or east and west; seeing that the earth's magnetism certainly exercises a measure of influence on nervous affections. So too does the time of the month in regard to the moon's position. Robert Burns (1787), in a letter to Mr. Richard Brown Irvine, wrote: "For me, I am just the same will o'-wisp being I used to be. About the first and fourth quarters of the moon I generally set in for the trade-wind of wisdom; but about the full and change I am the luckless victim of mad tornadoes, which blow me into chaos."

The common or garden lode-stone is accredited by not a few persons with curative properties against neuralgia, and other disorders arising from impaired nervous nutrition. "One gentleman," as Mr. Henson, the Regent Street mineralogist, testifies, "never goes to sleep without a lode-stone in his hand." Another keeps a stone on a shelf at the head of his bed. Yet another gentleman carries one in his pocket with distinct benefit; and a lady places a flat piece of the stone on her face when suffering from neuralgia.

This "magnetic iron" contains twenty-five per cent. of the ferric protoxide. Its massive variety forms the well-known magnet, or lode-stone, and possesses the highest degree of magnetic polarity. Such special iron occurs chiefly in beds among the primitive mountains of Norway, Sweden, Lapland, and other countries.

PAIN.

THIS depends invariably on some source of offence from within, or from without, though the cause may be remote from the part in which the pain is expressed ; so that treatment for abstract pain cannot be enjoined except in very general terms as regards dietetic regimen, or food palliatives. Reference must rather be made to the advice given for such respective ailments as affect this or that particular organ ; and to the *Kitchen Physic* prescribed for each of these ailments.

For local congestions of a painful sort, due to obstructive derangement, or from cold, fomentations with hot water, plain or medicated, prove very useful. They relax the muscular fibres of the skin, which becomes thereby softened, and its tension is released. A hot fomentation is superior to a poultice in lightness and cleanliness, but unless care be taken it loses its heat more quickly.

For a Poppy fomentation, take half a pound of poppy-heads (having removed the seeds), and boil them for ten minutes in four pints of water ; then strain off the liquid, which is to be kept warm over a fire. Squeeze a flannel quickly out of the decoction, and straightway apply it double, whilst steaming hot, with a dry blanket over it, to the part affected. Meantime have a second flannel stewing in the hot decoction, to make an exchange after five minutes ; then apply this, whilst removing the first flannel back into the hot liquid ; and thus continue the changes every five minutes for half an hour in all. After removing the last hot wet flannel, sponge the part over rapidly with a cold damp sponge wrung out ; then dry the part with gentle rubbing, and cover it with the bed-clothing, or the customary garments. If preferred, each hot flannel when applied may be covered over with a

waterproof tissue, and a woollen fabric over that, for retaining the moist heat. Another excellent fomentation for relieving pain, or spasm, is to take of white poppyheads three ounces, and of dried elder-flowers half an ounce, with water three pints. Bruise the poppyheads, and boil all together down to two pints; then strain off the liquor, and use it hot.

In writing from the seaside at Sandgate to the little daughter of his friend, Dr. Elliott, Tom Hood told her "he walked into the surf to cool his feet, and found it a splendid *foumentation!*" Sometimes dry fomentations are of service, such as a bag of salt, or of bran, or of chamomile flowers, first heated in the oven, and applied as hot as either can be borne. Bran is further very soothing if a thin layer of it be put into a thin flannel bag, and boiling water poured thereupon, wringing it out well before placing it over the tender part. When even this weight cannot be endured, dip a folded light cloth into hot bran water, and lay it on the part, with a dry flannel over it.

"Pain may be sometimes relieved in a remarkable way by taking rapid and forcible inspirations of the breath, at the rate of a hundred in the minute, for from three-quarters of a minute to a full minute, which will generally suffice for the purpose in view. In the second minute few persons will be able to breathe thus more than once or twice. The operation produces its effect, first, by a diversion of the will-force with such concentrated effort that ordinary pain makes no impression; secondly, the excess of carbonic acid set free by the combustion of air in the lungs, and by such rapid respiration, has a speedy benumbing effect; thirdly, the blood becomes retarded in the head so that brain pressure, and obscuration of feeling, are the result. Such rapid inspirations may be

likewise kept up regularly, and steadily, as far as possible, throughout the whole of a short surgical, or other operation."—*British Medical Journal*, October 16, 1880.

De Quincey, in his Preface to *Confessions of an English Opium-Eater* (1821), bore witness to the fact that "beyond all other agents known to man Opium is the mightiest for its command—and for the extent of its command—over pain! And so much mightier than any other that I should think in a Pagan land—supposing the medicament to have been adequately made known through experimental acquaintance with its wonderful magic—Opium would have had altars and priests consecrated to its benign, and tutelary powers." "Furthermore, there are many properties in it that if universally learnt would habituate its common use, and make it more in request with us than with the Turks themselves. I do not readily believe that any man having once tasted the divine luxuries of opium will afterwards descend to the gross and mortal enjoyments of alcohol. Here is a panacea, a 'pharmakon nepenthes,' for all human woes: here is the secret of happiness, about which philosophers have disputed for so many ages, at once discovered! Happiness may now be bought for a penny, and carried in the waistcoat pocket: portable ecstasies may be had corked-up in a pint bottle: and peace of mind can be sent down by the mail."

For our own uses to-day in the familiar Lettuce of the kitchen garden, but far more signally in the wild Lettuce of our chalky way-sides, we possess a homely Opium of potential virtues, safer than those of the foreign drug. This gummy juice can be got from the incised plant-stalks, and thickened to dryness for convenience of administration. A few grains of the home-grown

product, if taken by a person when in pain, or at bedtime against restlessness, will secure trustworthy results; as already explained among *Herbal Simples*. But the dried milk of the modified garden lettuce which is brought to our tables is much more mildly sedative, and suits rather for the relief of infantile wakefulness, or distress.

In Early English days many of the native hedgerow wildings were eaten in their primitive state as potherbs having remedial powers; and it is an open question whether several of these indigenous plants, as now cultivated for kitchen purposes, have not lost thereby much of their distinctive value for cures. As instances of which conjecture may be cited Asparagus, the Carrot, the Parsnip, Scurvy-grass, the Sea Beet, the Sea Cabbage, and Tansy. With respect to this last-named herb it may be incidentally told that during the fifteenth century, the "tansy-tarte," or tansy-cake, was eaten at the end of Lent, so as to purify the blood, and strengthen the digestion after forty days of salt fish, and a diet of abstinence. The Tansy plant has since then become naturalised in our gardens for both culinary and ornamental uses. Its leaves and flowers (but especially of the common wild Tansy) are endowed with bitter aromatic properties which are tonic, antiseptic, and appetising. For a "Tansy Pudding," pound a handful of green Tansy with three or four young spinach leaves, and squeeze out the juice. Pour a pint of boiling milk over a quarter of a pound of bread crumbs, and let this stand until cool. Add two ounces of butter, a wineglassful of brandy, two tablespoonfuls of brown sugar, the juice of half a lemon, and two tablespoonfuls of the Tansy juice. Mix these ingredients thoroughly, then add four well-beaten eggs. Pour the pudding into

a buttered dish, and bake in a well-heated oven. Serve very hot; and sift some powdered sugar thickly over the top of the pudding."

At old-fashioned tables the ordinary batter-pudding may be occasionally seen now-a-days coloured, and flavoured with tansy-juice. In Scotland, as stated elsewhere, the dried flowers of tansy are made, together with the seeds, into a tea, which will serve to hold obstinate gout in check for months together.

PARALYSIS, CHRONIC.

"IF this is not from brain mischief, but partial, and affecting chiefly the lower limbs because of a thickened spinal cord (locomotor ataxy), the nourishment of the patient must be well maintained by as generous a diet as can be digested with comfort. When fats can be borne with the food they should be freely given, such as good butter, cream and bacon, because generally under these circumstances there is a disposition to becoming wasted. Sometimes light beer and light wines will be beneficial. Water may be taken as liberally as desired, since it is useful in carrying off impurities from the blood; tea and coffee will further help if they do not disturb the digestion. For using with friction about a paralysed limb, the pods of cayenne, bruised and mixed with lard, have been recommended; or the powdered berries of black pepper employed in like manner. Again, a good stimulating paste for paralysed limbs, with wasting muscles, can be composed of six drachms of powdered ginger, and two drachms of English mustard flour, thoroughly rubbed up with just a sufficient quantity of lard to make a paste of suitable consistence. Circular bands of linen, an inch in breadth, smeared with some of this stimulating paste,

are to be applied at intervals of five or six inches to the whole length of a limb, care being taken to change the position of the bands once, twice or oftener in the twenty-four hours; so that, whilst the skin surface is kept glowingly warm by the paste, the topical action of this pungent paste is not allowed to exceed a proper limit. When the tingling sensations produced by the stimulating bands lead on to any restlessness, or hinder sleep, the bands must then be removed for eight or ten hours at a time" (J. Rose Cormack).

As a herbal simple, Lavender possesses stimulating virtues which will help to renovate paralysed functions; and on this account the well-known tincture of red lavender bears the popular title "Palsy drops."

Addison, in *The Spectator* (1700) writing about Saint Antony, who lies buried at Padua, said, "There are narrow clefts in the monument which stands over him, where good Catholics rub their beads, and smell his bones, which they say have in them a natural perfume, thought very like "apoplectic balsam." But what would make one suspect that they rub the marble with it beforehand, is that the scent is observed to be stronger in the morning than at night."

PILES, *see also* BILIOUS DISORDERS.

PILES are dilatations of the veins appertaining to the lowermost bowel. They arise from obstructions to the circulation above, either in the liver, or in the system of venous blood-vessels concerned in secreting the bile. Consequently, piles are materially affected by the diet, because situated at the furthest end of the alimentary canal. Their commonest cause is luxurious living, with sedentary habits. If the liver is turgid above, the obstructive stagnation is felt throughout all the veins of

the bowels below, and especially in the terminal loops of veins within and about the fundament; these engorged loops then constitute "piles"; and all foods which would further encumber the liver must be refrained from, such as hot fats, much butter, or cream, sweet dishes, confectionery, and alcoholic liquors. The nourishment must be regulated, and the meals simplified; even one of the customary meals may be altogether discontinued so as to give a rest to the loaded intestinal veins. Cayenne pepper may be taken with the viands at dinner because of its specific useful effect on the piles. Half a pint of cold spring water, if injected into the lowest bowel in the morning after breakfast, and retained for a few minutes, has a very beneficial effect by constringing the vessels and softening the fæcal mass before its usual daily voidance. It is said that the persons most free from piles are peasants who use the grass of the field after a stool, instead of paper. In the dietary against piles a liberal proportion of green succulent vegetables should be ordered plainly cooked; also good salad oil and fat bacon are well calculated to keep the fæcal contents of the bowels free from hard, obstructive lumps; towards which end brown bread, and biscuits of the same material, will often prove helpful. Dahl's dyspepsia cakes are good examples of such food.

Lemery (1674) commends the "fat of a goose as used in physick; it is of a dissolving and mollifying nature; *it eases the pi'es*, and pains in the ears if put into them; when taken inwardly it loosens the body, and those parts of the body which are affected with rheumatism they rub with it. Some pretend to tell us that goose-flesh, on which the Jews frequently feed, does not a little contribute to make them of a melancholy temper, of a dull, sad, gloomy humour, and of a bad colour."

“As giddy as a goose” is a quaint and significant saying. The Ancient Britons scrupled to eat geese. But duck is supposed by certain writers, when taken at table, to make the face of a good colour, whilst rendering the voice pleasant and agreeable. The Ancients attributed to the duck not only an exquisite flavour and delicacy, but also medicinal powers of the highest order. Plutarch assures us that Cato preserved his whole household in health at a season when plague and disease were rife, through dieting them on roast duck. Nevertheless, as already stated, the duck is a foul feeder, and lives chiefly on garbage.

Gouty persons suffer frequently from relaxed, sluggish piles, especially when travelling, because of the prolonged sedentary position. The best regimen and treatment for them is to take some cayenne pepper with food as a stimulating astringent to the lining membrane of the lower bowel, and to not only wash its external orifice, but also to dash quite cold water against this part until a glow of reaction is felt within the bowels, doing the same after every evacuation. In Dame Deborah Bunting's *Book of Receipts* (1761) it recommended “for piles, or anything where sulphur is a proper remedy, take a pint of skimmed milk and half a pint of water, let them boil, then put into the saucepan an ounce of powdered sulphur; simmer them a little, then pour off all together; let it stand and the brimstone will subside; afterwards decant the liquor for use.”

PLEURISY.

INFLAMMATION, together with sharp pain, of the membrane lining the ribs comes under consideration for uses of *Kitchen Physic* only after its acute stages have been

surmounted, and when the pain remains more or less chronic. In recent pleuritic stitches from neuralgia, and which are not inflammatory, a poultice of bruised peppercorns applied to the part, and frequently changed, will often dispel the pain. Matthiolus wrote "for the pleurisie" concerning Apples: "*Pomum coctivum non solum sanis competit, sed etiam ægris: cum succo glycyrrhizæ, et saccharo, mirifice juvat*": "The pleasanter kinds are helpful against melancholy, and are good 'against the pleurisie if rosted.'"

QUINSY, see also THROAT, SORE.

THIS is an acute inflammation of one, or both tonsils, and leads commonly to the formation of an abscess therein; it occurs chiefly during cold, damp weather, and one attack predisposes to another unless the strength is thoroughly re-established afterwards, and is kept maintained at its best. Good wholesome food in abundance will then be essential, with plenty of fresh air, and with healthful surroundings. Of course swallowing is very difficult during the first stages of quinsy, when the tonsil, or tonsils are actively swollen, and acutely tender. Nevertheless, the diet must be nourishing, and should consist of milk, cream, whipped eggs, thin gruel, light broths (not spiced, nor very salt), beef essence, and fruit jelly. During the subsequent convalescence astringent confections to be sucked will help to restore tone to the throat, such as blackberry jam, blackcurrant lozenges, damson cheese, and medlar jelly.

RHEUMATISM, ACUTE, AND CHRONIC.

IT will be readily understood that throughout the acute stages of rheumatic fever—which is a serious condition, and needs close medical watchfulness—the diet must be regulated almost exclusively by the attendant physician.

Dr. Yeo says it ought to be at this time of the lightest possible kind, cooling, and entirely fluid. A jug containing a pint of milk diluted with a pint of boiling water, and to which half a teaspoonful of common salt has been added, should be kept near the patient, so that he may be given a draught of this pretty often, getting thus from three to four pints of milk in the twenty-four hours. Another jug should contain a decoction of lemons, made by roughly tearing a lemon to pieces, and boiling it for ten minutes in a pint of water, and straining; ice may be added to cool this, if desired. Some of the lemon decoction may be drunk in the intervals between the milk. But all meat extracts, and broths are particularly to be forbidden during the feverish stage. A cup of weak tea may be taken now and again, if liked. After the acute stage has been got over, then light clear soups, and broths flavoured with vegetables, or with savoury herbs, may be given. Alcoholic drinks are to be prohibited unless in quite exceptional cases. Blankets to lie in, and flannel underclothing, are to be preferred to linen next the body. By some doctors lime juice, half a pint in a day, is prescribed as thought to be more salutary than lemon juice.

The exportation of lemons from the Southern districts of Europe, where they are grown, is very considerable. Sicily alone exports every year thirty thousand chests, each of which contains between four and five hundred lemons. This fruit was used by the Romans only to keep moths from their garments. In Pliny's time it was supposed to be an excellent antidote against the effects of some poisons. Athenæus, a Latin writer, tells of two men who felt no ill effects from the bites of dangerous serpents, because they had previously eaten of lemons.

The fruit of the Citron tree, like the lemon, has been greatly extolled for its juice in rheumatism, both acute, and chronic ; also in gout and scurvy ; it is acidulous, antiseptic, and useful against scrofula, being the Median, Assyrian, or Persian apple of the Greeks.

These several fruit juices act by making the urine alkaline through changes induced by their conversion into alkaline citrates in the blood, thereby reducing the force of the pulse safely and satisfactorily, in robust subjects ; but they are questionable for patients with a poor supply of blood, and a feeble, quick pulse. The lactates, tartrates, citrates, and acetates of the fruits become converted into carbonates within the body, and confer alkalinity upon the system, thus neutralising the offending rheumatic acids.

In chronic rheumatism, an ordinary nutritious, but light and wholesome diet may be taken, whilst hot animal fats, and heavier meats are to be avoided, as likewise pastry and sweet confectionery, together with alcoholic drinks in general ; plenty of fresh green vegetables properly cooked should be provided. Whatever foods are found to bring about a red sandy sediment in the urine when it has cooled, should be refrained from. Home-made lemonade (without sugar), or a natural unsweetened cider, for those whom it suits, and pure water, are the best beverages.

However, as Dr. King Chambers forcibly puts it, with respect to animal nourishment, and to those foods which furnish bodily warmth (and fat), it is very clear that their relative digestibility must be at all times considered with foresight, otherwise mistakes will be made in the value of the particular foods suitable for those persons who have special requirements. For instance, according to a well known table, a pound of milk, and a

pound of chestnuts contain very nearly the same quantity of animal sustenance. Yet to expect that a baby could thrive as well upon either indiscriminately would be nothing less than criminal folly.

For chronic rheumatism, allied to gout, and protracted because of a faulty fermentative digestion, the treatment known as Salisbury, U.S.A., is often of signal service, and especially with patients disposed to obesity. The leading principle of this treatment (as previously described) is to cut off all foods which are liable to turn acid in the stomach through a gouty bias, whilst at the same time causing the patient to live for a while on his own fat. Furthermore, the main channels of digestion are kept flushed from irritating mucus within them by abundant drenching with hot water; and the strength is maintained at its maximum (as far as animal food alone can do this) by large allowances of lean beef. In these ways the fatty accumulations are reduced, and no rheumatic acids can be formed afresh in the blood by the fermentation of starchy foods, saccharine materials, or alcoholic carbo-hydrates, all of which are withheld. The rule to begin with runs thus: animal food, by preference lean beef, and hot water, four pints at least daily, constitute the whole diet. A pint and a half of this hot water are given before each of the three meals, and the last pint half an hour before bedtime; the water should be pleasantly hot, and it is permitted to add, if desired, a pinch of salt, or a squeeze of lemon juice. At least two and a half hours must expire after a meal before the next hot water is drunk; this must be sipped slowly, not gulped down in a hurry. The meat is first minced, then cooked, so that the utmost quantity of nourishment may be obtained, with the least possible digestive labour to the stomach.

Added to the minced beef it is allowable to take such condiments as black pepper, salt, and mustard; also Chutnee sauce is permitted (though not made with sugar); but no vegetable is sanctioned at this time except a little raw, or plainly cooked celery. It might be supposed that lettuces and watercress, which are quite free from starch, would be also countenanced.

One pound of good lean beef, or mutton, at a meal, is as much as any male patient in his best condition should eat. In addition to this he may, if still hungry, take the whites (only) of one or two eggs between meals, these being beaten up, or lightly poached, to the number of half a dozen a day. Very little liquid is to be taken at meal times, and very little will be wished for, as the thirst will be slaked beforehand by the free draughts of hot water. After a while the following adjuncts are permitted, mutton, lamb, sweetbread, poultry (each of these being first minced), white fish, softly boiled, or poached eggs, baked potatoes, macaroni, well cooked rice, and crisp toast, very thin, of wheaten bread: certain relishes also are sometimes conceded; such as a small modicum of cheese, a baked apple, stewed prunes, and fresh fruit. A special Mincer for preparing the meat is commended, "the Enterprise," which can be procured from a trade address particularised in Liverpool.

For cooking the minced beef a slice, or steak, from the top side of the round, without fat, is the proper part: the meat is to be cut into strips, and all skin, connective tissue, gristle, fat, etc., should be scraped away, as far as practicable, with a sharp knife. The meat is then to be put through the mincer at least twice: its pulp must be next well beaten up in a roomy saucepan with cold water, or plain well skimmed beef tea, (in which no

vegetables have been cooked;) to somewhat the consistency of cream. The right proportion is about one teaspoonful of liquid to one ounce of pulp, with black pepper, and salt, to taste. The mince must now be stirred briskly with a wooden spoon during the whole time of its cooking over a very slow fire, or on a cool part of a covered range, till it is perfectly hot through, and the red colour disappears. It will probably take from twenty minutes to half an hour for becoming cooked, if done as slowly and as carefully as it ought to be; and the stirring must be continued all the time so that the mince may never settle at the bottom of the saucepan, but be constantly turned up. When done it should be a soft, smooth, stiff purée, having the consistency of a thick paste, without any lumps or hard bits. It is always to be served in a very hot bowl, and eaten with a teaspoon. Almost every patient is allowed at the first two meals a stick of raw, or nicely stewed celery. The "beef cakes are directed to be made thus: take minced beef pulp, season it with black pepper and salt, and with two forks make it lightly, and quickly into round flat cakes about half an inch thick; then grill them over a clear, but moderate fire, turning the (American) 'griller' once every minute till the cakes are lightly broiled through: they take about five or six minutes, and must not be over-cooked. The pulp must be loosely made up, not hard, nor tightly pressed.

Some dissatisfied partakers of these beef-cakes have said they eat like hay, or chopped straw! Two of the cakes will take three and a half hours to digest, whilst a tumblerful of milk takes one and a half hours, and a slice of bread two hours. The greater the quantity of fat in meat, and the less minutely divided its fibre, the slower is its digestion. Young chicken, veal, calf's

brains, and sweet bread are more digestible when boiled; but the older meats are better borne when grilled, or roasted. Boiled and roasted chicken are digested in about three and a half hours. Raw meat is not more easily digested than when it is cooked, and finely divided.

With respect to the Salisbury treatment Dr. King Chambers pronounced "it is quite true a man can live, and lead a muscular life too, on meat and water only, just as the captain of a steamer can go at a rapid pace by coaling up with the hams entrusted to him as cargo; but as a result the uncertain quantity of waste meat-compounds which are thrown away by a strong body, remain in a weakly person as a burden, if not as a gouty poison. Idle compounds, such as an excess of urea, uric acid, urates of soda, and lime, with superabundant phosphates, are troublesome inmates, apt to be at mischief when they have nothing else to do."

Nowadays so much has been discovered about bacterial poisons, and their pernicious effects on the body, that (it may well be supposed) a question has been raised as to how far certain of these injurious microorganisms and their juices, are accountable for some forms of obstinate chronic rheumatism; and in numerous remarkable instances such a train of cause and effect is now fully proved.

Many cases of otherwise intractable rheumatism, which has gone on to the crippling of muscles, and joints, have been traced for their origin and continuance, to decayed teeth, and rotten stumps, swarming with noxious microbes, and saturating the blood with a most mischievous poison. In this way chronic rheumatism, so-called, is kept up, and will yield to no sort of general treatment. Its radical cure must be through

the skilful dentist by a complete extraction of every offensive tooth, or stump, and by artificial sets of useful teeth which can be removed, and cleansed every night and morning, so that the mouth and breath may be always kept sweet.

A similar form of obstinate rheumatism, with swollen, and crippled joints, may be likewise the chronic result of bacterial blood-poisoning from pernicious discharges given off within the urinary passages, the womb, and other lining membranes. This can only be cured by well directed antiseptic measures, and in some cases by an exclusive milk diet continued for several months, it being now known that good, sound unboiled new milk as an animal serum is powerfully anti-toxic.

The old Highlanders believed that rheumatism was almost unknown until linen came into use; "a belief," says Dr. Keith Macdonald, of Edinburgh, "in which I entirely concur."

Throughout Sussex an odd cure for rheumatism is to place the kitchen bellows in the sufferer's chair for him to lean against. Whether this effect may be due to the (pine) wood, or the leather, or the iron, raises a curious question. Scarron tells that in Early England a broth of tripe boiled in water, with spices and vegetables, was considered an efficacious remedy against rheumatism. Spruce beer is another remedial concoction made largely in the North of Europe from the buds of the Norway spruce fir, and highly esteemed by rheumatic invalids. It is known as black beer, that of Dantzic being the most famous. In the Pharmacopœia of the Russian Army an antiscorbutic beer is ordered to be made by mixing spruce tops and fresh horse-radish root with common beer, ginger and sweet flag being added for flavouring; also, after fermentation,

a little cream of tartar, tincture of mustard, and spirit of wine are intermixed with it. Essence of Spruce is obtained by boiling the green tops of the black spruce fir in water, and then concentrating the decoction by further boiling without the tops. The young shoots are found to be coated with a resinous exudation, which becomes incorporated with the water. Spruce beer may be brewed at home by boiling black treacle with water, spices, and essence of spruce, and letting this ferment, with or without yeast, and then boiling it again. "Tar water is of a nature so mild and benign, and so proportioned to the human constitution as to warm without heating, to '*cheer but not inebriate*'" (Bishop Berkeley, "Siris," 1747).

In Boswell's *Life of Johnson*, we find the doctor writing thus to H. Langton, Esq., as advice for treating his rheumatism: "Take equal parts of flour of sulphur and flour of black mustard-seed, and make them into an electuary with honey or treacle, and take a bolus of this as big as a nutmeg several times a day, as you can bear it, drinking after it a quarter of a pint of the infusion of lovage-root. Lovage, in Ray's *Nomenclature*, is *levisticum*. There is all the appearance of efficacy exercised by this prescription which a single instance can afford. The patient was very old, the pain very violent, and the relief, I think, speedy and lasting." The Scottish Lovage (*ligusticum*) is an umbelliferous plant which grows on the rocky seashore, having a stem tinged with red, and bearing reddish-white flowers.

Most of our subacid fruits (if eaten without cane-sugar) and of our succulent vegetables, are of benefit in rheumatism because of their sapid juices, which become alkaline salts in the blood. Several of these have been dwelt on in detail among *Herbal Simples*, such as the

apple, asparagus, celery, horse-radish, and potato. Sea-kale also (the "*chou marin sauvage d'Angleterre*") is a desirable product for rheumatic, gouty, and dyspeptic persons, as it abounds in alkali, whilst light and easy of digestion. In its sensible effects on the human economy it more nearly approaches the cabbage tribe than asparagus. It is useful for persons of sedentary habits, or for such as have weak stomachs.

The malic acid of apples does not form rheumatic, or gouty precipitates. "A good cider," writes Dr. Haig, "contains a considerable quantity of potash and soda; and as the acids and alkalies in the cider, or apple-juice, are nearly balanced, there is almost no acidity of the urine resultant."

With regard to potatoes (commended also to be worn about the person), some persons attach omen-reading to the mode in which the tubers turn up when dug out of the ground. Before undertaking any new scheme these persons notice the aspect of the potato first removed by the spade as to what resemblance its face may seem to bear to anybody concerned in the said projected scheme, whilst the potato is still in its skin and uncooked. "Potatoes," wrote Dr. James, "are extremely emollient, and therefore good to prevent, and cure, disorders connected with structural rigidity of the muscles. Hence they are a very proper food for the rheumatic, and for those who use much exercise."

Celery-water is excellent for rheumatism and gout. Take a good stick of celery and a quart of water. Clean and brush the celery, and boil for four hours, adding water until it becomes reduced finally to a pint. Take a wineglassful twice a day. Again, wash and cut the celery into small pieces, and stew well. Strain this, and put aside the water which the patient may drink. Place

the celery in another pan, and add milk (perhaps also flour). Serve it hot on toast."

The old English remedy for rheumatism "Chelsea Pensioner" was bought by Lord Anson for three hundred pounds, who published it for the benefit of all rheumatic sufferers. It consisted of "sulphur one ounce, cream of tartar one ounce, rhubarb four drachms, gum acacia one drachm. Mix together, and add of honey sixteen ounces. Combine these together, and take two tablespoonfuls in a tumbler of white wine and hot water on going to bed, repeating this dose in the morning on rising." Surely our forefathers must have had stomachs of great endurance to stand these strong, rough-and-ready forms of physic!

Externally, for stiff rheumatic limbs, a capital stimulating, and warming ointment is to be made with two drachms of powdered cayenne pepper (the best), an ounce of lard, and a few drops of some fragrant essential oil, such as bergamot, lavender, or peppermint. A small quantity of this ointment should be rubbed well into the affected limb, or joint, with a gloved-hand each night and morning.

Capsicum pods are pounded by the natives in India, and boiling water is poured upon them to infuse a tea, which is taken with their meat, red-hot.

In *Fare and Physic of a Past Century* (1900), it is given: "For rheumatism, of good vinegar a mutchkin, powdered capsicum (cayenne) a teaspoonful, the same of common salt. Mix these, and apply on flannel to the affected part." Formerly in the North a mutchkin was a pint, a choppine was a quart, a lippie was a peck. "The fat, or suet, and the marrow of venison (the stag), applied outwardly, are very good against rheumatism, and for dissolving tumours, for sciatica, and to fortify the

nerves." The stag is in Latin *cervus*, "*apo toon Keratoon*," from the horns which the animal bears.

Dr. Mitchell Bruce orders "for the stiffened and swollen joints of rheumatic gout, after the acute attack passes by, that attempts should be made to revive the healthy nutrition of such joints. Those which can be readily reached should be well fomented every night and morning by enveloping them in a piece of flannel or cambric, and sponging with quite hot water over this for several minutes; then each of the affected joints should be thoroughly rubbed with goose-grease (or with a liniment of turpentine and vinegar). Joints which have been useless for months can be thus restored to mobility."

It should be remembered that for rheumatic and gouty persons, crustacean and mollusc foods, such as lobster, crab, crayfish, prawns, and shrimps, are particularly objectionable. Frequently these creatures will excite in such persons nausea, vomiting, diarrhoea, giddiness, and skin eruptions of an erysipelatous sort.

Photopathy, or the cure of gout, rheumatism, and kindred maladies by radiant electricity, as of recent vogue, bears a singular relation to certain curious properties exercised by some insects; as, for instance, by a South American spider, which was seen (says Wilmot) charming a cockroach with flashes of light emitted by the spider. They were both on a wall, the spider about half a yard the higher, and the light given out resembled that of a glow-worm, only it was delivered by flashes, and did not shine continuously. The cockroach gradually crawled up to it, and allowed itself to be taken, and killed.

RICKETS.

THE deformity of early childhood known as Rickets consists in a softening of the bones, (especially those of the spinal column,) among growing children from lack of the necessary earth-salts. There is, moreover, a defective power, to a certain extent, of absorbing such bone-building materials; but the malady is not an inherited bias like scrofula. Under the influence of a faulty supply of proper food this infirmity develops itself during the infancy, and early years, of children otherwise healthy, and sound. Experiments tried upon animals have made analogous facts quite clear. M. Jules Guerin set himself to find out if it were practicable to produce rickets at will. He took a number of puppies in equally good bodily condition, and having let them be suckled for a time, he suddenly weaned half the lot, and fed these on raw meat, a diet which at first sight would seem the most suitable for carnivorous animals. Nevertheless, after a short while, the other puppies which continued to take mother's milk had grown strong and hearty, whilst those which had been weaned on an apparently more substantial diet pined, and were troubled with vomiting; then their limbs bent, and at the end of four or five months the poor little creatures showed all the symptoms of confirmed rickets. We may, therefore, conclude that this morbid affection depended in a great measure on deranged nutrition from improper feeding; because a diet taken inopportunately may fairly be considered wrong. For the carnivorous puppies this was flesh food supplied when they ought to have been still suckled; so, likewise, for herbivora (and an experiment of the sort has been made upon young pigs), vegetable sustenance given too soon, when they ought to be still at the teat, is productive of similar results. And in the human

infant, or young child, the same thing happens. "Rickets is never so common as it is in babies weaned before the teething is forward enough, and who are brought up on pap, vegetables, and even meat" (Trousseau).

The poorer classes depend too much on feeding their young children with a farinaceous diet; since it is found that infants brought up almost entirely on farinaceous nourishment are pretty certain to become subject to rickets. The milk which they get ought to contain a full proportion of cream, whilst raw meat-juice is an excellent addition to the sustenance of children beginning to be rickety; and some phosphate of lime (an essential salt for bone-making) should be added in small quantities to the milk which is taken. Skimmed milk is insufficient in fat for affording adequate supplies. The raw meat-pulp may be had to the extent of two ounces a day for children disposed to rickets, judging the quantity given according to the age of the child. Later on in their growth milk puddings made with entire wheaten flour will be useful towards bone-making.

Dr. King Chambers urges the formation of a Cow Club in poor districts as a preserver of infantile health: "Oh, Lady Bountiful," he writes, "do not let your spare and skim milk go to the store pig when there are a half-a-dozen children growing up bowlegged, and crooked-backed within a mile of your lodge-gate, for the lack of it. Do not *give* it, but bestow the much greater boon of selling it; as low as you like, but still sell it, and it will be much more sought after, and will add many a straight-limbed labourer to the population."

It has been shown that foods which readily undergo lactic-acid fermentation aggravate the liability to rickets. As a rule, this disease manifests itself about the eighth month; but a recovery can be promoted

with extraordinary rapidity by placing the child straightway on a good mixed diet, such as unboiled cow's milk of irreproachable excellence, fresh fruit-juices, and raw meat-juice. Within a fortnight marked improvement begins to show itself.

For preventing rickets, it is to be approved that after the third month a dessertspoonful of sweet orange-juice shall be given two or three times a week, and that later on the raw meat-juice shall be added.

Meat-juice is similarly a valuable form of nourishment for bloodless cases. An easy method of preparing it is to take a piece of good lean beef, to rapidly brown the outside over a quick fire, and express the juice with a lemon-squeezer.

Bran, as to its soluble parts, that is, its phosphates, and bran-ferment (cerealine), when these are combined with sugar of milk, is particularly useful for weakly and rickety children, where the digestion is at fault. This mixture can be obtained as "saccharated wheat phosphates," and materially assists the assimilation of other foods. Half a teaspoonful or more is to be given two or three times a day, instead of sugar, with the food. Barley is likewise a valuable substance, rich in the phosphates of lime. Rickety children at the breast should be at once weaned; and, if under a year old, should be fed chiefly on milk, to which some "sweetened lime-water" has been added, fifteen drops to the bottleful. Presently, after the fourth or fifth month, plain broths may be taken, also bread and butter, and occasionally the yolk of an egg beaten up with milk; but starchy farinaceous foods should be still given only sparingly to such children. After the first year, good beef-gravy, and flower of cauliflower, or broccoli, may be added to the diet. But any occurrence of flatulent pains which arise will signify that

too much, or improper food has been given. To prepare the raw meat-juice (Allen and Hanbury) "take two ounces of gravy-beef, free from fat, and chop into small pieces; add these to four tablespoonfuls of water in a cup, and stand in a warm place for half an hour; then squeeze through muslin to express the juice, not letting the temperature rise above lukewarm. This raw meat-juice will not keep sweet for more than ten or twelve hours, and should be made fresh whenever wanted.

Fresh, ripe bananas, either grated or with their pulp pressed through a sieve, will furnish a useful fruit-food for young children, especially if taken with milk.

Fish contains valuable mineral ingredients, such as phosphate of lime, potash, and soda, which are essential in diet towards helping to form, and solidify, bone.

Some American physicians of to-day, in regulating the nourishment of children, and their development by food, discriminate between the alkaline child and the acid child, to begin with. These innate conditions are largely influenced by the diet and the health of the mothers during gestation. When born the children of an acid type have red lips and a large distended stomach, which secretes much acid (gastric) juice; whilst the children of an alkaline type are plump and fleshy, with pale-coloured lips, and with the stomach relatively much smaller, though the liver is large, so that free alkaline bile characterises them. After long, careful observation and study, the conclusion has been reached that there is an anatomical, physiological, chemical, and dietetic basis for dividing sickly children into the acid, and alkaline, towards remedying their illnesses and infirmities. Apart from either of these weakly types, the normal healthy child is alkaline, with rosy lips, and flesh which is well developed without being flabby. The acid child, with

its large (acid) stomach, and small (alkaline) liver, is benefited by an oil-bath, or to be rubbed well with sweet-oil, or lard free from salt, or lanoline, having also a warm bath, with a little milk in it, and a little salt added to it; whilst taking as food whey and cream, malted milk, Carnack's soluble food, and the whites of eggs, sugar of milk, cream, in conjunction with plenty of bodily rest. Acid and cold are infant destroyers. If the mother's food has been deficient, or largely acid, or liable to acid fermentation, then the effect on the child will be to produce the acid constitution. Stout women who grow more fleshy during gestation, and whilst nursing an infant, have, as a rule, acid children. To prevent acidity, the expectant mother, if slender and active, should understand when preferring acid dishes, pickles, vinegar, lean meat, tea, and stimulants, that she is not living for herself alone, but also for the babe to be born, who is entitled to as perfectly-developed a body and mind as circumstances will allow. She should abstain much from acids, spices, and stimulants, and from excessive activity of body, taking chiefly of fats, sweets (when digestible), starchy food, water, and bodily repose. The acid child should have sweet oil rubbed into its skin by the nurse once or twice a day, or mutton fat, lanoline, or scented neats' foot oil; but soap should be used only sparingly, if at all.

Acid children need their food to be much diluted. For quieting the colicky pains induced by slow digestion, full draughts of warm water may be given. The feebler the child, the more diluted should be the milk as a rule. Sugar of milk, pure and free from all adulterations, should be always used to sweeten the infant's food at the time of feeding. Acid children are poor sleepers as a rule. They should be kept quiet, and encouraged to

sleep, because having a precociously active brain. A wakeful child will usually develop acidity.

The acid child should be fostered in the lap, with its back to the nurse to keep warm, remembering that the spine in thin, acid, babes lacks blood and warmth. But the alkaline child can stand cooler treatment, being able to go out sooner, and getting benefit thereby, even in the coldest weather. It is quite the reverse with the acid child, who is a delicate plant, unable to bear any such exposure. Remember again that acid and cold are the infant destroyers. "Health is the golden mean between the two!"

For the alkaline child, the supply of fats and of fluids must be restricted. The mother should be encouraged to eat fruits and acid foods, also to take plenty of bodily exercise out of doors. Her diet should be of the animal (nitrogenous) kind, such as meat, oatmeal, and plain fresh vegetables. Cream does not usually agree with such a child. To limit the fat in an alkaline child, and to make muscle and bone for him, corn-starch well cooked, and added to milk, or Liebig's food and gluten-bread, with undiluted milk, should be given. The brain and mind should be stimulated, and plenty of muscular exercise should be enjoined. The child should be early taught to amuse itself, and not be carried too much, nor wheeled about.

These several considerations go to show that mother and child in most cases pass by contraries as to being of an acid or alkaline type; and in order to determine the infant's type, the maternal mode of dietetics must be regulated accordingly during her pregnancy.—Dr. Thos. Duncan, Philadelphia, 1900.

Among *Animal Simples*, the true Sweetbread of the calf has been accredited with singular efficacy for the

cure of rickets. This (the thymus) gland exists only during the developmental time of the animal's life, and is thought to furnish earthy salts for its growth. By analogy it should serve a similar purpose as occasional food for rickety children.

Also as an admirable domestic adjunct to kitchen physic in the treatment of rickets, the cold douche bath, if regularly used, is commonly productive of speedy, and sterling improvement; indeed, this appliance will often act like a charm. The child should be made to sit in a bath containing a small quantity of hot water, and immediately a jugful of cold water (at 60° Fahrenheit) is to be emptied over the back and shoulders. He should then be taken out, and rubbed thoroughly dry before the fire, until warm and glowing. This process may be repeated once or twice a day, or even oftener, and is highly beneficial, even in cases where the child is frightened by the cold water at first.—Dr. Thompson, Hospital for Sick Children, Edinburgh.

SALIVA, or SPITTLE.

THIS (curative) secretion, furnished by glands within the mouth, has been told of particularly among *Animal Simples* as possessing undoubted remedial virtues, concerning which no repetition need be made here. But the chemical constitution of the saliva may be again quoted for showing that it is really endowed with potential elements. It is a slightly alkaline frothy fluid, and contains ptyalin, with sulpho-cyanate of potassium as an earthy base.

Human spittle, especially when fasting, has the reputation of being efficacious against gout, and gravel, whilst serving to dispel stone in the bladder; it will mitigate rheumatism; will remove corns and warts; is admirably

healing to sores and wounds ; whilst giving ease to inflamed eyes, strengthening the sight, and being a panacea all round. These highly useful properties are set forth remarkably by a physician, 1821, in a treatise (now to be seen in the Library of the British Museum) on "The virtues and efficacy of a crust of bread ate early in the morning, fasting." "It is a truth established by constant observation and experience, that divers persons by eating a crust of bread in a morning early, and fasting two or three hours after it, have received great relief in the gravel. Others have declared that in the stone their severest symptoms have been mightily mitigated ; and some, again, under the most painful symptoms of the gout, and rheumatism, have found their pains greatly relieved by adhering to this remedy, and applying chewed bread, well moistened with the fasting saliva, warm, to the gouty parts. And I do not speak these things of two or three people only who have accidentally been thus relieved, but of hundreds, nay ! I may say thousands, that within my own knowledge have received great benefit from this invaluable and salutary medicine."

"If we search into the virtues of bread, and consider what ingredients there are in a crust, we shall not discover any virtues in such bread more than to nourish the body ; and therefore we cannot suppose that the bread itself can contain any powers capable of producing these principles of dissolution of the gravel, attenuation of the phlegm, and mitigation of the painful symptoms of the stone ; wherefore we must conclude that the bread itself does not contain any principles powerful enough to accomplish this great relief that is often received from eating a crust of bread in the morning early ; for then its great efficacy would

sensibly appear from the considerable quantities we eat of this aliment in our several meals at morning, noon, and night; and hence the inference appears that the good which is known to ensue from eating the bread must be the result of somewhat that accompanies the bread; and this we conceive to be nothing but the fasting saliva, or what we vulgarly call the fasting spittle; which secreted fluid is the sacred balsam that has continued the (human) species from the beginning of the world to this time, and which will so continue it to the latest period of nature. It appears to be a composition of salt and sulphur, dissolved in a pretty large quantity of a fine, thin, attenuated phlegm, very nearly resembling the consistence of soap-water, to which it is closely related by the virtues of its qualities.

“This saliva may most properly be called the noble balsam of nature, as it is a surer relief in most cases where outwardly applied than what most people will be easily led to believe that have not themselves tried its efficacy. Besides curing troublesome corns (see likewise page 208.) in warts the same spittle is an infallible cure if constantly used; it also mightily assists in relieving sore eyes, especially those whose eyelids from hard drinking are red, angry, and inflamed; in these cases if you do but lightly touch the parts affected with this noble balsam every morning, you will find great relief: and we know by certain experience that in all cuts, recent wounds, and accidental hurts, the fasting saliva is a sovereign remedy. One Bridget Bostock, at Nantwich, in Cheshire, all her lifetime made it her business to cure her neighbours, and people that lived near her, of sore legs, and other disorders, by the external application of fasting spittle. On a particular occasion she had that day administered thus to six hundred persons, and

at length grew very faint, for she never brake her fast till she had done ; so that at six o'clock in the evening she was obliged to give over her operations, though then there were waiting more than sixty other persons to whom she had not administered. On Monday last she had seen seven hundred, and every day at present near that number. She cures the blind, the deaf, and the lame of all sorts. Numbers of people have received great benefit in the rheumatism, king's evil, hysteric fits, falling sickness, and shortness of breath. She also mightily relieves the dropsy, palsy, leprosy, cancers, and in short almost every disease mankind is subject to, except the French pox, which she will not be prevailed upon by any means to meddle with. All the means she uses are only to stroak the part with fasting spittle, and praying for them. She is about seventy years of age, and takes no money for her cures, though offered her ; in short, the rich, the lame, the blind, and the deaf, all pray for her, and bless the great good she does ; and the poor only come to her in cart loads."

"In divers diseases that have obstructions, and sabulous concretions for their parents, as the gravel, stone, gout, and rheumatism, I judge a piece of bread in the general the best vehicle we can employ in order to convey the fasting saliva into the stomach ; and since the virtue and efficacy that result from eating a crust of bread do not so properly arise from the bread itself as the chewing, and mixing it with the fasting spittle, therefore to improve this fine, liquid, volatile soap, and exalt its virtues, I advise you, having eaten nothing overnight for supper, about five o'clock in the morning to eat one ounce, or one ounce and a half of either wheat or rye bread, which in chewing will take up full half an ounce of the fasting saliva to reduce it into

a proper soft, pulpy substance, and which when well chewed and moistened will be easily swallowed; and when you have got it down into the stomach, then leave the rest to Nature, and, if you can, go to sleep; and it is advisable that you eat nothing for two or three hours after. Now this course if steadily pursued for a month or six weeks will prove of great efficacy; but before we can expect to accomplish all these fine effects I hold it necessary that a proper air, a regular diet, and a well-adjusted exercise should be enjoined on the patient."

"The fasting spittle, in its passage into the stomach, meets with the lubricating lymph of the gullet, by the spirituous quality of which it is very much improved; and thence it becomes intimately combined with the bilious and pancreatic juices discharged from their respective pipes into one uniform mass, or soap. Now although I will not attempt to cry up this medicine as a universal catholicon, and promise the world that it will never fail to cure all diseases it is applied to, yet I will boldly venture to declare a solemn truth, that it never was known to do any harm to man, woman, or child, notwithstanding the many thousands of people that have experimentally made use of it."

Following the maxim of a time-worn adage, it is a popular practice to "spit in your hand, so as to take better hold."

SCARLET FEVER.

THIS somewhat serious malady should be managed in its course of symptoms, and in its dietary, by an attendant doctor, until the convalescence has fairly begun. And then, from light broths and soups to begin with, progress may be steadily made to fish, fowl, meats, and the

customary wholesome diet in full. Dr. Ross, of Manchester, claims to overtake and sterilize the fever microbe by Cinnamon treatment, if begun within the time-limit of twenty-four hours from the time of the first access of symptoms. His mode of thus treating scarlet fever, and measles, thereby cutting short the malady quite speedily, has been described under Influenza (page 409), to which illness the Cinnamon treatment is most successfully applicable. In Scarlet fever, by giving the Cinnamon as decoction, or tincture, the incidence of complications becomes much diminished, and the fever microbe is aborted before its poisonous juices can be developed so as to establish the complaint in full feverish force.

SCIATICA (*see also* NEURALGIA).

THIS affection, often severe, and accompanied with excruciating pain down the outer side of the hip, thigh and leg, is either of a rheumatic character, or purely neuralgic, and should be treated on the lines of these respective determining causes. Certain of the Cruciferous herbs have a curative reputation for rheumatic Sciatica, and have been each named sciatica-*ress* on this account: such as the Pepper grass, *Lepidium*, and the Candytuft, *Iberis*. An infusion made from one, or the other, to be drunk as a tea several times in the day is said to prove alleviative. The affection Sciatica is also called *Malum Coturnii*. Dr. Stacey Jones orders Celery tea, hot and strong, with cream and sugar if desired, to be taken by the teacupful three or four times a day, "which abates neuralgia, and even sciatica, sometimes very speedily." Celery, as sent to table, consists, when freshly cut, of albumen, mucilage, starch, sugar,

cellulose, mineral matter, and a special volatile odorous principle having sulphur as an element.

A practical device for topical application is to tap over the stiff, affected, and painful course of the large Sciatic nerve outside the hip and leg, frequently, with the bowl of a spoon made quite hot; this acts like an electric current; (and the same proceeding may serve to rouse a feeble heart when it falters to the point of fainting.) The affected limb must be kept warm with woollen wrappings. Onions, simply and lightly stewed, so as not to be sodden, or to lose their juices, are admirable, with various similar foods, in sciatica, because of their sulphur, and their antiseptic virtues. Of old the Rose was reported to love the Onion, and the Garlic, putting forth its sweetest blossoms when in propinquity to these strong-smelling plants.

SCROFULA AND SCURVY.

THE scrofulous constitution, which is hereditary, denotes a liability to deposits in various glands, particularly of tubercle, when the tissues are invaded by a microbe (bacillus of Koch). In scrofulous (or strumous) children the bowel glands (mesenteric) or the neck glands, the lungs, or the brain-membranes are specially invaded by this constitutional mischief. "Such children," as Dr. Yeo teaches, "should have an abundant supply of good milk as the basis of their diet; also sound, wholesome bread, and plenty of butter; likewise other forms of fat are useful, such as bacon fat, dripping and cream. Bread lightly toasted and soaked in melted bacon fat, or in dripping, is generally liked by children, and is very wholesome for them. Suet puddings served with treacle, sugar, or jam, are also favourite food with the young, and are to be commended for presenting fat in an acceptable

form. Mutton suet chopped fine, and boiled in milk, whilst sweetened, is another serviceable food of the same character. Add a tablespoonful of solid suet to half a pint of milk. Heat so as to melt the suet, and skim. Pour into a warmed vessel, and drink before it cools. But it has been shown that potatoes, if exclusively or even largely eaten, favour scrofula by reason of the potash which they contain in such abundance.

Scurvy is an allied condition which indicates a defective state of the blood, and a disposition to skin eruptions, bleeding from the gums, swelling of the limbs, and general cachexia. The nourishment, so as to be both preventive, and curative, should comprise a proper amount of animal food, and (especially) of fresh vegetables. To the diet of scorbutic children, who have been fed hitherto on farinaceous, or predigested milk, should be added some potato pulp in moderation, fresh milk, and raw meat juice. To make fine potato gruel for this purpose: Rub steamed, flowery potatoes through a fine sieve; beat the same up well with milk until smooth, and of the consistence of thin cream. A teaspoonful of the mixture may be added to each bottleful of the infants' food, and gradually increased to a dessertspoonful. Broths also are of service, in which such vegetables as potatoes and carrots have been boiled, and strained out. The juice of oranges and of fresh fruits is similarly to be commended. Respecting all these foods their beneficial influence is thought due to the presence of potash in combination with such vegetable acids as citric, malic, and tartaric. When fresh vegetables cannot be obtained, a certain quantity of fresh lemon juice may be substituted.

Dr. Woods Hutchinson (1901) pronounces that "in human tuberculosis, the most successful food-cure which has yet been found is to put the patient upon a diet

which consists chiefly, and in some cases exclusively, of broiled beefsteak, and hot water. In most of the American Sanatoria this diet is strongly insisted upon. Experiments have shown that foxes and rats supplied with a meat diet were almost completely proof against infection by tubercle; whilst upon vegetable food, although they thrived, and gained weight, they became more than twice as susceptible to tubercular infection. It is only since the introduction of a considerable element of animal food into the diet of anthropoid monkeys, or apes (which creatures are particularly liable to tubercle), that it has been found possible to keep them alive in captivity for more than a short time. The seven years' survival of the celebrated "Sally" at Regent's Park is regarded as largely due to her partiality for beef tea, of which she partook liberally, and which is now a regular article of diet with all the anthropoid apes in the Zoological Gardens.

Milk is of particular use against scurvy, being both curative and preventive, because of the citric acid which is a normal constituent of fresh milk, as Henkel has shown. It occurs chiefly as citrate of lime (calcium). This has been already stated in detail (*see* page 101).

Trustworthy new milk, when unboiled, being an animal serum, is of excellent antiseptic use; so that an exclusive diet thereof, if sufficiently prolonged in its pursuance, will rid the system of crippling deposits incurred by prior unwholesome foods, or by some other cause of protracted blood poisoning.

To sterilise milk, as is now the vogue, involves boiling, with a consequent deficiency in the supply of citric acid to an infant, and the risk of entailed scurvy. But this does not happen to those who are fed on Pasteurised milk, where the milk is raised only to a temperature

short of boiling, and maintained thus for the time required, being next artificially cooled. If any special reasons exist for not giving fresh milk, then Pasteurised milk should be used, as prepared by one of the large Dairy companies. Home Pasteurised milk, which is not commonly available, must be of necessity subject to some adverse conditions. If boiled milk has to be given, then fresh lime juice, or lemon juice, or a citrate of lime should be added. Three pints of fresh cows' milk contain about fifty or sixty grains of a citrate. The milk should not be boiled a moment longer than the occasion requires, so as to minimise the formation of the more insoluble crystallizable citrate; or the water used with the milk should be added before the boiling, not after, so as to make the mixture a less concentrated solution of citrate than the undiluted milk, and therefore less likely to suffer insolubility of the citrate salt by boiling."

Where scorbutic weakness is present, with spongy gums, but not wasting of the body, or limbs, the Watercress, and the Nasturtium, are very useful remedies. For convenience our leading druggists make both a liquid extract, and a tincture of these plants. Lemery told (1745): "Watercresses contain much oil, and essential salt; which makes them to pass among the most efficacious of antiscorbutic remedies. They agree in winter with old people, with melancholy persons, and with all those whose humours have but little motion." It was said of a melancholy man among the Greeks that he had "visited the cave of Trophonius." This cave owned so narrow an entrance that whoso went within it to consult the Oracle was constrained to enter lying down, feet foremost. He was then dragged in: and was presently expelled after a like fashion, looking ghastly pale, and terrified. Hence arose the proverb now quoted.

Salads of Nasturtium, Orange blossoms, Violets, and Cowslips have been already noticed as popular of late, whilst certainly beneficial. Respecting cowslips, the poet Marvel has given a delightful passage in liquid fragrant verse :

“ On me the morn her dew distils
Before her darling daffodils :
While going home the evening sweet
In Cowslip-water bathes my feet.”

With respect to the Watercress, Dr. Stacey Jones declares that if tobacco is wetted with the juice of this plant, its deleterious properties are completely removed, and without injuring the aroma of the leaf.

About 1760, Benjamin Kennicott, Hebrew scholar, the son of the parish clerk at Totnes, wrote a poem on the recovery of the Honourable Mistress Elizabeth Coventry (to whom his sister was lady's-maid) from being poisoned. She had the misfortune to eat some noxious herb that lay concealed among watercresses which were served up at supper.

“ She eats, nor doubts the fatal sallad good,
Till the dire venom rages in her blood :
The tainted currents thrill through every vein,
And tortures all her vital powers sustain.”

Among Seaweeds, Laver is specially valued for its virtues against scurvy, and scrofula. When found it is boiled to a jelly and potted, being sent about in this form, for use whether by the invalid or the epicure. To dress it, put a pound of the laver into a bright stewpan, with three ounces of fresh butter ; squeeze over it the juice of a lemon, or of a Seville orange, and stir with a silver fork until quite hot. Serve it in this state on a hot-water plate. Instead of the butter, a little gravy may be put into the pan, but lemon-juice should never be omitted.

Dr. King Chambers thought the Cabbage quite the most valuable food-remedy against scurvy that we possess. In the slighter degrees of this complaint, marked by bleeding from the gums, or by small purple discolourations about the skin of body and limbs, the cabbage, taken plentifully at table, is eminently successful; it will prevent the other members of the household from being similarly affected, who may wisely prefer such prevention to cure. Red cabbage likewise is remedial against scurvy, and is nutritious. In France it is made into a medicinal syrup, or used in a gelatinised form. When stewed it constitutes a dainty, beneficial dish. "Slice up the red cabbage rather thin, wash and drain it, and put it into a saucepan with a little butter, a gill of vinegar, some pepper, and salt; place the lid on, and set the cabbage to stew slowly on the hob, stirring it occasionally from the bottom to prevent it from burning. About an hour's gentle stewing will be sufficient to cook it thoroughly. All kinds of cabbage, or kail, are of beneficial use against scorbutic disease, chiefly because of their sulphur and mineral salts.

Among *Herbal Simples* which are antiscorbutic, mention in full has been made of the potato, fig, and walnut. As an aromatic condiment, Cloves also are of serviceable use in various dietetic ways for preventing the deposit of scrofulous tubercle, whether in any of the glands, or in the lungs, or in joints. A tincture of Cloves is prepared by the druggist for convenient use in these respects.

Simon Paulli has said: "An evident proof that herbs useful against scurvy are enriched with volatile salts, more especially in the Spring season, is that if we prepare an essence, or tincture of them at the end of April or the beginning of May, 'twill look red like Chian, or Malvatic wine; which it will not do at other seasons of the year.'

SEXUAL DEBILITY, AND IRREGULARITIES OF FUNCTION.

“ Favete linguis (attend with silence!); carmina sacerdos
Virginibus puerisque canto.”

“ THE great use of Chocolate in venery, and for supplying the testicles with a balsam, or sap, is so ingeniously made out by one of our learned countrymen already that I dare not presume to add anything after so accomplish't a pen. Had Rachel known chocolate she would not have purchas'd mandrakes for Jacob. If the amorous and martial Turk should ever taste it, he would despise his opium. If the Grecians and Arabians had ever try'd it, they would have thrown away their wake-robins, and their cuckoo-pintles; and I do not doubt but your London gentlemen so value it above all your culisses and jellies, your anchoves, bononia sausages, your cock, or lamb stones, your soys, your ketchups, your caveares, your cantharides, and your whites of eggs, as not to be compared to our rude Indian; therefore, you must be very courteous and favourable to this little pamphlet, who tells you most faithful observations.”—*Natural History of Chocolate*, London, 1682.

“ As for managing the Cacao-nut, Dr. Stubbs and Mr. Hughes have publish't most excellent instructions how you must peel, dry, beat, and searce it very carefully before you beat it up into a mass with other simples (Jamaica pepper, cinnamon, nutmegs, cloves; or musk, ambergrease, citron, lemmon peels, almonds, pistachios, etc., and odoriferous aromatick oyls). As for the great quantity of sugar which is commonly put in it, this may destroy the native and genuine temper of the chocolate, sugar being such a corrosive salt and such a hypocritical enemy to the body. Simon Paulli (a learned Dane) thinks sugar to be the one cause of our English Consumptions;

and Dr. Willis blames it as one cause of our universal Scurvys: therefore, when chocolate produces any ill effects, they may be often imputed to the great superfluity of its sugar, which often fills up half its composition."

The Cock Sparrow (*Passer domesticus*) is a most lascivious bird, and being much eaten excites to venery. In early English days sparrows appeared at the tables of the *noblesse* as well as on the board of their humble dependents. Because of their alleged destructive habits to farmers and gardeners, the sparrow and the spink (chaffinch) were formerly called the "devil's bow and arrow." Sparrow-pudding is an appetising form of food to confer sexual energy when the powers are feeble and exhausted. "Auld sparrows are ill to tame," according to a significant proverb. The Hedge Sparrow (*Accenter modularis*) is a pure insect-eater.

As another instance of the help which can be afforded to health that is impaired by the failure of certain glands, if the corresponding glands from a sound animal freshly killed are given remedially, "Some physicians assure us," wrote Lemery (1604), "that the genitals of a cock, especially while it is young, are good for lean and wasted persons, and do generate seed." Likewise the eating of partridge increases seed, is very nourishing, and wholesome for persons recovering from sickness; the marrow and brains of a partridge, being eaten, are good for the jaundice." Martial relates, on the other hand, that the ancients looked upon the pigeon as of use against venery.

"Inguina torquati tardant, hebetantque Palumbi:
Non edat hanc volucrem qui cupit esse salax."

Fish has long enjoyed the reputation of being a sexual energiser. It is discussed specially in this respect among *Animal Simples*. Of course, the ways in which fish can

be cooked for invalids are multiform, but the simplest of these are the best ; and a plain, wholesome combination thereof with some digestible fat is to be much commended for giving sexual and nervous support. To make "fish-cream:" "Shred the fish (free from skin and bones) finely with a knife, and pound it well in a mortar. Put the proper quantities of butter and milk into a saucepan, and let the butter melt over a fire ; then add bread-crumbs, and stir with a wooden spoon over the fire until the bread-crumbs swell, and the mixture thickens. Add this to the fish in the mortar, pound well together, and rub through a wire sieve. Put the mixture into a basin, and season to taste. Put the white of an egg on a plate, and beat it up to a stiff froth ; also whisk the cream with a fork until thick in a smaller basin. Add both these to the fish mixture, and stir them in as lightly as possible. Mix them lightly, but thoroughly, with an iron spoon. Pour the mixture into a small basin greased out with clarified butter, filling it not more than three-parts full ; twist over the top of it a piece of greased kitchen-paper ; place the basin in a saucepan of hot water to half-way up its sides, with the lid on ; and steam slowly for fifteen minutes, or until the cream feels firm to the touch ; lift it out, and let the steam escape ; loosen round the edges, and turn out carefully on a hot plate. Serve plain, or with a little simple white sauce round."

"The land doth will, the sea doth wish ;
Spare sometimes flesh, and feed of fish :
Where fish is scant, and fruit of trees,
Supply the want with milk and cheese."—*Tusser*.

Herrings are sexually nutritive. In the *Liber Cure Cocorum*, *tempore* Henry VI., as a receipt for a service on a fish-day, the "practitioner" is prayed, within four lines, to "cover his white herring for God's love, and to lay mustard over his red herring for God's love."

If herring-brine be distilled with soda, a volatile substance, of strong fishy odour, passes over into the receiver. And it is remarkable that the vegetable "Stinking Goosefoot" (*Chenopodium olidum*), which smells like putrid salt-fish, if similarly distilled with a solution of common soda, develops a volatile alkaline substance which has the smell of herring-brine, or of stockfish, boiled crabs, or Finhorn haddocks which have been long kept. To this substance chemists have given the elaborate name "*trimethylamin*"; and it is not the only chemical substance known to be possessed of this fishy odour. "I would suggest to the cook" (Johnson, *Chemistry of Common Life*) "as a possible use to which these fishy-smelling compounds may hereafter be put in the *cuisine*, the flavouring of imitation fish-cakes; preparations of the above kind made to simulate crab, lobster, crayfish, oyster-patties, anchovy sauce, etc., can, by the application of a little skill, be contrived to pass off at table, and to please the palate, as well as genuine salt-water productions, though containing nothing that ever lived in the sea." "Finnan" haddocks are so called from the village of Findhorn, near Aberdeen, where the art of curing and drying these fish has been brought to perfection. In London this same art is imitated by washing the haddock over with wood-vinegar, and hanging them up to dry.

Of all fish with our Early English ancestors herrings were in most request, being relished by every class, and not only forming a standing dish for the high board of a countess, but being consumed with equal avidity at the side tables where they abounded, and by the servitors at the board's end. The salted herrings of Yarmouth were in high repute during the Twelfth Century. By an ancient charter the corporation of that town was bound to send one hundred herrings, baked in four-and-twenty

pasties, annually to the King. This English herring is sometimes playfully called a "Billingsgate pheasant," and the Yarmouth bloater a "two-eyed steak." In Devon, when smoked and dried, it goes by the name of "sodgers." The moment a Herring is taken out of the water it dies, becoming "dead as a shotten herring."

"Red herring ne'er spake word but een,
"Broil my back, but not my weamb."

Among fruits which serve to strengthen and stimulate the sexual organs may be specially regarded the Date. "There are made hereof," writes Gerard, "both by the cunning confectioners and the cooks, divers excellent, cordial, comfortable, and nourishing medicines that procure lust of the body very mightily." That "your date is better in your pie, and in your porridge, than in your cheek" (*All's Well that Ends Well*) is a play on the word, date, as signifying both one's age and the fruit.

Likewise Celery is regarded by some as a sexual inciter as well as a carminative vegetable; and concerning the Parsnip, several of the old classic writers, among whom were Cleophrantus, Philistio, Orpheus, and Pliny, tell of this as having similar effects. In Thuringia, country persons evaporate the Parsnip juice until it has the consistency of thick syrup, when they eat this on bread instead of honey, and use it in other ways as a substitute for sugar. We make parsnip fritters (as already said), which children particularly relish. Tarragon, again, is a recognised provocative of sexual desire.

From Oats a tincture (of "*avena sativa*") is prepared by American pharmacutists, the active principles of which are very helpful against weakness and irritability of the sexual functions (*see also* "Neuralgia"). A third of a teaspoonful may be taken with a little water two or three times a day, rather as a dietetic adjuvant than as

a medicinal drug. "*Sine Cerere et Libero friget Venus,*" as Terence taught long ago (B.C. 120).

Dr. Muffet wrote (1500): "Salt is of all other things very essential to stir up Venus, whom poets feign, therefore, to have been bred in the salt sea; and finally remember that *lechery* (in Latin) is not idely or at a venture termed '*salaritas,*' saltishness; for every man knows that, the salter our humours be the more prone and inclinable are we to lechery." The golden rule should be to "rule lust, temper the tongue, and bridle the belly." "With respect to the doctor," writes Sarah Grand, "he is not a man (in the animal sense) to the sick under his care, but an abstraction; a kindly abstraction for whom a woman sends when a man's presence would be altogether inconvenient."

About Hemlock (a poisonous medicine, and, therefore, out of place in *Kitchen Physic*), Bergius has told that it is powerfully curative of impotence, having even caused a patriarch of eighty years to procreate still several children. Likewise "Figges," said the School of Salern ("*venerem faciunt,*") "engender lust." In Cornwall raisins go by the name of figs,— "a thoumping figgy-pudden."

Oysters have been commended for similar effects, among *Animal Simples*. "Some do pretend that they are apt to provoke venery," said Lemery; "and their juice may produce this by making the humours more sharp and pungent; but I am of opinion 'tis the pepper they commonly eat with oysters is the cause of it." An oyster-shell, being calcined and reduced to powder, is of an opening, drying, and detersive nature, good for cleansing the teeth and to consume acid humours, for 'tis alkaline." Such fish, moreover, as Plaice are of like sexual service, of which the best are "dowers," when caught in the dowers or flats between Hastings and Folkestone.

“Crabs breed babs by the help of good lads ;” and report saith that country wenches, when they are with child, usually long for crabs. Boyle tells of a French advocate of the Sixteenth Century who had forty-five children, all his own offspring. He is spoken of as a great *water-drinker*. “*Aquæ Tiraquellus amator.*”

Turkey flesh, Cockles, and Globe Artichokes have been already considered for their possession of particular sexual proclivities.

SICKNESS AND VOMITING.

FOR nausea from a qualmish stomach, strong Clove-tea, made by pouring boiling water on cloves crushed in a mortar, will frequently be found of service if given by tablespoonfuls; so likewise soda-water, with an equal quantity of hot water, will stay down as light support when it is difficult to retain food of any description; this may be repeated at intervals until the stomach becomes more tolerant; then milk, hot or cold, may be given with the soda-water. Bitter almonds, which contain the modified principle of prussic acid, and from which certain liqueurs, and strong waters are made, possess a remarkable power of staying sickness when the stomach is highly sensitive or irritable, and prone to reject all substantial foods. The bitter almonds themselves are harmless if eaten in moderation, and are corrective of nausea; they come chiefly from Mogadore. These, together with sweet almonds, when ground with sugar, form the ingredients for macaroons; also for the almond paste on wedding cakes, and for the famous German Marzipan.

The sweet Jordan almonds are brought from Malaga and Valencia; they are demulcent to the chest, and gently laxative to the bowels. Marzipan, or marchpane, is a delicious paste used much on the Continent, being

composed of sweet and bitter almonds in equal proportions, blanched, and pounded together with sugar, and then made, by means of heat, into a thick paste. This is either rolled out thin for biscuits, or converted into a large round sandwich, with apricot, raspberry, or other fruit-jam baked between the two layers. In Germany Marzipan is made into large tarts, chiefly at Christmas. Orgeat, prepared by boiling new milk with almonds (bitter and sweet), cinnamon, and sugar, is a favourite summer drink in France. When it becomes cold a little Cognac is added thereto.

Macaroons, which are slightly laxative, are soft biscuits consisting entirely of pounded sweet almonds (with a few bitter almonds commonly added), and sifted loaf sugar instead of flour, and with white of egg instead of water. When these ingredients have been made into a paste, portions thereof are dropped upon wafer-paper, to be baked as biscuits in a slow oven. They are acceptable as confectionery to a squeamish stomach. "Almond-milke prepared of sweet almonds in manner of a milke is frequently used for the sick; and this emulsion serveth often instead both of meat and drinke, and is often taken when as all other food is refused; and take heed that the almonds be not too old, as being then too oilie, and withal let the water be warme when it is added to the almonds. Sometimes wee adde some seeds hereunto for this emulsion, as lettice or poppy-seeds, especially in long watching, where sleepe is wanting, and so give a draught of it towards bed-time."

The essence of bitter almonds is called Ratafia, as used for flavouring; also there is a fine spirituous liqueur flavoured with the kernels of plums, apricots, and peaches, to which the same name is given; as likewise to Ratafia coffee, equally delicious. Again, biscuits

of a special kind known as "ratafias" are made of sweet and bitter almonds pounded together, with sifted sugar, and a very little flour or starch, combined with white of egg. They are baked on wafer-paper, being usually in size about that of a large button.

Cherry-water (*kirsch wasser*), as concocted in Germany and Switzerland from cherry-juice fermented, is excellent for dispelling the nausea of a disturbed stomach through impaired gastric digestion. Large quantities of this are manufactured in the Black Forest, the liqueur containing a small amount of prussic acid from the cherry stones, indeed enough to be sometimes almost poisonous. Machaleb cherries are used, small black fruit, together with the stones. The *kirschen wasser* is a good substitute for such spirit as brandy, or whisky, in cases where pain and flatulence are prominent symptoms.

For "cherry-water ice," pick the stalks from one pound of ripe black cherries, and crush the fruit in a mortar to make the juice flow, adding a pound of clarified sugar and half a pint of water; flavour with noyau, or vanilla, and squeeze in the juice of two lemons; add a few drops of cochineal liquid, if required; then strain the liquid, and freeze it. This is sufficient for one quart of ice.

Maraschino is likewise a liqueur distilled from bruised cherries, the wild fruit not being used, but a special delicate variety grown only in Dalmatia. The kernels are pounded with this fruit.

Noyau, when genuine, is prepared from an Indian berry in the island of Martinique. It must be used with caution; but imitations of this choice liqueur are more common, as the real article is rare, and costly. The form of noyau generally employed is fabricated by distilling the kernels of peaches and nectarines with pure

spirit, and mixing the essence thus obtained with a carefully-boiled syrup. Or, almond and peach kernels are substituted, with bay leaves steeped in fine brandy for several months; flavourings and a clear white syrup are then added in due proportions, and the mixture is filtered and bottled for future use. Pink noyau is tinted with rose-petals, or safflower.

For "noyau-jelly," dissolve one ounce of best Russian isinglass in half a pint of water; add one pound of loaf sugar boiled to a syrup in half a pint of water, also the strained juice of a lemon, and a wineglassful of noyau. Strain the jelly until it is clear; pour it into a damp mould, and put it in a cool place to set. Turn it out in a glass dish just before it is wanted. Time to clarify the isinglass should be half an hour.

The Almond was much esteemed by Eastern nations. Jacob included it among the presents which he designed for Joseph. By the Greeks it is called the Thrasian nut; and the Romans believed that by eating half a dozen almonds they became secure against drunkenness, however deeply they might imbibe.

It has been previously stated that our English ancestors were very fond of a highly-spiced stimulant commonly called by them "Ipocrasse," which generally made a part of the last course, or was taken immediately after dinner. "The Crafte to make Ypocras: Take a quarte of red wine, an ounce of synamon, and halfe an ounce of gynger, a quarter of an ounce of greynes (probably of Paradise) and long peper, and halfe a pounce of sugar; and brose (bruise) all this, not too small, and then put them into a bage (bag) of wullen clothe made therefore with the wyne, and lette it hange over a vessel till the wyne bee run thorowe."

For "British noyau," take of good old English gin

one quart, bitter almonds, blanched and cut into slices, three ounces, and the rinds of three lemons. Let these stand for three or four days before the fire, shaking them three or four times in the day; then add loaf sugar one pound, and dissolve slowly until melted. Strain through blotting-paper. Add more sugar if not sweet enough.

Noyau liqueur is furthermore of special service for staying obstinate sickness through kidney disease and the attacks of renal colic which attend the same.

The peel of a Tangerine orange grated over a lump of sugar will give all the flavour of Curacoa without the poison (so called); though Dr. Kitchener has styled white Curacoa "*a bonne bouche* for an Emperor." To make this put five ounces of thinly-cut Seville orange-peel, first dried and pounded, into a quart of the finest and cleanest rectified spirit. After it has been infused for a fortnight, strain it, and add a quart of syrup, and filter. This liqueur is an admirable cordial; but it is vain to attempt to imitate the best foreign liqueurs unless we can obtain the pure vinous spirit with which they are prepared.

For nervous or hysterical vomiting, walnuts made into a spirit, as dispensed by druggists, give trustworthy relief. Of this spirit (*nucis juglandis*) from one to two, or three teaspoonfuls should be given with half a wine-glassful of water, hot or cold, as preferred; and the same dose may be repeated after a quarter of an hour if the sickness persists.

For sea-sickness, should the stomach feel empty, and, still more, if any dry retching occurs, "take some bottled porter, and a biscuit" says Dr. King Chambers, "spread with a little butter, and sprinkled well with cayenne-pepper; which last condiment, by the way,

amply repays the small space it will occupy in a traveller's pocket throughout a journey, so useful is it on all occasions."

In sea sickness the effect produced by the position of the head is often to be considered. Vomiting may sometimes be completely arrested by removing all pillows, and putting the head on a level with, or rather lower, than the body. Dr. Chapman has advised against sea-sickness the application of ice in properly-constructed, long, narrow, segmented rubber-bags down the spinal column. A sedative influence is thus exercised on the nervous currents between the perturbed stomach and the nauseated brain, along the spine. This method will often serve to effectually prevent the sickness.

In the *Regimen Sanitatis*, edited by John of Milan, and dedicated by him in the name of the School of Salerne to Duke Robert, the eldest son of William the Conqueror (this being in manuscript, and passing through many editions), there occurs an aphorism, which, when translated, says :

"Sea-water, drunk with wine, doth well defend thee
If, on the sea, casting (sickness) chance to offend thee."

Rabelais, in *The deeds and sayings of the good Pantagruel*, "pins his faith to vinegar, which was the cause that none of the whole company gave up what they had eaten, nor were sea-sick, with pain in the head and stomach, which inconvenience they could not so well have prevented by salt-water alone, or with wine, using quinces, citron-peel, juice of pomegranates, sourish sweet-meats, or following such other idle remedies as foolish physicians prescribe for those that go to sea."

Vanilla again is a stimulating medicament, with virtues against nausea. It is the fruit of the Vanillier, a parasitical herbaceous plant which flourishes in Brazil,

Mexico, and Peru. This fruit, a capsule, contains a pulp of delicious perfume and flavour; its essence is generally used.

In the severe vomiting of women during early pregnancy, a glass of bitter beer taken twice daily will often ward off the attacks; likewise to drink freely of Hop-tea made from the flowers, an ounce to a pint of boiling water.

Quinces, as told by Dodonæus, "*vomitum sedant*," serve to stay the sickness of a disordered stomach. Sancho Panza, in *Don Quixote*, "might eat only a few wafers and a thin slice or two of quince." The fruit was formerly sacred to Venus, and a token of love.

Among *Animal Simples*, the Fowl's Gizzard has been specialised as of signal use for allaying the sickness of child-bearing women, probably by virtue of its gastric juice; this is secreted in poultry not by the first stomach or crop, but by the second stomach, or gizzard. The lining membrane thereof, called "gallino" in turkeys and fowls, will coagulate milk like rennet. Take out from the gizzard, or grit-bag of the domestic fowl the inner ribbed skin; wash it free from sand and small stones; dry it, and powder it. This makes a most useful pepsin, half a teaspoonful to be given for a dose in a little water, together with a meal. The Jews and Chinese have employed such a form of pepsin for more than a thousand years. Giblets, as a combination of the gizzard, head, neck, joints, pinions, and other inside meats, may be still more remedial than the gizzard alone, particularly on the recently-advocated principle of curative animal extracts. The giblets were originally "game." "Steal the goose," says a proverb, "and give the giblets in alms." A giblet-pie is brought on the stage by the Negro footman, Pompey, in *Peg Woffington*, to the

huge delight of Triplet's ravenous children. Giblets are the inside and trimmings of poultry, principally of geese, turkeys, and ducks; they consist of the heart, liver, gizzards, necks, and heads. In Germany cooks pay greater attention to gilet-pie than we do; they prepare it by stewing the giblets with pork-chops and pears, flavoured with sugar and cloves. The giblets of the cygnet (young swan) are said to be an ambrosial morsel, and they have formed many a lordly dish. Annually, on December 1st, a supper of two cygnets is served for well-satisfied guests at the Coach and Horses Inn, Barnes.

Raw apples are valuable in that form of stomach distress associated with pregnancy, where a sinking sensation is present between meals.

Koumiss is made in Tartary from mare's milk, and (being successfully imitated at our leading dairies,) has been described among *Animal Simples* as remarkably useful against nausea or persistent sickness. When genuine it is a fermented (and intoxicating) beverage, as thick as pea-soup. Curds and whey may be separated by adding to milk a little old and sour koumiss; and they may be mixed again by vigorous shaking.

Emerson tells in *English Traits* (1848), "A branch of the English Race as to its founders consisted of Tartan Nomads. The children of these were fed on mares' milk. Subsequently the pastures of Tartary were kept in memory by the tenacious practice of the Norsemen to eat horseflesh at all religious feasts. And now, therefore, the English boast that they understand horses better than any other people in the world; and that their horses are become their second selves. Furthermore, the severity of the game laws certainly indicates an extravagant sympathy of the nation with horses, and

hunters. Thus, too, a proverb in England declares "It is safer to shoot a man than a hare."

Though "as sick as a dog" is an adage the truth of which we constantly witness, yet, by reason of anatomical difficulties in the digestive organs, the horse cannot vomit: it has to die first.

SKIN AFFECTIONS.

GERARD, in his well-known *Herbal*, extols Cucumber pottage thickened with oatmeal as a remedial diet for persons afflicted with flegme, and copper faces, red and shining, fierie noses (as red as red roses,) with pimples, pumples, rubies, and such-like precious faces. Dr. Glyne, of Culrosse, used to say "that to be rightly dressed a cucumber should be cut into very thin slices, sprinkled with the finest oil, peppered plentifully, covered fairly with vinegar, and then thrown out of the window." So Edmund Gayton, in the late Tudor times, wrote in a like strain against mushrooms:—

"What Doctors have said of the cucumber,
Of these ground bucklers we the same aver.
Dress them with care, then to the dunghill throw 'em;
A hog wont touch 'em if he rightly know 'em."

By the cooks of Old England (*Forme of Cury, tempore Richard the Second*) Saffron was "esteemed above all other spices, and was held to be the prince of herbal medicaments. Taken in potions it purified the blood and drove blotches and pimples from the skin. Singularly beneficial in all the ailments to which women are specially liable, it was in high request with the fair sex. Even in liniments saffron would dissipate tumours; taken in strong drink after an accident it helped the sufferers' fractured bones to re-unite. These old cooks of England were squanderers of the aromatic pigment; their delight in its colour was a passion, almost a mad-

ness ; broths, thick soups, hashes, stews, bread, pastry, fruit mashes, mortrews, standing brewets, and puddings were all "yellowed" up to lemon tint, or orange tint, with the favourite dye ; which was moreover prized as much for its remedial excellence as admired for its colouring powers." Gerard gravely advises his readers that in seasons of pestilence they should arm themselves against the plague by taking the extremely small dose of the twentieth of a grain of saffron every morning before breaking their fast.

For nettlerash, the common Rabbit, which is known to incite this skin trouble when eaten to excess, may be well considered remedial if partaken of in moderation, and at intervals only. As a wholesome animal it has long been esteemed by the Spaniards, being found engraved in effigy on their coins and medals. Likewise among the modern Romans it is a favourite dish, forming with them a *pièce de resistance*, when either spitted or stewed. On old Spanish playing cards the clubs were rabbits.

George Borrow (*Bible in Spain*, 1842) found that in Galicia rabbits were a standard article of food, being produced in abundance on the moors around. "We had one fried, the gravy of which was delicious, and afterwards a roasted one which was brought up on a dish entire. The hostess, having first washed her hands, proceeded to tear the animal to pieces ; having accomplished which, she poured over the fragments a sweet sauce. I ate heartily of both dishes, particularly of the last, owing perhaps to the novel and curious manner in which it was served up."

In Nottinghamshire, says Dr. Belcher, poor patients tell of drinking their own "netting" (the local name for urine) to cure nettlerash ; which is a curious coincidence,

seeing that this word "netting" and "nettle" are alike derived from the Anglo-Saxon "*netels*" (a nettle).

Again, nettlerash will follow a surfeit of honey, and can be cured by drinking "hum," a home-made brew from the refuse honeycomb (including unborn and dead bees) after taking the hives in summer time.

In skin affections of an eruptive sort, with watery pimples, or blebs, the diet should be ample and nourishing, but not of a stimulating nature. Alcohol is certainly injurious for most of such cases, tending to increase heat and itching of the skin; but the moderate use of tobacco appears, on the other hand, to be often distinctly useful. Milk is of admirable use as a food, and, if well borne, should be taken freely during the day.

For scaly skin eruptions the Watercress is to be esteemed, whether eaten, or applied externally by its juices mixed with honey. "*Et squamas succus sanat cum melle perunctus.*" Also the tender stalks of the Common Burdock (*Arctium lappa*), if eaten when boiled, are very beneficial; and a tincture may be made from the bruised seeds with spirit of wine, is to be taken curatively for inveterate psoriasis. Similarly, if crushed dock seeds (*Lappa major*) are steeped in whisky, and a teaspoonful of the medicated spirit is given with a little water three times daily throughout eight or ten weeks, this same obstinate bran-like eruption may be cured.

Viper broths are commonly prescribed for cutaneous affections by French and Italian physicians. Quite recently in the French tariff vipers were subject to the duty of four shillings per pound weight. In Italy a stew or jelly of vipers is regarded as a luxury.

Leprosy, a virulent, disfiguring skin disease, which banishes its victims from all communion with their fellow creatures, used to develop itself without pain, and

beginning at the nostrils. It was known long ago to Pliny, who wrote: "*Ægroto peculiare hoc malum est quum in Reges incidisset, populis funebre; quippe in balneis solia sanguine temperabant ad medicandum eam.*" It was a familiar disease in Egypt, and, as Galen likewise states, was alleviated for monarchs by human blood. Elephantiasis of the limbs eventually comes on. Leprosy is still common in Syria, but some consider the Bible variety a distinct and peculiar disease, infecting alike the body, garments and houses; such a virulent malady being not only unknown at the present day, but even almost unintelligible. Three diseases are mentioned in *Leviticus*, chap. xiii, as leprosy of the body: *Berat-boak*, which did not render the person unclean; *Broat lebena*, or bright white berat; and *Berat cecha*, dusky berat, spreading in the skin. Of these only the second and third kinds were "*tsorat*," venomous, malignant, and contagious.

For eczema, which is a troublesome, eruptive disorder of the skin, sometimes with dry, sore, inflamed excoriations, and sometimes weeping copiously, Dr. Cheadle advocates in children the substitution of raw meat-juice, and cream, dietetically instead of milk, and starchy foods. Total abstinence from alcohol should be enjoined as a rule in all such skin disorders; but it will often serve a useful purpose to take a dessertspoonful of pure Lavender water two or three times a day. Vegetable food should be eaten freely, especially succulent, and uncooked, if sound, fresh and clean. Buttermilk is a useful external application.

For body lice, which do not always depend upon dirt, but sometimes on a scrofulous habit, soak a large piece of rag in gin, and well wash the head, or other infested parts therewith; the gin kills the parasites.

Moles (Anglo-Saxon, *Mal*) are certain permanent outgrowths from the skin, congenital, and often termed "mothers' marks," being either hairy, or of dark pigmentary colour. If a strong solution of caustic potash (*Potassa fusa*), two parts of this to one of water, be carefully applied, the marks will become converted within the course of a few minutes into a transparent gelatinous mass which dries up into a black scab; and (says Erasmus Wilson) they seldom reappear when removed in this manner. Protection of the skin immediately around the mole must be guardedly secured at the time.

The Mercian Maidens of the Wye Valley, and Ludlow, have specially brilliant transparent complexions because of the dietary of these districts, whereof the sole beverage is a natural cider, which tends to keep the blood pure. The famous Nell Gwynn, Herefordshire born, owed her fascinations chiefly to a faultless complexion, and a bright, laughing face. "Three apples a day," says an old proverb, "keep the doctor away."

External stimulation of the skin by friction to increase activity of circulation therein was formerly much in vogue. Francis Fuller (*Medicina Gymnastica*, 1730) told very accurately of the flesh-brush as used for such friction, "this being of great use to preserve health." "It is very strange that such exercise of chafing the skin, which was in almost universal request among the Antients, and which they put in practice nearly every day, should be so totally neglected and slighted by us, especially when we consider that their experience agrees so exactly with our modern discoveries in the economy of nature."

For freckles, Cinnamon, finely powdered, and mixed with honey, if applied night and morning as an unguent, will remove these and other cutaneous blemishes from

the face. Pease-broth as occasional food is of use for a like purpose. Young persons who are troubled with blackheads about the face, as manhood, or womanhood approaches, should abstain from eating beef.

Among *Herbal Simples* efficacious in the treatment of certain skin affections, Spinach, and Walnut leaves have been previously noticed explicitly. Also, as an animal Simple, frog-spawn formerly possessed a similar reputation. In Goethe's *Faust* Mephistopheles gives to a blonde beauty as a cure for her complexion the following counsel:—

“Tis pity,—shining, fair, yet smitten,
Spotted, when May comes, like a panther kitten:
Take frog spawn, tongues of toads, which contribute;
Under the full moon deftly destillate,
And when it wanes, apply the mixture:
Next spring the spots will be no more a fixture.”

SLEEP.

CERTAIN cases of sleeplessness can be clearly attributed to injudicious food habits. The consumption of stimulating meats and drinks at night, including tea or coffee, together with tobacco for certain persons, will sometimes effectually prevent sleep by the circulatory disturbances produced; likewise taking a full meal late in the day, especially if by a subject prone to indigestion. Flatulent distension of the stomach, the occurrence of acid fermentation therein, the inflation of the bowels with gases, and their upward pressure on the heart, will excite palpitation, and will prevent sleep. This may be somewhat modified by drinking a tumblerful of quite hot water at bedtime (with perhaps a couple of carbonate of soda lozenges to be sucked). On the other hand, it is a mistake to suppose that a stomach altogether empty at night conduces to ready sleep; indeed, such a condition is frequently the cause of wakefulness. “There was a

wife who kept her supper for her breakfast, and she was dead ere day."

A certain sense of being sufficiently fed, and of the bodily wants being satisfied, helps materially to repose; this is strikingly shown in the tendency manifested by nearly all animals to fall asleep after a full meal. The chief volume of blood becomes collected about the stomach, leaving the brain comparatively bloodless, and therefore disposed towards sleep. Many persons who retire to bed late of necessity, but who dine early in the evening, or eat only sparingly at their dinner towards night, find that they sleep much better if they take a breakfastcupful of plain, clear soup with a slice of dry toast at bedtime, or the same quantity of milk arrowroot. Nevertheless, the maxim of the Salernitan School about these matters embodies a memorable truth:—

"Ex magnâ cœnâ stomacho fit maxima poena:
Ut sis nocte levis sit tibi cœna brevis."

"An egg and to bed" is a capital adage. "I should be very glad," said Florence Nightingale (*Notes on Nursing*), "if any of those who disallow tea would point out what to give to an English patient after a sleepless night instead of tea. If you supply this at five or six o'clock in the morning the patient may even sometimes fall presently asleep, and thus get perhaps the only two or three hours' repose obtainable during the twenty-four. At the same time you never should give tea or coffee to the sick as a rule after five o'clock in the afternoon. Sleeplessness in the early night is generally from excitement, and is increased by such nervine stimulants as tea and coffee, whereas sleeplessness which continues to the early morning is often from exhaustion, and is relieved by tea." If tea, particularly of the Ceylon growth, is drunk at an evening meal whereat meat is eaten the

fibre of such meat becomes converted into a kind of leather by the tannin of the leaves dissolved in the tea. "A certain number of tea dinners," it has been well said, "would make a man into a Plymouth brother."

"Alcohol," writes Dr. Yeo, "has a well-known power of inducing sleep; and this might be considered one of the best narcotics if there were no danger of fostering the habit of nightly alcoholic indulgence. But except in large quantities it has but little influence over obstinate cases. However, in slighter instances, a glass of stout at bedtime, or an ounce or two of sound whisky with water, will frequently invoke sleep. In other cases a wine-glassful of hop tea, or a small allowance of orange-flower water will answer the purpose. When giving alcohol for the promotion of sleep it is often advisable that this shall be taken half an hour, or an hour before bedtime so as to allow the preliminary excitement of its action to pass away. But if the sleeplessness has become confirmed, alcohol at night makes a complication rather than a help; its sedative effect quickly wears away by repetition, whilst a harmful craving is set up for the immediate stimulating effects."

It was of old a habit, says Dr. Parkes, with the men of some West Indian regiments to take at night just before turning in what was called a "mosquito-dram," which served to deaden the pain and annoyance produced by the swarms of mosquitoes.

"Suddenly disposed to sleep," wrote Charles Lamb, on a certain hot Saturday at noon, "having taken a quart of pease, with bacon, and stout. Will not refuse nature who has done such things for me! Nurse! don't call me unless Mr. Manning comes! What? the gentleman in spectacles? Yes." (*Dormit.*)

Early rising, however, on the next morning, was with

the convivial Elia an acknowledged difficulty. "*Facilis descensus Averni*," "facil and sweet," as Virgil sings, is the "descending" of the overnight; balmy the first sinking of the head upon the pillow; but to get up in the morning, "*revocare gradus, superasque evadere ad auras*," "there comes the *labour*, there the *work*!"

Essential conditions for pleasant, refreshing slumber are those which Sir Philip Sidney has happily defined in *Arcadia* (1565).

"Sweet pillows, sweetest bed;
A chamber deaf to noise, and blind to light;
A rosy garland, and a weary head."

Nevertheless, for the tired body outdoor air is chiefly conducive to sound repose, as even nursery tradition has taught from the time of *Little Boy Blue*.

"But where is the small boy tending his sheep?
He's under the haycock fast asleep."

"Pro pudor! hic modus est quo, pastor, ovilia curas,
Sub fœno domitus membra sopore gravi?"

Favourable conditions for sound sleep at night are a well ventilated bedroom, with the head of the bed placed due north, a glass of cold water sipped before retiring, or perhaps of hot milk (containing lactic acid as its hypnotic constituent), and not to wear flannel at night; likewise, if waking too early, to drink again a glass of cold water will often help to reproduce sleep. If for a person of poor circulation, give a glass of hot eau sucrée flavoured with nutmeg, or a cup of ginger tea, towards bedtime. "Who goes supperless to bed," says the Italian adage, "all night tumbles and tosses." "*Chi va a letto senza cena tutta notte si dimena*," or "*Chi ben cena ben dorma*."

"Charles Dickens," writes Mrs. Lynn Linton in *My Literary Life* (1899), "did not stay even one night in an hotel without turning his bed, I think, north and

south ; he maintained that he could not sleep with it in any other position, and he backed up his objections by arguments about the earth currents, and positive or negative electricity. Nervous and arbitrary, he was of the kind to whom whims are laws. Having once got the idea into his mind, it is very sure that he could not have slept with his head to the east, and his feet to the west, or in any other direction than the one he had decided on as the best." Another plan practised by Dickens, and which is worth imitating, was to rise when unable to sleep any longer, and to stand at his bedside until he felt chilly, thereupon shaking up, and cooling his pillows and bedclothes, and then returning into bed.

Some sensitive persons remove the castors from the legs of the bed, and substitute pieces of plate-glass so as to intercept telluric currents from passing upwards into the bed frame ; whilst others rely on a copper wire depending from the body to the floor.

Thomas Hood (1844) submitted to mesmerism for gaining better sleep ; and he thus describes (in *Magnetic Musings*) what he then felt from the mesmeric passes :—

“ Passing my brow, and passing my eyes,
 And passing lower with devious range,
 Passing my chest,
 And passing the rest,
 I feel a something passing strange.
 Over my soul there seems to pass,
 A middle state of life, or death :
 And I almost seem to feel, alas !
 That I am drawing my passing breath.”

Coleridge is known to have written *Kabla Khan* as dreamt during a sleep, obviously magnetic. It is said of Dryden, and in later times of Fuseli, that they ate raw meat at night, for the sake of obtaining splendid dreams. For securing sleep an evening walk so as to cause helpful bodily fatigue is often beneficial. Monotonous sounds, as

of falling water, or of someone reading in quiet tones, or the use of gentle bodily friction, will invite sleep. The Christian Poet Keble has written sweetly, apropos of slumber, concerning the lily of the field :—

“ Alas ! of thousand bosoms kind
 That daily court you, and caress,
 How few the happy secret find
 Of your calm loveliness !
 Live for to-day : to-morrow's light
 To-morrow's cares will bring to sight,
 Go ! sleep ! like closing flowers at night,
 And heaven thy morn will bless.”

“ The sleep of a labouring man is sweet whether he eat little or much, but the abundance of the rich will not suffer him to sleep ” (*Eccles.* v. 12). “ Of a sleepy-headed dullard,” says a local proverb, “ you'd do well in lubberland, where they have half a crown a day for sleeping.” “ As a supplement to your nightcap, a pint of ale, add a tablespoonful of brandy and a teaspoonful of brown sugar, with a little grated nutmeg, or ginger, and a roll of very thin cut lemon-peel ; if the materials are good this will be found one of the pleasantest drinks ever put to the lips ; and, as Lord Ruthven says, the same is a right gossip's cup that far exceeds all the ale that ever Mother Bunch made in her lifetime.”

Dr. G. Keith, in *Fads of an old Physician*, recommends Liquorice for sleeplessness connected with a disturbed stomach, or for acrid matters present therein. This substance serves to lessen the sensibility of nerves in the mouth, throat, and digestive organs ; it acts in some peculiar way of its own, and certainly mitigates dyspeptic irritation ; often subduing in a remarkable manner the pains and discomforts, bodily and mental, which arise from gastric trouble, such as stomach-ache, headache, sleeplessness, lowness of spirits, and general depression. “ I have known relief got from liquorice in

a very large number of cases both of dyspepsia and of sleeplessness." Furthermore, it has antiseptic powers, and prevents putrid fermentations in the bowels; on which account it is used for preserving such articles of commerce as fluid extract of coffee, sarsaparilla, etc. In gouty faultiness of digestion a small piece of liquorice may be usefully sucked before each principal meal; that of Solazzi brand is the best, or good Pontefract cakes. One of the firm at the Pontefract liquorice-works praises this extractive remedy as relied upon there for allaying the sickness of pregnant women, and tells of personally experiencing its efficacy against stomachic nervous sleeplessness. Good old-fashioned "licorice lozenges," which gained a reputation long ago for their excellence, may still be obtained from any leading druggist: a couple to be sucked at bedtime.

Confirmed tobacco smokers, who are averse to breakfast before having a smoke, can always be relieved by sucking a bit of liquorice on first rising.

"But first he cheweth greyn, and lycorys,
To smellen sweete."—CHAUCER (*Miller's Tale*).

Dr. Venner, formerly of Bath, tendered to the Universities the information that green Ginger is good for the memory, and a conserve of Roses is a capital posset against bedtime; also a conserve of Rosemary and Sage, if used often by students, especially on mornings fasting, doth greatly delight the brain.

The Anglo-Saxons called the Lettuce "sleepwort," and nowadays we find—

"The tender lettuce brings on softest sleep:
Whilst onions make e'en heirs, and widows weep."

But it must be the crisp, succulent lettuce of the garden, not the tough, stringy growth of the field; between the two is the difference of silk from cotton.

The Gargantua of Rabelais ate in his salad lettuces as big as walnut trees, in which were lurking six pilgrims from Sebastian (1583). Columella wrote :—

“ And now let lettuce with its healthful sleep
Make haste, which of a tedious long disease
The painful loathings cures.”

In *The Chemistry of Common Life* it is told that “ if the stem of the garden lettuce when it is coming into flower, be wounded with a knife, a milky juice exudes. In the open air this juice gradually assumes a brown colour, and dries into a friable mass, the smell of which is strongly narcotic, recalling that of opium. It has a slightly pungent taste, and leaves a somewhat bitter flavour in the mouth ; like opium, it acts on the brain, and will induce sleep ; to this crude extract the name “ lactucarium ” has been given (*see also* page 454), and it is a narcotic in which most of us at times unconsciously indulge. The eater of green lettuce as a salad takes some of this same in the leaves he swallows ; and on reflection, now this is pointed out to him, will very likely discover that his, or her head is not altogether unaffected after indulging freely in a lettuce salad. Eaten at night, the lettuce induces sleep ; eaten during the day, it soothes, and calms, and allays tendencies to nervous irritability. And yet the lover of lettuce would probably take it much amiss if he were told that he has eaten his green leaves, partly at least, for the same reason as that for which the Turk or the Chinaman takes his whiff from the tiny opium pipe ; that, in short, he was little better than an opium eater, and his purveyor than the opium smugglers on the Coast of China.” Further, the lettuce will provoke appetite.

“ Claudere quæ cœnas lactuca solebat avorum
Dic mihi, cur nostras incipit illa dapes? ”

“By an odd Eastern use, during consecration, the basin then being brought up to the Bishop, he often dipped a large lettuce into it, and several times sprinkled all the people.” Boiled lettuce makes a palatable, light supper dish which tends to promote healthy sleep. Boil firm, young lettuces, with a delicate white heart (when washed and picked) quickly for twenty minutes, or until tender, having the lid off the saucepan; then chop up the strained leaves on a board, and return them into the saucepan with a small piece of butter, some pepper and salt to taste; heat them up again, and serve.

John Milton's supper consisted simply of bread, water, olives, and a pipe of tobacco; but his blindness probably interfered with the active muscular discipline by which he had hitherto kept himself in health, since he became a martyr to gout towards the end of his life.

Nettle soup was an Elizabethan medicament highly commended by the former doctors for “procuring sleep, helping coughs, and assuaging the gout”; likewise Nutmeg tea, by pouring boiling water on from ten to fifteen grains of nutmeg, and drinking the clear infusion. One or two of the preserved nuts (see page 34) taken at supper are gently soporific.

Oats made into a tincture have been previously noticed as of service for promoting nervous repose. This is also especially helpful against the restlessness of extreme fatigue, by taking from ten to fifteen drops of oat tincture (“*Avena sativa*,” best made by American druggists) twice a day in cold water, and again at bedtime in hot water.

Beans and Peas, even when growing in the field, have a somniferous effect, “He is going into the peas field” being a saying which signifies he is falling asleep. “Three blue beans in a blue bladder” was a quaint old proverb.

Hops and the hop-pillow for inducing sleep, and subduing nervous restlessness, have been sufficiently commended among *Herbal Simples*. In Latin the names for this plant are *Humulus lupulus*; it is pretended that *lupus* (the wolf) hides himself under the cover of hop branches, and these being weak usually bend downwards, as it were, by way of humility, which is the cause of the hop plant being also called "*humulus*." A glass of sound bitter ale (with hops) at bedtime is capital, for one who is neither gouty, nor dyspeptic, towards securing sound sleep.

“ Al(e)um, si sit stal(e)um, non est malum :
Beerum, si sit cleerum, est sincerum.”

For a hop-pillow, choose two pounds of fresh hops, pick them to pieces, taking out the stalks, and all hard particles; put the soft petals of the flowers into a calico case. When required for use make this pillow quite hot in the oven or before the fire; slip it into a linen pillow-case, and place it under the head of the wakeful patient.

Other soporiferous substances may be employed likewise in a pillow, such as fir tops, terebinthinate balsams, and fragrant herbs. Also Bacon wrote long ago: “It is received and confirmed by daily experience that the soles of the feet have great affinity with the head, and somniferous medicines applied unto them provoke sleep.”

Onion soup (except when the invalid is hot and feverish, with a quick pulse and a dry skin) is good for promoting sleep; or a boiled Spanish onion with a squeeze of lemon juice at supper. “If thou hast not a capon, feed on an onion.” Small spring onions for a like purpose are commended among *Herbal Simples*; also the more elegant and fragrant Cowslip wine. In

Cambridgeshire the village children go about selling this homely brew, singing on their way :—

“ Here’s your peigle wine,
Very good, and very fine.”

In *Fare and Physic of a Past Century* it is told : “ As a most useful sedative for body and mind, often better than henbane or opium, take of spider’s web, rolled into pills, from ten to twenty grains at bedtime ; this has afforded sleep when the patient could not otherwise even lie down.”

A sufficiency of bed clothing at night to ensure bodily warmth is essential for sound sleep. “ To seek a refuge from cold in bed, and then because of the thin gauzy texture of the miserable worn-out blankets ‘not to sleep a wink!’ what a terrific enemy was *that* for wretched old grandmothers to face in fight ! ” as Wordsworth records about poor aged women in Dorsetshire, where coals, from local causes were then at the very dearest.

“ Peter (*The Farringdons*, 1900) is such a feeble creature, never doing the right thing, and when he does, doing it at the wrong time. Only the other day he was travelling by rail, and what must he do but get an attack of the toothache ; these helpless sort of folks are always having the toothache, if you notice. Peter’s toothache was so bad that he must needs take a dose of some sleeping stuff, or other (I forgets the name), and fell so sound asleep that he never woke at the Station, but was put away with the carriage into a siding. Fast asleep he was, with his handkerchief over his face to keep the sun off, and never heard the train shunted nor nothing ! Well, to be sure ! Them sleeping draughts are wonderful soothing things I’ve heerd tell, but I never took one on ’em. ‘The Lord giveth His beloved sleep ; and ’is

givings are enough for them as is in health, but them as is in pain wants something a bit stronger perhaps.' ”

But after all said and done, an easy mind, an unoccupied brain, and limbs not over tired, when combined with light food, well digested, are the best securities for sound, healthy sleep. Such rest is essential for prolonging life :—

“ Quod caret alternâ requie, durable non est.”

“ What thing wants rest thou may'st be sure,
Long time on earth cannot endure.”

“ Sleep,” says Horace, “ is denied to the vicious person, despite all soporific means for wooing it ” :—

“ Districtus ensis cui super impiâ
Cervice pendit: non Siculæ dapes
Dulcem elaborabunt saporem:
Non avium, citharæque cantus
Somnum reducent; somnus agrestium
Lenis virorum, non humiles domos
Fastidit, umbrosam que ripam.”

Libr. iii, vol. 1.

“ No dainties please his pall'd desire;
Nor chant of birds, nor vocal lyre,
To him can sleep restore:
Heart-soothing sleep, which not disdains
The rustic cot, and humble swains,
And shady river's shore.”

Of the nightingale, thrush, blackbird and other sweet songsters which charm the ear by day, and lull to soft sleep at night, good old Izaak Walton exclaimed: “ Lord, what music hast Thou provided for the Saints in Heaven when Thou affordest bad men such music on earth ? ” Dr. Armstrong, in his *Art of preserving Health* attributed much common curative virtue (exemplified in his own person) to “ the one power of physic, melody and song.”

Wise men take care to keep themselves provided with a small shelf of bedside books, and convenient means

ready to hand for lighting up. "Montaigne and Howell's letters," said Thackeray, "are my bedside books; if I wake at night I have one or other of them to prattle me to sleep again."

SMALL-POX.

IN this eruptive disease bacon fat smeared over the face will allay itching and prevent pitting. The diet, except during the first feverish stage, may be raw eggs mixed in cold milk, plain beef tea, fresh, succulent, ripe fruits, grapes and roasted apples. Cold water, which has been boiled and filtered, may be drunk freely. "The fat of an eel is looked upon to be good to take away the sign of the small-pox in the face, to cure the piles, and to make the hair grow; it is also put into your ears to help your hearing."

SORES, *see also* ULCERS, *and* WOUNDS.

FOR indolent sores, and those of a scrofulous nature, a weak infusion of cayenne pepper with boiling water makes, when cool, a stimulating and healing outward application, either as a wash or applied on folded lint. Likewise for such sores, as well as for others of a specific (venereal) character, a strong decoction of walnut leaves should be used frequently as a lotion. In this country we may employ leaves of the Spanish walnut for such purposes, but in America a particular reputation for curing obstinate sores is accorded to the Black walnut, and its leaves. Beverley, in his *History of Virginia*, says with reference to this North American tree, the Black walnut, "its nuts are as big again as any I ever saw in England, but they are very rank and oily, having a thick, hard, foul shell, and they come not clear of the

husk as the walnut in France doth." Whilst employing walnut leaf decoction, of double, or treble strength as a lotion, some weaker tea made also from the leaves should be taken medicinally, a wineglassful twice or three times in the day. Druggists prepare an extract from the fresh leaves which can be conveniently kept in hand for ready use, four grains of the same being taken as a pill each night and each morning until the sores are healed. Again, for foul and indolent sores, powdered Turkey rhubarb, or dried, and powdered root of our garden rhubarb, if sprinkled on at each time of dressing the sore, will be of great assistance in stimulating healthy action. "The patient that doth determine to receive a little Rheubarb suffereth the bitterness for the profite it does him against his fever." Sydney Smith on a certain occasion at dinner, when helped to some tart by a young lady sitting next him, asked "What's this?" She told him "Rhubarb," and on her passing the white powdered sugar he added, "and this is the Magnesia, I suppose!"

For bed-sores the hardening action of spirit of wine (which when applied externally coagulates the albumen of the skin) may be called into play to prevent the occurrence of open sores, as also against chilblains to keep them from breaking; (and for restoring integrity of circulation to the chilblained parts, a small footbath—one third part of methylated spirit and two-thirds lukewarm or cold water—is found to prove very serviceable.) Poultices are only to be used whilst any part is actively inflamed, hot, swollen and painful; under other conditions they weaken and enfeeble sores, ulcers, and wounds, delaying and hindering the cure. For a linseed poultice the bruised seeds, if fresh, are preferable to the meal; or the flax seeds (*Linum usitatissimum*), first ground and deprived of their oil by expression, then formed into

cakes and powdered for a poultice, are to be employed. Some of the meal should be made hot in a bowl previously warmed before the fire or in a slow oven, then boiling water should be poured on and gradually stirred in, still before the fire, until the mixture is thoroughly blended, and of a proper consistence. As such a poultice tends to sodden the sound skin adjacent to a sore or wound, causing it to become glutinous and wrinkled, whilst sometimes exciting an unhealthy, mattery eruption, such parts should be first smeared over with sweet oil, or glycerine; else fresh lard, or olive oil should be mixed with the meal of which the poultice is made. This, when commingled and still kept hot, should be spread quickly and smoothly with the back of a spoon, leaving a margin all round; then turn the edges of the linen, or paper, neatly over and interpose a piece of thin wetted muslin before applying it; put it on as hot as possible, and cover it over with a layer of absorbent wool so as to retain the heat. If the poultice has to be brought from another room, place it first between two hot plates to prevent its cooling. A good sedative poultice can be made by boiling a sliced lettuce, including the stalk, in a little water and then using this water for preparing the linseed poultice. A bread poultice does not retain its heat as long as a linseed poultice, but it is more soothing and cleansing. For a bread poultice, heat a basin thoroughly by pouring boiling water into it before the fire; empty it out and put in some broken crumb of bread; pour boiling water over this, cover it, and let it stand for two minutes, then pour off quickly the superfluous water without any close squeezing of the bread crumb, and spread it expeditiously on a piece of muslin or fine linen; apply it as hot as possible without anything between it and the inflamed or painful part. A

piece of thin waterproof tissue should be placed over the poultice so as to keep in the moisture.

SPINAL AFFECTIONS.

FOR an irritable Spine, with distal disturbances of various bodily functions which are commanded by nerves from the spinal cord, the application externally of white wine vinegar will often prove remarkably beneficial. Friction therewith will probably reveal over-sensitiveness in one part of the spine; whilst pallor, remaining in the skin though stimulated by the vinegar, will express faulty energy in another part of the spinal column. It is contended by the advocates of this Acetopathy, or treatment by somewhat strong acetic acid applied over the spine with rubbing, that an impure gaseous vapour is expelled from the seat of morbid trouble through the chemical action of the acid, and that curative relief is thus acquired. In chronic spinal ailments, besides this gas, and a determination of blood to the surface, there is often produced an eruption of pimples, with matter discharged thereby, over the skin of the faulty part. The acetic acid is to be applied with a sponge after the manner which has been already explained: (see "Nervous Debility," page 447).

Nearly all the nations of old were acquainted with the use of vinegar. We learn (in the book of *Ruth*) that reapers in the East soaked their bread in this product of fermentation to refresh it; mixed with water it was also the drink of the Roman soldiers, being thought digestive, antiscorbutic, and of service against biliary derangements, as well as a cooling beverage. Through its use the veterans of the Roman army braved the inclemencies of different seasons and climates. The Spanish peasantry still follow a

similar practice, and add to a gallon of water a gill of white vinegar with a little salt. This drink, together with a small allowance of bread, enables them to sustain the labours of the field under the heat of their burning sun.

Another method of treatment for the like remedial ends is that of spinal inunction with soft soap, as described (page 364) for glandular enlargements in other parts of the body. And again, any tenderness and enduring pain within the spine may be generally relieved by friction with essence of Peppermint freely over the whole column, or more restrictedly over the region particularly affected, by means of a small sponge. A menthol (peppermint) crystal cone, as got from the druggist, can be conveniently substituted for this purpose of application.

The potential virtues of dietetic marrow from the ox, or the sheep, for strengthening the weakly human spine have been duly set forth among *Animal Simples*. This both serves as a food of special force under the conditions which exist, and further acts beneficially on the principle of a kindred animal extract.

SPLEEN, *see* LIVER, and BILIOUS DISORDERS.

SPRAINS, and STRAINS.

For sprains, bruise thoroughly a handful of fresh Sage leaves, and boil them in a gill of vinegar for ten minutes, or until reduced to one half; apply the same in a folded rag to the part affected, securing it lightly with a bandage. For strained and swollen joints, muscles, or tendons, (likewise in cases of congestive headache, with heat of head), very considerable relief may be obtained by the external use of whisky, or gin, or spirit of wine, with

cold water, or vinegar, as an evaporating lotion. Sometimes when quick evaporation is desired for increased coolness the spirit may be employed alone. Likewise, from saltpetre two parts, with vinegar six parts, and some spirit ten parts, can be made a valuable evaporating lotion; this may be perfumed with Eau de Cologne if desired. The alcohol is further helpful by its antiseptic properties.

In Deborah Bunting's *Book of Receipts* (1761) is given as admirable for bruises, sprains and strains: "Mix one ox-gall with a pint of (camphorated) spirit, and keep the mixture in a stone bottle for use, of a size to hold three pints; shake it well and cork it close; it will keep for seven years, and is of most excellent virtue for outward application." Goose-grease enjoys a rustic reputation, which is widespread, for the same purpose.

STINGS.

A FRESH slice of an onion applied promptly to any part stung by a bee, or wasp, and being presently changed, gives immediate, and often permanent relief. "Look not thou upon the wine when it is red" saith Solomon, the wisest of men, "at the last it stingeth like an adder."

STOMACH AFFECTIONS.

IN catarrh of the stomach and bowels, with relaxed mucous stools, loss of appetite, and lassitude, after exposure to damp or cold, restriction to an exclusively milk diet has been strongly advocated, which allows the stomach a considerable measure of repose. Thereby the acidity and acridity of the secretions within the stomach are lessened; towards which end soda water also may be used to dilute the milk. Likewise buttermilk is commended by German doctors, in which the curd

has become finely divided, so that this nutriment is easier of assimilation than new milk. About three fluid ounces of milk with the same quantity of soda water should be taken at a time, or half a tumbler of butter-milk. When more concentrated food seems desirable, a raw egg partly beaten up, and swallowed whole, will soothe and at the same time give support. Four eggs supplied in this way within the twenty-four hours will of themselves be adequate sustenance. Again, if pain accompanies catarrh of the stomach, Hop tea will serve to allay this; or Koumiss, as obtainable from any leading Dairy Company, will relieve thirst, and feverishness. In languid persons of feeble digestion it will be of benefit to stimulate the stomach by giving light broth freely sprinkled with cayenne pepper, or a tea made by pouring boiling water on sufficient cayenne, and drinking half a tumblerful of this whilst quite hot. *See also* "Catarrh (of Stomach)."

When ulceration of the stomach is denoted by pain, vomitings of blood, and inability to retain, or digest the food, it will be necessary to give absolute rest to the stomach, and to support life by injecting nutriment into the lowest bowel through the fundament. Some doctors advocate pre-digestion of such food artificially beforehand, but others now regard this as unnecessary. Two or three eggs may be beaten up with a tablespoonful of cold water; then boil a small teaspoonful of the best flour with a teaspoonful of sugar of milk, and a wineglassful of red wine, and stir the eggs slowly into this mixture, which may be used when cool, for the purpose indicated.

The lighter kinds of white fish are appropriate food for a disordered or catarrhal stomach, when convalescence begins. "But," says Dr. Graham (*Domestic Medicine*,

1830), "it seems questionable whether fish ought to be allowed to febrile patients, or to those who are recovering from acute diseases. Cod fish is less easily digested than other fish of white fibre, being often woolly and tough. Because it affords so little support oysters are given therewith, in sauce, for ordinary eating. Fish and milk should never be taken at the same meal, this being a particularly indigestible combination.

Respecting the Oyster, said Professor Huxley, in a light mood: "I suppose that when the sapid, and slippery morsel,—which is, and is gone, like a flash of gustatory summer lightning!—glides along the palate, few persons imagine that they are swallowing a piece of machinery, and going machinery too, greatly more complicated than a watch; in fact, a living organism of a high order."

SWEATS, and NIGHT SWEATING.

AGAINST excessive sweating, the garden Sage (*Salvia officinalis*), holds a high place among domestic remedies. Steep forty-five grains of dried Sage leaves in half a pint of water for six hours, then strain the infusion, and let the patient take a teacupful three times in the day. Or a tincture of Sage leaves may be made with spirit, and half a teaspoonful thereof given at noon, and again at night, with two tablespoonfuls of cold water. The profuse sweating of scrofulous, or consumptive patients can be checked by either form of the sage leaves.

"Sage helps the nerves, and by its powerfull might
Palsies, and Feavers sharp it puts to flight."

COLES (*Adam in Eden*), 1657.

An old writer admonishes: "Be sure you wash your Sage for fear the toades, who, as I conceive, come to

it to discharge their poyson, should leave some of their venom on the herb." Again, for night-sweats it is advised to place a vessel containing several gallons of cold spring water under the patient's bed fresh every night ; this will stay the sweating in a few days.

TEETH.

A PITHY northern proverb concerning children who get their teeth too soon, runs thus : " Soon todd, soon with God." Another version of the same is " Quickly toothed, quickly with God;" which seems to indicate that the early breeding of teeth betokens a short life. But we read of some who were born with teeth in their heads, and who yet lived long enough to become famous men; such as, in Roman history, Marcus Curius Dentatus, and C. Papyrius Carbo, (Pliny); and among our English kings, Richard the Third. That " Music helps not the toothache," is a quaint and significant saying.

Sugar of milk, if powdered, and used as a dentifrice, quickly absorbs lime deposits from about the teeth, and clears away their tartar.

Children from the first teething should be brought up on hard crusts as part of their dietary; being further taught to bite certain bones, and otherwise to make active use of their teeth on substances needing to be cut, lacerated, and ground, prior to being swallowed, always taking heed not to crack the enamel of the teeth. In this way the whole set will be developed firmly, evenly, capable of capital work throughout many years, and free from destructive decay. Recent pathology plainly shows that the poisonous juices engendered by microbes which swarm around decayed teeth, and malodorous stumps, are absorbed into the

blood, and act as the real causes of so-called general rheumatic arthritis (limb and joint swelling) in many instances. The dentist's practical aid, and the regular use of antiseptic dentifrices, are the only effective means for a radical cure; (*see also* page 466). Several troublesome affections of the stomach are ascribed of late to those pernicious micro-organisms infesting carious teeth.

Deborah Bunting (1761) has given the following heroic receipt against toothache: "Burn brandy on a pewter plate, keep the opposite nostril stopped, and sniff up the brandy while burning, as hot as you can, frequently."

To Sir Philip Sidney is ascribed the saying that "supposing toothache liable in ever so small a proportion of its cases to a fatal issue, it would be generally ranked as the most dreadful among human maladies."

De Quincey called this affliction "a terrific curse"; "though," said he, "two things blunt the sense of horror which would else connect itself with toothache: First, its enormous diffusion, hardly a house in Europe being clear of it; and a second cause being found in its immunity from danger." "But," tells De Quincey (*Confessions of an English Opium Eater*, 1821), "it was an extremity of pain from rheumatic toothache—this, and nothing else—that first drove me into the use of opium."

De Quincey further relates that he once saw an edition of *Buchan's Domestic Medicine* in the hands of a farmer's wife who was studying it for the benefit of her health, wherein Dr. Buchan was made to caution his readers against taking more than twenty-five "ounces" of laudanum at one dose. The true reading had doubtless been twenty-five *drops*!

When the mortal remains of Williams were being exhumed at Bocca Lericcio, in the Tuscan State, on August

14th, 1822, for cremation, his friend, Lord Byron, who was present, exclaimed, "Hold! let me see the jaw"! He added, as they came to the skull for removal, "I can recognise anyone by the teeth with whom I have talked; I always watch the lips and mouth; they tell what the tongue and eyes try to conceal."

False teeth are known to have been in common use among the Roman ladies during the first century of our era. Several of Martial's epigrams bear reference to this subject. The credit of inventing such artificial teeth is assigned to the Phœnicians, who introduced them into Greece and Etruria.

Elia, in *Praise of Chimney-Sweepers*, has declared about himself: "I am by theory obdurate to the seductiveness of what are called a fine set of teeth! Every pair of rosy lips is a casket presumably holding such jewels, but methinks the fair owners should 'air' them as frugally as possible. The fine lady or fine gentleman who show me their teeth show me bones!"

Swift has told in vigorous verse (*The City Shower*) how damp weather affects the teeth:—

"A coming shower your shooting corns presage;
Old aches will throb; *your hollow tooth will rage!*"

"Sæva dabunt importuni præsagia calli,
Et novus a fractis dentibus angor erit."

THROAT, SORE, and VOICE AFFECTIONS,

(see also **QUINSY**.)

SAINT Blaize is the patron saint of woolcombers, and is supposed to possess and exercise a very potent influence for preventing colds in the throat. His festival in the Romish Church is on February 3rd. At the church of Saint Etheldreda, Ely Place, London, it has been the custom for years to go through the quaint

ceremony of "blessing the throats." Two lighted candles are held crosswise over the throat of each subject, and a short prayer is recited; which proceedings are deemed sufficiently powerful to charm or conjure away any malady from that part of the human frame.

It is now understood that sore throats, with swollen and red tonsils, depend much more frequently on septic causes through defective sanitation, than on cold catching as hitherto almost invariably supposed. Either the drainage about the sufferer is at fault, or contaminated air has been encountered elsewhere, or poisoned water may have been drunk. Under such circumstances a sulphur gargle, if promptly and frequently used, will effectually counteract the septic state of the throat, and reduce the local symptoms, besides having indirectly an antidotal action throughout the body. To make such a gargle, rub up two teaspoonfuls of powdered sulphur smoothly and gradually with glycerine, beginning with very little and slowly bringing the quantity of glycerine to a good tablespoonful, stirring all the while with a porcelain or glass spoon; then gradually add cold water (first boiled and filtered) up to six fluid ounces, and put the mixed gargle, including all the sulphur sediment, into an eight-ounce bottle. Each time before using the gargle shake it well together so that some of the sulphur may be kept suspended. For a putrid sore throat cayenne pepper may be taken internally with benefit. During an epidemic of this dire malady in 1787, with four hundred sufferers, the pepper was found to save some whose condition had been deemed desperate. Two tablespoonfuls of small red capsicums powdered, or three tablespoonfuls of the best cayenne pepper, with two teaspoonfuls of fine salt, were mixed, and beaten into a paste with boiling water,

gradually bringing this to half a pint, and then straining it when cold. An equal quantity of sharp vinegar was next added to the infusion, and one tablespoonful was given every half hour to an adult, or two teaspoonfuls to a child; wine and strengthening nourishment being administered during the intervals. Capsicum has been previously specialised among *Herbal Simples* as having a proved curative affinity for the throat, and the tonsils, when irritated.

Phillips in his *Cultivated Vegetables* (1822), has given as "A famous pepper-pot medicine." Take red bird peppers, dry them well in the sun, then put them into an earthen or stone pot, mixing flour between every stratum of the pods, and put them into an oven after the baking of bread that they may be thoroughly dried; after which they must be well cleansed from the flour, and if any stalks remain adhering to the pods they should be taken off, and the pods are then to be reduced to a fine powder; to every ounce of this add a pound of wheaten flour, and as much leaven as is sufficient for the quantity intended. After being thoroughly mixed the compound should be made into small cakes, and baked in the ordinary way; then cut the cakes into small parts and bake them again, so that they may be as dry and hard as biscuit, keeping the same for use when powdered and sifted. They are prodigiously hot and acrimonious, and by some recommended as a medicine against flatulencies, as well as found to be highly serviceable against raw sore throats. If the ripe pods of capsicum are thrown into the fire they raise strong and noisome vapours which occasion vehement sneezing and coughing, and will often produce vomiting in those near the place or in the room where they are burned." Pepper, or piper, is so named *quod a* "peperos"

coctus, because the spice has been well dried and baked by the sunbeams. An old saying goes : *Cui multum est piperis etiam oleribus immiscat*—"They that have good store of butter may lay it thick on their bread."

"In incipient quinsies," writes Dr. Thornton, "before the swelling has broken, a basin of gruel well-seasoned with cayenne pepper, if taken at bedtime, will often resolve it." To barley water, when used as a gargle, or rose water, or orange flower water, sweetened with some honey, or glycerine, or syrup, if wishing to stimulate and promote secretion from the throat, add capsicum tea ; or, if to check it, add powdered alum, a teaspoonful to the half-pint." Among Herbal Simples which are curative of throat affections have been detailed the blackberry, black currant, horse radish, mulberry, raspberry, strawberry, and walnut.

Horse radish when masticated will frequently afford relief to a sore throat (as well as for hoarseness and toothache). It contains sulphur to the extent of thirty per cent. of its elements, and is one of the most powerful antiscorbutics we have. One drachm by weight of the fresh root scraped down is to be infused in four ounces of hot water in a close vessel for two hours, and made into a syrup with double its weight of sugar ; a teaspoonful of which syrup swallowed leisurely, and perhaps repeated two or three times, is often found very speedily effectual in relieving hoarseness. Radish juice mixed with sugar candy is a popular and useful German remedy for hoarseness and cough. Again, a ptisan of prunes will prove beneficial in most cases of ordinary sore throat from catarrh. Boil half a pound of prunes in a quart of water for three-quarters of an hour, and keep up the quantity of the liquor by adding a little fresh water occasionally. Pour off such liquor,

and when cold it will be ready for use. By frequently sipping this simple beverage in small quantities the irritation of throat and of the vocal organs will be much relieved. If desired, the liquor may be sharpened by adding some fresh lemon juice, to the degree of acidity liked. A syrup of barberries with water makes a good cleansing gargle. These berries are "rapperdandies" in the North, or "rilts." Sage leaves, likewise, answer a similar purpose, if a handful of these is boiled in a pint of water until the liquor is reduced to one half, then strain it and cool, mixing it with half a pint of vinegar, and sweetening the gargle with honey. The wild honey which John the Baptist did eat with locusts, must have been made by wild bees, and therefore probably possessed many salubrious virtues.

Black Currant rob, as a demulcent, with some astringent action, is excellent for sipping and swallowing slowly when the throat is raw and sore. The "rob" is derived from Arabic, *rob Arabum*, "a certain confection which the Arabians call in the plural robab, and which is in Latin, *sapa*, the juice of any herbe or fruit defecate." Robs as now made, are vegetable juices inspissated by evaporating most of the water in a vessel over the fire till they acquire the consistency of syrup, which will prevent their running into fermentation. The fruits are to be squeezed in bags so as to obtain the juices. Sometimes a little sugar is added to make the rob keep better.

The Blackberry, in syrup or jelly, does good to the throat by its astringency. "The bramble," says Culpeper, "is a plant of Venus; if any ask the reason why Venus is so prickly, tell them it is because she is in the house of Mars."

A favourite Anglo-Saxon drink, good for a sore throat,

was "Morat," a compound of ripe Mulberries with honey. Raw Apples were reputed by the School of Salern to cause hoarseness and loss of voice.

"Nux, oleum, frigus capitis, anguillaque potens,
Ac pomum crudum, faciunt hominem fore raucum."

"Nuts, oil, chill to the head, an eel so coarse,
And apple raw, will make a man's throat hoarse."

In the village of Clent, Worcestershire, the parishioners formerly claimed a right of pelting the parson with apples as he went to church on Saint Kenelm's Day, December 13th, 1820. The custom is said to have originated through one of his predecessors having abstracted some apple dumplings at a farm-house when visiting there, and having concealed them in the sleeve of his gown. During service they tumbled out on the head of the astounded clerk, who happened to have some wild crabs in his pocket, with which he returned the fire. "*Crustis ac pomis*,—biscuits and apples,—are suitable provender for courting covetous widows."

On the recuperative principle of cure by animal extracts it may fairly be thought that Larks can exercise a salutary effect for strengthening the voice when its powers of music, and sweet song are at fault. The Lark, *alouette*, makes dainty eating, and has been regarded as a table delicacy from early times; though sentiment rebels against what seems an outrage in this respect. But most of the birds sold as skylarks by the poulterer are field larks, and small wheatears, which come westward during the winter in large flocks. Among *Animal Simples* the Skylark (*Alauda arvensis*) is reputed, if eaten, to help the cholick; also it is commended against epilepsie, to which infirmity the bird is very subject.

Milk suet is very nourishing and efficacious in cases of hoarseness with loss of voice. Put a pint of new milk into a stewpan over a slow fire, and add an ounce of mutton suet cut into shavings, also the rind of a quarter of a lemon, a small stick of cinnamon, and so much good white sugar as will sweeten sufficiently. When the suet is dissolved, and the flavours of cinnamon and lemon are imparted, the liquor is ready. Strain it, and drink it hot. Grated Cross buns kept from Good Friday are confidently infused and drunk in some rural districts as a cure for a sore throat. Furthermore, it will serve as a useful reminder to repeat the advice that for a sore throat occurring with an attack of severe catarrh, ease and subsidence of swelling can often be obtained by applying externally to the front and sides of the throat a plaster of bacon-rind newly boiled, with the fat inside next the skin of the throat, and wearing this for at least six hours

“About Trais (*Elizabeth and her German garden*), a beautiful young woman, she lunched to-day on beer—Schweinekotelleten,—and Cabbage-salad, with Caraway seeds in it; and now through the open window I hear her extemporising touching melodies in her charming cooing voice. She is thin, frail, intelligent, and lovable, all on the above diet. What better proof can be needed to establish the superiority of the Teuton than the fact that after such meals he, or she, can produce such music? Cabbage-salad is a horrid invention, but I don't doubt its utility as a means of encouraging thoughtfulness; nor will I quarrel with it since it results so poetically, any more than I quarrel with the manure that results in roses; and I give it to Trais every day to make her sing. She is the sweetest singer I ever heard.” So likewise as to bacon-fat among the Cornish folk, says

Bill Brest, landlord of the "King's Arms," at Trethosa; "Ere be your 'am rashers and eggs! Haive to 'em now; they rashers ded cum from a pig thirty score wight, the beggest in this parish. Look top the graavy too, they'll make yore uzzle like a trumpet for sweetness."

For the chronic tonsillar enlargements which are common among children of scrofulous or strumous tendencies, hypertrophy of the tonsils being the result, a plentiful diet of plain wholesome nutritious food must be supplied, specially including light fish of white fibre which have been quite recently caught, to be eaten at the seaside if practicable. The tonsils should be painted daily with fresh ox-gall,—as advised among *Animal Simples*; they should certainly not be surgically removed in children under the age of puberty, as frequently after that period they decrease spontaneously; even in adults no such surgical interference should be practised unless the enlarged and thickened tonsils are causing real inconvenience. To swab the hypertrophied tonsils once a day gently with powdered bicarbonate of soda is also effectually curative in many instances.

THRUSH, and SORE MOUTH, or TONGUE.

THIS affection is to be attributed almost invariably to septic causes, and to some toxic impairment of the secretions, whether it occurs (as is commonly the case) in infants, or, later on, in the extremity of some mortal illness. That such are the actual facts has been shown by the signally successful and rapid cure of epidemic thrush among school children through mopping the sore surfaces of mouth, throat, and tonsils with a weak solution of corrosive sublimate, or perchloride of mercury, which is the best and most infallible germicide known. "The effect," says Mr. Rundle, at the Royal Cornwall

Infirmary, "of thus using a solution, one part of the mercury to a thousand parts of water, locally saturating the tonsils therewith, was magical; in a fortnight all the children were completely cured." For obstinate cases of nursing sore mouth, a fluid extract of tomato (the "vegetable mercury" of the Americans) has been found of remarkable service. The tomato contains free sulphur.

Austen, in *Treatise of Fruits* (1665), noted that "the juice of Mulberries is known by experience to be a good remedy for a sore mouth or throat; such of this fruit as are perfectly ripe relax the belly, but the unripe, especially if dried, are said to bind exceedingly, and are therefore given to such as have lasks and fluxes (looseness). Having been originally white, Mulberries are fabled to have become stained with the blood of Pyramus and Thisbe, whose tragic story took its rise from the fruit of such trees at the tomb of Nimis outside the walls of Babylon,

" Ubi dicitur altam
Coctilibus muris cinxisse Semiramis urbem."

where Semiramis is reported to have surrounded the city with brick walls (*Coctilibus muris*); not with "cock-tailed mice," as Mr. Canning facetiously translated the words. It holds good that the older the mulberry tree the better the fruit! Shakespeare makes Volumnia exhort Coriolanus to correct his stout heart

" Now humble as the ripest mulberry,
That will not hold the handling."

French fruit-growers stretch fine nets beneath the branches to break the fall of the mulberries when just ripe to perfection, and for keeping the fragile fruit-envelopes unbroken; or they sow the barren ground beneath the trees with common Cress, which answers the same purpose then as soft turf.

Among animal products Honey has been described as reliably curative of sore mouth and thrush, which affections it will bring about if eaten to excess by persons when in full health. De Quincey talked of "the bee that extracts its materials (for honey) indiscriminately from roses, and from the soot of chimneys." "In the large capacious chimneys of the rustic cottages throughout the Lake District you can see up the entire cavity from the seat which you occupy in the chimney corner. There I used often to hear (though not to see) bees; their murmuring was audible, though their bodily forms were too small to be visible at that altitude. On enquiry I found that soot (chiefly from wood and peats) was useful in some stage of their wax, or honey manufacture."

It is known to comparatively few persons that our common postage stamp owes its adhesiveness to the serum (or liquid part) of horses' blood. "Stamp-licker's tongue" is an ailment of recent appearance, which may be not unreasonably ascribed to this source; since it follows that the film derived from such a quarter may, or even must at times, be charged with microbes of a more or less hurtful character. The danger of stamp licking has been long since recognised by the Postal authorities of this country, who have placed dampers on the counters of the Post Offices to discourage the practice of licking the stamps. The use of a moistened finger, or even to lick the envelope instead of the stamp may be suggested.

In Yorkshire, writes Dr. Craig (Bingley), a common practice obtains of wiping a baby's tongue and lips with its own wet napkin in order to "kill the thrush."

TUMOURS, *see* GLANDULAR SWELLINGS.

ULCERS, *see also* **SORES.**

SUGAR, when mixed with the pulp of a roasted orange, and applied to putrid or ill-disposed ulcers, is found to be a powerful corrective. For allaying the pain of an ulcerated tongue, even when such ulceration is cancerous, fresh lemon-juice has a very remarkable efficacy, as may be learnt among *Herbal Simples*.

URINE, *see also* **KIDNEYS.**

It is an important matter to determine by the acidity or alkalinity of the urine what the state may probably be of the blood, and of the digestive secretions, and what the constitutional bias. An animal diet tends to increase the acidity of the urine, a vegetable diet to render it alkaline. "*Piscia chiaro, et incaca al medico*" says a Spanish proverb—"Keep your water clear, and defy the doctor." On persons liable to acid (uric) gravel, benefit is conferred by a diet in which the animal food is limited (notwithstanding the "Salisbury treatment"), whilst fresh, succulent vegetables, and ripe fruits are freely taken. On the other hand, with the alkaline phosphatic (lime) disposition, the converse principle of dietetic action should be adopted; or it may perhaps be the case that the food is too poor only in saline constituents, thus leading to the precipitation of uric acid, as shown by a reddish brick-dust sediment in the urine when it becomes cool. The comparative frequency of stone among the children of the poorer classes can be thus traced to their food as consisting chiefly of substances deficient in mineral salts; for instance, starchy materials, bread, potatoes, and oatmeal; whereas milk, meat and fish, which enter so much more largely into the dietary of children better situated, contain a greater proportion of mineral salts. The freedom from gravel and stone

which sailors are known to enjoy has been referred to the considerable quantity of salt (mineral) which they consume with their food ; on which principle it will be advantageous to admix common salt with food substances poor in salines, or to replace these defective substances by such other esculents as are rich in salts, to wit, meat, eggs, fish, milk, and fresh vegetables.

“ We should carefully enquire,” teaches Dr. Yeo, “ into the food habits of those persons who suffer from uric deposits, and should limit their use of such animal foods, as butchers’ meat, game, the richer and more oily fish, eggs, cheese, etc., whilst substituting, if really needed for the daily wants of the body, an increase in the farinaceous nourishment, fresh vegetables, salads and fruit.”

Dr. Haig (now a leading authority on gout, rheumatism, and disorders of the digestion which create an excess of uric acid, and of other offending digestive ferments in the blood,) says that vigorous exercise acts like a good dose of an alkali ; “ Moreover, the records,” he states, “ we are now getting from all sides show that the less animal flesh a people take the better do they come out in trials of endurance, those doing best who derive their strength from such foods, animal and vegetable, as are practically free from uric acid, and who do not indulge, he adds, though this seems open to question, in such stimulant poisons (?) as tea, coffee, and other similar alkaloid-containing substances.”

“ Better to hunt on heaths for health unbought
Than fee the Doctor for a nauseous draught :
The wise for cure on exercise depend :
God never made *His* work for man to mend.”

DRYDEN.

A diet of milk, cheese, potatoes, and fruit is that which of all others seems to keep the urine clear and free from deposits of urates, or red sand. Potatoes

contribute a considerable quantity of alkali which serves usefully to keep down the acidity of the urine ; so that a liberal allowance thereof may be of benefit to a person liable to urates becoming deposited in the urine through an excess of acid in the blood. The proportion of potash in the salts of the potato is very large. But some other mineral matters of dietetic importance occur but sparingly in potatoes, and should be supplied by milk, hard water, and other such elements of food.

The most important points to be observed for preventing or remedying gravel, are limitation in the quantity of meat-urates, the avoidance of highly-seasoned, rich, or very sweet dishes, fats, and confectionery, the preference for vegetable rather than animal food, abundant exercise in fresh country air, and abstinence from, or a very sparing use of alcoholic drinks ; likewise of strong tea.

As a medicinal measure the teaspoonful is only an uncertain quantity, seeing that teaspoons vary so much in the size of their bowls. De Quincey relates : " Throughout the eighteenth century, when tea first became known to the working population, the tea-drinkers were almost exclusively women ; men, even in educated classes, very often persisting (down to the French Revolution) in treating such a beverage as an idle and effeminate indulgence. It was this obstinate twist in masculine habits that secretly controlled the manufacture of teaspoons. Up to Waterloo teaspoons were adjusted chiefly to the calibre of female mouths. Since then, vastly to the benefit of the national health, the greater and browner sex have universally fallen into this effeminate habit of tea-drinking ; and the capacity of teaspoons has naturally conformed to the new order of cormorant mouths, which have alighted by myriads upon the tea-trays of these later generations. The ordinary teaspoon of the present

century is nearly as capacious as was the dessertspoon of our ancestors."

Glycerine, which has become a household necessity for modern uses, is an admirable solvent of gravel when found to be habitually deposited in the urine; two or three teaspoonfuls of the glycerine may be taken twice a day mixed with a wineglassful of water, hot or cold, for such a purpose.

A member of the French Academy of Sciences has recently announced his discovery that all calculous formations discovered in the human body contain microbes of a peculiar kind, which, by bringing about chemical decomposition, give rise to the calcareous deposits of gravel and stone. He bases this theory on experiments made by putting some of these microbes into human saliva; and after extending these experiments over five years, he succeeded in producing hundreds of small calculous stones.

Salt is beneficial enough to make raw meat digestible by gouty subjects. Brillat Savarin has shown that when thus seasoned such meat is easy of digestion. He tells of a Croat Captain whom he invited to dinner in 1815 during the occupation of Paris by the allied troops. This officer, being amazed at the preparations made by his host for the meal, said, "When we are campaigning and get hungry, we knock over the first animal we find, cut off a steak, powder it with salt (which we always have in the sabretache), put it under the saddle, gallop over it for half a mile, and then dine like princes." Again, of the huntsmen of Dauphiny, it is told that when they are out shooting in September they take with them pepper and salt. If they kill a very fat bird they pluck and season it, and after carrying it for some time in their caps, eat it; this, they declare, is the best way of serving it up.

A domestic remedy for gravel is to boil a red beet in a quart of water. Eat the beetroot, and drink the decoction in the course of three days, and you'll then have no more gravel. Beet sugar is identical with cane sugar, and a good bread may be made from the root by rasping it down with an equal quantity of flour. Beet is characterised by its large quantity of sugar, mucilage, starch and alkaline salts, especially of soda. To persons of a certain age beetroot may be very indigestible, or rather may not be digestible at all; it is not the sugar pulp, but the fibrous network on which the gastric juice fails to act, and which, therefore, remains undigested. If it be reduced to a purée almost anyone may eat beetroot.

The great use of Coffee in France is supposed to have abated the prevalence of gravel in that country. By French colonists, who make more use of coffee than do English settlers, and among the Turks, who take coffee as their principal beverage, not only the gravel, but even gout, is scarcely known. It has not been determined to which of the constituents of coffee this curative action is due, or whether it is the same in other national bodily constitutions.

Jelly or jam made from the common Bramble berry and taken on bread in the place of butter was highly commended against red gravel by Mr. Pott, a noted surgeon, two centuries ago. But Dr. Rush tells: "Upon my enquiry from Dr. Franklin (at the request of a friend), about a year before he died, whether he had found any relief from the pain of the stone by taking the black-berry jam, of which he consumed large quantities, he told me he certainly had, but he believed the medicinal part of the jam resided wholly in the sugar; and as a reason for thinking so, he added that he often found the same relief by taking about half a pint of plain syrup.

prepared by boiling some brown sugar in water, just before he went to bed, even more than from a dose of opium."

Mrs. Stephens' remedy for stone was published in the *London Gazette* (1739). It consisted of egg shells, and snail shells (with the snails in them) well calcined, ash keys, hips and haws, swine cress, and various other vegetables, all burned to a cinder, together with chamomile flowers, fennel, and some other herbs, these last not being calcined in the same manner.

Another form of gravel found in the urine of certain dyspeptics, or after particular articles of food, is that of oxalates, which, when seen microscopically, exhibit dumb-bell crystals. Sorrel, spinach, garden rhubarb, and tomatoes are specially rich in the oxalic acid which thus passes away in combination with lime (derived from the blood) by the kidneys. The same acid occurs less harmfully in cabbage, beetroot, haricots, celery, potatoes, and even bread; it is found in dried figs, in plums, gooseberries, strawberries, raspberries, cherries, oranges and lemons; it is present in considerable quantity in black tea, and in cocoa, also in pepper, but in a less degree in cocoa, and chocolate. The probability is therefore that the poor who live much on vegetable food, and who drink large quantities of tea, may introduce an excess of oxalates with their aliment, and so determine the deposition of oxalate of lime in their urine. Under such circumstances, when there is a liability to this gravel, (as may be readily ascertained), such food substances as are known to contain oxalic acid should be prohibited. Tea should then be especially avoided, likewise all alcoholic drinks; milk may be given freely. It has been found also that an exclusive meat diet has freed the urine from oxalates.

“Some people have maintained,” said De Quincey, “in my hearing that they had been intoxicated upon green tea; and a medical student in London, for whose knowledge in his profession I have reason to feel great respect, assured me, the other day, that a patient in recovering from an illness had got drunk on a beef-steak.”

Malt liquors are particularly harmful in all maladies and diseases which affect the secreting membranes of the kidneys, and the lining membranes of the water passages; in gravel and stone they aggravate the symptoms considerably. This is not to be accounted for by the contained alcohol (only a small percentage), since neither weak spirit and water, nor light claret has the same effect, but it must arise from some peculiar condition of the transformed malt, which produces an irritating ingredient in the urine; at the same time a further fermentation of the malt liquor probably occurs beforehand in the stomach, giving rise to obnoxious acid products. Good natural cider, made from unsweetened, unsophisticated, and simply fermented apple juice, is, on the contrary, free from these objectionable belongings; and is a wholesome beverage even for the gouty and rheumatic, because after reaching the digestive organs its fruit acids become alkaline. Indeed, as Dr. Dennis Dumont has lately shown, such cider is not only the most hygienic of all drinks, but also a preservative against, and, up to a certain point, a remedy for stone, gravel, gout, obesity, and fermentative indigestion. Dr. Dumont is the Professor of Medicine at the Caen Infirmary, wherein not a single case of stone had come under treatment for twenty-three years.

“Then fill up the jug boys, and let it go round!
Of drink not its equal in England is found:
So, pass round the jug, boys! and pull at it free,
There's nothing like cider, clear cider for me!”

Chronic Bright's disease, known also as albuminuria, is associated with organic structural changes in the kidneys, whilst albumen is found present in the urine when chemically examined. But such presence may be only of a temporary character from less serious conditions, as from a passing indigestion, from too rapid growth, from improper feeding, or, possibly, during scarlet fever, diphtheria and other febrile maladies.

Cheese, pastry, and eggs are forms of food capable of inducing temporary albuminuria in certain persons. When chronic albuminuria is found to exist as dependent on kidney mischief, animal food, particularly brown meats, eggs, and rich-seasoned dishes, are decidedly to be shunned. An exclusively milk diet is by far the best; and when this can be well borne it is found that the amount of albumen in the urine is diminished, the amount of extractives is beneficially increased, and dropsy (where existing before) disappears; moreover, it is positively established that an exclusively milk diet can completely supply all that is needed to meet the nutritive wants of the organism. The milk should be as fresh from the cow as it is possible to obtain it, and drunk without being boiled, or flavoured in any way. When a person is restricted entirely to milk "he will require to take (Dr. Yeo) from eighteen to twenty-four glasses, each of six fluid ounces, in the twenty-four hours." Again, in cases where this exclusively milk diet cannot be altogether tolerated, milk should be made the basis of soups to which various flavouring vegetable substances may be added, as onions, celery and the usual aromatic herbs which are commonly chosen for such purposes, together with a little salt and pepper. Milk jelly likewise, as previously enjoined, will be a suitable form of additional

nourishment. Arrowroot, tapioca, vermicelli, and rice can be employed to thicken milk; and a little grated lemon peel, or nutmeg, or clove, may be introduced to flavour food of such kinds.

In France excellent results have been obtained by restricting patients with chronic albuminuria altogether to vegetable sustenance. It is certain that farinaceous foods, fresh vegetables, and fruit, together with milk, butter, cream and other light fats, afford all that can be really needed for the nourishment of the body.

The onion is particularly to be commended as an addition to soups; and asparagus, as explained among *Herbal Simples*, has a diuretic principle soothing to the heart, whilst of benefit to the kidneys and bladder. Charles Lamb discovered something of this virtue. In *Grace before Meat* he wrote: "The whole vegetable tribe have lost their gust with me, only I stick to asparagus, which still seems to inspire gentle thoughts."

When patients have declared themselves unwilling to entirely forego animal food it has been found that pork is less excretive of albumen from the kidneys than other meats; so that either cold roast pork (the fat in particular), or ham, has been supplied with decided advantage. But fish tends to notably increase the amount of albumen in the urine; cheese, also, is highly albuminous, and therefore to be altogether refused, or taken in only very small quantities. A new form of nourishment has been recently introduced, with sound claims for adoption, called Plasmon, or milk albumen; and which fairly represents cheese free from all those extraneous products acquired in its manufacture, or its ripening, that tend to make it finally difficult of digestion to many who are fond thereof, and try to eat it habitually. Cheese contains, besides the albumen (less than 30 per cent.), a considerable

proportion of decomposing substances which, in addition to its strong odour, prevent it from being useful or acceptable to all. Moreover, several varieties of cheese often produce poison-symptoms, more or less pronounced according to the degree of ripeness, and the state of preservation. "An ye ken it's no riches at'll mak a guid breed, 'cep it be o' maggots; the richer the cheese, the mair maggots, ye ken" (David Elginbrod).

Professor Andrew Smith, of New York, found that roasted Chestnuts, when eaten, signally lessen the quantity of albumen in the urine of patients with the disease in question, owing probably to the tannic acid which the chestnuts contain. "Take some chestnuts and make a small incision in the skin of each one, throw them into boiling water, and let them remain until tender; remove the shells and skins, dry the chestnuts in the oven, and afterwards pound them to powder; this may be made hot again and served as a vegetable." Throughout the reign of the late Gracious Queen, during the whole time of sweet chestnuts being in perfection some were served roasted every night at the Royal table, even though for weeks together no one touched them. For this purpose Her Majesty possessed a beautiful pair of dishes which were presented to her by Napoleon the Third and the Empress Eugenie; they had been fashioned of frosted silver in the shape of a folded napkin, being powdered with roses, thistles, and shamrocks.

Likewise Wood peas, or Heath peas, when slightly dried and roasted, are served up as chestnuts in Holland and Flanders. These pulses are much used by Highlanders when found on the heaths in Scotland, being dried and chewed to give a greater relish to their whisky; also being found of use against kidney and chest complaints and enabling men to withstand hunger and

thirst for a long time. When the peas are sufficiently boiled a fork will pass through them.

Dark meats, and game, are known to be much less admissible in kidney disease, and gout, than veal, mutton and most kinds of fish, because containing a larger amount of animal extractive matters. Roast beef furnishes 0·72 per cent. of these extractives, and boiled beef 0·40 per cent., compared with only 0·03 per cent. in roast veal. The paler sorts of meat, and especially the flesh of younger animals, is poorer in extractive matters.

In America the attention of Dr. Winternitz was called to Birch leaves by a female patient whose dropsy from kidney disease was cured by them after all the recognised remedies had been tried in vain. He recommends a birch tea to be made by macerating three ounces of the leaves in a pint of water for two hours, this to be drunk in three portions during the day; the leaves should be gathered in spring time, and dried in cool, airy rooms. The birches of Abergeldie, two miles from Balmoral, have long been famous in song; and its birch wine was formerly held in high repute. A well-known writer regards it as "superior to the finest champagne." To make birch wine (*Compleat Housewife*, 1736), "In March bore a hole in a birch tree, and put in a faucet, and it will run two or three days together without hurting the tree; then put in a pin to stop it, and the next year you may draw as much from the same hole. Put to every gallon of the liquor a quart of good honey and stir it well together; boil it an hour, scum it well, and put in a few cloves and a piece of lemon-peel; when 'tis almost cold put to it so much ale yeast as will make it work like new ale, and when the yeast begins to settle put it in a runlet that will just hold it; so let it stand six weeks, or longer if you please, then bottle it, and in a

month you may drink it. This will keep good for a year or two. You may make it with sugar, two pounds to a gallon, or something more if you keep it long."

For an irritable bladder in an old man, with senile enlargement of the gland situated at its neck, such-as is common in advanced age, also for gravel and stone, Mattholi, physician to Maximilian the Second, used to bake a hare, whole, skin and all, in an oven till it was so completely deprived of moisture that the pestle and mortar could pound the charred flesh to a fine powder, which was deemed a sovereign remedy. Had Napoleon the Third languished in Elizabethan times of the disorder which killed him in Victorian England, he would have been dieted on the raw kidneys of the hare, and a porridge of barley meal containing hares' blood.

The prostate gland, as it is called, is situated at the neck of the bladder, and is peculiarly liable to become enlarged from senile deposits of lime, or other earth salts in old men, thereby making the passage of urine obstructed and difficult. For this serious trouble, which has hitherto been scarcely at all amenable to any medical means, the effect has been lately tried of giving remedially the chopped prostate gland of a freshly-slaughtered bull. A quarter of a gland was administered, finely chopped in bread and butter, two or three times a week. After a few weeks the enlarged human gland had grown considerably smaller, whilst the difficulty of making water was much lessened.

Tablets are now made of such animal prostate gland substance dried and concentrated; but it is far preferable to take the fresh gland.

Dr. Morris, of Canada, alleges that an injection of castor oil into the bladder has great effect in relieving the sufferings caused by gravel therein, or stone.

In children and young persons liable to wetting the bed by an involuntary passage of urine when asleep, this infirmity generally depends on an irritable state of the lower spinal cord which commands the bladder, so that the most successful treatment is by topical electricity applied to that part, under proper guidance; meanwhile the urine should be kept bland by diluent drinks and by care against acid digestive fermentations of food likely to provoke them. "Light suppers make clean sheets" says a significant proverb; and again, "*Castus rare mingit.*"

Among *Animal Simples* the use of kidney substance from a healthy animal, when taken as food, or in a more concentrated form, has been explicitly commended against some forms of structural kidney disease in the human subject. Also among *Herbal Simples* barley, celery, cloves, and parsley have been extolled for their virtues against gravel, the stone, and other urinary troubles.

Concerning Parsley, it was told by Lemery (1700) that this herb contains so sharp and corroding a salt that when you wash a glass in water wherein parsley has been washed before, and where some part of the leaf still remains, do all you can to save the glass, it will break in pieces; and this proceeds because the salt, being of uneven and very sharp-edged superficies, as it passes and repasses the parts of the glass breaks them in the same manner as a saw whose edge is uneven and jagged.

About Barley-water Dr. Kitchener (*Cooks' Oracle*) wrote: "Such drinks as this to assuage ardent fevers and inflammatory disorders, if not suggested by the medical attendant, are frequently demanded by honest instinct in terms too plain to be misunderstood; the stomach sympathises with every fibre of the human

frame, and no part thereof can be distressed without in some degree offending the stomach ; therefore it is of the utmost importance to soothe this grand organ by rendering everything we offer it as elegant and agreeable as the nature of the case will admit of. The barley drink prepared according to the receipt now given will be accepted with pleasure by the most delicate palate : “ Take a couple of ounces of pearl barley, wash it clean with cold water, put it into half a pint of boiling water, and let it boil for five minutes ; pour off this water, and add to it two quarts of boiling water, boil it to two pints, and strain ; this is simply barley water. But to a quart of it are frequently added : two ounces of figs, sliced ; the same of raisins, stoned ; half an ounce of liquorice, sliced and bruised ; and a pint of water. Boil it down to a quart, and strain.”

As an animal extract of healthy kidney (to make amends for the faulty human kidney) this should be prepared from the perfectly fresh animal organ, either very lightly cooked so as to retain most of its juices unaltered, or made by the druggist into an extract with glycerin. For stewed ox kidney as an animal extract to remedy disease of the human kidneys, cut a fresh ox kidney into slices the eighth of an inch thick ; soak these for a few minutes in lukewarm water ; drain and dry them thoroughly in a cloth, season them with a little pepper, and fry them in three ounces of butter, or dripping, until they are brightly browned ; pour over them as much cold water or stock as will cover them, and add a dessertspoonful of vinegar or lemon-juice, a tablespoonful of chopped parsley, a little salt and cayenne pepper ; stew gently until done. The above is more elaborate than remedially desirable, though the condimentary cooking does not seem to hinder the curative action of the kidney substance ; but if the palate and stomach can be induced

to take either ox kidney, or sheep's kidney, plainly boiled, in water, or milk, this form of the food is decidedly to be preferred.

VENEREAL DISEASES, SYPHILIS.

As an animal simple the Partridge has been shown to have formerly acquired a reputation of being remedial against venereal disease, especially by its liver taken with food. Likewise as a vegetable antidote it has been stated that to take an extract got from the leaves of the Walnut tree, four or five grains each night and morning, whilst using externally to any eruptive sores a strong decoction made from such leaves, will prove remarkably beneficial. The great Duke of Wellington, when at Walmer in his latter days, had his life imperilled one day by a small bone of a partridge wing appertaining to a bird on which he was dining. Dr. MacArthur and Mr. W. Hulke were speedily in attendance, and ultimately succeeded in thrusting the bone down the gullet. This circumstance gave rise to the epigram :—

“ Strange that the Duke whose life was charmed
'Gainst injury by ball or cartridge,
Nor by the Imperial Eagle harmed,
Should be endangered by a partridge.”

WARTS.

THESE unsightly excrescences from the superficial skin, or from the lining mucous membrane, have been the subject of innumerable homely cures almost since the earliest days known to us ; and each method, however whimsical and crotchety, be it nasty or nice, quaint or ridiculous, claims its sworn votaries. The great probability after all is that in most cases a suggestive impression conveyed to the mind of the warty subject straightway begins to compass the cure.

“ Upon the cop right of his nose he hade
A werte; and thereon stood a tuft of heres.”

CHAUCER.—*General Prologue.*

M. Colrat, of Lyons, has drawn attention to the extraordinary fact that if simply the diminutive quantity of three grains of common Epsom salts (sulphate of magnesia), which little dose produces no sensible bodily effects at any time, be taken regularly each night and morning with a spoonful of water, the warts, even when large and abundant, will disappear within two or three weeks. Possibly the magnesium effects a cure whilst this small proceeding is being pursued; if so, then the salts contained in water from the open sea, including the chlorides of calcium, magnesium and sodium, should exercise the same effect; wherefore it may be inferred that by taking a spoonful or two of this seawater twice daily, and washing the warts with some of the same, they will promptly disappear.

Again, if a piece of lemon-peel be soaked for some hours in strong white wine vinegar and then applied over the warts they will become withered, and will soon die off. In this instance the strong acid dissolves the epidermis (outermost layer of skin), and the vascular structures being reached by the acid, the whole substance of the warts is destroyed.

White cabbage juice is another external application which is often employed for destroying warts. Horace, in telling of the Roman colewort, or cabbage, gave a decided preference to that which grew in the fields:—

“ Caule suburbano, qui siccis crevit in agris
Dulcior: irriguo nihil est elutior horto.”

“ Sweeter than the suburban colewort is that which grows in the dry fields; nothing is more insipid than the cabbage from a watered garden.”

The original of all the cabbage tribe is the wild sea-colewort found on many of the cliffs of our south coast. Cato affirmed that the cabbage would cure all diseases, and he declared that through its use the Romans were able to live in health, without the aid of doctors, for six hundred years.

The juice of the wild crab apple (verjuice) avails likewise to remove warts if applied to them daily until they have been dispersed; and castor oil is credited with the same outward effects.

Warts are "weybreeds" in the East of England; their technical name with surgeons is "papillomata," or overgrown papillæ. They occur also in animals, as on the mouth, or footpad of the dog, and the lip of the lamb soon after its being turned out to graze in stubble-fields, when the warts are thought due to irritation by the sharp points of the forage. Dr. Woods Hutchinson tells of one specimen in which the lips, cheeks, and palate of a dog were so densely packed with bleeding warts (which returned quickly after removal), that the animal had to be killed.

WHOOPING COUGH.

DURING the course of whooping cough a child should be kept well fed, though exciting, and stimulating nourishment would be wrong. Between the intervals of coughing, light, wholesome, easily-digested sustenance should be liberally supplied; but when the fits of coughing are more frequent, and attended with vomiting, fluid foods are to be chosen. A draught of milk (or some pre-digested liquid nourishment, with perhaps a few drops of brandy,) may be given directly the vomiting is over; at which time there is a probability of this food being quickly absorbed.

As a charm against whooping cough, in Devon the child suffering from this malady is taken to a sheepfold, and a sheep is let breathe on his face ; then the child is laid on a spot of ground from which a sheep has just risen ; " Do this every day for a week ; 'tiz a zartin cure, Marm, I zhuree " ! A sheep's head is popularly known as a " jimmy." It was an ancient practice to send this part of the animal to the nearest blacksmith to be properly singed and scraped. In Scotland sheep's-head broth (from a black-faced sheep) is a triumph of cookery ; it is white, limpid and delicate. Barley, oatmeal, turnips, carrots, parsley, and celery enter into its composition. At the banquet given by Bailie Nicol Jarvie to some London visitors, one of the guests is described as " eating with rueful complaisance mouthful after mouthful of singed wool, and pronouncing it excellent, in a tone in which disgust almost overpowered civility." Of sheep's lug (the head) in Scotland the ears are the tit-bits ; deliciously stewed, and filled with a forcemeat of true Oriental character, they are eaten with olive oil. The tongue simply boiled is a natural delicacy.

The black Radish is found to be a good remedy in whooping cough, and in Germany it is thus used : " After the top has been cut off, a hole is made in the radish, which is then filled with either treacle or honey ; this having been allowed to stand for a day or two, a teaspoonful of the mixture is given two or three times a day. The black radish is but little cultivated in England as its flavour is too pungent for ordinary use at table ; on the Continent, however, it is largely consumed by the poorer classes.

The diminutive West Indian insect " Cochineal," from which, when dried and powdered, a well-known colouring tincture is used for kitchen purposes, has long been

a popular remedy against whooping cough. And it would seem that the confidence reposed in this form of kitchen physic is justified by facts. Austrian experimentalists have found that the cochineal, when taken in toxic doses, provokes a spasmodic cough, often so violent as to end in vomiting. Therefore it may well be maintained that under a corresponding state of things, as in whooping cough, smaller doses of the cochineal tincture are calculated to afford curative relief.

The most popular whooping cough cure in Cornwall for children is a heaped spoonful of moist sugar. Among Highland superstitions, some of which still obtain credence even by the higher classes, it is quite common to make young persons partake of a roasted mouse as a cure for whooping cough.

“ The brains of nightingales,
With unctuous fat of snails,
Between two cockles stewed,
Is meat that’s easy chewed.
Tails of worms and *marrow of mice*
Do make a dish that’s wondrous nice !”

“ Quantum in lusciniâ latet cerebri,
Et testudinum adeps inunctiorum,
Cum binis cochleis perinde coctus,
Non est difficilis cibus molari.
Caudæ vermibus, et *medulla muri*
Componunt epulas perelegantes !”

Again, the cold bath was so much esteemed by the Highlanders in ancient times that as soon as an infant was born he was plunged into a running stream and then carefully wrapped in a warm blanket. Another custom was observed that immediately after a child was baptized it behoved to secure him from the power of the fairies and of all evil spirits. For this purpose a basket was required, which was half filled with bread and cheese wrapped up in a clean linen cloth ; over this parcel the child was laid as if in a cradle. The basket was then

taken up by the oldest female in the family circle at the time, and carried three times round the fire, being next suspended for a few seconds from the crook that hung over the fire. The child was removed forthwith from its temporary berth, while the bread and cheese were divided among the company present as nourishment to guarantee their health for another year.

A particular commendation of Thyme as a cultivated garden herb for relieving the paroxysms of whooping cough has been made at the instance of modern practitioners of medicine, whose success therewith is most noteworthy.

WOMB AFFECTIONS.

To promote fertility of child-bearing it was said by *Roman Medicine* about the Leek, "*Reddit fœcundas permansum sæpe puellas.*" For "cock-a-leekie soup" (which was originally designed, says Sir H. Thompson, so as to present the patriarch of the poultry yard in an eatable form) "take an old cock and a gallon of good stock, with a good bunch or two of leeks cut into lengths of about an inch ; simmer the fowl and half the leeks in the stock gently for half an hour, then add the rest of the leeks, and simmer for three or four hours ; skim, and season to taste. Take out the fowl and carve it in joints, placing these in the tureen ; then pour the soup, which should be quite thick of leeks, over the fowl, and serve. When practicable, make your cock-a-leekie of an old grouse, or black cock (*see also page 229*). James the First is said to have been so fond of this soup that he preferred it before all the dainties of London cookery.

Likewise the Garden Tansy, a herb of kitchen uses, is certainly beneficial towards child-bearing. Culpeper wrote (1650) of the herb tansie : " Dame Venus was

mind to pleasure women with childe by this herb, for there grows not an herb fitter for their uses than this ; it is just as though it were cut out for the purpose. The herb bruised and applied to the navel stays miscarriage ; I know no herb like it for that purpose ; boiled in ordinary beer, and the decoction drunk doth the like ; and if her womb be not as she would have it, or at least as she should have it, let these women that desire children love this herb,—it is their best companion, their husband excepted. For a want of eating this herb in spring makes people sickly in summer, and that makes work for the physician.” And of the wild Tansie (*Tanacetum vulgare*) “its distilled water cleanseth the skin of all discolourings therein, as sunburnings, pimples, freckles and the like. Now Dame Venus hath fitted women with two herbs of one name—one to help conception, the other to maintain beauty,—and what more can be expected of her ? What now remains for you but to love your husband, and not be wanting to your poor neighbours.”

Formerly Saffron was similarly in high request by the fair sex ; women with newly-born babies in their arms would drink no fluid which was not tinctured therewith. On “thanksgiving day,” whilst the young mother ate little but saffron-dyed cakes, gossips consumed whole pounds of the same virtuous food. Singularly beneficial were its uses in all the ailments to which women are specially liable. In Elizabeth’s time farmers who cultivated saffron (crocus) were called “crokers,” and being often other than fortunate a croker seldom wore a cheerful face. These farmers were incessant, unvarying, blasphemous grumblers, so that their impiety became proverbial ; and fellow-farmers in other departments of agriculture checked one another for querulous dissatisfaction by saying “Come, come, don’t be a croker” ! (But

others spell this word "croaker," and refer it to the croaking of a frog.)

Deborah Bunting (1761), among her receipts, has given: "For syrup of saffron" take a pint of the best canary and as much baum (balm) water, and half an ounce of English saffron; open and pull the saffron well and put it into the liquor to infuse; let it stand, close covered, over the fire (to be hot but not to boil) for twelve hours; then strain it out as hot as you can, and add to it three pounds of double-refined sugar; boil it till well incorporated, and when cold bottle it; take a spoonful (in a glass of sack) as occasion shall serve."

"Nuts," said Lemery, "have the virtue to cure the gripes in women newly laid in"; they are good for married couples. The term "filbert" (popularly "fill beard") still needs a satisfactory explanation. Filberd, or fylberde, is said by some to have been called after King Philiberte; or it is more probably a word compounded of *phyllon* a leaf, and "bearde," as denoting the shaggy involucre of leaf projecting beyond the nut.

To prevent abortion the Medlar (*Mespilus Germanica*) has acquired an established reputation. This tree grows naturally in Sicily, and has now become common in our orchards and gardens. "*Mespilorum ossicula in pulverem contrita calculos e renibus valenter pellunt.*" The small stones within medlar fruit, when rubbed into powder and given medicinally, are most efficacious in dissolving stones and gravel in the kidneys. "The medlars themselves are very helpful for women with child against abortion" (Austin, 1665). "The said fruit," wrote Culpeper, "is old Saturn's, and surely a better medicine he hardly hath to strengthen the retentive faculty; therefore it stays women's longings; the good old man cannot endure women's minds should run a gadding."

“ Multiplicant mictum, venerem dant, mespila strictum
Escula; bona durā, sed mollia sunt meliorā.”

“ Medlars are leaky, lustful, costive fruit,
Good when they're hard; grown soft they better suit.”

The fruit is called in Lincolnshire “ oppen-arses,” “ open tail”; but when unripe both it and the bark of the tree are very astringent. “ I admit,” said Dr. Samuel Johnson (*Boswell's Life*), “ that there are some sluggish men who are improved by drinking, as there are fruits which are not good until they are rotten; there are such men, but they are medlars.”

For female discharges (“ whites”) a trituration of roasted egg shells in powder has been found specifically of great curative value. “ Egg shells first baked brown *in vacuo*, and then rubbed thoroughly up into a fine powder together with sugar of milk, one part of egg shells to nine parts of powdered sugar of milk, letting the trituration of these together be continued manually for an hour in all.” Dr. Edsor, U. S. America, tells of seventy consecutive cases treated thereby without a failure, especially when the feeling is as if the back were broken in two and tied with a string.

About rose heps (hips) Culpeper puts it: “ The pulp of the heps dried into a hard substance like to the juice of liquoris, or so dried that it may be made into powder, and taken in drink, stayeth speedily the whites of women. “ *Aima rodon tiktei, ta de datrua (dakrua) tan anemonon.*”

Hips in Gloucestershire are “ hedge speaks,” “ or hedge speaks.” For “ conserve of hips (roses),”—*Compleat Housewife*, 1736,—“ gather the hips before they grow soft, cut off the heads and stalks, slit them in halves, and take out all the seed and white that is in them very clean; then put them in an earthen pan and stir them every day, else they will grow mouldy; let them stand

till they are soft enough to rub through a coarse hair sieve, and as the pulp comes take it off the sieve ; they are a dry berry and will require pains to rub it through ; then add its weight in sugar, and mix it well together without boiling, keeping it in deep gallipots for use."

Sir Kenelme Digbie, in his *Closet Opened*, has said : " The conserve of roses, besides being good for colds, and coughs, and for the lungen, is exceeding good for sharpness and heat of the urine, and soreness of the bladder, eaten much by itself or drunk with milk. Dr. Bacon used to make a pleasant julep of this conserve of roses by putting a good spoonful of it into a large drinking glass, or cup, upon which squeeze the juice of a limon and clip in unto it a little of the yellow rinde of the limon ; work these well together with the back of a spoon, pouring water to it by little and little till you have filled up the glass with spring water ; so drink it as a beautiful and pleasant liquor."

Dr. Neatby finds Nutmeg, in powder or tincture, a most serviceable condiment when given with a view to relieve falling of the womb. Among *Animal Simples* the Whelk has been shown to possess virtues for reducing congestion of that organ, (also for doing good against insipid diabetes).

Hedgehogs' flesh was much eaten in Galen's day, who says : " It nourisheth plentifully, procureth appetite and sleep, strengtheneth travellers, *preserveth women with child from miscarrying*, dissolveth knots and kernelly tumours, helps the leproy, consumption, palsy, dropsie, stone and convulsion " (see likewise at page 348).

" The merry hedgehog, baked, a savoury meal,
Makes hearts rejoice and stomachs happy feel ! "

In the Southern States of America the groundhog (hedgehog, or woodchuck) comes out from its

subterranean earth on Candlemas Day (February 2) for a breath of fresh air; when, if he sees his shadow, he goes back underground knowing that more cold weather is still to be expected; but if not doing so, he then remains out during the entire season. The baking of a hedgehog, first rolled in a ball of clay, by gipsies as a delicious little viand, and the curative virtues of this small animal, are fully described among *Animal Simples*.

Caudle is a drink especially recommended during the early stages of nursing after the birth of an infant, and which is restorative for other invalids; but in the former case the mixing and proportioning of the ingredients is a privilege religiously claimed by the monthly nurse unless she be a teetotaller. Such a concoction is made of gruel flavoured by sugar, nutmeg, lemon-peel or other spices, with the addition of milk, and eggs beaten up. Beer, wine, and even brandy, are sometimes mixed in a Caudle. The name of this essentially domestic drink, so associated with the matrimonial bedchamber, suggested to Douglas Jerrold the famous "Mrs. Caudle's Curtain Lectures" which appeared in *Punch* (1845). Again, "beat up an egg to a froth, add a glass of sherry, and half a pint of gruel; flavour with lemon-peel, nutmeg and sugar" (*see also* page 332). For making gruel from patent groats, mix a tablespoonful of patent groats smoothly with two tablespoonfuls of cold water, pour in a pint of boiling water, and stir for ten minutes or more over the fire; sweeten and season if desired; no straining is needed. A small lump of butter boiled with the gruel is an improvement, but the taste of the invalid should be consulted about this.

WORMS.

IN children, or adults, subject to worms, most commonly are found either the round lumbricus (like an earth worm), or the small white thread worms (ascarides), which especially infest the lower bowel, often with troublesome itching at the fundament. All worms are at first introduced from without, in embryonic forms, and become engendered in the body. Occasionally attempts have been made to deceive a doctor by surreptitiously placing one or more earth worms in the night-stool, or chamber-pot. But besides rendering himself familiar with the differences of character presented by true and false worms as regards the human subject, he would bear in mind the fact that earth worms cannot live in the human intestines, or bladder. For thread worms, when discovered in the stools, an injection by a small rubber bottle (with a nozzle) into the lower bowel of a saturated solution of coarse brown sugar in water, about a teacupful or less, will be very useful; the liquid should be retained for five or ten minutes within the bowel, if this can be managed. "Sugar," said Dr. Muffet (1520), "keepeth children from engend'ring of worms, but having engendered, maketh them stir." "In the West Indies," writes Dr. Moseley, "the negro children, from their crude vegetable diet, are much afflicted with worms. However, in crop time when the sugar canes are ripe these children are always masticating them. Give a negro infant a piece of sugar-cane to suck and then the impoverished milk of his mother is tasteless to him. This salubrious luxury soon changes his appearance; the worms are discharged, his tumid belly and joints diminish in size, his emaciated limbs fill out, and if canes were always ripe he would never be diseased."

Green food taken fresh from the garden for salads or to be eaten plain, is, if insufficiently cleansed, a common source of round worms, which will become lodged in the alimentary canal. Dr. King Chambers gave some words of warning which may well be repeated here concerning this risk: "Lettuces," he said, "are increasingly consumed now-a-days by the working man with his tea, a habit worthy of all encouragement! But the said working man must be admonished how important it is that the material of his meal should be washed. This hint is given because of the large round worm occurring so frequently among the labouring population of some agricultural counties, Oxfordshire for instance, where unwashed lettuce is commonly eaten." And similarly the watercress plant is apt to detain on its stems and leaves such parasites as thread worms, small slugs, and other fry of the same nature, which, if swallowed develop themselves within the intestines, and quickly multiply into a troublesome host of invaders. Nevertheless, though a salad of lettuce, watercress, and other such green stuff must be properly purified, it should not remain soaking in the water so as to lose its flavours and become sodden. The several vegetables should be rinsed rapidly and separately under a running tap of cold water, then shaken lightly in a salad-basket. They should be next dried in a clean cloth, and finally wrapped in another dry cloth until all their moisture is absorbed. When mixing a salad the oil (as sweet and pure as possible) must be the first dressing to touch the leaves, whilst taking pains to toss them about until they glisten with a light coating of this oil. Such other ingredients may then be added as a little vinegar, a pinch of salt, a dash of mustard, sugar if approved, and a slight sprinkling of cayenne pepper.

All such dressing should be intermixed with the salad by again tossing it lightly together just before serving. In "Antony and Cleopatra" Shakespeare makes the said famous warrior tell of

"My salad days,
When I was green in judgment."

But against thread worms all uncooked green vegetables should be avoided, and garden stuff, however well washed or cleansed, should be forbidden. The diet should contain table salt freely, and no food is to be taken between the times of the regular meals. The utmost personal cleanliness must be maintained, and the nails kept short and clean, otherwise the eggs of the thread worms will in all probability be communicated to the nose or mouth, and so swallowed; any practice of biting the nails is to be therefore denounced. Dr. Ransom has said: "Probably every infected person who adopted the requisite precautions against re-infection from himself or others would get well in a few weeks without any treatment by medicines."

When there is a predisposition of the vitiated intestinal secretions to foster the eggs, or germs of worms introduced from without, as during too rapid statural growth of a child, unboiled milk taken as a main part of the dietary will often engender worms. An old adage has it that "water breeds frogs in the belly, and wine cures the worms."

Among *Herbal Simples* Walnut leaves have been shown to prove effective against round worms; and a decoction thereof is destructive to earth worms. Also raw carrots are commended, chiefly because acting mechanically by expelling the parasites during the passage of the crude vegetable mass along the intestinal canal; whilst unripe walnuts, if eaten, exercise the same virtue as the leaves.

WOUNDS, see also ULCERS, and SORES.

Two centuries, or so, ago, animal blood freshly let, and applied straightway was believed to be actively remedial against wounds and sores. Lemery (1690) wrote concerning *Foods, etc., prepared of animals*: "The blood of a pidgeon newly let, and while it is still warm, is made use of to allay the smarting of the eyes, and to cure green wounds thereby. That of the cock which has been withdrawn from under the wing is esteemed before any other as being more spirituous." A pigeon is called in Latin *Columbus, quod lumbos colat*, because 'tis incontinent. "Physicians formerly made use of a pidgeon open'd alive, against the apoplexy, lethargy and frenzy, by applying the same hot to the feet." It was said to operate in this case by opening the pores of the head with its volatile and exalted principles, and thereby facilitating a free passage for the fuliginous vapours that ascend into the brain to get out."

Sugar will often prove a most useful external application to putrid or ill-disposed ulcers, and is found to be a powerful antiseptic or corrector of foul discharges therefrom (*see page 35*).

In the United States a mud poultice is advocated; soft, dried, fresh earth is passed through a sieve, and boiling water poured on it to the consistence of thick cream; then apply it to the sore or wound, with a layer of fine muslin or gauze intervening between the mud and the wound, and covering over the poultice with linen and thin waterproof tissue, or oiled silk; keep it applied for two or three hours. "Mother earth is found to be so beneficent that, for example, no poison known will kill the mole." "Have you seen a mole," says Eden Philpotts, in *Children of the Mist*, "come up from the ground, wallow helplessly a moment or

two half blind in the daylight, then sink back into the earth, leaving only a mound? That's our life! yours, and mine!"

Cabbage leaves were supposed of old to have healing virtues when applied to wounds or sores. "The cabbage, though an indifferent nourishment, is deterrent and healeth wounds." Likewise the carrot has been shown to exercise positive antiseptic, and purifying qualities when made into a poultice for foul wounds.

About the Thorn (hawthorn), says Culpeper, "if cloaths and sponges be wet in the distilled water of the flowers and applied to the place wherein thorns, splinters, or the like do abide in the flesh, it will notably draw them forth; and thus you see the thorn gives a medicine for his own pricking, *and so doth almost everything else*!"

In *Hakluyt's Voyage* (1610) occurs the note that "our General was taught by a negro to draw the poyson out of his wound by a clove of garlike, whereby he was cured." But contrary to modern experience, which credits the mints with terebinthine antiseptic virtues, notably peppermint, rosemary and thyme, Culpeper wrote: "The mints are extreme bad for wounded people, and they say a wounded man that eats mints, his wound will never be cured; but that is a long day." The fasting Saliva (as told of at page 480) finds especial favour with many persons, even including physicians, as curative when applied regularly to wounds and open sores.

In Cornwall a whitlow, or troublesome ulcer forming with a gathering at the root of a nail, is called a "veak." Among the Highlanders (*Highland Superstitions*) serpents' heads are preserved for years to heal sting wounds from other such creatures. "If a man, cow, or any other animal be stung by a serpent, let the dried

serpent's head be cast into water, let the wound be washed in it, and it soon heals." Shea butter, the basis of Holloway's noted ointment, is both healing, and useful for making various unguents by reason of its aromatic odour.

Ambrose Paré, the famous French surgeon (1550) said frequently about one or other of his patients, "I dressed him, God cured him"! He advocated the application of freshly-opened oysters in the shell immediately over any inflamed and sore spot of the skin, or any small wound. It was Sheridan who made the observation that an oyster may be crossed in love.

For cuts, wounds, sores and bruises, in the south-eastern counties of Ireland the farmers and peasantry gather large quantities of spiders' webs from off the hedges in the early part of summer mornings when the webs are saturated with dew; these are to be kept with much care in linen bags, not in a very dry place, for use when required in such surgical emergencies. Dr. Chapman, of Philadelphia (1825), has shown there is much difference in the web of the various species of spider as available for curative purposes; what he used there was collected in cellars, being the product of the common black spider, which is generally to be met with in dark and damp places of the kind. "I have satisfied myself," said Dr. Chapman, "that the web found in light, exposed situations, as produced by the grey spider, is inert; also the former web when old. A recent web may be known by its gelatinous feel. From past times it has been believed by many persons that contact with a spider is more or less harmful. But a French proverb puts it thus: "*Araignée du matin, chagrin: araignée du soir, espoir.*"

Recently in America results successful almost beyond

belief in curing severe and obstinate sores, even when destructively gangrenous, have been claimed for Bovinine (a meat-extract of true value), externally applied as a dressing, and frequently repeated ; this is on the principle of locally feeding a part starved to death. Wonderful cases of rapid cure by such a method of treatment are recorded in the practice of leading surgeons and physicians. Bovinine is quoted as containing " the proper elements, animal, vegetable and mineral, combined and compounded all ready for absorption into the veins and tissues, the vital corpuscles being preserved intact."

" His talk is like a stream which runs
With rapid change from rocks to roses ;
It slips from politics to puns,
It glides from Mahomet to Moses.
Beginning with the laws which keep
The planets in their radiant courses,
And ending with some precept deep
For *dressing eels*, or shoeing horses."

INDEX.

	PAGE		PAGE
AGE, old.		AGUE.	
Apples - - -	25	Alcohol - - -	31
Arrowroot - - -	18	Burgundy - - -	31
Broth, mutton - - -	19	Herring, split - - -	31
Butter - - -	27	Lemon - - -	30
Caraway - - -	18	Salt - - -	32
Carp - - -	30	Spider's web - - -	32
Caviare - - -	19	Urine - - -	32
Cider - - -	25	Wine - - -	3
Coffee - - -	27		
Cornaro - - -	20	ANTISEPTICS.	
Early rising - - -	27	Alcohol - - -	526
Flesh brush - - -	27	Balsams - - -	32
Gruel - - -	155	Carrot - - -	570
Herring salted - - -	19	Cinnamon - - -	32
Honey - - -	27	Coffee - - -	375
„ beer - - -	25	Corrosive sublimate - - -	538
Meats for - - -	19, 29	Lemon - - -	144
Milk - - -	19	Mercury - - -	538
Minced meat - - -	16	Mustard - - -	32
Mince pie - - -	24	Onion - - -	32
Mushroom catsup - - -	19	Orange - - -	485
Mutton broth - - -	19	Peppermint - - -	32
Myosin albumen - - -	29	Pomander - - -	143
Omelette - - -	20	Quarantine - - -	33
Panada - - -	19, 20	Rosemary - - -	447
Plum porridge - - -	22, 23	Sage - - -	32
„ pudding - - -	22	Salt - - -	32
Roe of herring - - -	19	Sorrel - - -	196, 331, 332
Sage - - -	25	Spices - - -	32
Sago - - -	18	Sugar - - -	17, 33
Sheep's testicle - - -	27	Swede leaves - - -	33
Soup - - -	21	Toast, black - - -	297
Strawberry - - -	24	Thyme - - -	32
Sugar - - -	17	Turnip - - -	104
Venison - - -	27, 28	„ tops - - -	33
Warmth - - -	24		
Wine - - -	26		

	PAGE		PAGE
APOPLEXY.		Pigeon - - -	45
Alcohol - - -	33	Rabbit - - -	45
Fruits - - -	33	Rosemary - - -	45
Meats - - -	33	Snipe - - -	45
Milk - - -	34	Sulphur - - -	43
Nutmeg - - -	34	Suppers will provoke -	42
Pigeon's blood - -	569	Tellurium - - -	44
Vegetables - - -	34	Woodcock - - -	45
 APPETITE.		 ATROPHY.	
Alcohol - - -	35	Bacon fat - - -	49
Antiseptics - - -	35	Blood, animal - - -	50
Cockles - - -	200	Bones - - -	46
Egg and tea - - -	37	Brains, animal - - -	54
Herring - - -	39	Butter - - -	46
Hop - - -	41	Champagne stick - - -	53
Lemonade - - -	37	Cock ale - - -	54
Lettuce - - -	39, 516	„ broth - - -	54
Mulberry - - -	38	Cream - - -	51
Orange - - -	41	Dates - - -	51
„ peel - - -	41	Electric current - - -	50
Peppermint - - -	35	Fats - - -	46, 49
Pressis - - -	38	„ rubbed in - - -	49
Ptomaines - - -	35	Goose-fat - - -	51
Radish - - -	39	Grape cure - - -	53
Rosemary - - -	41	Lamb - - -	47
Rue - - -	39	Marrow - - -	69
Shrimp - - -	39	Milk - - -	47
Sugar - - -	35	Mutton - - -	47, 49
Tea - - -	36	„ pie - - -	48
Walnut - - -	40	Oil, rub in - - -	50
Wine - - -	35	Paté de foie gras - - -	51
 ASTHMA.		Phosphates - - -	46
Alcohol - - -	42	Rice - - -	53
Anisette - - -	45	Suet - - -	46
Beef, raw - - -	42	Sweetbread - - -	46
Cabbage - - -	45	Toffee - - -	53
Coffee - - -	42	Tongue, ox - - -	49
Elecampane - - -	45	Truffle - - -	51
Garlic - - -	43	Vine-twig - - -	53
Hare - - -	45	 BILIOUS DISORDERS.	
Ice - - -	43	Alcohol - - -	56, 62, 431
Liquid food - - -	42	Artichoke, globe - - -	64
Mace - - -	45	Caper - - -	56
Meat - - -	42	Capsicum - - -	59
Nitre paper - - -	42, 409	Carrot - - -	66
Partridge - - -	45	Castile soap - - -	62

	PAGE
BILIOUS DISORDERS, contd.	
Compress, to wear	- 431
Dandelion wine	- 57
Duck	- 431
Egg albumen (jaundice)	288
„ raw	- 58
Endive	- 58
Fats	- 431
Fish (the Tench, for jaundice)	- 425
Fruit	62, 66
Gall of ox (jaundice)	- 58
Gooseberry	66, 424
Lacing, tight	- 431
Lemon	55, 57, 65
Lettuce	- 59
Liver, animal	- 60
„ of calf	- 59
„ of fowl	- 61
Milk	- 56
„ soup	- 56
Oil, olive	- 61
Orange	- 65
Paté de foie gras	- 277
Peach leaves	- 65
Saffron (jaundice)	- 65
Salt	- 380
„ to apply	- 432
Soap, Castile (jaundice)	62
Starchy foods	- 431
Strawberry	66, 379
Sunshine	- 56
Sweet foods	- 431
Tamarind	- 66
Tench, golden (jaundice)	425
Tomato	- 62
Turpentine (gall stone)	363
Vegetables	- 56

BLADDER AFFECTIONS (*see URINE*).

BLEEDING.

Alcohol	- 69
Comfrey	- 67
Finger pressure (from nose)	- 67
Ice	- 68

	PAGE
Leek	- 67
Melilot (from nose)	- 68
Pomegranate	- 67
Rest, absolute (from stomach)	- 68
Rice flour	- 67
Salt (from lungs)	- 68
Sloe-juice (from nose)	- 68
Truffle	- 68

BLOODLESSNESS.

Alcohol	- 68
Blood, bullock's	- 73
Brains, animal	- 71
Egg	- 69
Fats	- 72
Fig	- 68
Glycerine	- 70
Marrow, red bone	- 69
Meat, raw	- 69
Milk	- 68
Rest	- 69
Salt	- 73
Sheep's head	- 72
Wine	- 69

BOILS and CARBUNCLES.

Alcohol	- 75
Antiseptic	74, 76
Cabbage	- 75
Egg-flip	- 76
Hair, pluck out	- 76
Honey	- 76
Oatmeal porridge	- 440
Plaster	- 76
Poultice	- 75
Urine	- 76
Vegetables	- 75
Watercress	- 75

BRAIN AFFECTIONS.

Alcohol	- 83
Angel on horseback	- 82
Brain, animal	80-82
„ cake	- 80
Cod roe	- 81
„ sounds	- 81
Daisy soup	- 83

	PAGE		PAGE
BRAIN AFFECTIONS, <i>contd.</i>		Goose oil -	90
Egg -	77	Ice and lard -	88
Fennel -	78	Onion, raw -	88
Fish -	77-81	Potato -	88
Nutmeg -	82	Quince seed -	88
Oyster -	81	Whiting and vinegar -	88
Oyster, prairie -	82		
Phosphorus in fish -	77	CANCER.	
Rest of brain -	83	Animal food -	90, 95
Roe of fish -	77	Blue linen -	103
Sweetbread -	77	Cinnamon -	99
Whale -	78, 79	Citric acid -	101
		Clover, red -	93, 103
BREAST MILK, to promote flow of.		Egg shell -	103
Caraway -	85	Fasting for -	92
Castor oil plant -	85	Fig -	102
Cow hoof -	86	Fish -	97
Crab -	86	Horse's hoof -	103
Fennel -	85	Injections of food -	100
Lettuce -	86	Lemon juice -	101
Orange -	84	Meat, against the use of -	90, 96
Sage -	85	Milk -	103
Whiting -	85	Ox-gall -	103
		Oystershell -	103
BRIGHT'S DISEASE (see URINE).		Parsley -	103
		Rosemary -	103
BRONCHIAL AFFECTIONS, and BRONCHITIS.		Shamrock -	93
Alcohol -	87	Starvation -	92
Anisette -	87	Sunlight -	103
Garlic -	87	Tomato -	103
Honey -	87	Vegetables -	91, 97
Linseed -	117	" uncooked -	98
Soups -	86	Vegetarian -	90, 94
Tar water -	87	Vinegar -	103
Whey cure -	87	Walnut -	102
		Water, distilled -	94, 99
BRUISE.			
Beef, raw, apply -	87	CARBUNCLE (see BOILS).	
Fomentation -	88		
Lamb's fleece -	87	CATARRH (see COLD).	
Lettuce, apply -	87		
BURNS and SCALDS.		CHAPPED HANDS and CHILBLAINS.	
Apple and oil -	88	Almond -	106
Egg, apply -	88	Beeswax -	104
		Cayenne -	106

	PAGE		PAGE
CHAPPED HANDS and		Linseed -	114, 117, 119
CHILBLAINS, contd.		Liquorice -	116, 121
Foot bath, methylated		Mustard, apply -	113
spirit -	522	Nettle soup (cough) -	517
Friction -	104	Oil, Lucca -	125
Goose grease -	107	Onion porridge -	110
Honey -	104	,, tincture -	111
Laurel -	104	Orange -	118
Leather socks -	104	Oyster -	119
Leek juice -	106	Pectoral broth -	123
Meat brine -	104	Peppermint -	115
Onion -	106	Punch -	115
Potato flour -	104	Quinsy berry -	114
Spirit of wine -	522	Rest -	114
Tallow -	107	Salt -	114, 119
Turnip -	104, 105	Sugar candy -	117
Turpentine -	104	Swede -	122
CHOREA, SAINT VITUS'S		Tallow and plaster -	123
DANCE.		Tamarind -	338
Brandy -	108	Tar water -	87
Milk -	108	Tea, Russian -	124
Mistletoe -	108	Thymol -	115
Musk -	108	Treacle posset -	109
Oatmeal -	108	Turnip (cough) -	105
Oat tincture -	439	Whey cure -	120
COLD, and CATARRH.		COLIC.	
Barley water -	116	Cayenne -	126
Black currant -	113	Copper plate -	129
Bran tea -	116	Ginger -	126
Broth, pectoral -	123	Gingerbread -	126
Camphor -	115, 124	Gunpowder -	129
Egg and lemon juice -	124	Hare's foot -	128
Elder wine -	122	Lark -	536
Eucalyptol -	115	Lemonade (lead colic) -	128
Exercise -	109	Orange peel -	129
Fig -	121	"Pain-killer" -	127
Food, stuffing with -	119	Peppermint -	126
Frog -	125	Turpentine -	126, 128
Gingerbread -	122	CONSTIPATION of Bowels.	
Gruel -	117	Almond -	156
Herring -	119	Antiseptics -	131, 180
Honey -	117	Apple -	133, 136-138
Hop -	123	Banana -	133
Ipecacuanha lozenge -	114	Barley -	152
Lemon whey -	118	Boerhaave's advice -	181
Lime, sweating -	124	Bran -	134, 159

	PAGE		PAGE
CONSTIPATION, continued.		Marmalade	136, 142
Brazil nut	- 146	Mastication	- 171
Brown bread	133, 149, 159	Milk	- 175
Butter	- 160	„ sugar of	- 168
Butter milk	- 169	Mustard	- 133
Capsicum	- 133, 163	Nettle	- 151
Caraway	- 136, 162	Nutmeg	- 133
Carrot	- 152	Oat	134, 153, 155
Cellulose, vegetable	134, 159	Oil	134, 164, 165
Cereals	- 153	Onion, Spanish	133, 152
Cheese	- 354	Orange	133, 136, 142
Cherry	- 140	Ox gall	- 166
Clove	- 148, 169	Parkin (gingerbread)	- 162
Cocoa	- 169	Parsnip	- 152
Coffee	- 169	Pear	133, 136, 141
Compress	- 178	Pease	- 157
Dandelion	- 135	Peppermint	- 180
Date	- 146	Peristaltic persuaders	- 147
Dumb bells, use	- 170	Pills (Dr. J. Browne)	- 182
Evacuation, how often		Pine apple	- 311
	172-174	Plum	133, 144, 145
Exercise	- 170, 179	Porridge	134, 153, 155
Fats	- 134	Position for a stool	- 174
Fatigue	- 179	Prune	- 133, 144
Fig	- 133, 146	Ptomaines	- 130, 179
Flummery	- 154	Raisin�	- 140, 142
Friction	- 178	Rhubarb, garden	- 147
Fruits	- 135	Salad	133, 135, 165
Furmenty	- 156	Salt	- 172
Gall of ox	- 166	Spinach	- 149, 150
Ginger	133, 160, 162, 163	Sugar	- 167
Gingerbread	- 161	Tamarind	- 144, 147
Glycerine	- 166	Tobacco	- 176-178
Good King Henry	- 151	Tomato	- 149
Goose grease	- 458	Treacle	- 134, 167
Grape	- 133, 139, 198	Valerian	- 135
Groat ale	- 155	Vegetables	- 133, 135
Gruel	- 155	Vegetables, cellulose	134, 159
Honey	- 163	Walnut	- 148
Ice	- 178	Water	- 168, 170
Injection	- 174	„ closet	- 174
Jams	- 136	„ douche (piles)	- 459
Kneading bowels	- 170	Whey	- 168
Lead, piece of, to suck	175	Yeast	- 168
Lemon	- 143		
Lime, avoid	- 136	CONSUMPTION OF LUNGS.	
Linseed	- 160	Acorn coffee	- 198
Liquorice	- 152	Air, open	- 182

	PAGE		PAGE
CONSUMPTION, continued.		Oyster -	200
Alcohol -	193	Ox marrow -	200
Alkaline drinks -	193	Pea-nut -	197
Asses' milk -	188	Peppermint -	204
Beef -	189, 191	Phosphates -	192
Beer -	194	Pork soup -	191, 195
Broths -	195, 203	Radish -	196
" warm, for cough	198	Roe of herring -	194
Carrot -	197	Rum and milk -	198
Caviare -	186	Saffron -	204
Chocolate -	185	Salt -	196
Cinnamon -	199	Skate -	200
Clam -	200	Snail -	185, 194, 202
Clove -	200	Soda water -	184
Cock broth -	200	Sorrel -	196
Cockle -	200	Suet -	184
Cod-liver oil -	183	Sugar -	195
Cow -	188	Turkey -	201
Cream -	188	Turtle -	201, 202
Date -	204	" soup -	201
Dietary -	205, 206	Veal -	192
Eryngo root -	184	Water cress -	205
Fats -	184		
Feeding, forced -	190, 191	CONVULSIONS.	
Fish oils -	183, 185	Injection -	207
Frog -	203	Orange peel -	206
Garlic -	187	Turnip -	207
Glycerine -	187		
Goat's milk -	184, 189	CORDIALS (see HEART)	
Grape cure -	197		
Herring -	194	CORNS.	
Koumiss -	192	Alcohol on wool -	208
Lamb -	195	Ivy -	208
Liver, animal -	192	Potato -	208
Lungs, animal -	4, 192	Pressure, remove -	207
Macdonald's touch -	195	Radish juice -	207
Mare's milk -	192	Saliva -	208, 478
Meat, raw -	189		
Milks -	184, 188	COUGH (see COLD and CATARRH).	
Minerals, exclude -	184		
Monkey nut -	197	CRAMP.	
Moss, Iceland -	194	Broth, hot -	209
" Irish -	194	Corks, garter of -	209
Mullein milk -	189	Cramp bone (sheep's) -	209
Nuts -	197	Eels' skin -	209
Oils, animal -	185	Oat tincture (writer's cramp) -	439
" fish -	183-186	Soup, hot -	209
Open-air treatment -	182		

	PAGE		PAGE
DEBILITY.		Goats' milk -	261
Acorn -	252	Goose -	232, 233
Air, fresh -	265	Haricot bean -	253
Asses' milk -	261	Hartshorn jelly -	235, 236
Banana flour -	253, 267	Hipi -	222
Barley -	241	Honey (fatigue) -	25, 349
" cream -	240	Indian corn -	241, 243
Beef -	209, 213	Isinglass jelly -	237
" à la mode -	213	Ivory jelly -	237
" juice, cold -	214	Jellies -	235, 238
" tea -	209, 211	Junket -	339
Bran -	255	Leek -	229
Bread -	242	Lentil -	255
" jelly -	237	Liebig's meat extract	
" sauce -	239	(for fatigue) -	210, 393
Broth -	221	Lobster -	250
" cold -	213	Macaroni -	242
Calf -	215, 216	Mackerel -	245
" foot -	215, 237	Maize -	261
" sweetbread -	218	Malt extract -	243
Caudle (fatigue) -	332	Mare's milk -	261
Change of air -	265	Marrow, red bone -	235
Cherry -	140	Meat -	209
Chestnut, sweet -	252, 257	" powdered -	210
Chicken -	230	Milks -	224, 240, 260, 261
" broth -	230	Must of wine -	268
" panada -	231	Mutton -	221, 223
Chocolate -	256	Nuts -	562
Clam juice -	251	Oak -	252
Cock ale -	228	Oat -	254
Cock-a-leekie soup -	229	" (fatigue) -	517
Cocoa -	257	Odours of foods -	266
Cod -	81	Onion -	229, 255
" sounds -	81	Ox-tail soup -	211
Corn flour -	262	Oyster -	249
Cow heel -	214	Panada -	239, 262
Cream -	234	Parrot pie -	233
Dates (fatigue) -	51	Parsnip -	256
Eel -	280	Pilchard -	246
Exercise (fatigue) -	333	Pineapple -	311
Fig -	252	Pork -	225
Fish, the kinds of -	243	Porridge -	255
" phosphates -	77	Potato -	269
Flummery -	254	Poultry -	228
Fruits -	264, 265	Raisiné -	268
Gelatin -	238	Rice milk -	266
Giblet -	232	Robin Redbreast -	233
Goat -	225	Roe of fish -	247

	PAGE		PAGE
DEBILITY, continued.		Cream - - -	277, 283
Saloop - - -	258, 260	Eel - - -	- 279
Sassafras - - -	- 259	Egg - - -	274, 284
Semolina - - -	- 242	Electricity (sugarless) -	286
Sheep's trotters - - -	- 223	Fats - - -	278, 280
Snail broth - - -	- 231	Fruits - - -	277, 281
Sorrel soup (fatigue)	331, 332	" sugar - - -	277, 281
Soups - - -	- 212	Gooseberry, green - - -	- 282
Stout, brown - - -	- 220	Honey - - -	- 285
Sturgeon - - -	- 246	Ice - - -	275, 286
Suet and milk - - -	- 47	Lævulose - - -	- 281
Sugar (fatigue) - - -	262, 265	Lamprey - - -	- 278
Tea, cold - - -	- 333	Lemonade - - -	- 275
Tripe - - -	218-220	Lettuce - - -	- 282
Turkey - - -	- 231	Liebig's extract of meat	210
Turnip - - -	- 217	Liver, animal - - -	- 283
Turtle - - -	- 248	Lung, animal (in con-	
" soup - - -	- 248	sumption) - - -	- 282
Veal - - -	215-218, 225	Milk - - -	- 283
Vegetables, fresh - - -	- 256	" skimmed - - -	275, 276
Vermicelli - - -	- 242	Olive oil - - -	- 278
Whiting - - -	- 244	Paté de foie gras - - -	- 277
Woman's milk - - -	- 260	Peach - - -	- 281
DELIRIUM TREMENS.		Raw meat juice - - -	189, 190
Alcohol - - -	273, 274	Sardines in oil - - -	- 277
Anchovy - - -	- 274	Soup, vegetable - - -	- 281
Beef tea - - -	- 273	Stomach bread ("sweet	
Cayenne - - -	- 273	bread") - - -	- 283
Cheese, toasted - - -	- 274	Sugar - - -	- 285
Emetic, mustard - - -	- 273	Tea - - -	- 282
Injection - - -	- 313	Vegetables to eat	277, 281
Rest - - -	- 274	" to avoid - - -	- 277
DIABETES.		Vermicelli - - -	- 242
Acidulated drinks - - -	- 275	Wasp-sting - - -	- 285
Alcohol - - -	- 284	Water - - -	- 275
Alkaline waters - - -	- 284	Whey - - -	- 276
Almond - - -	- 282	DIARRHŒA & DYSENTERY.	
Asparagus - - -	- 280	Acorn oil - - -	- 289
Beef - - -	- 277	Arrowroot - - -	- 287
Broths - - -	- 286	Bael - - -	- 294
Carnivorous animals' flesh	278	Barley-water - - -	- 289
Caviare - - -	- 277	Beans (astringent) - - -	- 158
Cheese - - -	- 278	Blackberry wine - - -	- 294
Chestnut - - -	- 252	Blackbird - - -	- 295
Cod's roe - - -	- 278	Broths - - -	- 288
		Butter milk - - -	108, 294
		Chicken broth - - -	- 288

DIARRHŒA & DYSENTERY,*continued.*

	PAGE
Cider (choleraic) -	107
Cinnamon -	294
Clove -	287
Currant jelly, red -	289
Dahi -	294
Eggalbumen (for infants)	288
Fruits -	292
Good Friday bread -	292
Grape cure -	292
Gruel -	290
Isinglass jelly -	108, 291
Mango pickle -	295
Mar -	294
Meat extracts -	292
Milk -	287
„ with soda water -	292
Mulberry -	294
Nutmeg -	34
Orange -	294
Paper, white -	291
Port wine -	287, 290
Quince -	397
Raw meat -	289
Rice -	287, 290, 291
Salines (dysentery) -	319
Sorrel -	294
Spices -	287
Starvation, temporary	345, 347
Tapioca -	287
Vegetables -	287
Whey -	294

DIGESTION, to Promote.

Aerated waters -	305
Alcohol -	306
Ale -	306
Anise -	45
Apple -	310
Beer -	306
Bran tea -	302
Bread -	312
Butter -	300, 301
„ milk -	302
Caraway (for flatulence)	18, 162

	PAGE
Cayenne pepper -	127
Cider -	305
Clove (for flatulence) -	297
Coffee -	374
Cordial spices -	297
Dahl's dyspepsia cakes -	303
Friction over bowels -	296
Ginger (for flatulence) -	297
Gizzard of fowl -	6, 502
Gruel -	312
Lemon juice (for acidity)	297, 299
Lettuce -	308
Liqueurs -	306
Liquorice -	514
Lozenges (for heart-burn)	303
Malt extract -	312
Meal (alkaline) -	298
Meats, roasted -	298
„ boiled -	298
Mints -	398
Nutmeg (for flatulence)	308
Orange peel -	309
„ wine -	301
Oyster-shell, powdered -	303
Pepper tea -	308
Peppermint -	297
Pineapple -	311
Saffron -	311
Saliva -	303
Samphire -	300
Savory -	309
Sherry -	306
Soda water -	297
Spearmint (infants) -	398
Suck pebble -	303
Tansy -	455
Tea -	303
Vegetables, green -	300
Vinegar -	297
Vomit after surfeit -	304
Water -	298, 308
Whey -	302

DIPHTHERIA.

Alcohol -	313
Beef (predigested) -	312
„ raw -	312

	PAGE		PAGE
DIPHTHERIA, continued.		Tortoise blood -	316
Coffee -	313	Turnip -	217
Egg-flip -	313	Vegetables -	315
Injection of food -	313	Wormwood -	321
Tea -	313		
Yeast, fresh -	313	ERYSIPELAS.	
DRINK, to Wean from -	275	Alcohol -	322
DROPSY.		Milk, skimmed -	428
Bee beer -	403	EYES, Affections of.	
Birch -	551	Capsicum -	325
Milk, skimmed -	314	Evil eye -	326
DYSENTERY (see DIAR-		Fennel -	399
RHŒA).		Fish gall -	326
EARS, Affections of.		Gold ring (for sty) -	323
Caraway poultice -	314	Honey -	323
Chamomile -	314	Mercury -	326
Drum, artificial -	314	Onion -	324
Eel fat -	280, 521	Parsley -	323
Hop -	314	Peppers -	325
Onion poultice -	314	Pigeon's blood -	569
EPILEPSY.		Rabbit -	324
Absinthe -	321	Rain on Ascension Day	326
Elk claw -	318	Rice -	323
Fats -	439	Rue -	323, 325
Fish -	316	Saliva -	480
Goat's worm -	317	Salt (for cataract) -	323
Juniper berries -	322	„ (for sty) -	325
Lamb's gall -	316	Sea kale (injurious) -	324
Lark -	536	Sheep's gall -	326
Meat -	315	Sparrow -	326
Melilot (clover, yellow)	322	Sugar -	324
Milk diet -	97, 315	Tea -	324
Mistletoe -	318	Thyme -	423
Moon, influence of -	322	Vine sap -	324
Oat tincture -	439	FAT, to Reduce.	
Orange leaves -	316	Banting -	327, 328
Pheasant -	317	Diet, dry -	327
Pigeon -	317	Exercise -	328
Quail -	317	Fasting -	330
Salt -	319, 320	Fat to eat -	327
Suet -	46	Heart, strengthen -	327
Supper -	315	Milk, skimmed -	328
Thrush -	318	Rest -	328
		Salisbury treatment -	329
		Soap -	328

	PAGE		PAGE
FATIGUE (<i>see</i> DEBILITY).		Dry diet (with palpitation) -	400
FEVER.		Egg -	356
Alcohol (typhoid) -	340	Hop -	41
Ale -	343	Liniment, rub in -	296
Apple juice (typhoid) -	341	Liquorice -	121, 152
„ water -	341	Nutmeg -	308
Barley water -	340	Pepper tea -	308
Coffee -	340	Peppermint -	297
Crust coffee -	337	Saffron -	311
Egg -	334, 337	Sage -	25
„ albumen (typhoid) -	340	Savory -	309
„ flip -	334	Toast -	297
„ nog -	392	Thyme -	423
Eucalyptol (intermittent) -	115	Water, hot, and soda -	509
Feeding, ample -	334	FOODS.	
Fruit soups -	337	Abstaining from -	345, 347
Grape sugar -	338	Acorn coffee -	198
Gruel water -	335	Animal food -	344, 345
Junket -	339	Apples -	348
Lemon (intermittent) -	343	Bread of sea water -	360
Lemonade -	342	Bread sauce -	239
Meat, raw -	190	Butter milk -	355
Milk -	339	Cabbage -	349, 350
„ (in typhoid) -	339	Cereals -	91, 255
„ jelly -	342	Cheese -	351, 353, 354
Mulberry -	342	Cock ale -	54, 228
Oat water -	336	Cock a leekie soup -	229
Peach -	338	Crawfish -	252, 493
Raspberry -	342	Deer -	28
Red currant juice -	289	Drink at end of meals -	360
Salt (intermittent) -	339	Eggs -	355-358
Soups, fruit -	338	Extractives of meat -	346
Tamarind drink -	338	Flummery -	154, 254
Toast water -	336	Foods for the studious -	358
Vegetable soups, aromatic	335	„ by smelling -	347
Verjuice -	341	Fowl's blood -	437
Whey -	337, 339, 343	Fresh air as food -	361
Wort -	343	Frog -	125, 126, 151, 203
Yeast -	343	Fruits -	348, 359
FLATULENCE (<i>see also</i>		Goat's milk -	355
DIGESTION).		Goose -	52, 232, 458
Anise -	45	Hedgehog -	348
Capsicum -	127, 533	Honey -	349
Caraway -	18, 162	Humphrey Duke, dine	
		with -	362
		Kid -	225

	PAGE		PAGE
FOODS, continued.		Goose grease -	458
Lait de poule -	356	Parsley (cancerous) -	103
Locust -	535	Prostatic, animal sub-	
Long lived animals -	348	stance -	552
Maize -	192, 261	Salt, solution of -	364
Meals, how many -	359	Soap, soft, rub in -	364, 365
Meats -	344, 345, 349	Sweet bread, calf's -	365
„ when tender -	345	„ „ lamb's -	365
Milk, sour, diet -	355	Throat gland, sheep's -	365
Mutton broth, mock -	19		
National diets -	269	GOUT.	
Odours of foods -	346, 347	Alcohol -	381, 382
Omelette -	357	Beer -	367, 368, 381
Pork -	191, 225-227, 371	Bodily labour -	367
Poultry -	228	Boy in the bed -	378
Rum -	361	Butter -	369, 382
Sheep's trotters -	223	Carrot -	382
Signatures for foods -	351	Cayenne (of stomach) -	527
Soups -	346, 360	Cereal foods -	368
Spiritual support -	362	Cheese -	353
Sunlight, feeding by -	362	Cider -	373, 381
Tripe -	203, 218, 220, 467	Claret -	382
Veal -	215, 218	Coffee -	367, 374, 375
Vegetables -	348	Cream of Tartar -	372, 374
Vegetarian diet -	344, 359	Earth salts -	373, 378
Whey (fleetings) -	355	Effervescing lozenges -	373
Wine -	360	Egg -	356, 367
		Fats -	382
FOOT.		Finger, medical -	377
Alum (for sweating feet) -	363	Fowl -	371
Lambs' wool socks (for		Fruits -	372, 382
sweating feet) -	363	Gentian -	385
		Gin -	368
GALL STONE (<i>see also</i>		Ginger -	383, 384, 385
BILIOUS DISORDERS).		Gold ring, wear -	377
Castile soap -	363	Grape -	383
Turpentine -	363	„ juice -	374
		Hammock -	385
GIDDINESS (<i>see</i> HEAD).		Lemon -	373
		Lettuce -	374
GLANDULAR ENLARGE-		Meals, times of -	371
MENTS and TUMOURS.		Meat -	367, 369
Cinnamon (mumps) -	366	„ smoked -	371
Dulse -	364	Milk -	368
Ear gland, animal (mumps)		„ sugar of -	168
366		Mulberry -	376
Gizzard of fowl -	364	Nationality of gout -	368
Gold -	366	Pistoja powders -	385

	PAGE		PAGE
GOUT, continued.		Balm - - -	390
Quinic acid of fruits	379, 383	Beef tea - - -	390, 393
Rabbit - - -	- 369	Broth - - -	391, 400
Rhubarb, garden - - -	- 375	Coffee - - -	390, 391
Salisbury treatment	369, 370	Exercise - - -	- 387
Saliva - - -	- 481	Fowl - - -	- 387
Salt - - -	- 380	Horse radish - - -	- 389
Sauces - - -	- 371	Mace - - -	- 389
Sherry - - -	- 382	Milk - - -	- 387
Sorrel - - -	371, 375	Mushroom catsup - - -	- 388
Soups - - -	- 371	Music - - -	- 387
Spinach - - -	- 371	Recreation - - -	- 387
Strawberry - - -	378, 379	Rest - - -	- 391
Sugar - - -	- 382	Sage (giddiness) - - -	- 446
Tansy - - -	- 456	Salt - - -	- 391
Tea, against - - -	367, 368	Sorrel - - -	- 387
„ for - - -	- 445	Spearmint (giddiness) - - -	- 398
Tomato - - -	- 375	Tea - - -	391, 445
Turnip - - -	- 382	Thyme - - -	- 423
Vegetables - - -	- 382	Violet - - -	- 390
Vegetarian - - -	- 382	„ vinegar - - -	- 390
Vinegar - - -	373, 379	Wine - - -	- 390
Water - - -	- 382		
„ hot - - -	370, 382	HEART, and CORDIALS.	
Wheat - - -	- 376	Alcohol - - -	393, 402
Whelp - - -	- 377	Aromatic herbs - - -	- 398
Whey - - -	168, 427	Asparagus - - -	- 402
Whisky - - -	368, 381	Basil, sweet - - -	- 398
Wines, red and white	381, 383	Bee beer ("Hum") - - -	- 403
		Beer soup - - -	- 396
HAIR, for the.		Caudle - - -	- 395
Artichoke juice - - -	- 385	Champagne sticks - - -	- 398
Box tree - - -	- 386	Cinnamon - - -	395, 396
Eel - - -	280, 521	Coffee - - -	400, 404
Fats (ringworm) - - -	- 386	Cordials - - -	392, 396
Foods - - -	- 386	„ of Lady C. Howard	394
Larch tree - - -	- 386	Diet, dry - - -	- 400
Mastich - - -	- 386	Egg cordial - - -	357, 392
Onion juice - - -	- 113	„ flip - - -	392, 396
Sulphur (ringworm) - - -	- 386	Fats - - -	- 402
Tar (ringworm) - - -	- 386	Fennel - - -	- 398
Tobacco - - -	- 177	"Invicta" pick-me-up - - -	393
Watercress - - -	- 385	Lemon - - -	- 394
		Liebig's extract of meat	394
HEAD and HEADACHE.		Malt liquor - - -	- 396
Alcohol - - -	387, 391	Marigold - - -	- 396
Almond - - -	- 387	Mid-day dinner - - -	- 400
Arms held over head - - -	- 391	Milk - - -	400, 401

	PAGE		PAGE
HEART, continued.		Cinnamon tabloid, and	
Mint (spearmint)	- 398	tincture	- 411
Quince	- 397	Egg cordial	- 412
„ liqueur	- 397	„ flip	- 408
Rest	- 83	„ water	- 408
Rum punch	- 394	Lavender	- 447
Saffron	- 423	Lemonade	- 409
Sauces	- 395	Nitre drink	- 409
Spider, black, web of	- 403	Orange	- 413, 414
Spoon, hot, apply	- 484	Rosemary	- 447
Sugar of milk	- 404	Tea caudle	- 412
Tarragon	- 395	Water	- 408
Tea	400, 401, 404	Whey	- 412
„ caudle	- 395		
Tobacco	- 392, 404	INSANITY & MELANCHOLY.	
Universal sauce	- 395	Alcohol	- 416
Vegetables	- 401, 402	Apple	- 23
Vine	- 398	Beans	- 424
Water, hot	- 402	Brain, animal	- 419
„ „ apply	- 404	„ tabloid	- 420
Whey	- 393	Exercise	- 415
Wine	- 393, 402	Fish diet	- 418
Wormwood	- 399	Food, ample	415, 417, 420
		Goose (melancholy)	- 458
HICCOUGH.		Gooseberry jelly	- 424
Bun, Good Friday	- 405	Hare	- 406, 420, 421
Lemon juice	- 405	Lavender water	- 420
Tongue, pull forward	- 405	Mace	- 389
Vinegar and sugar	- 405	Meat	- 417
		„ sparing at times	- 418
HYSTERIA.		Mustard	- 424
Alcohol	- 406	Pigeon's blood (frenzy)	569
Brain tabloid (St. Vitus's		Rabbit	- 422
dance)	- 420	Saffron	- 423
Cowslip salad	- 407	Salt	- 424
Diffusible stimulants	- 406	Saveloy	- 420
Food, generous	- 407	Sleep	- 415, 416
Oat (St. Vitus's dance)	439	Sleeping draught, harm-	
Salad, flower	- 407	less	- 418
		Thrush	- 422
INDIGESTION (<i>see</i> DIGES-		Thyme	- 423
TION).		Vegetables for	- 418
INFLUENZA.		Venison	- 6
Alkaline drink	- 412	Wort	- 424
Barley water	- 116		
Broths	- 408	ITCH, the.	
Cedar wood	- 447	Gin (alcohol)	- 507
Cinnamon	- 409	Lavender oil	- 425

	PAGE		PAGE
ITCH, continued.		LIVER AFFECTIONS (<i>see</i>	
Poplar - - -	425	BILIOUS DISORDERS).	
Sulphur (fumigate) -	425	LUMBAGO (<i>see also</i> RHEU-	
Vinegar - - -	425	MATISM).	
JAUNDICE (<i>see</i> BILIOUS		Bacon to loins - - -	433
DISORDERS).		Beer, black - - -	467
JOINTS, WEAK, for.		Capsicum ointment -	433
Caraway seeds - - -	426	Enamelled cloth, wear -	433
Diet (as in rickets) -	426	Poor man's plaster -	433
Oyster, apply to ankles	426	LUNGS, Affections of (<i>see also</i>	
Sheep's fleece broth, apply	426	CONSUMPTION).	
Sunshine - - -	426	Antiseptics (pneumonia)	32, 35
Turpentine and soap -	426	Coffee (pneumonia) -	433
KIDNEY AFFECTIONS (<i>see</i>		Milk, hot - - -	434
<i>also</i> URINE).		Seltzer water - - -	434
Alcohol - - -	428	MEASLES.	
Barley water - - -	427	Cinnamon - - -	32
Beetle, black (albumin-		Meat and soups - - -	434
uria) Preface, xi, xii		Wine - - -	434
Butter milk - - -	427	MONTHLY FLOW of WOMEN	
Eggs, against (in albu-		(<i>see also</i> WOMB).	
minuria) - - -	428, 429	Apiol (oil of parsley) -	435
Fish - - -	427, 429	Balm - - -	434
Imperial drink - - -	427	Blood of fowl - - -	437
Kidney, animal - - -	429, 430	Cinnamon - - -	434, 437
Lemonade - - -	427	Coffee - - -	437
Linseed - - -	429	Gin - - -	436
Meat, in excess (albu-		Herbs, aromatic - - -	436
minuria) - - -	428	Juniper - - -	436
Milk, skimmed - - -	427, 428	Lemon - - -	434
„ soup - - -	428	Oat - - -	434
„ sugar of - - -	428	Parsley - - -	434, 435
Saliva, fasting (gravel) -	481	Pennyroyal - - -	434
Sickness, renal, Noyau		Porridge and gin - - -	435
for - - -	500	Saffron - - -	434
Supra-renal gland sub-		Thyme - - -	434
stance - - -	430	MOTHER'S MARK, or	
Tea - - -	427	NÆVUS.	
Turpentine (colic) - - -	128	Electrolysis - - -	438
Vegetables - - -	428	Paint with white lead -	438
Water - - -	427	Potash - - -	508
„ mineral - - -	428	Seton threads - - -	438
Whey - - -	427		
Wind instruments (albu-			
minuria) - - -	429		

	PAGE		PAGE
NERVOUS DISORDERS, and		PARALYSIS, and PALSY.	
NEURALGIA.			
Acetic acid -	448, 449	Alcohol -	456
Acetopathy -	447	Balsam, apoplectic -	457
Alcohol -	449	Cayenne -	456
Aromatics -	32, 398	Fats -	456
Bacon fat -	439, 449	Friction -	456
Bed, position of -	451	Ginger plaster -	456
Brain, animal -	419	Lavender, red -	457
" of fowl -	438	Oat tincture -	439
Celery -	483	Paste, pungent -	456
Clove, oil of -	450		
Coffee -	390, 441, 509	PILES (see also BILIOUS	
Fats -	439, 449	DISORDERS).	
Fish -	77-81	Abstinence -	458
Horse radish, apply -	450	Alcohol -	458
Jessamine -	450	Brown bread -	458
Lemon -	450	Cayenne -	458, 459
Lentil -	449	Dahl's biscuits -	458
Lode stone -	451	Eel -	521
Magnet -	451	Fats -	458
Milk, skimmed -	438	Goose grease -	458
Moon, influence of -	451	Grass for paper -	458
Mountain laurel -	450	Sulphur -	459
Mustard -	113	Sweets -	458
Oat tincture -	439	Vegetables -	458
Oatmeal porridge -	440	Water douche -	458, 459
Oats -	439	" injection, cold -	458
" rolled -	440		
Orange -	316, 511	PLEURISY.	
Peppermint -	450	Apple -	460
" plaster -	450	Linseed -	522
Perfumes -	446	Pepper poultice -	460
Rosemary -	447	Poppy, red, flower -	83
Sage -	445, 446		
Salt -	450	QUINSY (see also THROAT).	
Sugar candy -	443	Blackberry -	460
Tea -	440-445	Black currant -	460
" green -	443	Broths -	460
Vinegar -	447	Cream -	460
Weather, the -	451	Damson cheese -	460
		Eggs, whipped -	460
PAIN, for.		Gruel -	460
Bran fomentation -	453	Jellies -	460
Breathing, forced -	453	Medlar -	460
Elderflower -	453		
Fomentations -	452		
Lettuce -	454		

	PAGE		PAGE
RHEUMATISM.		Vinegar -	470
Alcohol -	461	Water -	464
Antiscorbutic beer -	467	,, hot, apply -	471
Antiseptics -	467	Watercress -	487
Apple -	469	RICKETS.	
Asparagus -	469	Banana -	475
Beef -	463-465	Barley -	474
Bellows, the -	467	Bran -	474
Blood, ox -	50, 73	Douche bath, cold -	478
,, poisoning -	466, 467	Earth salts -	472, 478
Cayenne ointment -	470	Fats -	477
Celery -	469	Fish phosphates -	475
Chelsea pensioner -	470	Food, acid and alkaline	475-477
Chestnut -	463	Fruit juices -	474
Cider -	462, 469	Lime water -	474
Citron -	462	Meat juice -	473
Crustacean fish -	471	,, raw -	473-475
Dentistry, important -	466	Milk, unboiled -	473
Egg -	464	Oils, rub in -	476
Fasting -	462	Orange juice -	474
Flannel -	461	Phosphate of lime -	473
Fruits -	462, 468	Rest -	476
Goose grease -	471	Sweetbread -	477
Horse radish -	469	Water, warm -	478
Lemon juice (acute) -	461, 462	Wheat phosphates -	474
Lemonade -	461	SALIVA, FASTING, the	
Lime juice -	461	Virtues of.	
Linen (causative) -	467	Saliva, human -	479-482
Lovage -	468	SCARLET FEVER.	
Meat -	463, 465	Cinnamon -	483
Milk, unboiled -	474, 486	SCIATICA (see also RHEU-	
,, and salt (acute) -	461	MATISM).	
,, sugar of -	529	Candytuft -	483
Mustard seed -	468	Celery -	483
,, and cress -	133	Onion tribe -	484
Oat (acute) -	439	Pepper grass -	483
Photopathy -	471	Spoon, hot, apply -	484
Potato -	469	Sulphur -	484
Saliva -	481	SCROFULA, and SCURVY.	
Salisbury treatment -	463-466	Banana -	475
Sea kale -	469	Beef -	486
Spruce beer -	467, 468	Cabbage -	489
Sulphur -	468, 470		
Tar water -	468		
Tripe -	467		
Turpentine and vinegar -	471		
Vegetables -	461		
Venison fat, apply -	470		

	PAGE		PAGE
SCROFULA, continued.		Herring -	- 492
Cabbage, red -	- 489	" brine -	493, 494
Citric acid -	101, 487	Oat tincture -	- 494
Clam broth -	200, 251	Oyster -	- 495
Clove -	- 489	" shell -	- 495
Cowslip -	- 487	Parsnip -	- 494
Cream -	- 484	Partridge (venereal) -	6, 491
Fats -	- 484	Pepper -	- 495
Fig -	- 489	Pigeon (against venery) -	491
Fish oil -	184, 186	Plaice -	- 495
Flower salad -	- 488	Salt -	- 495
Herbs -	- 489	Sparrow -	- 491
Laver -	- 488	Tarragon -	- 494
Lemon juice -	101, 485	Trimethylamin -	- 493
Lime juice -	- 101	Turkey -	- 496
Meat, raw, juice -	- 485	Walnut (venereal) -	- 555
Milk -	484, 486	Water drinker -	- 496
" Pasteurised -	- 486		
" unboiled -	101, 486	SICKNESS.	
Nasturtium -	- 487	Almond, bitter and sweet	
Orange -	485, 488	" milk -	496, 499
Potato, sparingly -	- 485	Apple -	- 503
" gruel -	- 485	Beer -	- 502
Raisin� -	140, 142	Cayenne -	- 500
Saliva -	- 481	Cherry water -	- 498
Suet -	- 484	Clove -	- 496
" rub in -	- 484	Curacoa -	- 500
Vegetables -	- 485	Giblet -	- 502
" in broth -	- 485	Gizzard of fowl (in preg-	
Volatile salts of herbs -	- 489	nancy) -	- 502
Walnut -	- 489	Head, low -	- 501
Watercress -	487, 488	Hop -	- 502
		Ice (sea-sickness) -	- 501
SEXUAL ORGANS, Affections		Koumiss -	- 503
of.		Liqueurs -	498-500
Artichoke, globe -	- 496	Macaroon -	496, 497
Celery -	- 494	Maraschino -	- 498
Chocolate -	- 490	Marzipan -	- 496
Cocoa -	- 490	Milk and soda water -	- 496
Cock -	- 491	Noyau -	498, 500
Cockle -	- 496	Orange, Tangarine -	- 500
Crab -	- 496	Orgeat -	- 497
Date -	- 494	Porter, bottled (sea-sick) -	500
Fig -	- 495	Quince -	- 502
Fish -	- 492	Ratafia -	- 497
" cakes -	- 493	Sea water -	- 501
" cream -	- 492	Soda water -	- 496
Hemlock -	- 495		

	PAGE		PAGE
SICKNESS, continued.		Viper broth -	506
Spinal ice bag -	501	Walnut leaves -	509
Vanilla -	501	Watercress -	506
Vinegar and egg	357, 501	Whey (a cosmetic) -	393
Walnut, spirit of	500	Whisky and Dock	506
 SKIN AFFECTIONS.		 SLEEP.	
Alcohol -	506, 507	Air out-of-doors	512
Apple -	508	Alcohol -	511
Beef, to abstain from		Beans -	517
(for acne) -	509	Bed, position of	512, 513
Burdock -	506	Beer cordial -	514
Butter milk, apply	507	Books to read -	521
Cider -	508	Castors of bed, remove	513
Cinnamon -	508	Coffee -	509
Cucumber -	504	Colds -	513
Dock -	506	„ preventive	519
Friction with flesh brush	508	Copper wire -	513
Frog spawn (redness of		Cowslip wine -	518
face) -	509	Curds -	418
Gin -	507	Early rising -	511
Hedgehog -	348	Eau sucrée -	512
Honey and Cinnamon		Egg -	510
(freckles) -	509	Fir tops -	518
Hum -	506	Fish -	418
Lavender water	507	Flannel, not wear	512
Lemon juice (freckles) -	102	Food -	510, 520
Meat -	507	Friction, gentle	513
„ raw, juice of	507	Garlic -	187
Menthol (nettle-rash) -	204	Ginger tea -	515
Milk -	506	Gossip's cup -	514
Netting (urine) -	506	Herbs to feet -	518
Nettle -	506	Hop -	511, 518
Oatmeal -	255	„ pillow -	518
Pease broth -	509	Inspirations, forced	453
Peppermint (nettle-rash)	204	Lactucarium -	515
Potash (to moles) -	508	Lettuce -	515
Pumice stone (friction)	427	„ boiled -	516
Rabbit -	505	Liquorice -	514, 515
Saffron -	504	Medicaments to feet	518
Sage (for sweats) -	528	Mesmerism -	513
Saliva -	481	Milk -	512
Spinach -	509	Mosquito dram -	511
Tea (to promote perspir-		Music -	513, 520
ation) -	444	Nettle soup -	517
Tobacco -	506	Nutmeg preserve	517
Tortoise (leprosy) -	248	„ tea -	517
Vegetables -	507	Oat tincture -	517

	PAGE		PAGE
SLEEP, continued.		SPINE, for the.	
Onion - - -	518	Acetopathy - - -	524
Orange flower water -	511	Menthol - - -	525
Peas - - -	517	Ox marrow - - -	525
Rest - - -	520	Peppermint - - -	525
Rose conserve - - -	515	Soap, soft - - -	525
Rosemary - - -	515	Vinegar - - -	524
Sage - - -	515		
Spider's web - - -	519	SPRAINS, and STRAINS.	
Stout - - -	511	Alcohol - - -	525
Supper - - -	510, 512	Gall of ox - - -	526
Tea - - -	509, 510	Goose grease - - -	526
„ dinners - - -	511	Sage - - -	525
Tobacco - - -	517		
Walking (evening) -	513	STINGS.	
Warmth in bed - - -	519	Lemons - - -	461
Water, cold - - -	512	Onion, apply - - -	526
„ hot - - -	509	Snake's head (for snake	
Whey - - -	418	bite) - - -	571
Wine Preface viii, 416, 511			
		STOMACH AFFECTIONS.	
SMALL-POX.		Butter milk - - -	526
Bacon fat, apply - - -	521	Cayenne - - -	527
Eel fat, apply - - -	280	Eggs - - -	527
Egg in milk - - -	521	Fish - - -	527
Fruit - - -	521	„ and milk (refuse) -	528
Water - - -	521	Grape sugar - - -	197
		Hop - - -	518, 527
SORES (see also WOUNDS		Injections (ulcer of) -	527
and ULCERS).		Koumiss - - -	527
Alcohol - - -	522	Liquorice - - -	121, 152
Bread poultice - - -	523	Milk - - -	526
Capsicum - - -	521	Oyster - - -	528
Carrot, antiseptic -	570	Soda water - - -	526
Lemon juice (of tongue)	541	Tar - - -	468
Lettuce poultice - - -	523		
Linseed poultice - - -	522	STONE IN BLADDER (see also	
Onion juice - - -	112	GRAVEL and URINE).	
Rhubarb - - -	522	Alcohol - - -	547
Rosemary (gangrene) 41,	447	Blackberry jam - - -	545
Saliva - - -	481	Lemon - - -	101, 485
Spirit of wine (to pre-		Saliva - - -	481
vent) - - -	522	Syrup - - -	545
Sugar, apply - - -	541	Tea - - -	445
Sunlight - - -	362, 426	Water - - -	543
Walnut leaves - - -	521, 522		
		STRAINS (see SPRAINS).	

- | | PAGE | | PAGE |
|--|----------|--|-----------------|
| STRENGTH, to Increase (<i>see</i> DEBILITY). | | Raspberry vinegar | - 534 |
| SWEATINGS, Profuse. | | Roe of herring (hoarseness) | - 194 |
| Alum (of feet) | - 363 | Sage leaves | - 535 |
| Lamb's wool socks | - 363 | Soda (to tonsils) | - 538 |
| Sage | - 528 | Strawberry | - 534 |
| Tea (to cool when perspiring) | - 444 | Sulphur (gargle) | - 532 |
| Water under the bed | - 529 | Throat, to bless | - 532 |
| | | Walnut | - 534 |
| TEETH, for the. | | THRUSH, and SORE MOUTH. | |
| Antiseptics | - 530 | Corrosive sublimate solution, apply | - 538 |
| Biting hard | - 529 | Honey | - 540 |
| Brandy into nostril | - 530 | Mulberry | - 539 |
| Clove | - 287 | Stamps, postage, serum of | - 540 |
| Horse radish | - 534 | Tomato | - 539 |
| Milk, sugar of | - 529 | TONSILS (<i>see</i> THROAT). | |
| Music | - 529 | TUMOURS (<i>see</i> GLANDULAR ENLARGEMENTS). | |
| Thyme | - 423 | ULCERS (<i>see</i> SORES). | |
| Watercress | - 385 | URINE, Disorders of (<i>see also</i> GRAVEL, and KIDNEYS). | |
| THROAT, Affections of. | | Alcohol | - 428 |
| Alum | - 534 | Animal diet | 541, 542 |
| Antiseptic gargle | - 532 | Asparagus | - 549 |
| Apple | - 536 | Barley water and tea | - 553 |
| Bacon rind, apply | - 537 | Beet (gravel) | - 545 |
| Barberry | - 535 | Beetle, black (Bright's disease) | Preface xi, xii |
| Barley water | - 116 | Birch wine | - 551 |
| Blackberry | - 535 | Blackberry jam (stone) | 545 |
| Black currant | 534, 535 | Castor oil, inject | - 552 |
| Cabbage, red | - 488 | Celery | - 553 |
| „ salad (for voice) | 537 | Cheese | 548, 549 |
| Cayenne (putrid) | - 532 | „ (gravel) | - 353 |
| Duck (for the voice) | - 459 | Chestnut (Bright's disease) | 550 |
| Eel | - 536 | Cider | - 547 |
| Fat of pig | - 538 | Clove | - 553 |
| Good Friday bun | - 537 | Coffee | 542, 545 |
| Honey | - 535 | Egg (albuminuria) | - 548 |
| Horse radish (hoarse) | - 534 | Electricity (bed wetting) | 553 |
| Lark, the | - 536 | | |
| Milk and suet | - 537 | | |
| Mulberry | 534, 535 | | |
| Napkin, infant's, wet | - 540 | | |
| Ox gall (to tonsils) | - 538 | | |
| Pepper pot medicine | - 533 | | |
| Prune (gargle) | - 534 | | |
| Radish juice | - 534 | | |

	PAGE		PAGE
URINE, continued.		Lemon peel -	556
Exercise -	542	Magnesia -	556
Fish -	549	Marigold -	397
Fruit -	543	Saliva -	478
Glycerin -	544	Salt -	556
Hare skin -	552	Sea water -	556
Kidney, animal substance		Verjuice -	557
	553, 554	Vinegar -	556
Lemon juice -	373		
Malt liquors -	547	WHOOPING COUGH.	
Meat, raw -	551	Bath, cold -	559
Milk -	548	Cochineal -	558
" soup -	548	Milk -	557
Mineral salts -	541	Mouse, roasted -	559
Onion -	549	Radish, black -	558
Oxalates, for -	546	Sheep fold -	558
Parsley -	553	Sugar -	559
Plasmon -	549	Thyme -	560
Pork -	549		
Potash salts -	541	WOMB, Affections of.	
Potato -	542, 543	Caudle -	565
Prostatic, animal sub-		Cock a leekie soup -	560
stance -	552	Egg shell (for "whites")	563
Rhubarb, garden -	546	Gruel -	565
Salines -	542	Hedgehog -	564
Saliva (gravel) -	481	Leek -	560
Salt -	542, 544	Medlar -	562, 563
Sorrel -	546	Nuts -	562
Spinach -	546	Nutmeg -	564
Stephens, Mrs. (for stone)	546	Rose, conserve of (hips)	
Syrup -	545		563, 564
Tea -	542, 543, 546	Saffron -	561, 562
Tomato -	546	Tansy -	560, 561
Turnip -	270	Whelk -	564
Turpentine -	128		
Vegetables -	541, 549	WORMS.	
Water, hard -	543	Carrot (raw) -	568
Whey (albuminuria) 120,	548	Lettuce -	567
Wood pea -	550	Milk, unboiled (against)	568
		Salt -	568
VENEREAL DISEASES (<i>see</i>		Sugar (injection) -	566
<i>also</i> SEXUAL DISORDERS).		" cane -	566
Partridge -	555	Vegetables, green (against)	
Walnut leaves -	555		567
		Walnut -	568
WARTS.		Watercress -	567
Apple juice, crab -	557		
Cabbage juice -	556		

	PAGE		PAGE
WOUNDS (<i>see also</i> SORES,		Mud poultice -	- 569
and ULCERS).		Oyster -	- 570
Blood, animal -	- 569	Pigeon -	- 569
Cabbage -	- 570	" blood -	- 569
Carrot -	- 570	Rosemary -	41, 447
Garlic -	- 570	Saliva, fasting 478-481,	570
Honey -	- 104	Shea butter -	- 570
Meat extract (Bovinine),		Sugar -	- 569
apply -	- 572	Thorn (for splinters) 7,	570
Mints -	- 570	Web of spider -	- 571







