

Take, say, a dozen eggs—they must of course be fresh, but not necessarily new-laid—and hard-boil them, *i.e.*, put them into cold water in a saucepan and place them on the fire. Let the water come to a boil, and let them boil for ten minutes, then take them off and put them into cold water till nearly or quite cold. Take off the shells and cut each egg in half so that it makes two cups; by pinching each cup carefully with the fingers the inside of the cup—*i.e.*, the half-yolk—will come out. Next place these twenty-four half-yolks in a mortar and pound them till they become smooth, or in other words, till all lumps cease to exist. Then add a good half-pound of butter, a salt-spoonful of anchovy sauce, and work the whole together till it becomes quite smooth; this requires time and patience; lumps of yolk and lumps of butter are equally objectionable.

Next take the twenty-four hollow white cups and cut off the tip ends so that they will stand upright on a dish; fill the cups with the pounded yolks, &c., and

pile it up so that it comes to a point (*vide* diagram). This makes a very pretty dish; twelve eggs will of course make twenty-four cups. If you wish to ornament the dish further, you can take the little white pieces cut off the end, and chop them finely with a knife; and get a little chopped parsley, and sprinkle the white and green pieces on the yellow pyramids, and place some ordinary parsley in the dish round the base of the eggs. These devilled eggs look best either in a silver or a plain white dish.

Interspersed with the dishes I have named, I would recommend small baskets of fruit, such as grapes. A mould or two of jelly, and a nice piece of cold roast beef in the centre of the side-board, red and juicy, and ornamented with curly horseradish and parsley; some light pastry can of course be added if wished, as well as an almost infinite variety of sweets, and lobster salads, but I feel sure that if the supper I have mentioned be carried out it will satisfy the invited, and consequently the inviter.

PAIN: ITS PREVENTION AND RELIEF.

BY A FAMILY DOCTOR.



People are ever thoroughly grateful for the services rendered to them by the physician or surgeon—and we believe they often are—it surely is when he has succeeded, either by drug or application, in alleviating distress or causing surcease of pain. Patients, indeed, are apt to have an exaggerated notion of the skill of the medical man of whom they are able to say, "He gave me something to take, and the relief I experienced was almost instantaneous." But be that as it may, there is no doubt that in many cases, too numerous here to mention, mitigation or total removal of the pain is, if not half the battle, at least the first great stride towards the complete subjugation of the disease, for sleep that worketh wonders usually follows such relief, the tension is taken off the nerves, the brain is calmed, strengthened, and revived, the heart beats again with more equable rhythm, and this being so, every internal organ and the skin itself are stimulated to increased action, the products of disease are eliminated, and the balance of nature has begun to be restored.

At this season of the year in particular, while wintry winds are still blowing around us, while the sun is shorn of his beams, and sleet, or rain, or snow itself makes out-door exercise a pleasure to few except the very robust, the human frame is extremely liable to many ailments, the pain arising from which is enough of itself, if not speedily relieved, to shatter the nerves, and for a time, at least, to utterly prostrate the strongest constitution. A few hints, therefore, on the relief of pain may not be deemed ill-timed. Those I shall give will be simple and easily borne in mind, yet probably none the less effective on that account.

Nobody ever thinks of denying the truth of the oft quoted saying that prevention is better than cure, yet how few among us take proper precautions at this season of the year, or at any other season, to guard against those influences which are liable to induce ailments of the most painfully distressing nature! Some people there are who err from ignorance, others from over-caution, and others again from sheer recklessness. The first class is a very large one indeed, and likely to remain so until it shall become the fashion in this country to impart to the pupils of our schools and seminaries an elementary knowledge of the science of medicine. This, I think, would not be difficult to accomplish, and it might be done in a manner so attractive and telling as not to be easily forgotten in after-life.

Sudden chills and changes from a hot to a cold atmosphere are the cause of many painful disorders, yet people ought to know when the application of or exposure to cold is likely to be injurious. When the body has been at rest for some time in a heated atmosphere, with perfect ventilation, as in a Turkish bath, for instance, with the skin acting freely and the heart stimulated by the warmth, after a wash down with warm water and soap, a sudden plunge into a tank of cold water, so far from being injurious, is productive of good, for the body has no sooner been restored to the air, and well rubbed down, than reaction ensues, the blood returns to the surface, the lungs are relieved, breathing is easier, and the spirits consequently exhilarated. That is an example of a truly beneficial change from heat to cold, but the benefit that accrues from the change depends on the fact that the body at the time is strong enough to secure a reaction. It is very different in the case of a

person coming suddenly into the cold night air from a close and heated apartment, in which he may have been sweltering and undergoing fatigue both mentally and bodily for hours, artificially supported, as is too often the fashion, by vinous stimulants. Here the enfeebled frame is incapable of reaction, perspiration is checked, the inspiration that takes place through the skin is rendered for the time impossible, a double burden is thus thrown on the lungs, and if the individual thus exposed be of extra strength, congestion of the mucous membrane of the bronchial tubes—in other words, an ordinary cold—may be the only evil after-effects; but if he be of feeble constitution, or of the sanguinary and inflammatory diathesis, he will in all probability fall a victim to some of those dangerous and often deadly disorders which in medical parlance always end in *itis*.

Reverting once more to the Turkish bath as a familiar example of the effects of cold, we all know how dangerous a thing it is to sit in draughts, or to come out of a hot room and go and sit in a cold one, and yet this latter is just what one does after coming from a hot-air bath, and before completing the toilet. *He must cool down.* Yes, you must cool down, but not to the stage of discomfort. You must not let yourself be cool enough to feel cold. For to feel cold is to receive a warning from nature that you are catching cold, and maybe worse. But that degree of cold which can be borne without discomfort is never dangerous. You may sit with your face to the draught of a railway carriage window, and your grandmother may shudder to see you, and think you suffering from some form of suicidal mania, but so long as you *feel* a comfort from so doing, never mind what any one thinks; but the moment you experience the slightest approach to a chill, up with the window, on with your comforter, and button your coat.

Persons who are over-cautious of their health, often commit grave errors. To say nothing of the constant fear and fret they labour under, lest they should catch cold and have a return of their old complaint, whatever that may be, and the worry their ways cause others, what with sleeping in rooms from which every breath of air is carefully excluded, wearing frightful respirators, weakening goloshes, and par-boiling waterproof clothing, they render themselves liable to every earthly complaint to which the word painful can be applied. Such people hurry themselves to their graves, and the life they lead cannot be a happy nor an enviable one.

Of the danger of wet, cold, or damp feet, I have often spoken; I may merely mention here that those who suffer from occasional attacks of catarrh, neuralgia, toothache, or rheumatism, cannot attend too much to the comfort of their feet and lower extremities. The stockings they wear should be warm but not too thick, and boots should be soft and of medium thickness in soles. Feet-warmers either in bed or in a railway carriage should be dispensed with as much as possible.

Pains about the head arise from many different causes, and therefore no one remedy is applicable to

all. Let those, then, who suffer from cerebral pains remember that the distress they have to bear is but the symptom of some disorder of the general system. Over-fatigue will often cause congestion of the head, and in delicate women this is often accompanied by a feeling as of a ball at the lower part of the neck, a kind of choking sensation. This kind of pain in the head is caused by temporary weakness of the heart. Sal volatile will help to remove it, with rest in the horizontal position, and afterwards the diet should be carefully regulated, and a course of what is called "Chemical Food" taken, with the sea-salt bath every morning. Biliary headaches are generally transitory, but point emphatically to the better regulation of daily habits of living. Four drams of colchicum wine, an ounce of sal volatile, and three ounces of tincture of oranges, form an excellent mixture, which those subject to pains in the head of a rheumatic nature would do well to have by them. A tea-spoonful should be taken three or four times a day in a small quantity of water. When headaches seem to arise from a bloodless and weak state of the body, the tincture of iron in conjunction with small doses of dilute hydrochloric acid will often work wonders. Pain in the head is relieved at times by putting the feet in mustard and hot water, by a pad on each temple and a bandage tight around the head, kept wet with water or eau-de-Cologne; by well sponging the brow in cold water and holding the arms above the head; by the shower-bath of a morning, and by the pepsine and aloes pill. This last is an excellent dinner pill, and here is the formula:—Five grains of quinine, forty of the best pepsine, and ten grains of Barbadoes aloes, made into ten pills with sufficient glycerine. One pill every day at dinner-time. This pill should be silvered.

Pain in a nerve or group of nerves is known by the general term neuralgia, wherever it may be, whether in the head—usually one half only is affected—the side of the face, the jaw, or nerves of the leg. The pain of neuralgia often amounts to positive torture, and unfortunately may continue for many weeks, or even months, and it may go away for a time and return again as bad or worse than ever. The agony banishes sleep, and the want of rest weakens the body, and I might almost say, demoralises the mind, for a patient suffering from pain of this kind will take almost anything to obtain relief. This terribly painful disorder is generally brought on from exposure to wet or cold, or both, at a time when the body is weak from over-fatigue, or when the general health is a long way below par, more especially if worry or anxiety of mind is super-added, with want of rest and sleeplessness. This being the case, the medical man tries all he can to brace up and tone his patient. He recommends the salt-water bath, cold, tepid, or warm; the Turkish bath, moderate and regular exercise, the careful regulation of diet, food of the most strengthening yet most easily digested kind, the wearing of warm flannels next the skin, the giving up of tea, coffee, and perhaps tobacco, with a good nervine tonic, of

which one of the best is the following :—Fowler's solution of arsenic, twenty drops, half a dram of the ammoniated citrate of iron, an ounce and half of compound tincture of quinine, and eight ounces of orange-water ; *dose*, two table-spoonfuls thrice a day after meals. But meanwhile the sufferer is crying for present relief, and that cannot be refused. A paint consisting of a dram of the extract of belladonna to half an ounce of glycerine, smeared over the seat of pain, often does much good. If it is in the face, the patient should get to bed, after well bathing the feet and legs in hot water with mustard in it, take a hot drink, wine negus, with about twenty drops of solution of morphia in it, and having smeared the face, place it on a soft wool-covered pillow. Extra blankets should be put on the bed, and the patient made to perspire freely. Here is an ointment which I have often seen act like magic :—Two grains of aconitia is carefully mixed with five or six drops of strong spirits of wine, then a dram of lard added. This should be smeared over the seat of the pain. Should even this fail to give the desired relief—which, however, is in many cases unlikely—then resort must be had to the hypodermal injection of morphia. This must be done by a medical man, although I am sorry to say that many patients enamoured by the amount of relief given, and the pleasant sensations which have succeeded the pain, have taken to the habit of hypodermal injection as a panacea to all the ills of life, and thus ruined their constitutions irretrievably.

Hydrate of chloral is a drug that only medical men should prescribe, but its effect in relieving pain and producing sleep is instantaneous. Morphia draughts are also good ; the dose is from twenty to thirty drops of the solution of the muriate in about an ounce of camphor-water. But let me once more caution the reader, as he values his health, and life itself, to take care how he tampers with sleeping draughts, and also to remember that present relief from neuralgic pains does not mean the cure of the disease ; to effect that, his health must be raised above par.

Sore throats are common at this season, and great relief is obtained by wearing all night a nice soft bran poultice, or one of the above liniments may be spread upon a piece of flannel and tied round the throat. Well reddening the breast with turpentine takes away the harsh dry pain of a common cold. A dram and a half of dried alum with two and a half drams of capsicum tincture, a little syrup, and eight ounces of rose-water, form a nice gargle for the relief of hoarseness, and that troublesome complaint generally known as falling of the uvula. Again, for sore throat what can be better than a gargle like the following?—Three drams of laudanum, half that quantity of tincture of belladonna, and eight ounces of camphor-water. Lastly, I may mention this fact, not known to every one : in painful inflammations of the throat and in cases of gum-boil, a dose of Epsom salts cannot fail to do positive good, especially if the patient is at all plethoric.

THE GARDEN AND ORCHARD IN JANUARY.



ARDENING in January does not perhaps sound a particularly inviting subject, nor—for let us be honest enough at once to confess it—a particularly fruitful one. The gardener, however, may be allowed the pun which naturally suggests itself by way of repartee that

January is not a "fruitful" month. But for all that, we have no intention of sitting over the fire for the entire month. And yet, we say, how impossible it seems—looking this morning through the little clear patch which the proximity of our own warm breath has created on the ground-glass window-pane—how almost hopelessly impossible it seems to be able to do any good on the leafless, silent, dreary, frozen-up half-acre of garden round this poor old house ! It is snowing hard ! What in the world can we do ? Well, but why not have a day's work in the little greenhouse ? Depend upon it, a little examination and a general and hasty survey, under the almost dazzling white of our snowed-glass canopy, will reveal more than enough to occupy us until the dinner-bell rings. And once inside—after a staggering rush across the slippery

gravel way which the gardener's broom has just made passable—what a strange but nevertheless agreeable contrast is there in the little verdant scene which presents itself ! "Old Thomas," broom in hand, at the doorway, red-nosed, blue-knuckled, with a comforter round his neck, that would be white but for the snow-glare, is certainly January itself to look at ; but inside this little greenhouse of ours, of which we are so fond and so proud, what a paradise it seems ! We appreciate it infinitely more now than we do in July, when we have turned nearly everything out. We return the old man's New Year's greeting with good solid interest, and he follows us inside, pleasantly enough, shutting the door with wonderful alacrity. The four seasons of the year would seem almost to be doing battle with each other ! Is it spring ? Yes : for there are our pots of snow-drops, and the already yellow tops of the crocuses ; the primulas too, and even the cinerarias are looking promising. Is it summer ? Yes : for the fresh bright green appearance of our entire stock is in itself a delight : two or three pots of mignonette still give a slight fragrance, and the dwarf but scarlet blaze of a couple of stunted geraniums, bolder than their fellows, is a positive luxury, while in our very love of the gay summer we pinch the leaf of another, then smell our finger and