

TYPHOID FEVER.—The prevalence of typhoid fever, and the interest which is attached to all matters concerning its treatment, induce us to print the following interesting memorandum from the late Sir William Gull, M.D., given to Major-General Ellis two years after the illness of the Prince of Wales, in 1872 :—

I. Typhoid fever is a disease which runs a more or less definite course. It cannot be stopped or cured by medicines.

II. The chief thing to be done at the outset of an attack is to send the patient to bed, so as to save strength from the beginning.

III. No strong purgative medicines are desirable.

IV. As the fever develops, and the strength grows less, light food should be given at short intervals—i.e., water, toast-water, barley-water, milk and water, light broths (not made too strong or too gelatinous).

V. If there be restlessness or much agitation of the nerves, wine (port, sherry, or claret) or brandy in moderate doses at short intervals. This must be directed medically, but in general it may be said that the amount required is that which induces repose and sleep.

VI. The bowels may be left to themselves. If unremoved for twenty-four or thirty-six hours, a lavement of warm water may be necessary, but this will be directed medically.

VII. The restlessness or wakefulness in fever is best remedied by the careful giving of wine or spirit with the food, or in water. Sedatives such as opium are inadmissible—mostly injurious.

VIII. The bedroom to be kept at a temperature of 62 degrees to 64 degrees.

IX. Great care necessary to keep the bed clean and sweet. This most easily done by having a second bed in the room, to which patient can be removed for two or three hours daily, whilst the other is thoroughly aired, and the linen changed.

X. All fatigue to be sedulously avoided. No visitors admitted, and no other person but a nurse and one attendant to help her.

XI. Patient's room never to be left unattended for a moment, as in the delirium of fever patient might jump from bed and injure himself.

XII. As to medicines and the treatment of complications, the immediate medical attendant must be responsible.

XIII. As it is probable that the discharges from the bowels in typhoid fever may be a source of contagion, it is desirable that before being thrown down the closet they should be largely mixed with Condy's fluid or some other disinfectant. On the same principle, the strictest cleanliness must be observed in the sick room.

XIV. There is no reason to believe that typhoid fever is contagious from person to person in the ordinary way. The largest experience shows that it does not extend, like an ordinary contagious disease, to nurses or others attending upon patients suffering under the disease.

WILLIAM W. GULL.

GERMAN TEA-LOAF.—One pound and a half of Vienna flour, four ounces of white castor sugar, half a teaspoonful of salt. These ingredients to be put into a bowl with three quarters of a pint of milk, made warm in a jug. Put a quarter of a pound of fresh butter,

one ounce of yeast, two well-beaten eggs, with the contents of the jug; mix the ingredients in the bowl to a stiff dough with the hand. Leave it to rise two hours; then, when moulding it, work in two ounces of chopped candied cherries. Put into one or two greased tins, leaving plenty of room to rise; put into a quick oven, the heat of which should at first be very quick, and allowed to subside at the end or nearly the end of the time required for baking. When it is taken from the oven, brush over with beaten white of egg and a tablespoonful of castor sugar. Return to the oven to set the surface slightly.

POP-OVERS.—These should be eaten hot with a little syrup or butter. Take one pint of milk and as much flour as required to make a stiff batter; beat the yolks of three eggs; stir in with a little salt and a tablespoonful of butter, melted. Then beat whites of eggs till they are like snow, and stir them gently into the batter, and, last of all, add a teaspoonful of sugar and a saltspoonful of soda dissolved in a little hot water, two saltspoonfuls of cream of tartar. Bake in tins or cups in a very hot oven.

WHOLE WHEATMEAL GINGERBREAD.—Ten ounces of whole meal, half a pound of treacle, two ounces of sugar, two ounces of butter, a few carraways, half an ounce of ground ginger. Rub in the butter to the dry ingredients, mix all with the treacle and a quarter of a pint of new milk, in which a teaspoonful of soda has been dissolved. Bake in a buttered tin in a very slow oven.