Clinical and other Notes

Information gained from the friend was that he had known the deceased for many years, but did not know of his having suffered from any serious illness. He had been in the Army, was at the time of his death a member of the Indian Army Reserve of Officers, and was employed as a travelling agent for a large business firm in the Punjab. In the course of this occupation he was constantly travelling, frequently up to the hills and back to the plains, and never complained of disability for duty. Lately he had developed a distinctly religious trend of thought and speech.

To establish the cause of death a partial post-mortem examination was performed, and it was then found that a large fusiform aneurysm of the arch of the aorta had ruptured into the pericardium, which was tense with dark, liquid blood. The whole wall of the arch of the aorta was in an advanced state of chronic syphilitic aortitis, and, in addition to the point where it had ruptured, there were at least two others where a break could not have been long delayed.

Here was a man carrying on his daily work, who must for some time have been in imminent danger of sudden death without, as far as his friends knew, any knowledge of his condition, and in whom the final catastrophe was precipitated by the mastication of a red chilli.

THE COOKING OF LIVER FOR THE TREATMENT OF PERNICIOUS ANÆMIA.

By C. E. POLLOCK, M.R.C.S.Eng.

Major-General, late A.M.S.

Liver as usually cooked soon palls. Being myself an involuntary member of the "honourable company of liverers," and not relishing the prospect of having to eat the same preparation of liver four or five days a week, I set to work to find ways of converting our mainstay of life into an attractive item on the menu. I give the results obtained up to the present, and with further experience I hope to add to the list.

When cooking liver the following general rules should be observed:—
(a) Fresh ox liver is more effective than calf liver.
(b) The cooking should be short, and the temperature should be kept as low as possible—just sufficient to make the liver seem to have been cooked.
(c) No more fat should be used than is actually necessary for each dish.
(d) Grilling makes the liver tough.
(e) Only a little salt should be used in the cooking; more can be added when it is eaten.
(f) Any sweet flavouring, such as chutney, should be used sparingly.

1 Reprinted from the Lancet, September 22, 1928.
Clinical and other Notes

Some Recipes.

Liver Sandwiches.—The following has been successfully used by friends for a child. Put the raw liver through a mincer and remove any fibrous parts. Spread the minced liver on thinly cut slices of bread and butter, or a piece of toast which has been split in two. In either case use little or no butter. Add pepper and salt according to taste, sprinkle it freely with fresh lemon juice, and a trace of grated onion. A few dabs of Bovril, or a thin layer of grated cooked ham improves the flavour. Finely-chopped pickles may be used in place of ham.

Fried Liver.—Cut the liver into rather thin slices. Put a small quantity of butter, margarine, or a slice of not very fat bacon into the frying-pan and heat to low frying temperature. Cook gently from five to ten minutes to suit the individual's taste.

Dry Curry.—Slice the liver as above. Put into the frying-pan a little butter and a dessert-spoonful of chutney with a squeeze of lemon juice. Heat this while stirring it to a low frying temperature. Roll the slices of liver in dry curry powder and place them in the pan. Cook gently for five to ten minutes.

Liver Purees.—(a) Prepare a white sauce. Stir in six ounces of grated raw carrot; if it is coarse, or, if young carrots are obtainable, the same quantity finely-chopped. Boil gently for a few minutes. Stir in the minced raw liver and let it stand for three minutes on the warm top of the stove, away from the flame.

(b) Prepare a brown gravy, using as little fatty substance as possible. Bring this to the boil, then move the pan away from the flame, and stir in the minced raw liver. Let it stand for three to five minutes. Green peas or finely-sliced young carrots improve the flavour. Serve on toast.

(c) Prepare a breakfast-cupful of Bovril or Marmite. Bring it to the boil, stir in the minced liver, and let it stand for a couple of minutes on the top of the hot stove. This is very useful when the liver is required at short notice.

Liver Soups.—Prepare a breakfast-cupful of any of the following soups: Tomato, veal broth, chicken, or rabbit broth. Many others, such as potato soup, game soup, milk and celery soup, make a pleasant variation. Bring the soup up to the boil. Take the pan off the fire, stir in the minced raw liver, and let it stand for a few minutes.

Minced Liver on Toast.—Prepare a tasty gravy flavoured with a sauce such as A. 1 or Harvey's. Chop the liver and cook gently in the gravy for three minutes, spread it on the toast, and serve hot.

Liver and Eggs.—Minced raw liver may be beaten up with milk and eggs and served as scrambled eggs. An omelette may be filled with minced liver cooked slightly in a tasty gravy.

Liver Roll.—Mince together twelve ounces of liver, six ounces of beef (preferably steak), and six ounces of rather lean bacon. Add a trace of
finely-chopped onion. Mix a teacupful of breadcrumbs with the minced liver and bacon. Beat up one egg and stir it into the liver mixture, flavouring the whole with a little tomato sauce. Wrap it in grease-proof paper, and cook in a steamer from one to one and a half hours. Let it get cold and eat it as a sandwich, or in place of cold meat. This is a useful preparation when travelling.

Rissotto.—Boil some rice in the ordinary way. Cut the liver into dice of about half an inch, and cook in a savoury sauce, tomato for preference. Place the cooked rice in a hot dish, making a hollow in the middle. Put the liver into this. If preferred, the liver may be sprinkled with lemon juice and lightly fried. In this case a well-flavoured sauce should be served to pour over the rice. Cooked macaroni may be used in place of rice.

Stuffed Potatoes.—Bake or boil two large potatoes in their skins. When cooked cut off the upper third. Scoop out one-third of the potato. Into the space thus formed put minced liver, previously cooked in brown gravy and well seasoned with ketchup and lemon juice. Mash the removed potato, and use some of it to form a cap to the liver. Place a thin slice of bacon over the top, and put them into a hot oven for three minutes.

Chicken and Liver Fricassée.—Minced liver mixes well with chicken fricassee prepared in the ordinary way.

Toad-in-the-Hole.—Liver may be used in this dish in place of beef. When making the batter stir in a teaspoonful of ketchup. Cold cooked liver and potato salad made with mayonnaise is excellent for an occasional change, but contains too much oil to be used frequently.

With experience other recipes will suggest themselves to the interested cook, and the anaemic brother will bless her ingenuity.

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Echoes of the Past.

THE MEDICAL DEPARTMENT IN THE CRIMEA.

By Lieutenant-Colonel G. A. Kempthorne, D.S.O.,
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In March, 1854, the Director-General of the Army Medical Department received orders to provide "medical necessaries" for a force of 25,000 men ordered to the East to co-operate with a French army against the Russians, who had invaded the Turkish Danubian provinces. We were embarking light-heartedly on a great European war with an army deprived, owing to successive economies, of the services necessary to maintain it in the field, and administered by a system, evolved in peace time, which under war conditions was quite unworkable. The wagon train had been abolished, supply arrangements had passed into the hands of Treasury clerks, and