

## Comments and Replies.

### REPLIES TO CORRESPONDENTS.

*Nurse Rachel.*—The "skimmed milk" diet is not at all common in England. It is resorted to in obstinate cases of chronic dyspepsia, and is very popular in the United States. We have known cases there where men went to their counting-houses and transacted their daily business, taking nothing sometimes for six months but skimmed milk, and, in these cases, the amount daily was frequently not more than two quarts, which is a very small allowance for a man doing the average amount of mental and physical work.

*Probationer.*—We think if you had asked the Sister of your ward—who is, of course, the recognised teacher of Nursing to the Probationers—she would have satisfied your natural desire to know the *reason* of the dilution of milk with lime-water, and why it renders the milk more digestible. The casein of the milk, when it comes in contact with the gastric juice of the stomach, is thrown down as curd—very much as is the case when rennet is added to milk. These curds are often difficult of digestion—the curd of cow's milk being specially so. The addition of the lime-water breaks the curd up into very small particles, and these are acted on comparatively easily by the digestive juices.

*Miss E. Rose.*—You must write to the Matrons of Hospitals; Royal Infirmary, Manchester; Royal Infirmary, Liverpool; The Infirmary, Leeds, Leicester, or

Bristol, and ask if there is a vacancy for a Probationer, when you will have to have a personal interview before you are a selected candidate.

*Mrs. S., Lancashire.*—It is almost impossible to get a qualified Nurse to work in the district for the salary offered—that is, £40 per annum, room and part uniform, unless a woman has private means; she cannot live and clothe herself upon such a sum, much less save for old age. We are aware of the difficulties to obtain sufficient subscriptions in rural parishes to pay a living wage to the Nurse. But unless they are better paid, thoroughly efficient women will not undertake the work.

### LETTERS RECEIVED.

- A. Miss G. Alwyn, Cirencester. Miss Austen, Lee (with enclosure).
- B. Miss Bolton, Exeter.
- C. Miss Cassidy, Wandsworth. Miss Carstairs, Enniskillen.
- D. Miss A. Duncan, London (with enclosure.) Dr. Lovell Drage, Hatfield. Miss Drew, London.
- F. Miss Flower, Romford.
- G. Mrs. Gordon, London (with enclosure).
- K. Miss H. Kenealy, Haddingtonshire (with enclosure).
- L. Miss Lowe, London (with enclosure).
- M. Miss M. Mollett, Southampton (with enclosure).
- R. Miss E. Rose, Presteign. Miss C. Rowley, Cairo (with enclosure).
- S. Miss Swayn, Dulwich. Miss Sullivan, Armagh (with enclosure).
- V. Miss E. Vere, Florence (with enclosure).

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