

chickens, eggs, butter, or many other viands destined for our purchase at slightly exorbitant rates sometimes I fancy. Sometimes they arrived in the drawing-room if they did not find us elsewhere, and the postman would bring in the evening letters or hand them through the window as we sat playing bridge after dinner.

If we wanted a change of occupation or scene, we went to St. Lunaire, where there is a big hotel with a Casino, and a shore with most exquisite little shells strewn upon it, coves of most delicate and perfect form and colouring amongst them. There is also a delightful tea garden.

One day we went to Dinan, an old world town with primitive streets, old Norman buildings and Cathedral, and innumerable antique furniture shops. Another day we explored St. Servan, a quaint old place reeking aloud unto heaven in the heat of latter August, for of sanitation or hygiene its inhabitants apparently dwell in contented ignorance. We had thought that Dinan could hardly be equalled in its odours, but St. Servan left it far behind.

And always the sun shone, the corn was cut and they were threshing it in their primitive way, and now, too, they were reaping the buckwheat, a copper-stemmed crop mostly grown in the orchards under the fruit-laden apple trees. Every day we expected it to rain, and every day we awoke to the sky of cloudless blue, while away in England a moist and sodden people mourned a blackened and ruined harvest.

It was a picture land this, full of quaint buildings and quainter peasant folk. We spent much money upon Kodak films (luckily Dinard owns a shop that sells them) and exposed spool after spool. Sad to relate, over fifty of these gems of art managed to get lost during transmission by post, including some speaking portraits of "Monsieur et Madame" of the bathing place.

We thought with regret of that sunny bay as we steamed up grey, foggy Southampton Water in mid-September, when, to our sorrow, our pleasant holiday in Brittany, like all pleasant things, had come to an end.

MARY C. FAIR.

The review of "Adam Stuart," which will be found on page 480 as our "Book of the Week," is of special interest to nurses, as the author, Miss Lucy M. Rae, is a trained nurse, and was at one time Matron of the Coventry and Warwickshire Hospital, Coventry. It will be seen that our reviewer cordially recommends this book.

Practical Points.

On the Proper Employment of Milk. Dr. Duncan Bulkley, Physician to the New York Skin and Cancer Hospital, writing in the *Dietetic and Hygienic Gazette*, "On the Proper

Employment of Milk, especially in certain Diseases of the Skin," says in part: "For twenty-five years and more I have very carefully observed the employment of milk in my private practice especially, and have repeatedly advocated a certain method in its use, which I have found of such supreme value that it seems worth while to again call attention to this subject. There must, of course, be some reason why so perfectly prepared a food is not always properly assimilated by adults, when in childhood it forms such a precious element of diet under almost all circumstances. The explanation is found, I think, in the changed character of the digestive and metabolic processes in the adult, as we know this often gradually leads up to gout, gravel, diabetes, tuberculosis, cancer, and many degenerative conditions belonging to adult life. For many years I have observed, in hundreds of cases, that milk has acted very differently upon the system under different conditions, and in a manner which could not be explained upon the basis of the commonly accepted ideas regarding the digestive processes. I ventured, therefore, some years ago to offer certain suggestions in regard to the direct absorption of milk, under proper circumstances, without its undergoing the ordinary processes of caseation and digestion: and daily experience, during these years, together with clinical attestations from very many physicians in all parts of the country, confirm me most strongly in the correctness of the position taken, although exact physiological proof, satisfactory to all, in regard to the steps of the process has not yet been furnished, and possibly may not be for some time.

Some years ago a number of persons reported the successful intravenous injection of milk, not once but repeatedly, to the great benefit of debilitated patients. In this process the milk enters the veins directly, mingles with the blood, and goes first to the lungs, without previous digestion, such as takes place in the alimentary canal: of this there can be no doubt, therefore ordinary digestion is not necessary for the assimilation of milk. This intravenous injection and assimilation of milk, without the previous aid of the digestive organs, led me to consider, many years ago, the possibility of introducing it otherwise, in such a manner that it could reach the lungs first, without passing through the portal vein to the liver, where in adults, it is so liable to excite the condition popularly known as "biliousness." The problem therefore was to administer the milk at such a time and in such a manner that it would escape the acid and fermentative elements in the stomach, during the process of the digestion, and so avoid being curdled before it could be absorbed. Physiologically, it is well known that the stomach in health does not

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