

E. M. W., Wimbledon.—We have inserted your letter, and hope by this means you may meet with what you want. With regard to your inquiry as to a text-book on anatomy, we would recommend the admirable "Text-book of Anatomy and Physiology for Nurses," by Miss Diana Kimber, Superintendent of the Illinois Training School, Chicago, and published in London by Macmillan. This book is so excellent that it has been adopted in one of our largest London Training Schools, and is much appreciated by every Nurse under whose notice it comes.

Foreigner.—We have the same complaint from English Nurses working abroad as to the difficulties they experience through the difference in the standard thermometers. To convert Fahrenheit into Centigrade (if above freezing point), subtract 32, multiply by 5, divide by 9. If below 32°, but above 0°, subtract from 32, multiply by 5, divide by 9, and express as minus thus — 9°, or whatever it happens to be. Réaumur is now chiefly used for bath thermometers, the Centigrade being the almost universal standard on the Continent. We quite agree with you that it is a great pity that the same standard is not used all over the world, now that the inter-communication of nations is so growing.

Irish Nurse.—Of course buttermilk is highly nutritious, and, as well as being an excellent food for the healthy, forms an admirable diet in some forms of gastric trouble. It should be taken fresh, or at least, never more than forty-eight hours old. Buttermilk is very largely used as an invalid food in Germany; and is recommended by Dr. Burney Yeo in many cases of gastric difficulty. He says: "I have known dyspeptic patients to live upon it in comfort for considerable periods at a time."

Ida is thanked for her communications and for her kind expression of appreciation of the NURSING RECORD. We are very glad to encourage such useful discussions in the RECORD as are contained in the letters sent by "Ida." But the Editor must ask her to write either in her own name, or to adopt one *nom de plume* for her different communications.

LETTERS RECEIVED.

- A. Mrs. Anisty, York. Miss Allen, Philadelphia. Miss Emily Aston, Newcastle-on-Tyne. Miss Adam, Norwich.
 B. Miss Bowen, Bedford (with enclosure). Miss Beccles, London (with enclosure). Miss Barling, Kidderminster.
 C. Miss Annie Griffiths, London. Mrs. Gordon, London (with enclosure).
 H. Mrs. Harbin, Glasgow. Miss Hastings, Bristol (with enclosure). Miss Margaret Houghton, Limerick (with enclosure). Miss Hildred, Barton-on-Humber (with enclosure).
 L. Miss Lowe, London. Miss Lubbock, Chester.
 M. Miss G. Morris, London. Miss A. Moore, Limerick.
 P. Miss Power, Wigan. Mr. W. B. Paterson, London (with enclosure).
 S. Miss Zara Stevenson, Birmingham. Miss Solly, London.
 T. Miss Twyman, Hereford.
 W. Miss Wade, Edinburgh. Miss Woods, Chiswick. Mrs. Walrond, Ely (with enclosure).

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