

great as to cause the mixture to boil. Great heat causes the custard to form a honeycomb, with the spaces filled with whey. In reality the change in the milk is very similar to the change caused by the contraction of the curd in curds and whey, and the solid part is very indigestible. It is often said that the separation of the whey in a custard shows to what extent the milk has been adulterated. It shows nothing more than that too great heat has been employed in the cooking, and that it is, in consequence, unsuited to an invalid.

(A savoury custard can be made by omitting the sugar, and substituting beef-tea for the milk.)

A similar objection holds with regard to cooking eggs in a milk pudding. The starchy food employed is best cooked if it is subjected to a great heat, yet this does not suit the eggs. The best plan is to make the milk pudding without egg, and, when it is nearly cooked, add a custard to the top of it and finish cooking the pudding in a moderate heat.

With regard to egg powders and custard powders, they have no resemblance in composition to eggs. The former are coloured baking powders, and the latter are coloured starchy preparations, so that neither should be employed in invalid feeding.

Esprit de Corps.

A very interesting gathering took place on Wednesday, July 29th, at St. Andrew's House, Mortimer Street, when twenty-nine members of Queen Alexandra's Imperial Military Nursing Service, including the Matron-in-Chief, Miss Sidney Browne, and presided over by Countess Roberts, the Vice-President of Her Majesty's Nursing Board, gave a farewell dinner to Miss Gray, the senior member of the late Army Nursing Service, who, on attaining the age-limit of fifty five, has lately retired on her pension after thirty years' service. The guests of the evening were Miss Gray; her sister, Mrs. Eccles, who joined the A.N.S. in 1873; Miss Monk, Matron of King's College Hospital, and Miss Cave, Matron of Westminster Hospital, who are members of Queen Alexandra's Nursing Board. Viscountess Downe, also a member of the Board, was prevented by indisposition from being present. Lady Roberts, in proposing Miss Gray's health, paid a high tribute to the splendid work she had done in her thirty years' service, and said she carried with her the love and respect of all who had come in contact with her, and left behind her a bright example of devotion to duty and sympathetic care of "the soldiers of the King," which she (Lady Roberts) hoped the members of the new Service would not be slow to follow. In proposing the health of their Majesties the King and Queen, Lady Roberts pointed out the heavy debt of gratitude the nursing profession owes Queen Alexandra for the high estimation in which Her

Majesty holds nursing work, and for all she has done to uphold the honour and dignity of the nursing profession, and said that nothing could tend to maintain a high tone in the profession so much as what the Queen is now doing, by insisting that all who are admitted into Queen's Alexandra's Imperial Military Nursing Service must be *sans reproche* as to character, and up to the highest level of training and efficiency.

The idea of the dinner was a happy inspiration, and a graceful act of courtesy to a member of the Military Nursing Service who has had a long and honourable career in connection with this Service. Amongst men social amenities are very usual; old students' dinners, and dinners to those who have distinguished themselves and whom their colleagues desire to honour, are common enough. Women, so far, have been as a rule shy of much intercourse of this kind, and it is matter for congratulation that the members of Queen Alexandra's Military Nursing Service should have given this public proof of their appreciation of the work and worth of their distinguished colleague.

It is hoped that this is the first of many similar functions, and that an annual dinner of Q.A.I.M.N.S. and the late A.N.S. will be the means of many pleasant *réunions*.

AN HONOURABLE CAREER.

Miss J. A. GRAY.

Entered Service.—1873.

Served in Zululand.—Thanked by special command of the Queen for her services.

Egyptian War.—1882 to 1883.

Commended for her services in Egypt.

Decorated with the Royal Red Cross by the Queen.

Most conspicuous for unremitting attention to the sick during the Cholera Campaign in Egypt.

Received letter conveying the Secretary of State's approval.

Also letter of thanks and appreciation from the Duke of Cambridge.

Nile Expedition, 1885.—Lord Wolseley reported most favourably upon her. Again recommended for the R.R.C.

Served on *Gold Coast* during the war in 1896. Again commended for services.

South African War, 1899 to 1902

Mentioned in despatches.

Retired on Pension, July, 1903.

[previous page](#)

[next page](#)