56. According to Fig. 40-23, the quantum number n in question satisfies $r = n^2 a$. Letting $r = 1.0\,\text{mm}$, we solve for n:

$$n = \sqrt{\frac{r}{a}} = \sqrt{\frac{1.0 \times 10^{-3}\,\text{m}}{5.29 \times 10^{-11}\,\text{m}}} \approx 4.3 \times 10^3 \ .$$