

command a position equal to those trained in a larger Hospital? Certainly red-tapeism is not wanting in some of the affairs of the Nursing world.

In conclusion, I would express my belief that, to those who are fond of, and appreciate, a busy, interesting, but quiet life, and one not by any means without its amusing experiences—such as the man who has been used to “taking a pill every Saturday night, when he washed his feet, whether he wanted it or not;” and the old lady of seventy-eight, who took to herself a second “pardner” last year, having had eighteen children, and eighty grand-children, now has to accept a charitable society’s aid in coming here, the worldly goods with which her last “pardner” endowed her having failed when it came to “sickness”—for those to whom excitement and fame have little attraction, and that all-pervading sense of home has much; to them, I think, will a Cottage Hospital (or perhaps I had better say some Cottage Hospitals) fill that void, which is felt by many while working in a large Institution. And those who, through the crush of applicants for labour in this acutely competitive age, have been forced to content themselves with a cottage, and who, consequently, are now and then apt to look on jealously at the achievements of some of their Sisters in the profession. If such think that like opportunities do not occur for them, let them take the spirit of these beautiful lines as comfort and encouragement:—

“Be good, sweet maid,
And let who will be clever;
Do noble things,
Not dream them, all day long;
And so make life, death,
And that grand forever,
One glad sweet song.”

NARROW-MINDED and ignorant persons talk about people and not things; hence gossip—the bane of our age.

EVERY temptation that is resisted, every noble aspiration that is encouraged, every sinful thought that is repressed, every bitter word that is withheld, adds its little item to the impetus of that great movement which is bearing humanity onwards towards a richer life and higher character.

THE most honourable of all friends is the looking-glass, that will not speak, that keeps no secret journal for future treachery, that meets you with the very face you bring to it, that beholds all your weaknesses without chiding, and never hints advice; into whose placid depths sink, as into a sea, in utter forgetfulness, all the secrets which have figured on its face.

A GUIDE TO MEDICAL AND SURGICAL NURSING.*

CHAPTER XI.—THE ORGANS OF RESPIRATION.

WE have seen the manner in which the waste that takes place in the body is supplied.

I will now say a few words as to the way in which the venous or impure blood becomes purified. This process takes place in the lungs, to the structure of which we must first give a little attention.

The lungs are contained in the thorax, as is also, you remember, the heart. You also remember that the walls of the chest, or thorax, are formed by the ribs, and that the muscles, which occupy the spaces between them, are called the *intercostals*. It is the contraction of these muscles, together with the contract of the diaphragm—a muscle which separates the abdominal cavity from the thorax—which enlarges the chest, so as to allow of the in-drawing of the air, which act is called *inspiration*. It is their relaxation which forces the air out again, and accomplishes the *expiration*. The interior of the lungs consists of a vast number of exceedingly small sacs, called air-cells, each of which is covered by the terminations of minute arteries, capillaries, and veins, and thus at each beat of the heart the blood is brought into close relation with the external air.

The two lungs occupy nearly the whole of the thorax, and the form of each corresponds with each side of the chest, being conical, with its base or broad part below. They are covered by a serous membrane, called the *pleura*, which also lines the walls of the chest, much in the same way as the peritoneum does the abdominal cavity.

The external air reaches the lungs through the apertures of the mouth and nose, and proceeds downward through the larynx, which you will recall is in close connection with the pharynx. The tube through which the air passes, of which the larynx is a part only, is called the *trachea*; this divides into two branches, one for each lung; and these, the *bronchi*, again divide and subdivide till they finally terminate in the cells. When the lung is cut across, it appears and feels like a piece of sponge containing air and fluid mixed.

You know that the venous blood contains a large amount of carbonic acid gas. It is this, in fact, which renders it impure. By the act of expiration this is got rid of, and exchanged by the act of inspiration for air which will, when it reaches the blood, act chemically upon it, and render it pure—*oxidise* it, as it is called.

* These articles are partially from the pen of the late Miss Alice Fisher and Mrs. Norris, and will eventually be published in book form, being revised by the latter.

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