not enlarged, and there is no fever. The people are malaria ridden. Yet Greece is a dry country, and should be easily dealt with. The historic Lake Copais has already been drained, with excellent results; the river of Ilyssos has been trained. Athene Hygeia, the Goddess of Science, not of war, as Professor Ross reads it, still has her temple on the Parthenon, and efforts are being made to bring back some measure of health to the descendants of those whom she once inspired. For those efforts Professor Ross asks our sympathy and co-operation.

It is not alone from the humane or the scientific side that Professor Ross calls attention to the three scourges of sleeping sickness, yellow fever, and malaria. The influence of these diseases on the mental, moral, and physical characteristics of a population, is deep-seated, and not confined to the individual. Here lies the making of history. An enfeebled people cannot be politically or nationally strong. Is it not possible, as he suggests, to trace back to the introduction of malaria from Africa, a large part at least of the decadence of Rome and of Greece? And, if so, how important to England, with her enormous Indian and Colonial possessions, is the lesson of those ancient nations. A.L.B.

PNEUMONIA TEMPERATURE.

Dr. Heffron, in the *Therapeutic Gazette*, says: Fever has been shown to be a conservative process and not a phenomenon to be savagely attacked. Among the most significant demonstrations of the effect of temperature in disease is that noted in pneumonia, in which the specific cause of the disease, the pneumococcus, is destroyed by exposure to a temperature of 104 degs. Fahr. for three or four days, whereas at a lower temperature, but still above normal in man, its destruction is not accomplished short of fourteen days. The deduction is that he who effects a diminution in temperature in pneumonia by drug interference, by just so much diminishes the prospects of the rapid recovery of his patient.

CEREBRO-SPINAL FEVER.

The London County Council has issued an Order requiring the notification of all cases of cerebro-spinal fever in the Administrative County of London. The characteristics of the disease are: Profound disturbance of the central nervous system, delirium alternating with stupor, an acutely painful condition of certain groups of muscles, and an increased sensitiveness of the surface of the body. An eruption of vesicles, petechial, or purpuric spots, or mottling of the skin is apt to occur.

Lectures on Anatomy and Physiology as Applied to Practical Nursing.*

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LECTURE III.

THE MUSCLES.

We now come to consider a class of tissues of the body which are more easy, perhaps, to understand than those which we have hitherto discussed, because their presence and their action can, to some extent, be easily ascertained by anyone. If, for example, you place your left hand upon the upper part and front of your right arm, and lift the right hand towards the head, you will feel a soft mass under your hand swell, harden, and become more prominent. If you slowly stretch out your arm again, this mass and hardness diminishes and disappears. Now, if the skin were removed from the front of your arm, you would find that the body which you thus feel, is a mass of flesh, covered with a thin fibrous fascia, and ending, above and below, in broad, thick, white cords or *tendons*, by means of which the *muscle*, as it is called, is firmly attached to the bones. And, the swelling and hardness illustrates the peculiar property of muscles, upon which their usefulness depends —the power, that is to say, of contracting, by shortening in their length, becoming broader and thicker in consequence, and then of returning to their original length, and, at the same time, diminishing in breadth when the contraction ceases. It is in consequence of this *contractile* property of muscle that this tissue is the great moving power of the whole body, the muscles being so arranged and so attached to bones that, by reason of their contraction, movements must ensue. Look, for example, again at the upper arm, and you can understand that the muscle which you felt converts the upper arm and forearm into two levers, the fulcrum being at the elbow joint, and the muscles forming the power which moves them. In general terms, therefore, it may be said that the whole of the skeleton consists of systems of levers, each one of which has its own fulcrum—that is to say, at the connecting joint, and each of which is moved by the various muscles which are attached to the opposed bones.

It usually happens that the bone to which one end of the muscle is attached is absolutely.

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previous page next page