

which are termed ligaments or tendons. Where the bones move freely over one another as at the joints a coating of cartilage covers the surfaces which are in contact, and, as we shall see hereafter, plays a most important part in locomotion. The cartilages which thus form part of a joint are called *articular cartilages*, and their free surfaces which are in apposition with each other, are lined with a delicate membrane which is termed *synovial*, and which secretes a lubricating fluid, the *synovia*, or joint oil. Covering the bones, and closely attached to them in a manner which we will discuss later on, are masses of flesh which are termed *muscles*, and which act precisely as a piece of elastic acts, that is to say, by expanding and contracting. Though the bones of the skeleton are all jointed strongly together by ligaments and cartilages, the joints are so movable, and the centre of gravity of the body when erect is so high up, that it is impossible to make a skeleton or a dead body support itself in an upright position. That position, easy as it seems to us, is the result of the contraction of a multitude of these muscles all opposing and balancing one another. Thus the foot affording the surface of support to the whole frame, the muscles of the calf must contract, or the leg would bend forward and the body fall. But this contraction of the calf tends to bend the thigh, and to neutralise this and to keep the limb straight the muscles in front of the thigh, must come into play and contract in their turn. But this action bends the body forward, and so the latter again must be neutralised by the muscles of the back in order to keep the body erect. Why this is and the importance of the fact in disease and injury we must defer to another time. In like manner it is sufficient for the present, to remember that passing in and through and all over these muscles are white threads, which we term *nerves*, and which we shall hereafter find, convey to each separate muscle the orders of the brain; and also large and small canals through which a fluid is constantly circulating, and which we know as *arteries*, *veins*, and *capillaries* which contain the *blood*. Over the muscles, binding them together and keeping the vessels and nerves in position, are strong tissues which are called *fascia*. Over this again is the final covering of the body, the *skin*.

Returning now to the bones, we find, as the accompanying diagram shows, that the object of the bony skeleton is essentially the act of carriage, not only of the other tissues of the body, but of the body itself. The *skull*, for instance, carries the brain, the *spinal column* carries the head, chest, and upper extremities, and contains the *spinal cord*, while, in its turn, it is borne by the lower extremities, the hip bones, thighs, legs, and feet.

(To be continued.)

Nursing Echoes.

* * * All communications must be duly authenticated with name and address, not for publication, but as evidence of good faith.



QUEEN VICTORIA'S Jubilee Institute has a most encouraging year to look back upon. In England the following places have been affiliated and supplied with Queen's Nurses:—Twickenham, Hendon, Banbury, Bramley, Gateshead, Aylesbury, Bridgewater, Garston, Kettering, Silvertown, East Dulwich, Stamford, Louth, Tunbridge Wells, Torquay, Darwen, and Dover. In Ireland:—Strabane, Dungannon, Drogheda, Dalkey, The Curragh, Cushendall. In Wales:—Pembroke Dock, and Carnarvon. In Scotland:—Blairgowrie, Lochwinnoch, Peebles, Wick, Bancharry, Dalbeattie, Kircudbright, Walkerburn, Tobermary, Buchie, Anstruther, Langholm, and Bothwell. Thirty-seven associations belonging to the Rural Branch of the Institute have been affiliated; 322 Queen's Nurses are now working in various parts of the United Kingdom, 125 of these having been enrolled during the present year. The Inspector and her Assistant have visited 132 different branches; in cases where the Nurse is working alone, two and three visits have been paid. Certificates have been given to 39 Nurses, who have completed their term of agreement with the Institute.

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A LECTURE on Cholera, kindly delivered at St. Katherine's by Sir JOSEPH FAYRER, was honoured with the presence of H.R.H. Princess CHRISTIAN. It is pleasant to hear the grateful way in which the patients speak of their Nurses—one remarking that "it was the very best thing that ever happened to our town when our Nurse came." The work of a District Nurse, though hard, and calling for much earnestness and self-denial, has certainly its reward—in the great love and gratitude which the poor show towards their Nurses, and the countless opportunities the Nurse has of doing good and making their lives a little brighter. Information as to organising new associations and relating to the training of Nurses, may be had on application to Miss PETER, Inspector of Nurses, 1, St. Katherine's, Gloucester Gate, Regent's Park, N.W.

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In the Edinburgh District Nurses' Home, in connection with Queen Victoria's Jubilee Institute for Nurses, there were on the books at December 1st

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