

Miss Jackson points out that the skin is richly supplied with sebaceous glands and sweat glands.

On the inner side of each hair follicle is the orifice of a small gland (sebaceous), which secretes an oily fluid needed for the lubrication of the skin.

The sweat glands situated in the outer layer (epidermis) of the skin consist of coiled tubes, the ducts of which pass through the epidermis and open on the skin. They secrete a watery fluid (sweat or perspiration), which contains only a little solid matter. Sweat is continually being given off imperceptibly, and when the secretion is increased it forms visible drops, which can be seen on the surface of the skin. Its chief use is to cool the surface of the body by its evaporation, just as the forehead is cooled by the application of an evaporating lotion. Emotion, such as fear or shame, may produce sweating.

The lining membrane of the stomach is made up of long tubular glands set as closely as possible side by side, and in these the gastric juice is formed. The structure of the mucous membrane of the intestines is much the same. In all these mucous membranes there are situated glands, each formed of a small mass of twisted tubes, which secrete a clear shining fluid known as mucous, that gives to these membranes their soft, smooth appearance and name.

Miss D. F. Chapman explains that the kidneys expel the waste nitrogenous products, separating these materials in the form of a liquid called "urine," water being the predominant excretion, and holding the remaining solid matter in solution, namely, urea, uric acid, sodium chloride, phosphoric acid, and sulphuric acid.

Urea is the chief product, and is formed through the decomposition of all the nitrogenous substances which have entered the body. Uric acid contains the same elements, but in a less advanced stage of decomposition.

QUESTION FOR NEXT WEEK.

Mention the directions in which the waste of hospital property is likely to occur (a) in a ward, and (b) generally throughout the building.

The Council of Queen Victoria's Jubilee Institute for Nurses, on their own behalf and that of the affiliated Associations and the 1,078 Queen's Nurses throughout the kingdom, have sent a letter of condolence to Her Majesty Queen Alexandra, on the occasion of the tragic death of the King of Greece.

A HISTORY OF NURSING.

OUTLINES OF PIONEER WORK IN SWITZERLAND, HOLLAND AND BELGIUM.

Continuing our notices of the fourth volume of Miss Dock's "History of Nursing," the next countries dealt with are Switzerland, Holland, and Belgium.

SWITZERLAND.

It is interesting to know that "the first training school on the Continent founded on 'free' principles was that of La Source in 1859, at Lausanne, Switzerland. It was the creation of Mme. de Gasparin—who bequeathed a large sum for its maintenance—and her husband, and by its charter it was named 'The Normal Evangelical School for Free Nurses.' Though it was not strictly secular, springing as it did from deeply devout motives, it was intended to offer serious-minded women an alternative to the religious orders, with which the ardent Protestantism of Mme. de Gasparin was not in sympathy. Its founders refused to exact celibacy from the candidates, to impose a religious dress, or to use the title 'Sister,' while they emphasised their advanced economic views by making the nurses individually free as soon as they had taken their course, and by insisting on the honourable quality of work done for wages, and on the nurse's right to enjoy her whole earnings and direct her own career."

The school was to the Continent what Mrs. Fry's was to England, but it was even more elementary on the professional side, as for a number of years it had no hospital training. In 1891 some hospital service began to develop in a small way, but "if it is meant to live up to the traditions of its origin, it will develop on the lines of the Bordeaux nursing movement; amplify the matron's position, give up undergraduate private duty, and grade the practical work."

There is a training school in Berne under the Red Cross, and one in Zurich, managed by the Society of Swiss Women. There is also a secular training school attached to a Catholic Order of Nuns at Ingenbohl, where, we read, the nursing methods are modern and excellent, and the secular pupils not overworked. "The Ingenbohl nuns first opened in Switzerland the question of State Registration, as many of their Sisters worked in Germany, and felt the influence of the German Act. They are cordial and responsive to the international idea, and may be rightly regarded as a centre of ardent and zealous progressiveness in nursing education."

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