

and water supply pipe should never be laid in the same trench, for if leakage takes place, the water supply becomes contaminated. Sewage may contain excreta from typhoid patients, and coming into contact with the water supply will be the cause of an epidemic of the disease. Water, especially soft water, may cause lead poisoning from the absorption of lead, if contained in lead pipes. Goitre is attributed by some authorities to drinking very hard water.

If cisterns are used for storage, they are liable to get out of order and become foul. Sewer gas may find entrance from neighbouring ventilation pipes, or, if they are not covered properly, dust and germs may enter.

*Food.*—Dangers arise from eating underdone meat (especially pork) containing parasites, such as *Cysticercis cellusæ* (tapeworm) and *Trachina spiralis*. These enter the human body and continue their growth. There is much discussion as to whether tuberculous and other diseased meat, if eaten, causes the same disease in man. Decomposed meat often produces diarrhoea and other severe symptoms.

Tinned meat, fish, pastes, fruit, &c., may cause ptomaine poisoning.

Shell-fish, such as mussels and oysters, are sometimes grown in estuaries to which the sewage of the town has access, and consequently epidemics of typhoid and acute attacks of diarrhoea and poisoning have been traced to this source.

Unripe, over-ripe and rotten fruit cause intestinal trouble.

*Garbage.*—Household refuse, especially animal and vegetable debris left lying in open ashpits and bins, form an ideal breeding place for flies and a harbour for germs, as also do manure heaps—besides producing vile smells.

The removal of garbage constitutes a danger if it is not carried out frequently, and the dustbin with tight-fitting lid cleaned out thoroughly, and dry quicklime sprinkled on the bottom and sides.

“Made” soil, consisting of ground levelled with garbage, constitutes a great danger to public health if built upon.

#### HONOURABLE MENTION.

The following competitors receive honourable mention:—Miss K. O’Sullivan, Miss J. G. Gilchrist, Miss P. Thomson, Miss Ethel James, Miss Cooper.

#### QUESTION FOR NEXT WEEK.

Describe the procedure you would adopt in a case for which general massage has been ordered.

## NURSING AND THE WAR.

### THE ROYAL RED CROSS.

The following members of the Nursing Profession and others had the honour of being received by the King at Buckingham Palace on December 12th, when His Majesty invested them with the decoration of the Royal Red Cross:—

#### FIRST CLASS.

Civil Nursing Service: Matrons Florence Cann, Emily Garside, Mary Girdlestone, Grace Gotts, Evelyn Livesay and Sarah Mather, and Sister Sarah Lambert.

British Red Cross Society: Matrons Dora King and Isabel Lawrence.

Voluntary Aid Detachment: Matrons Catherine Anderson (late Queen Alexandra’s Imperial Military Nursing Service), Julia Boeddicker, and Winifred Jones.

#### SECOND CLASS.

Queen Alexandra’s Imperial Military Nursing Service Reserve: Sisters Winifred Evers and Mary West.

Territorial Force Nursing Service: Sister Mildred Oakley.

East African Nursing Service: Miss Isabel Majendie.

Civil Nursing Service: Matrons Candace Alexander, Florence Astbury, Patty Blake, Agnes Eldred, Daisy Elliot, Edith Fergusson, Maud Fletcher and Janet Ford; Assistant Matrons Helen Akerigg and Milla Evans; Sisters Mabel Alton, Gladys Durose and Margaret Fraser; Nurses Alice Flick and Miss Mary Akrell.

British Red Cross Society: Matrons Rebecca Arkwright and Alice Fox; Sisters Florence Anderton, Lorna Chittleburgh and Grace Field; Misses Ethel Ambrose and Madge Evans.

Voluntary Aid Detachment: Matrons Mary Akenhead, Lucie Anthony, Nancy Archer, Georgina Atkin, Mary Bailey, Jane Baker, Connie Ballingall, Margaret Barbour, Lena Bent, Ada Bevan, Florence Drury, Edith Earle, and Mabel Elder and Elizabeth Fisher; Deputy Matron Alice Jordan; Sisters Sadie Bateman, Finetta Bathurst, Effie Bellamy, Charlotte Blakelock, Isabel Bond, Edith Chonler and Elizabeth Farnfield; Nurses Lucy Aldis, Evelyn Allott, Marjorie Atkinson, Harriet Blundstone, Helen Edmondson, Alice Eldridge, Isabel Errington, Phyllis Evans, Kathleen Fisher and Annora Fothergill; Mrs. Farmer; Lady Foley, Mrs. Fox, Mrs. Baskerville-Glegg, Mrs. Acland Hood; Misses Kathleen Belam and Daisy Fidler.

Subsequently, Queen Alexandra received, at Marlborough House, the members of the Military and Civil services who had received the Royal Red Cross.

His Majesty the King has been pleased to confer the Military Medal for bravery in the field on the undermentioned ladies of the Nursing Service for bravery and conspicuous devotion in the performance of their duties whilst exposed to enemy shell

[previous page](#)

[next page](#)