

## THE NEW YEAR'S HONOURS.

The New Year's Honours were announced on Saturday, January 1st, 1938, and upwards of 800 men find their public services rewarded—by peerages and lesser honours. In the following scant list the Nursing profession at home narrowly escapes omission.

### ORDER OF THE BRITISH EMPIRE.

#### O.B.E.

**Lambie**, Miss Mary Isabel, Director, Division of Nursing, Health Department, Dominion of New Zealand.

#### M.B.E.

**Jones**, Mrs. Elsie Muriel, Matron of the Leper Station, Channel Island, Northern Territory, Commonwealth of Australia.

**Barclay**, Miss Amy, Matron, Limassol Hospital, Cyprus.

**Earl**, Miss Mildred, Nursing Sister, Nigeria.

**Fenoulhet**, Miss Rita, Matron, Special Grade, General Hospital, Singapore, Straits Settlement.

**Laughrin**, Miss Bertha Jessie Chaster, Matron of Bromley and District Hospital.

**Goodband**, Miss Gertrude Emily, Matron of the Victoria Hospital, Tientsin.

**Hill**, Miss Margery, Matron of the Anglo-American Hospital, Madrid.

We offer congratulations to all these colleagues. Miss Lambie is well known to us all, through association in the International Council of Nurses, and for her fine professional work for the nursing profession in New Zealand.

With one exception the names of the nurses whose good work is recognised are to be found in the State Register of Nurses, and for the future we would invite the Government—which compiles the list—to add their legal title of S.R.N. to the names of Registered Nurses, as they add their letters of professional qualifications to the names of members of the medical profession.

There are others: Art, literature, music, the drama, science, all the civilising elements in life—we want to see these gifts appreciated and encouraged, if the system of "honours" is to continue.

### ROYAL RED CROSS DECORATION.

#### FIRST CLASS.

**Jones**, Miss Hilda Mary, Matron, Queen Alexandra's Imperial Military Nursing Service, in recognition of the exceptional devotion and competency displayed by her in performance of her nursing duties in Military Hospitals.

#### SECOND CLASS.

**Jordan**, Miss Mary Penelope D'Exeter, Superintending Sister, Queen Alexandra's Royal Naval Nursing Service.

**Fowler**, Miss Ethel Mary, Senior Sister, Queen Alexandra's Royal Naval Nursing Service.

**Bremner**, Miss Margaret, Sister, Queen Alexandra's Imperial Military Nursing Service, in recognition of the special devotion and competency displayed by her in the performance of her nursing duties in India.

### PRINCESS MARY'S R.A.F. NURSING SERVICE.

#### ROYAL RED CROSS (SECOND CLASS).

**Clubb**, Senior Sister Miss Grace Elsie Margaret, in recognition of special devotion and competency displayed by her in the nursing and care of the sick in Royal Air Force Hospitals at Home and Abroad.

## CHOLERA.\*

By W. E. COOKE, ESQ., F.R.C.S.I.

Cholera is an acute infectious disease caused by the comma bacillus or vibrio and characterised by severe purging, vomiting, muscular cramps, algidity and collapse.

It is endemic in Arabia, India, China, Indo-China and Western Asia, and has probably existed in India and China for thousands of years. Bengal is not its only "home"; it is present also in part of Madras and the Konkan coast of Bombay.

Epidemics frequently arise due to travellers spreading the disease. In 1826 cholera spread from Bengal to Europe, and ultimately to America. Another epidemic coming from India in 1840-9 to Europe and then to America by sea is said to have caused 53,293 deaths in England and 1,000,000 in Europe. Other epidemics have occurred since. Outbreaks occurred during the Great War, but were kept limited to the war area. Cholera has occurred in the present war between China and Japan.

Cholera in its spread follows the great highways of travel, and is never carried faster than man can travel. With acceleration of travel its speed of spread is also quickened. In 1892 it reached Europe in five months, as against five years in 1826-30.

In 1854 a well in Broad Street, London, became infected. Ten times more cholera patients were found in its vicinity than in other parts of London. A business in the same area that had a well of its own had no employee affected. This was one of the early proofs of the connection of cholera with water supplies. Cholera is largely a water-borne disease; but flies and dirty hands conveying the bacilli to food, milk and sweetmeats exposed for sale assist in its dissemination. The flies, by their excreta as well as by their dirty feet, convey the germs.

Sir Leonard Rogers has shown that an absolute humidity of 0.400 is necessary for the spread of cholera in India. An atmosphere in which high relative humidity is associated with high temperature and intermittent rain is most favourable for its development. As a result of this, careful analysis of weather statistics enables outbreaks of cholera to be foretold and prepared for two or three months ahead.

Recent work suggests that the rise and fall of cholera may be influenced by another factor, the presence of bacteriophage. Bacteriophage is an ultra-microscopic filter-passing agent, lysin or virus, which acts on the bacteria, and, it is claimed, kills them or alters their virulence. Like the little rhyme:—

"The little fleas that do so tease  
Have other fleas to bite 'em,  
And these again have fleas on them,  
And so ad infinitum."

The claims made for bacteriophage are still under investigation, but cholera is one of the diseases where it has given a degree of favourable result.

The comma bacillus or vibrio was first found by Koch in Egypt, in 1883, and later he confirmed the discovery in 1884 in Calcutta, by finding it in every patient suffering from cholera that he investigated there. It is a minute organism about half the length and twice the thickness of the tubercle bacillus, and is generally curved like a comma. Other vibrios exist beside the cholera vibrio, and have different reactions and pathogenicity. In the human body the vibrio multiplies in the small intestine and sets free a toxin which causes the manifestation of the disease.

How are people infected with cholera? Either by contaminated water, food or infected clothes or linen. Milk, fruit, vegetables, salads and other uncooked food may all

\* A lecture delivered at the British College of Nurses, November 30th, 1937.

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