

## **Health memoranda for soldiers by Lieutenant Colonel H.K. Allport, RAMC**

### **Publication/Creation**

1910

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ARMY FORM B. 51.

7331 Benjamin H. Cowan  
Health Memoranda for  
Soldiers, India  
1910

BY

Lieutenant-Colonel H. K. ALLPORT,

ROYAL ARMY MEDICAL CORPS.

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Capt. John H. Cowan  
R.A.C.  
1916

LONDON:

PRINTED FOR HIS MAJESTY'S STATIONERY OFFICE

BY

HAZELL, WATSON & VINEY, LD., 52, LONG ACRE, W.C.



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18/11/69. J. McGOWAN.

2nd ROYAL TANKS.

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FLEET HANTS.

Dear Sir

I have enclosed a book which was issued to my father in India in 1910. He sent it on to me in Trieste in 1946.

Since then it has been in my "better keep it box" and now as I am due for release I hope it may find a spot in your museum.

I remain Sir,

Yours faithfully.

John McGowan

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RAMC 729/3

ARMY FORM B. 51.

# Health Memoranda for Soldiers,

BY

LIEUTENANT-COLONEL H. K. ALLPORT,

ROYAL ARMY MEDICAL CORPS.



LONDON:

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1910.



## INTRODUCTION.

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This booklet should be read over and over again, and each individual should constantly bear in mind that, although commanding officers are responsible for the health of those under them, every soldier must also himself look after his own health and do all in his power to preserve it.

These memoranda have been written in the form of a booklet in the hope that they may be of help to individual non-commissioned officers and men, and that they may serve as a text for officers who may desire to instruct men on the art of healthy living in the circumstances of army life.



## HEALTH MEMORANDA FOR SOLDIERS.

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### *Talks to Young Soldiers.*

It should be a point of honour with a soldier to be fit and healthy, and able to fight and march with the best. I want to help you to learn how this may be attained. Most of what I tell you is only common knowledge, but it is frequently neglected. I want to teach you the simple art of healthy living. This is carefully followed in the management of domestic animals, such as the horse and dog, but is forgotten in the case of men.

It should be the pride of a soldier to do everything in his power to avoid being sick in hospital; his ambition should be to be at duty in the ranks. It is the especial duty of officers of the Royal Army Medical Corps to prevent sickness. This can only be done with the help of the men themselves, and you should know as much of the subject as may be needful.

### *Cleanliness.*

In old times the teaching of cleanliness was a part of religion, and this is still the case among Eastern peoples. The daily bath is a luxury enjoyed by the well-to-do class.

Dirt does not exist in nature; matter only becomes dirt when it is in the wrong place. Sand on the sea shore is clean and in its proper place, but the same sand in the mechanism of your rifle becomes dirt, and must be removed.

The refuse and waste that accumulate about men and their dwellings is the most dangerous form of dirt, and is the main cause of preventable disease.



Discipline is an aid to cleanliness. If it be relaxed in barracks, there is produced a state similar to that existing in crowded and badly-governed towns. Each man in the depot or regiment is directly interested for his own sake, as well as for that of his comrades, in helping to carry out this kind of discipline, and each should understand the subject clearly. This personal view of the question is especially important for soldiers, and will make the difference between an efficient and an inefficient military force. Experience teaches us that diseases of the class that may be prevented cause more casualties than the hardships or bullets in war.

*Personal Cleanliness.*

The skin is a covering for protection, and for getting rid of water in the form of sweat. The action of the skin is increased by exercise, as well as by other causes. Sweat is not pure water, but water full of impurities that must be removed. These, when allowed to remain and dry on the surface of the skin, or soak into the clothing, are irritating and unhealthy, besides being offensive. Now this is the key to the whole question of personal cleanliness, and you will thus be able to decide for yourselves what should be done in the matter.

Most men wash their faces and even their hands, but parts covered by clothes are often forgotten. The following should be washed every day when possible:—

1. Between the legs and buttocks.
2. The feet and toes.
3. The arm pits.

This can be done at any time during the day when you have a spare quarter of an hour. It is well to have a small piece of rough towelling which can be wetted in the water and used as a rubber. Sponges are not necessary. As a rule too much soap is used, and all soap should be washed off before rubbing dry.



In addition to this daily washing, a bath once or twice a week is necessary. It is well to avoid bathing for two hours after meals, this especially applies to deep water bathing. The rubbing and grooming that accompany washing and bathing aid in keeping the skin active and healthy, and improve the state of the blood and the circulation. A good groom brushes and hand rubs his horse all over daily, and carefully washes with a wet cloth the mouth, the nostrils, and between the legs. Cleanliness is even more necessary in the case of men, who wear clothes.

Mounted men should pay particular attention to regular washing of the inside of the thighs, in order to prevent blistering from the saddle.

As a general rule water for washing should be neither hot nor cold, lukewarm water is the safest and best. Cold water, however, answers very well, especially if used in a basin with a rough rubber. Cold water used in this way is a tonic and braces one up.

Before leaving the subject of washing, remember to wash your hands *before* eating, and when washing the hands trim and clean the nails. It is a simple matter to acquire the habit of keeping the nails clean and in good order. The finger nails should be cut round, and the toe nails straight across.

The hair must be kept closely cut, and the head should be frequently washed.

### *Clothing.*

Closely connected with the care of the skin is clean clothing. Dirt from the clothes reaches the skin, and dirt and sweat from the skin soak into the clothing. Hence the reason for frequent change and washing of underclothing.

The same clothes should not be worn by day and night. With four shirts it is possible to keep two for night wear. The night shirt is always a stand-by in emergency, such as a wetting. If drawers are worn at night, a pair ought to be kept for the purpose.



Socks get quickly dirty, and the custom of some men is to continue to wear one pair for a week. By this want of arrangement it is impossible to preserve hard, clean feet. Two pairs of socks should be in use, one for the morning and one for evening wear; there should also be two pairs for the wash.

Boots, socks and feet require the most careful attention by everybody, but especially by the soldier, whose usefulness and comfort when marching depends on the state of his feet. The soldier's boots, socks, and feet, should receive as much care as his rifle. The regulation boot is now excellent. It must be kept soft, and kept clean *inside*. The inside should be exposed to the air as much as possible. "Walking out" boots made narrow across the toes should never be worn, as they cramp and spoil the toes. Two pairs of boots ought to be kept in use, and shoes worn whenever opportunity offers.

If wet boots are placed before a fire they will be damaged. It is well to remember, especially on service, that boots can be dried without damage by putting some dried straw or woollen material inside or around them, and then hold them before a fire, but at some distance from it.

In order to soften the leather of the military boot, the boot should be first soaked in water. When the leather has become soft from absorbed water, it should be dried with a cloth, and afterwards smeared with grease, and then placed in the sun or at some distance from a fire.

Underclothes as well as overclothes may be cleaned by shaking, brushing, and exposure to the sun and air. This is nearly always possible even when washing cannot be managed, as on the line of march or in camp, when water may be difficult to get for washing purposes.

#### *Care of the Teeth.*

The grinding action of the teeth on hard food helps to keep them clean, but that is not enough; you must use a tooth brush. The tooth brush is an article of a soldier's kit, and



should be used daily for brushing the teeth. A new tooth brush should be soaked in water for some hours before use, to clean it and soften the bristle. To clean the teeth, take a little water into the mouth, wet the brush, then rub the teeth from side to side, not forgetting the back teeth or grinders. When the fronts of the teeth are well brushed, do the backs as well, frequently renewing the water in your mouth. Finally use the brush so as to clean between the teeth. Simple chalk powder assists in the work of cleaning, but a brush and plenty of water are all that is really necessary. The best time to use the tooth brush is before going to bed, so as to remove particles of food after the evening meal. The mouth should be washed out every morning. Decaying or painful teeth ought to be reported to the medical officer.

Many soldiers suffer from spongy, bleeding gums caused by neglect. At first the tooth brush may cause a little inconvenience, but continued use will harden the gums.

#### *Fresh Air.*

The air we breathe is, for us, the most important thing in the world; it is "the breath of life." Although we cannot do without it for more than a very few minutes, we forget it, and pollute it, by shutting it out of our houses and rooms. We require it by night as well as by day, and yet many consider "night air" harmful. The importance of fresh air is now well known, but, especially in former years, soldiers often died from disease resulting from breathing impure air over and over again. Barrack rooms were foul, stuffy, and dark. The sluggish air was frequently loaded with impurities from the breath, especially the poison of consumption. Now all this is changed, and your rooms have plenty of light and air. At present there is not much danger to the soldier from impure air during the daytime, but in many barrack rooms the windows are tightly shut at night, and I have seen ventilators stuffed with paper and rags. Fortunately a little air penetrates



through cracks and crannies, and badly fitted doors and windows, which also allow some of the poisonous air to escape. But these driblets of air are not enough: it is necessary to open the windows. This can be arranged without draught by opening them on one side of the room for about three inches at the top: it is little good opening a window at the bottom. Every man ought to understand the importance of breathing fresh, pure air. If you feel too much air or draught, either in a room, or in a camp or bivouac, wear your woollen cap. The test of good ventilation in a room is simple. There should be no unpleasant smell or stuffiness perceptible to anyone suddenly entering from the outside fresh air. Persons who have been in an impure atmosphere for some time do not notice it, as their sense of smell becomes blunted from breathing the impure air.

### *Food and Feeding.*

This is a subject which interests us all, and most of our enjoyments are associated with it. We commence the day well or ill, as we get a good, or a bad, breakfast, and retire happily or uncomfortably to bed, as we have eaten a well or ill-cooked supper.

The soldier has the care of his food from the time it is handed over by the contractor until he eats it, and if it is not satisfactory the fault is largely his own.

Let me trace out what ought to be done by the store-men, the cooks, and the orderly-men:

1. The hands and clothes of all persons who handle food, or cooking utensils, should be scrupulously clean.
2. The bread and meat stores should be kept scrupulously clean and tidy, well ventilated, and free from flies.
3. The kitchen and all its fittings, such as tables, safes, and shelves, as well as cooking utensils, should be clean.



The cook and his assistants should be particularly clean, and should wear clean washing clothes. Flies should not gain access to the kitchen. They carry minute portions of filth on their feet and contaminate all they touch.

4. The orderly-men should be clean and supplied with a sufficient number of towels for washing up.

The late Mr. Gladstone attributed his vigorous old age to attention to chewing his food, and used to say that every bite should be chewed fifty times before swallowing. Many men eat quickly, and swallow after a few bites, so as to be ready for the next piece, and talk all the time. This brings on indigestion, for which there are many cures (so called), but the secret is prevention, and Mr. Gladstone's way is certainly the best. Chew thoroughly; use your grinders; eat *slowly*.

At present, the soldier's food, including his ration, messing, and extras, is good. In some cases there is a deficiency in vegetables, but the purchase of extra vegetables, fruit or jam, would set that right.

Food is the source of bodily strength, and the more work there is to accomplish, the greater the amount of food required. This is especially the case in war time. A sufficient quantity of food ensures a threefold result: the soldier marches better, he can stand cold better, and he resists disease better. On the other hand, excess in eating and drinking must be avoided.

When the body is fatigued, or hot after exercise, it is better to wait a little before eating or drinking.

Articles of food that smell or are disagreeable to the taste should not be eaten.

Ripe fruit should always be peeled or skinned. Unripe or over-ripe fruit is apt to cause diarrhoea, especially when such diseases as dysentery, enteric fever, or cholera are about, and it should, therefore, be avoided.



*What shall we drink?*

No desire is so urgent as that to satisfy thirst. If it cannot be gratified it causes terrible suffering; it is the greatest necessity after breathing.

Water is the important and essential part of all our drinks.

In civilized countries the subject has caused much discussion. Controversy regarding it has existed in a more or less acute form from the earliest times. My own view is, the nearer we keep to water the better, but on the other hand *all* alcoholic drinks cannot be shown to be harmful when taken in strict moderation. The danger is excess, and that is easily reached.

Now I will answer the question at the head of this subject.

The best drink is water, cold and pure. If the purity be doubtful it is safest to boil it, and, when possible, make it into weak tea. This should always be done with dangerous water such as you may find abroad when camping or marching.

Aerated waters bottled by reliable manufacturers are generally wholesome.

Coffee is excellent, but difficult to get good, and difficult to make properly. It ought to be weak and mixed with boiling milk.

Cocoa is much used in the present day. Heavy, thick cocoa advertised to contain much nourishment should be avoided. A thin cocoa which mixes readily with water is best.

Lemonade made with fresh lemons, sugar, and boiling water is a very wholesome beverage in summer time, or in hot countries; it should be allowed to cool before being drunk.

These, and some others, are non-alcoholic drinks. I may say that all require to be taken with moderation, even water itself.

All alcoholic drinks are likely, when taken in excess, to do harm to both body and mind. The safest and best within your reach are light ale and porter. In strict moderation, and if you take hard out-of-door exercise, they will not hurt you. It is wise to take them with, or after, meals.



Spirits of any kind are, without doubt, harmful, and are better avoided altogether.

In conclusion, it is a common error to suppose that intoxicating drinks are necessary for healthy men; in most cases men are better without them, and in all cases they ought to be used with caution and never abused.

### *Smoking.*

There are various opinions on this subject. Smoking affects people differently. Some it soothes and pleases, in others causes nervousness, palpitation, and indigestion.

If you have never smoked it is safe to recommend you not to commence. All are agreed that it is harmful for the young, the nervous, and those who are undergoing training.

The chief ill-effects of tobacco are directed against the heart, producing palpitation and irregularity. It also affects the digestion and the sight.

Cheap cigarettes are the worst (and the most popular) form of tobacco. The best thing to smoke is a good clean pipe, with good mild or medium smoking mixture. When smoking you should not spit, as it dries the mouth and interferes with digestion. If smoking does not agree with you, leave it off.

### *Spitting.*

The spittle or saliva is intended to keep the mouth moist and soft; it also assists digestion. Such substances as bread, biscuit, rice, and pastry, require to be well mixed with the saliva in the mouth before swallowing in order that they may be perfectly digested.

By the habit of spitting you waste this useful substance which is necessary in the mouth, but becomes a nuisance and a danger on the floor.



Besides fouling the floors and side paths, it may be the means of carrying infectious disease from sick to healthy persons ; this is the chief way consumption is spread. Other diseases are under suspicion of being spread in this way. Nobody ought to spit on floors, passages, side walks, or in any train, carriage, or steamer, or in any public place, as by so doing dirt is produced where it cannot easily be removed, furniture and clothing get soiled, and diseases of the mouth, throat and lungs are spread.

### *The Barrack Room.*

Where a number of men live together, the greatest good for the greatest number is a safe motto, and this should be the rule in the barrack room. The state of the room you have to live in depends on yourselves individually. If every man is clean and tidy, it is well for the rest, and all benefit alike. Everything should be kept clean, dust and refuse of every kind should be removed, floors, walls, windows, doors, paintwork, cupboards, all should be perfectly clean. The beds and bedding, your clothes, boots, and kit boxes, should always be clean and tidy. The tables and forms should be scrubbed. The windows should be wide open, all day when possible, and the upper sashes open at least three inches at night all the year round.

The same attention should be given to lavatories, urinals, w.c.'s, baths, and the ground round the barracks.

The orderly-man should have *clean towels* and *boiling* water for washing after meals. Cold stale food should not be kept in the cupboards. Bread is best kept in earthenware jars, and not in the kit box with boots and putties.

An article of kit almost always neglected is the hair brush. A hair brush, like other things, requires frequent washing, say every fortnight or three weeks. Do not use soap or hot water, and do not dry it near the fire. The following is the proper way to wash your hair brush:—Put about a teaspoonful of



washing soda into half a basin of cold water, hold the brush in the hand by the back, and wash the bristles by dabbling it up and down near the surface, so as not to wet the back. Shake out the water briskly by swinging, and place it to dry in the air or wind, *not* in the sun or near a fire. It is advisable to finish the washing by rinsing in plain water before drying.

### *The Question of Chastity.*

For your own sakes be chaste, in order to avoid the risks of disease spread by infected persons.

Self-control in this respect may seem to you out of harmony with your nature, but for all that it must be practised.

Syphilis causes the greatest amount of suffering and disease; it shortens life and renders old age miserable, even if those who are afflicted with it ever reach it.

When once a man's constitution is infected by this poison, it appears again and again in many forms, all through life, and is transmitted with all its attendant misery to his children.

A soldier who has contracted this disease is not fit to go on active service, and regiments have had to be kept back from going to the front on this account.

### *Service Abroad.*

This usually means India, or some other tropical station. There you find a great deal of your present routine life, but the climate will be different, it will be much hotter, and you should be prepared to make some changes to suit these new conditions. By following carefully the rules already laid down, with even stricter attention to cleanliness, moderation, and temperance, you cannot go far wrong.

Heat by itself is not dangerous to health, and with care and commonsense ought not to affect your comfort.

The chief dangers to be avoided are disorders of digestion and fevers.



The principal fevers are:—(1) Sun fever, (2) malarial fevers or "fever and ague," and (3) enteric fever.

Sun stroke and sun fever may be avoided by protection to the head, neck, and spine. Do not cross the square to the bath with only a thin towel on your head, or uncover your head in the excitement of games. It is necessary to always wear a well-fitting, properly ventilated helmet or topee, covering the head, temples, and neck. The spine should be protected by a flannel shirt and a loose khaki jacket, the waistcoat of air round the body is a valuable protection. The early morning sun, although not so hot as at mid-day, is quite as dangerous, and the level rays strike below the rim of a badly fitted helmet on to the temples and forehead.

A further preventive of heat or sun fever, is a clean skin and a clean shirt, which should always be flannel. Again, do not expose yourself to the sun with an empty stomach. Never, if you can help it, leave barracks without a cup of tea, coffee, or cocoa, and bread or biscuit, in the early morning. This precaution would go far to prevent illness.

Malarial fevers are caused by the bite of an infected mosquito. These particular mosquitoes bite during the night, about sunrise and sunset. Keep your feet and hands under the sheet, if possible, or better still get mosquito curtains. Mosquitoes breed by depositing their eggs in small pools, or in fire buckets, or other vessels containing water that remains undisturbed. All such collections of water about, or near, barracks ought to be removed. Every man should assist medical and other officers in endeavouring to get rid of mosquitoes, and prevent them from breeding about barracks and cantonments.

**ENTERIC FEVER.**—This is a fever of dirt, and the infection may be swallowed with the food or drink, or as dust carried by the air. Now the best precaution against this disease is cleanliness; clean air, clean water, clean milk, clean food and cooking, clean hands, especially when eating, clean cooking and eating utensils, clean rooms, clean latrines, clean



barracks, and clean surroundings generally. Flies carry the infection, and all collections of waste that encourage them should be promptly removed.

Disorders of digestion may be avoided, and the following rules will help you:—

1. Never, if you can help it, leave barracks without an early morning meal. I recommend cocoa and a biscuit or bread, but coffee or tea are equally useful, or even boiled water with or without milk. *Never buy milk out of a milk can*, and, if possible, avoid it altogether, for of all drinks it is the most likely to be infected.
2. Avoid constipation (*i.e.*, being bound in your inside). This is mostly due to improper feeding or eating too quickly. The fault of the soldier's ration is, relatively, too much meat and white bread, not enough of fruit, vegetables, fat, and something to counter-balance the over refined white bread, like oatmeal. The ration of meat is quite sufficient and you do not require any more. Some men spend money on extra meat in the form of pork, hot curries, fried eggs. If you wish to spend money to supplement your ration put it into extra vegetables and fruit, or jam, oatmeal porridge, and butter. These extras will make up a very good diet.
3. Avoid medicines, especially powerful purgatives. They ruin your inside; get proper medicine from a medical officer.
4. Protect the belly from chill by wearing a light well-fitting flannel belt, *especially at night time*. A common source of illness in hot countries is chill. Cold is a greater danger than heat. A flannel shirt should be always worn and changed when wet. It is dirty and unhealthy to continue wearing one shirt day and night for a week, which must become soaked with stale and irritating perspiration.

Food and drink require great care in cooking and keeping. Dirt and other sources of contamination are everywhere. (Much is left in the hands of natives without proper supervision.) You



can all help to look after your own interests if you will; it is each man's particular business. No food ought to be kept and eaten cold, as it quickly develops poisons. If it is absolutely necessary to keep cooked food always try to cover it with something, such as a clean plate, etc.

In most military stations the drinking water is carefully selected and may be considered *beyond suspicion*, but on the line of march, or when on shooting pass, or in camp, water is frequently of doubtful quality. In such cases it should be boiled before being used, and it is better to make it into weak tea. Sufficient weak tea should be made for present use, and some over to drink cold.

To make tea properly, place a teaspoonful of tea in a clean warm vessel for each pint required. Add freshly boiling water over it, allow it to stand for three or four minutes, not longer, pour off.

### *Marching.*

On the day before a march, clothing, socks and boots should be examined and repaired if required, and for the first few days' march socks should be soaped inside. Before marching the body should be cleansed. Food and drink in moderation, and as much sleep as possible should be taken.

The water bottle should be filled with boiled or filtered water or with tea.

*Only use the water or tea in your bottles.* Drink sparingly, as the more you drink the thirstier you become. Never take a large quantity of water at one draught when the body is overheated, as bad effects may result. Instead of drinking a large quantity at once, first moisten the lips and mouth, and then drink small quantities at a time.

A stooping position should be avoided in marching. Avoid speaking or smoking while going uphill or marching against a wind. Do not leave the ranks except for necessary purposes, as even a short run to catch up your company adds to the fatigue of the march.



Never lie on damp ground when it can be possibly avoided, but select dry ground, or collect straw, hay, or branches of trees, and lie on these.

On halting for the day the first thing to do is to examine the feet. Blisters should be pricked, and inflamed feet should be bathed and powdered if possible. It is a good plan to rub the feet with salt and alum dissolved in warm water. In severe footsoreness the advice of the medical officer should be at once sought.

When the halt is made, socks must be examined and flattened out if they are wrinkled. It is a good plan to put the left foot sock on the right foot and the right sock on the left foot. If they are saturated with perspiration put on a clean pair if possible.

Wash the face, neck, feet and hands, or wipe them with a wet cloth wrung dry. This will help to remove fatigue after the march.

#### *Active Service.*

On active service the health and comfort of troops are even more important than during times of peace.

The chief danger is not from the enemy, but from disease bred in one's own camp.

The hints given in the section under service abroad apply with greater force to the conditions of active service and everyone should understand the importance of helping to look after his own health and sanitation. [Everything that depresses the mind or weakens the body must be avoided.

The great danger to an army in the field is bad sanitary arrangements.

The most serious diseases that arise from sanitary neglect are enteric fever and dysentery, these spread from infected water and neglected dirty latrines.

**WATER.**—Soldiers should train themselves to drink in great moderation when undergoing exertion. Drinking requires thought. Men rush at water and drink more than is necessary. Great restraint should be taught and practised even in drinking



good water ; it should be remembered that very little is required during a march, especially early in the day, just enough to moisten the mouth and a little to swallow will be sufficient. The more you drink the fuller you feel, the more you will want, and the more you will sweat. Your bottleful of good water or of cold weak tea should carry you through the day's march. A trainer or sportsman will tell you the same.

Only use water that has been passed as good.

If you must drink bad water boil it before using, or still better, make it into weak tea, without milk ; it can then be drunk hot or cold.

Remember that enteric fever, cholera, and other diseases are spread by drinking water infected with the germs of the disease.

LATRINES.—These are the factories where the poisons of enteric fever and dysentery are manufactured. The infection soaks into, or is washed into the water supply, or dries and is blown about as dust, or it may be conveyed by flies.

[This was known in very early times, and rules were framed to prevent disease from spreading in camps. Moses, an able leader and sanitary officer, who received his training in Egypt, ordered that each man should carry a small spade on the hilt of his spear, so as to dig and cover up when he went abroad to ease himself, and this is still the best way of managing ; everything passed should be covered up *at once*.]

The following rules are taken from "Combined Training," and are a guide of what should be done to prevent disease :—

1. Commanders will see that the ground allotted to them is kept scrupulously clean.
2. On arrival at a camping ground and before the troops are dismissed, the following arrangements will be explained to the men :—
  1. Watering places for men and horses.
  2. Bathing and washing places.
  3. Position of kitchens.
  4. Position of latrines.
  5. Position of refuse pits.



3. Pending the construction of latrines, temporary trenches must be at once prepared to prevent soil pollution.
4. Every officer is responsible that all orders affecting the health of an army, especially those relating to water, are carried out. Neglect of sanitary precautions results in loss of life and efficiency, and it is the duty of every soldier, both in his own interest and in that of his comrades, to pay the most careful attention to such instructions.
5. Troops should not march on empty stomachs.
6. Men must be prevented from drinking water that is not pure. They should be trained to economise the contents of their water bottles, which, before marching, should be filled with weak tea, coffee, or pure water. Early resort to the water bottle only increases thirst.
7. *Boil* any water of doubtful purity.
8. Vessels containing drinking water should be kept covered.
9. Milk is frequently contaminated, and should be *boiled* before use.
10. Latrine trenches must be narrow and deep to prevent the contents being blown about. The contents should be covered with earth several times during the day. Every man should remember to add a covering of earth after using the latrine.
11. Urine may spread infection. Men are on no account to urinate elsewhere than in the latrine trenches, or in urinals or pits set apart for the purpose.
12. Latrines, urinals, refuse pits, cattle lines, etc., must be as far as possible from the water supply and kitchen, and to the leeward side. They must never be placed in or near gullies which discharge into the water supply after rain.
13. Flies carry disease. Food should be protected from them. These insects frequent latrines and refuse pits and horse lines. They breed and multiply in filth. They may be prevented to some extent by keeping all sites, especially



horse lines, scrupulously clean, and using earth freely in latrines and burning all refuse.

14. All refuse and litter should be burnt, buried, or removed far from troops.
15. Camps should be thoroughly cleaned when troops leave, all refuse burnt, latrines filled in, *and the sites marked.*

In addition to these rules personal cleanliness should be strictly observed. Hair kept short. If water cannot be obtained for washing, the skin may be cleaned by rubbing and exposure to the sun and air. Clothing, especially underclothing, should be removed when possible and well shaken, turned inside out, and exposed to the sun and air. Feet and socks require careful management, especially in marching units. Teeth must be kept clean and gums hard and healthy, by brushing. Parts liable to chafe or develop boils should be washed as often as possible, this applies to between the legs and the buttocks.

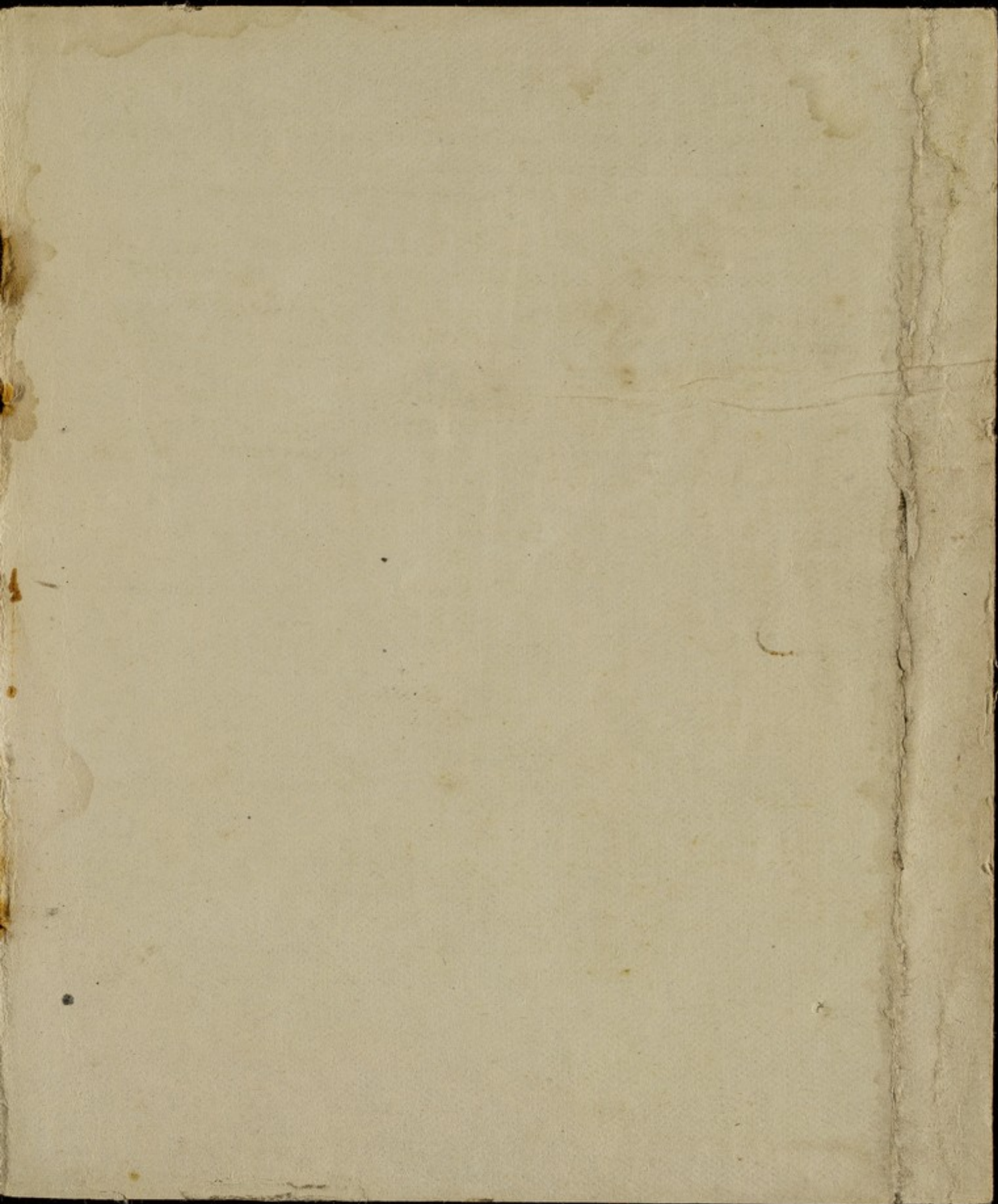
Chill is a frequent cause of sickness. In cold climates it may set up diseases of the throat and lungs, and in hot climates it may induce diarrhoea and other conditions of the bowels.

Men should be careful to cover themselves, or seek shelter from the wind, if possible, after active exercise.

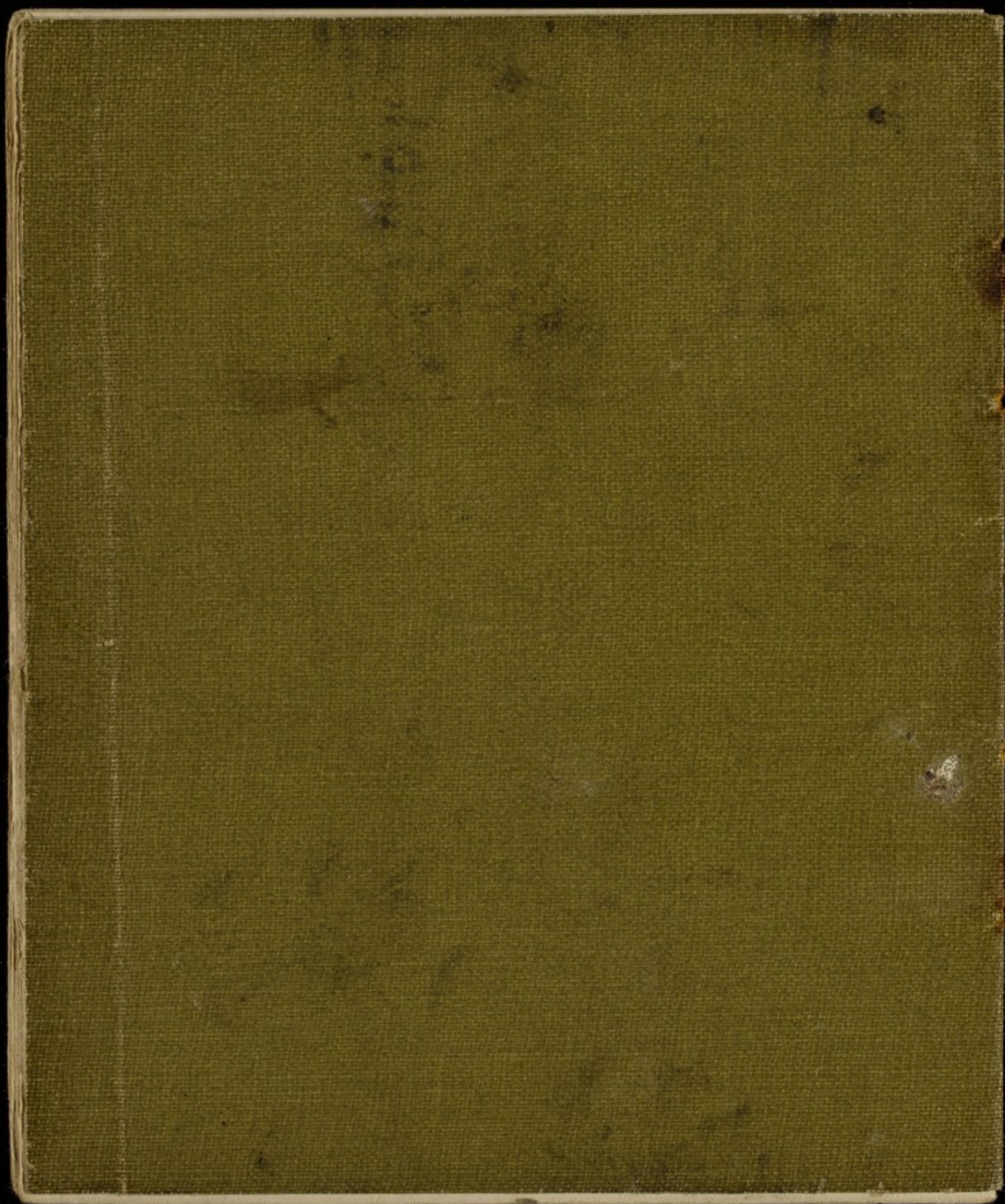
At night it is very important to protect the belly by extra covering, anything will do if no blankets are available, a belt, an old bag, some straw, or a puttie.

I have tried to show that health may be maintained and even improved by every soldier, and it is not asking any great sacrifice of men to cultivate the simple habits that will contribute to preserving their health. This should be a point of honour among soldiers. You are proud of your regiment, and you should endeavour to add to its efficiency by each striving to attain the highest degree of health and fitness. This art can be learned, it is indeed comprised within a few simple rules: the watchwords are *Cleanliness, Moderation, Pure Air, Self-Control.*











## Part of "Soldiers Small Book"

and salute. When a Soldier addresses an Officer he will halt two paces from him and salute. He will also salute when withdrawing. When appearing before an Officer in a room, he will salute without removing his cap.

A Soldier without his cap, or who is carrying anything that prevents him from saluting properly, will, if standing still, come to attention as an Officer passes ; if walking he will turn his head slightly towards the Officer in passing him.

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### POINTS TO BE OBSERVED WHEN ON GUARD.

Smart and soldierlike conduct, and the strictest attention to orders, are the essential duties of a soldier on guard.

Every sentry must know—

- (1) The object for which he is posted.
- (2) The orders he has to carry out.
- (3) The front of his post and extent of his beat.
- (4) The countersign, if there is one.

The duty of a sentry is—

- (1) To keep his ears and eyes open, and be constantly on the watch.
- (2) To allow no one to interfere with him in his duties.
- (3) Never to quit his arms, nor lounge or converse with any one on any pretence whatever.
- (4) Never to stand in his sentry-box in good or even in moderate weather.
- (5) After dark to challenge all persons approaching his post, in a sharp tone—"Halt! Who comes there?" If the person approaching gives a



satisfactory reply, he will be allowed to pass. When a sentry is on a post where a sudden rush could be made upon him, he will, when challenging, bring his rifle to the charge.

*Paying Compliments.*

A sentry will "present arms" to General and Field Officers, and to all "armed parties" except after "Retreat," when he will only do so to grand rounds.

A sentry in his sentry-box will salute by coming smartly to "Attention."

When mounted over a Royal Palace or furnished by a Royal Guard, a sentry will "present arms" only to members of the Royal Family, or to an armed Corps.

In the same manner a sentry furnished from a Guard over the residence of Viceroys, Governors, or General Officers, will not present arms to persons of inferior rank. When Officers of inferior rank pass his post in uniform he will stand with sloped arms.

A sentry will pay the same compliments to Commissioned Officers of the Royal Navy, Royal Marines, Royal Indian Marine, when in uniform, Militia, Honourable Artillery Company, Yeomanry, and Volunteers, when in uniform, as are directed to be paid to Officers of the Regular Army.

POINTS TO BE OBSERVED ON OUTPOSTS.

1. On active service one of the most important duties of a Soldier is Outpost Duty.

The duties of Outposts are to obtain intelligence of the enemy, and to enable the troops to rest in security.



Intelligence of the enemy is gained by means of (a) reconnoitring patrols, and (b) sentries furnished from groups of three to six men posted close at hand.

2. *Reconnoitring Patrols* are not intended to fight but to discover and report upon the enemy's positions. Their movements and formation must be subordinated to *gaining information* secretly and rapidly. They should seldom return by the same route as they went out.

A Soldier employed on patrol must be intelligent, vigilant, full of resource and presence of mind, know how to find his way in strange country, and be quick to devise a means of escape from capture.

Each man must move cautiously and silently, and often halt to listen, and he must prevent his arms and accoutrements from rattling. He must clearly understand from the leader what he has to look for, and how and at what place he is to make his report. On returning each man should be able to give a clear report of what he has seen. If the patrol is cut off, one man at least must manage at all cost to escape.

3. Every sentry must know :—

- (a) The direction and probable line of the enemy's advance.
- (b) The number of his post and the extent of front he is to watch.
- (c) The number and position of his picquet, and the best way to it.
- (d) The position of the nearest examining post.
- (e) The position and description of the sentries on his right and left.
- (f) The Countersign.



4. The duty of a sentry is :—

- (a) To remember that on his vigilance may depend the lives of his comrades as well as his own life.
- (b) To constantly watch in the direction of the enemy and notice every suspicious sign.
- (c) To see and listen without being seen or heard.
- (d) Never to quit his post or sit or lie down without orders, or let his rifle out of his hand.
- (e) To warn his group or picquet as soon as he sees the enemy. If danger is imminent, and he is satisfied that the enemy is advancing to attack, he should fire several times to give the alarm.
- (f) To pay no compliments, and not to allow any one to distract his attention.
- (g) Not to allow more than one stranger at a time to approach his post.

By day he will allow free passage to Officers, parties under military command, patrols, and mounted orderlies of his own force. All other persons must be sent to the examining post, or detained until the arrival of the visiting patrol, and any such person who disobeys is to be shot.

After dark, any one approaching his post is to be challenged loudly—"Halt ! Who goes there ?" Should the challenged person not obey the third summons, he will be fired upon.

Bearers of flags of truce, by their waving a white flag, or by other signals, will not be treated as enemies, but sent to the picquet or examining post.



## HOW TO PREVENT SORE FEET.

To prevent sore feet cleanliness and strict attention to the fitting of boots and socks are necessary. Before marching the feet should be washed with soap and water and carefully dried. The inside of the socks should be well rubbed with soft or yellow soap. After the march the feet must be again washed and clean dry socks put on. Soaking the feet in salt or alum and water hardens the skin. The nails should be cut straight across and not too close. A blister will probably be occasioned by an unevenness or hole in the sock, or an unevenness in the lining of the boot; the cause therefore should be ascertained and removed. The edge of a blister should be pricked with a needle and the fluid drained away by gently pressing the blister; a small pad of cotton wool or soft rag should then be applied, and kept in place by a small piece of sticking plaster. Men are cautioned against getting boots too small for them.

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## INSTRUCTIONS FOR CLEANING THE RIFLE AND CARBINE.

Detailed instructions as to cleaning the Service arms are given in the "Musketry Regulations." The following general instructions in the case of arms should, however, be borne in mind:—

*N.B.—The rifle must be examined and thoroughly cleaned and the barrel wiped out with oily flannelette, at least once a day.*

As soon as possible after firing the last shot, arms should, whenever practicable, be thoroughly cleaned; if



this is not done without loss of time, rust or erosion will rapidly appear, which will spread and be difficult to remove, even if the barrel is not injured. When thorough cleaning before returning to quarters is not possible, arms must, in any event, be wiped out with flannelette soaked in rifle oil or mineral jelly immediately firing is over, and be thoroughly cleaned as soon afterwards as possible.

Although a barrel in which rust has been allowed to form may be cleaned so as to appear what may be termed *rag clean*, it may be so pitted or rusted that it would not be *view clean*, i.e., in a state to be passed by an expert inspector. It is necessary, therefore, that the greatest care should be taken to *prevent* the formation of rust, which can only be done by strictly carrying out the following instructions :—

No oil other than the *rifle oil* or mineral jelly issued is to be used for cleaning the *inside* of the barrel. *Rifle oil* contains a proportion of caustic soda, the alkaline character of which causes it to neutralise any acid which may be in the fouling, and generally to prevent rust. The oil should be well shaken up before use.

No hard substance, such as emery, sand-paper, etc., is ever to be used for cleaning either the outside or inside of the rifle. Care is to be taken to prevent the browning being rubbed off the barrel. *Water should on no account be used*, and must be very sparingly used for cleaning the outside of the arm and the action, as it is liable to thicken and become sticky and clogging. Mineral oil, on the other hand, may be freely used for cleaning all parts. Rifle oil should not be used to such an extent in the bore as to allow of its flowing into the action when the rifle is stood in its rack. To remove slight rust or metallic fouling,



the double pull-through should be used. Should the flannelette or gauze become jammed in the bore, the rifle or carbine must be taken to the armourer-sergeant.

The bore will at all times be kept slightly oiled. Under no circumstances must it be wiped dry and bright, except for inspection of arms *when such inspection takes place in the barrack room*. This barrack room inspection of arms will take place once a week.

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## INSTRUCTIONS FOR CLEANING CLOTHING AND FOR WASHING SHIRTS, KHAKI CLOTHING, SOCKS, AND WOOLLEN GOODS.

### I.—CLEANING AND REMOVING STAINS FROM CLOTHING.

#### *Scarlet Clothing.*     *RED. TUNICS*

1. Button or Hook Stains.—Rub dry pipeclay over the stained part and brush with a clean hard brush.

2. Oil or Grease Stains.—(a) Rub the stain with a small piece of scarlet cloth soaked with methylated ether; or (b) Powder dry pipeclay over the part, cover with clean blotting paper and press a hot iron upon the paper. Repeat until the stain is removed.

3. Stains from Perspiration or Dirt.—(a) Kersey and cloth frocks and tunics: A solution of salts of sorrel ( $\frac{1}{4}$  oz. to 1 pint boiling water) should be applied all over the garment with a clean hard brush. Finish off by sponging well with cold water. (b) Scarlet serge frocks may be washed in lukewarm water, in which some good yellow soap and a little oxalic acid ( $\frac{1}{4}$  oz. per gallon) have been dissolved. Rinse off well in cold water.



4. Neither salts of sorrel nor oxalic acid should be applied to *parts of new scarlet garments*.

*Blue Clothing.*

5. Oil or grease stains may be removed with turpentine or benzole.

6. For cleaning blue clothing a weak solution of ammonia may be used, and well rubbed in with a hard brush after the garments have been well beaten and brushed. The solution must not be allowed to touch scarlet stripes or trimmings.

*Moleskin Strappings of Pantaloons.*

7. The moleskin strappings of pantaloons should not be cleaned with soda or ammonia. Benzole or turpentine should be used for this purpose.

*General Instructions.*

8. Before being subjected to any of the foregoing processes, the garments should be well beaten and brushed, and should be carefully stretched whilst under treatment to prevent shrinking.

9. Care must be taken not to use ether or benzole in the presence of any light or fire. The vapour of ether should not be inhaled.

10. If the weather permit, the cleaned garments should be dried in the open air, if not they should be hung up in a dry place, but not near fires or stoves.

II.—WASHING FLANNEL SHIRTS, WORSTED SOCKS,  
KHAKI CLOTHING, AND WOOLLEN GOODS.

11. The water in which the articles are washed should be lukewarm only ; they should on no account be put into



boiling or even very hot water, as it tends to shrink the material. The articles must be well rinsed in clean tepid water before drying. Yellow soap only should be used, and the use of washing powder is prohibited. A little ammonia (1 tablespoonful to 2 gallons of water) may be added, to remove grease and perspiration.

12. After the water has been completely wrung out of them, the articles will be well pulled out by hand before drying.

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### GUIDES TO FIELD COOKING.

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*No Trench need be Dug.*

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*Mess Tins.*—When each man has prepared his own meal the outside of the mess tins must be greased; this preserves them, and they are easily cleaned. Four mess tins should then be placed on the ground into two rows, parallel to the direction of the wind, the rows 4 inches apart. The end furthest from the wind should be closed by a fifth mess tin. Only a small quantity of wood is required, so as to keep up a draught. Three mess tins are then placed on the top of the original five and the fire lighted at the open end. One man can attend to such a "kitchen" of eight mess tins; he should change the position of the tins from time to time, to ensure the contents being evenly cooked. All handles should be turned outwards.

*Camp Kettles.*—These can be similarly used, but 10 inches should be allowed between each row.



*Ovens.*—Ovens can be made of biscuit barrels and biscuit boxes.

Knock out one end of a biscuit barrel and hollow out the ground slightly so that the barrel may rest firmly on the ground. Cover all over with clay well pressed in. Then light a fire inside when the wood will be burnt and the hoops will remain, supporting the hardened clay.

Melt the solder of one side of a biscuit box and form it into an arch, with its ends on the ground. Cover it with a few inches of clay or soil sufficient to retain the heat, light the fire inside and use it as in the case of a biscuit barrel.

*Frying-pan.*—A good pan for frying and making chap-paties may be made out of preserved meat tins by melting the solder and flattening them out.

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## RECIPES FOR COOKING.

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### QUANTITIES.

#### FOR MESSES OF 60 MEN.

1. *Plain Stew.*—Meat 45 lbs., mixed vegetables 6 lbs., onions 3 lbs., flour 1 lb., pepper  $1\frac{1}{2}$  ozs. salt 3 ozs., water.
2. *Irish Stew.*—Meat 45 lbs., potatoes 5 stone, onions 6 lbs., pepper  $1\frac{1}{2}$  ozs., salt 6 ozs., stock or water.
3. *Curry Stew.*—Meat 45 lbs., mixed vegetables 6 lbs., onions 3 lbs., flour 1 lb., pepper  $1\frac{1}{2}$  ozs., salt 3 ozs., curry powder 5 ozs., stock or water.
4. *Sea Pie.*—Meat 45 lbs., potatoes 5 stone, mixed vegetables 4 lbs., onions 3 lbs., flour 10 lbs., suet or dripping



2½ lbs., baking powder 1 packet, pepper 1½ ozs., salt 4 ozs., water.

5. *Meat Pudding*.—Meat 45 lbs., flour 10 lbs., dripping or suet 2½ lbs., onions 3 lbs., baking powder 1 packet, pepper 1½ ozs., salt 4 ozs., water.

#### FOR MESSES OF 22 MEN.

6. *Stew*.—Meat 16½ lbs., carrots or other vegetables 2 lbs., onions 1 lb., salt 2 ozs., pepper ½ oz., water as required.

7. *Curried Stew*.—Meat 16½ lbs., carrots or other vegetables 2 lbs., onions 1 lb., salt 2 ozs., pepper ½ oz., curry powder 1 oz., flour 1 lb., water as required.

8. *Sea Pie*.—Meat 16½ lbs., carrots or other vegetables 2 lbs., onions 1 lb., salt 2 ozs., pepper ½ oz., flour 5 lbs., suet or dripping 1½ lbs., water as required.

#### *Salt Pork or Beef.*

9. *Pea Soup*.—Meat 16½ lbs., mixed vegetables 2 lbs., split peas 2 lbs., flour or broken biscuit ½ lb., pepper ½ oz., water as required.

10. *Irish Stew with Salt Beef*.—Meat 16½ lbs., potatoes 20 lbs., onions 2 lbs., pepper ½ oz.

11. *Salt Pork and Biscuit*.—Meat 16½ lbs., biscuits 2 lbs., onions 2 lbs., small bunch of parsley, pepper ½ oz., water as required.

12. *Salt Beef and Dumplings*.—Meat 16½ lbs., flour 3 lbs., suet ½ lb., water as required.

13. *Soup with Australian Preserved Meat*.—Meat 16½ lbs., mixed vegetables 2 lbs., flour ½ lb., pepper ½ oz., salt 2 ozs., barley 2 lbs., water as required.

14. *Stew with Australian Preserved Meat*.—Meat 16½ lbs., potatoes 20 lbs., onions 2 lbs., pepper ½ oz., salt 2 ozs., water as required.



15. *Brown Stew with Australian Preserved Meat.*—Meat 16½ lbs., onions 2 lbs., flour ½ lb., pepper ½ oz., salt 2 ozs., water as required.

IN MESS TIN FOR 1 MAN.

1. *Plain Stew.*—Meat 12 ozs., one small carrot and onion, one teaspoon of flour, a pinch of pepper and salt, water as required.

2. *Irish Stew.*—Meat 12 ozs., potatoes 1 lb., one small onion, a pinch of pepper and salt, water as required.

3. *Curry Stew.*—Meat 12 ozs., one small carrot and onion, one teaspoon of flour, pinch of pepper, salt, and curry powder, water as required.

4. *Sea Pie.*—Meat 12 ozs., potatoes 1 lb., one small carrot and onion, three tablespoons of flour, suet or dripping ½ oz., a pinch of baking powder, pepper, salt, water as required.

5. *Meat Pudding.*—Meat, 12 ozs., three tablespoons of flour, suet or dripping ½ oz., one small onion, a pinch of baking powder, pepper and salt, water as required.

*Preserved Meat.*

6. *Stew.*—Meat 12 ozs., one small carrot and onion, a pinch of salt and pepper, water as required.

7. *Curry Stew.*—Meat 12 ozs., one small carrot and onion, a pinch of salt, pepper, and curry powder, one teaspoon of flour, water as required.

8. *Sea Pie.*—Meat 12 ozs., potatoes 1 lb., one small carrot and onion, a pinch of salt, pepper, and baking powder, three tablespoons of flour, suet or dripping ½ oz., water as required.



*Salt Pork or Beef.*

9. *Pea Soup*.—Meat 12 ozs., one small carrot and onion, one tablespoon of split peas, a pinch of pepper, flour, or broken biscuit, and water as required.

10. *Irish Stew with Salt Beef*.—Meat 12 ozs., potatoes 1 lb., one small onion, a pinch of pepper.

11. *Salt Pork and Biscuit*.—Meat 12 ozs., small bits of biscuit, small onion, a sprig of parsley, a pinch of pepper, water as required.

12. *Salt Beef and Dumplings*.—Meat 12 ozs., three tablespoons of flour, suet  $\frac{1}{2}$  oz., water as required.

13. *Soup with Australian Preserved Meat*.—Meat 12 ozs., one small carrot and onion, one tablespoon of flour, a pinch of pepper and salt, one tablespoon of barley, and water as required.

14. *Stew with Australian Preserved Meat*.—Meat 12 ozs., potatoes 1 lb., one small onion, pinch of pepper and salt, water as required.

NOTES.

When suet or dripping is not procurable a little of the fat may be removed from the meat.

When using preserved vegetables they should be previously soaked in cold water; this may be done by using the lid of the mess tin when preparing the meals.

N.B.—In the absence of baking powder a little extra dripping or fat may be used.



## RECIPES.

## FRESH BEEF OR MUTTON.

1. *Plain Stew*.—Ingredients: Meat, mixed vegetables, onions, flour, pepper, salt.

Peel or scrape clean and cut up the vegetables and onions, separate the meat from the bone, and cut it against the grain into pieces of 2 ozs. each, mix the dry flour, salt, and pepper well together, place a little stock or water in the kettle, rub the pieces of meat in dry flour, and add to the stock, put in the vegetables and onions, barely covering the whole with stock or water; let it simmer gently for one and a half hours, keeping the vessel closely covered till done.

2. *Irish Stew*.—Ingredients: Meat, potatoes, onions, pepper, salt, stock, or water.

Peel, wash, and slice the potatoes; peel, clean, and cut up the onions; separate the meat from the bones, and cut into small pieces, place a little stock or water in the kettle, and a layer of potatoes at the bottom, then a layer of meat and onions, season with pepper and salt, then another layer of potatoes, and so on alternatively until the vessel is nearly full, potatoes forming the top layer; barely covering the top with stock or water, and stew gently for one and a half hours, keeping the vessel closely covered, care being taken that it does not burn. The surplus fat must always be removed previous to cooking, as an Irish Stew should not be greasy.

3. *Curry Stew*.—Ingredients: The same as for stew, with the addition of 5 ozs. of curry powder.

Mix the curry with the dry flour and proceed as for stew.



4. *Sea Pie*.—Ingredients : Meat, potatoes, mixed vegetables, onions, flour, suet or dripping, baking powder, pepper, salt.

Make the paste, separate the meat from the bones, and cut into small pieces ; place some stock or water in the kettle, add the meat with the potatoes, vegetables, onions, etc., season with pepper and salt, barely covering the whole with stock or water ; cover with the paste, making a hole in the centre. In preparing the above, should there be sufficient paste, it will be an improvement to have two layers, place half the meat, potatoes, vegetables, onions, pepper and salt at the bottom of the kettle, then a layer of paste, making a hole in the centre, then the remainder of the ingredients as above, covering the whole with a second layer of paste.

5. *Meat Puddings*.—Ingredients : Meat, flour, dripping, onions, baking powder, pepper, salt.

Prepare the paste, separate the meat from the bones, and cut it into small pieces, peel, clean, and slice the onions, place a little water or stock in the kettle, add the meat and sliced onions, season with pepper and salt, barely cover with stock or water, and then cover the whole with the paste, leaving a hole in the centre. Boil for one and a half hours.

#### PRESERVED MEAT.

6. *Stew*.—Ingredients : Meat, carrots, or other vegetables, onions, salt, pepper.

Cut up the vegetables and onions, which place in the kettle with sufficient water to cover them, add some jelly from the meat, well season with pepper and salt, and stew gently, keeping the lid of the kettle closely shut until the vegetables are tender, then add the meat ; let the whole simmer for 10 minutes and serve.



7. *Curried Stew*.—Ingredients : The same as for stew, with curry powder and flour added.

Prepare as for stew ; mix the curry and flour with cold water into a smooth batter, and add it to the stewed vegetables with the meat ; let the whole simmer for 10 minutes and serve.

8. *Sea Pie*.—Ingredients : The same as for stew, with flour and suet or dripping added.

Make the paste ; prepare and cook the vegetables and onions as for stew ; when the vegetables are tender add the meat ; cover the whole over with a light paste, and boil for 20 minutes. A thickening of flour added is an improvement.

#### SALT PORK OR BEEF.

9. *Pea Soup*.—Ingredients : Meat, mixed vegetables, split peas, flour or broken biscuits, pepper, water.

Peel, clean, and cut up the vegetables ; place the water in the camp-kettle, add the vegetables and peas, and boil gently until the peas are soft. Then put into the soup about 2 lbs. of meat, which should be previously well washed in cold water, and simmer gently till it is cooked ; then take it out, and cover it up to keep warm.

Mix some flour into a smooth batter with cold water, and add it to the soup, keeping it well stirred to prevent it burning ; boil for 30 minutes, and serve. If flour is not to be had, use instead powdered biscuits, previously soaked in cold water.

The remainder of the meat should be soaked and well washed in cold water, then put in the camp-kettle with sufficient water to cover it, and allow it to boil for 30 minutes ; the water in which it was boiled should now be thrown away, the camp-kettle refilled with fresh cold water, and the meat boiled till done.



10. *Irish Stew, with Salt Beef*.—Meat, potatoes, onions and pepper.

Wash and clean the meat in cold water, separate it from the bone, and cut it into small pieces of about 2 ozs. each and well wash it again in cold water; peel and clean the potatoes; peel and slice the onions. Place the meat, potatoes, and onions in the camp-kettle, add a little pepper, and sufficient cold water to cover the whole; put the lid on the kettle, and cook gently over a slow fire, frequently skimming the fat off the top. The bones of the meat should not be added to the stew, as they are usually too salt.

11. *Salt Pork and Biscuit*.—Meat, biscuit, onions, parsley, pepper, and water.

(a) Soak the biscuits in cold water for one hour; wash, clean, and boil the pork; drain the water off the biscuits, and cut up the pork into thin slices; peel and slice the onions, wash and chop up the parsley; pour a little water into the camp-kettle, place a layer of the slices of pork at the bottom of the kettle, with some onions, parsley, and pepper, then a layer of the soaked biscuits on top, then a layer of pork, and so on alternately until the kettle is nearly full; cover the whole with water, and cook gently over a slow fire for 1 hour and 15 minutes, and serve.

(b) Treat the pork, onions, and parsley as in (a). Soak the biscuits for two hours, then squeeze them dry; mince up the pork, and mix it with the biscuits, onions, parsley, and pepper; then roll it into balls, and place in a camp-kettle with sufficient water to cover, and cook gently over a slow fire, and serve.

These recipes can also be prepared in the camp-kettle lids by placing the layers of pork and biscuits or balls in one camp-kettle lid, and covering it with another, and



placing a few live embers underneath and on top of the lids.

12. *Salt Beef and Dumplings.*—Meat, flour, suet, water.

Soak and well wash the meat in cold water, and place it in the camp-kettle with plenty of water, and boil gently for one hour; then throw away the water in which it was boiled, and replace it with fresh cold water, and boil till the meat is cooked. Chop the suet up fine, mix it with flour, and pour in some cold water, and well mix the whole, and form it into dumplings about 2 inches in diameter; place the dumplings in the kettle with the beef about 30 minutes before the latter is cooked, and let both boil together until done.

13. *Soup with Australian Preserved Meat.*—Meat, mixed vegetables, flour, pepper, salt, barley, water.

Place the water in the camp-kettle, scrape and clean the vegetables, add them to the cold water; when the water boils, shake in the dry barley. When the vegetables are cooked, take them out and pulp them; mix the flour into a smooth batter with cold water, add it to the vegetables with salt and pepper, and put the whole into the camp-kettle, keeping it well-stirred to prevent burning; allow it to simmer gently for 30 minutes. Then open the tins of meat, and add the contents to the soup, stir well, and simmer for 10 minutes, and serve.

14. *Stew with Australian Preserved Meat.*—Meat, potatoes, onions, pepper, salt, and water.

After preparing the onions and potatoes as in No. 2, put them in the camp-kettle, season with pepper and salt, pour in sufficient water to cover them, and stew gently, keeping the lid of the vessel closely shut, until the potatoes are nearly cooked; then open the tins of meat and cut up the contents, and put them in the kettle with



the potatoes, and let the whole simmer for 10 minutes, then serve.

15. *Brown Stew with Australian Preserved Meat.*—Peel and slice the onions; melt the fat of the meat in the camp-kettle, add the onions, and fry them till brown; mix the flour into a smooth batter with cold water, season with pepper and salt, and pour it into the camp-kettle; stir the whole well together. Cut up the meat into slices, put it into the kettle, and when warmed through serve.

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### FURLOUGHS.

The furlough season at home is in the winter, between the dates laid down in the "King's Regulations."

A furlough is an indulgence to be granted at the discretion of the Commanding Officer. Before any Soldier can obtain a furlough he must be dismissed his drills and be out of debt.

A Soldier on furlough must rejoin before tattoo on the last day of his furlough. If he does not, he may be dealt with as an absentee. If within five days after the expiration of his furlough no satisfactory account of his absence is received, he will be reported as a deserter.

A Soldier who obtains an extension of furlough, or a warrant by false representation, or who, in applying for the same, commits an offence to the prejudice of good order and military discipline, will be dealt with by his Commanding Officer.

No charge against the public for private medical attendance whilst on furlough will be allowed. If needed, application for medical aid should be made to Officer Commanding the nearest military station.



When a Soldier on furlough is prevented by sickness, which must be properly certified, or by other unavoidable cause, from rejoining his Corps by the date on which his furlough expires, he is to report himself before that date—

To the nearest General or other Officer on the Staff of the Army ; or to the Commanding Officer of any unit or detachment of the Regular Army ; or (if none of these be within convenient distance) to a Justice of the Peace.

Before proceeding on furlough, a Soldier is to leave his address with the Officer Commanding his Squadron, Battery, or Company, and he must at all times be prepared to rejoin on the shortest notice, if ordered to do so.

N.B.—Army Act, Sec. 173.—If any Soldier on furlough is detained by sickness or other casualty rendering necessary any extension of such furlough in any place, and there is not any Officer in the performance of military duty of the rank of Captain, or of higher rank, within convenient distance of the place, any Justice of the Peace who is satisfied of such necessity, may grant an extension of furlough for a period not exceeding one month ; and the said Justice shall by letter immediately certify such extension, and the cause thereof, to the Commanding Officer of such Soldier, if known, and if not, then to a Secretary of State. The Soldier may be recalled to duty by his Commanding Officer, or other competent military authority, and the furlough shall not be deemed to be extended after such recall, but, save as aforesaid, the Soldier shall not, in respect of the period of such extension of furlough, be liable to be treated as a deserter or as absent without leave.

Sometimes railway companies allow Soldiers to proceed on furlough to their homes and back to their units at



single fares. This is a privilege and not a right, and so Soldiers should be most careful not to abuse it.

Any Soldier on furlough who requires any information should write to the Officer Commanding his Squadron, Battery, or Company.

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### MARRIAGE.

A Soldier must not marry without first obtaining his Commanding Officer's sanction, otherwise, although the marriage is legal, he can never have any claim to be borne on the marriage establishment of his Corps.

A large proportion of Serjeants is allowed on the married roll, also a percentage, varying in different branches of the Service, of the Trumpeters, Drummers, and rank and file who have completed seven years' service, are in possession of at least two good conduct badges, and have at least £5 in the Army or Post Office Savings' Bank. When a regiment goes to India the proportion of married men permitted to embark is increased.

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### CIVIL EMPLOYMENT ON DISCHARGE OR TRANSFER TO THE ARMY RESERVE.

SOBRIETY, HONESTY, INDUSTRY, and GENERAL GOOD CONDUCT, during service with the Colours, are essential for obtaining good employment on the return to civil life.

With a view to assisting ex-Soldiers in obtaining employment, Registers have been established at the Headquarters of all Regimental and Recruiting Districts, and



in several other large towns. Eligible Soldiers can, on application to their Commanding Officers during last 12 months of Army Service, enter their names in the Register of the locality in which they intend to reside after leaving the Service. Those who wish to defer the registration until after they reach their homes, can obtain from their Commanding Officers the address of the Registration Officer in the county or town in which they intend to reside.

Soldiers are recommended to avail themselves of these Registers, but it must be clearly understood by every man registering his name therein that no guarantee is thereby afforded that civil employment will be obtained for him, as appointments must depend on vacancies, and, in many cases, upon the possession of special qualifications.

Soldiers cannot be registered for any employment unless their characters on leaving the Army are at least "Good," and no Soldier can hope to be recommended for civil employment if he has become disfigured or weakened by any illness contracted by his own misconduct.

The following are some of the classes of employment for which Soldiers are eligible:—

- Pensioner Messengers in Government Departments. *OK*
- Watchers in the Customs Service. *OK*
- Park-keepers in the Royal Parks. *OK*
- ~~Prison Warders.~~ *no good*
- ~~Police.~~ *—*
- ~~Postmen.~~ *—*
- In the ~~Army Clothing Department.~~ *—*
- „ ~~Army Ordnance Department.~~ *—*
- „ ~~Ordnance Factories.~~ *—*
- „ ~~Corps of Commissionaires.~~ *OK*
- Railway Porters, etc. *—*



For any further information regarding the rules for registration for employment, or as to the classes of men who can become candidates for the situations enumerated above, the qualifications required, the rates of pay, etc., reference must be made to the "Instructions as to the Civil Employment of Army Reserve men and Discharged Soldiers." These Instructions, in addition to being in the possession of all Commanding Officers, are supplied to Serjeants' Messes and Soldiers' Recreation Rooms.

N.B.—No Soldier can expect a pension for loss of health invalidated solely on account of diseases contracted through his own misconduct.

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### SOLDIERS' WILLS.

1. The particulars of the next-of-kin should always be carefully inserted in the Form in this Book, but the Soldier must understand that the entries made there do not relieve him from the necessity of making a Will. The entries in question have no legal effect, and unless a Soldier duly makes a Will, his estate is dealt with as if he had died intestate, and the person intended to be benefited may receive little or no share in the distribution.

2. The Soldier's Will should be made out either on one of the separate Forms provided for that purpose, or on the Form as contained in this Book, or on a separate sheet of paper to be kept folded in this "Small Book."

3. The bequests in the Will may be varied according to the circumstances and wishes of each Soldier; but the form of attestation, and the general outline of the Will, as shown in the following Forms, are to be carefully preserved.



4. The Will must be in writing, and signed by the testator with his name, or, if he cannot write, with his mark, in the presence of two witnesses, who must be present together; and the Will must be made, acknowledged, and attested in the presence of all three.

5. A person to whom money, etc., is left by the Will should not be an attesting witness, for the gift would not be good, but he may be appointed an executor.

6. A Will is revoked by the marriage of the testator, and therefore a new Will ought to be made after marriage if desired.

7. If any alteration is made in the writing of a Will, the signature of the testator and the witnesses ought to be made in the margin or other part of the Will, opposite to or near such alteration, or at the foot or end of, or opposite to a memorandum referring to such alteration, and written at the end or some other part of the Will.

8. But an alteration or addition may be made by a *Codicil* (that is to say, by an addition to the Will), executed and witnessed in the same way as the Will.

9. When engaged in actual warfare, a Soldier is privileged (where circumstances do not allow of these Forms being used) to record his Will in writing without the attesting witnesses, or declare the same orally in the presence of witnesses, but this privilege only commences when he is actually on his way to the seat of war.

N.B.—The testator must be of the age of 21 years unless he is on actual military service.

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