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or

The Means of

PRESERVING THE HEALTH

of

MILITARY MEN

Addressed to the OFFICERS OF THE BRITISH ARMY

-by-

WILLIAM BLAIR, A.M.

Surgeon of the Lock Hospital and Asylum and of the old Finsbury Dispensary.

PRO REGE ET PATRIA

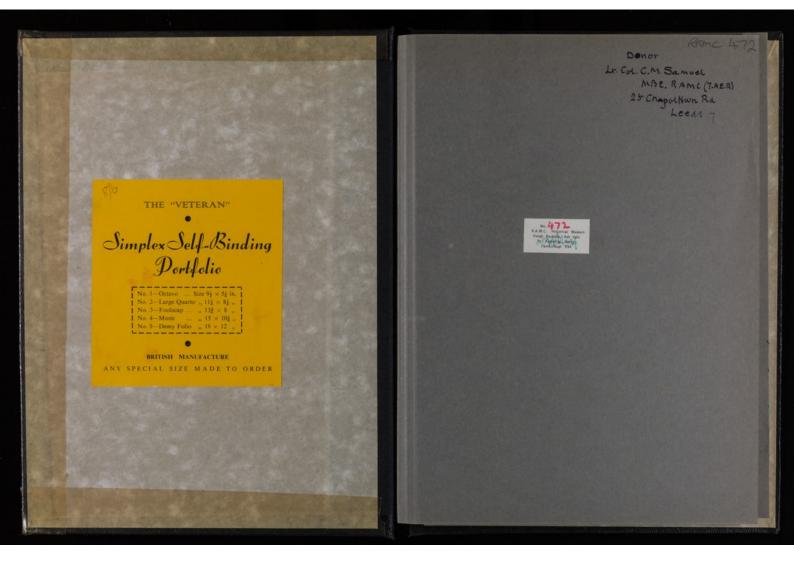
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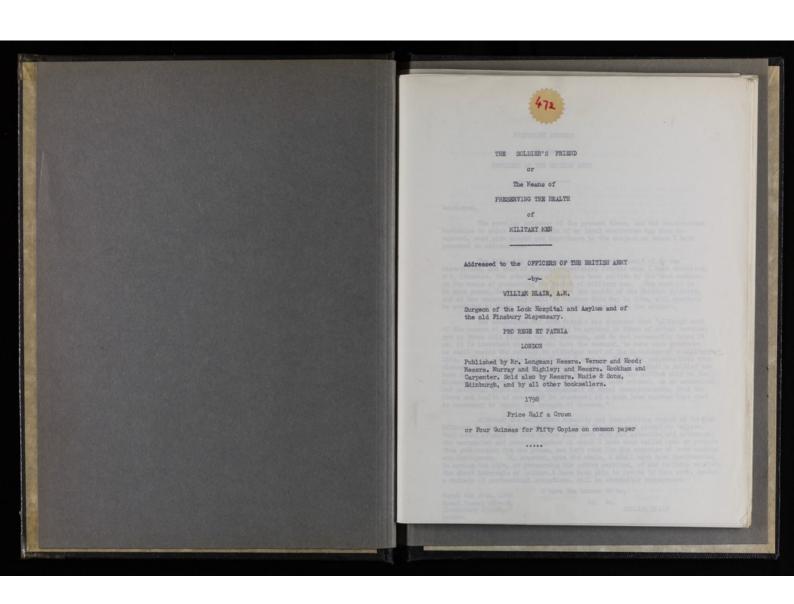
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to the OFFICERS OF THE BRITISH ARMY

PREFATORY ADDRESS

Gentlemen,

The peculiar exigency of the present times, and the unaccustomed hardships to which many thousands of my loyal countrymen may soon be exposed, must give weight and importance to the subject on which I have presumed to address you.

The following pages contain not only the result of my own observation, and that of several experienced friends whom I have consulted; but, likewise, the substance of what has been written by the best authors, on the means of preserving the health of military men. How much it is in your power, Gentiemen, to preserve the health of the British moldiers, and at how comparatively meal an expense this may be done, will scarcely be credited by those who have not maturely considered the subject.

The calebrated Sir John Pringle has observed that "although most of the causes of diseases can hardly be avoided in times of actual service; yet as these only dispose men to addiness, and do not necessarily bring it on, it is insumbent on those who have the command, to make such provision as shall emable the soldier to withstand most of the bardships of a military life. It is almost needless to add," says he, "that the preservatives from diseases are not to depend on medicines, nor on anything which a soldier can have in him power to neglect." And Dr. Hane, who has written ably on the diseases of semen, remarks that, "it could be made evident, in an economical and political point of view, independent of moral considerations, that the lives and health of men might be preserved at a much less expense than what is mecessary to repair the mwages of disease."

Although the well known humanity and sympathising regard of British Officers to their fellow-moldiers, afford the strongest ground to believe, that every attempt of this nature will meet with due attention and patronage; the unexpected and pressing memor in which I have been called upon to prepare this publication for the press, has left room for the exercise of your candour and indulgence. If, however, upon the whole, I shall have been instrumental in saving the life, or preserving the active services, of one faithful coldier, the short intervals of leisure I have been able to devote to this work, amidst a variety of professional avocations, will be abundantly recompensed.

I have the honour to be, Harch the 20th, 1798 Great Russel Street, Bloomsbury Square, do. do. WILLIAM BLAIR

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Ven. 1790 - Antre De Antres de Ve. 1 Stringt, in le. Super, ventue stati CHAPTER 1.

On the importance and practicability of preserving the health of soldiers

Health is the main spring of action, both in public and private affairs: it is that, without which all our motions must languish, and our designs become vain. The health of an army must therefore be of equal importance with its existence; or rather, I should say, an army without health is a burden to the state it was intended to serve.

In modern times the issue of a compaign is as frequently determined by sideness as by battle. In all Buropean armies, more men are sacrified by disease than by the sword; and the laurel is at issat as often withered on the hero's brow by the perpetual blast of contagion, as torn from it by the nervous arm of strength.

That address is not the necessary consequence of military life, may be learned by adverting to the accounts remaining of the campaigns of the ancients. Among the circumstantial details of the operations of Julius Genear's well disciplined army, in a variety of climates and aituations, no mention is made by that commander of any enterprise having been defeated by the sickness of his troops; nor does he notice any other sources of discusse, that those which were the inevitable result of the casualties of war.

Hence may be deduced the possibility of preserving the health of armies: which, as we are informed by Lenophon's institutions of Cyrus, used to comstitute a part of the regular education of every man intended to command.

A long sea voyage was formerly considered as one of the most unbeal thy situations to which a man could be exposed; but within a few years Gaytain Gook has demonstrated, that by the institution and steady enforcement of proper prophylactic regulations, a ship's company may be conducted round the world, exposed to every variety of climite, and all the hardwhips and dangers of the sea, with a smaller proportional loss of men than would have happened in any other given situation.

By the introduction of his plans, the mortality which has prevailed in the many of late years, is certainly much diminished; but regulations equally efficacious have not yet been adopted in the army. There is little room to doubt, however, that the power afforded by military discipline of enforcing regularity among the men, makes it possible to render the life of the soldier more healthy than that of persons in general, who are left to the freedom of their own will.

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By the introduction of this jimus, he controlity shock here provedled in the many of labs passes, he controlity saids distinber regulations equally efficients in over rate part sear subsych in here are . Shows he little room so indic, however, and the power attracted by a different differe at the main order the power rest and a different bit is reacher the lith of the andichter near here the that her attritent is a search of personal, who are left to the thesened ord rest. The preference justly given to old troops, arises chiefly from soldier a variety of matters relative to the preservation of his health, with which the fresh recurst must necessarily be uncounted. As it is the bushness of no particular person to teach the young soldier this useful knowledge, he can only acquire it from experience; and too others the is cut off, before this slow, but mocessary, course of education can be completed. It becomes therefore the duty of every officer, who has at heart the real good of the service in which he is engaged, and whose superior opportunities of information have made him acquainted with the conduct which it is proper to pursue, to enforce the practice of regulations which tend to olviste disease, as well as to exemplify a deliver to the service on the service in the second second second second to the second termine to the second termine the second termine to the second termine t

At the present period, when the mecessary defence of the country calls numbers of man, accustomed to sedentary and domestic employments, as well as to full living and indolent occupations, into the field; where they must submit to the Rardships and fatigues of a military life; an attention to the preservation of their health becomes peculiarly requisite; that the effective strength and well being of the mation may be maintained as much as possible.

The accommodation of the troops at large, is provided for by the general staff; and that of the individual side, by the superintemdents of hospitals, and other subsidiary medical arrangements. In no service is the welfare of the sick or wounded soldier more an object of attention than in the British array. With these arrangements it is not at all the purpose of the aithor's plan to interfere. Its object is merely to furnish the soldier with that practical knowledge, which may prevent his name from appearing on the sick list; and at once preserve his own comfort, as well as the integrity of the army, of which he constitutes a part.

from each principally leaf, it a requirated price. Not on a ware, its place of encourse should be indicated to his, as modily as provide. Its south to be there will have a build and the same time with the same and then the tests are pitched, be should begin to kill, and out you so that as south to the test of the same is a build begin to kill, and out you so that as south as the range for fermed and the firm lighting, every see movid to move an the tests days of lighteen of stated.

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* The mas of across of hereit is perturbative advantageous other great follows, because, on these establishing. We diparticle organize are residential and loss include in hear solid (real flag is the three.)

Of Food

CHAPTER 2.

The importance of proper dist to the preservation of health is universally acknowledged. The food of a soldier may be coarse, but it about be wholescome and abundant, such as the labourers of the country are accustomed to use. Such, and even better, the present pay of a British soldier, if properly laid out, can well afford.

3.

The men ought to be divided into messes, and proper stoppages made from their pay to provide food. It should be the business of an officer to see that the meals be regular, sufficient, confortably cooked, and that the meals be regular, sufficient, confortably cooked, and that the meals be regular, sufficient, confortably mouldy or half baked bread, spoiled corm, mixed flour, and other mutritious substances of a bad quality. By the carless or mercenary conduct of purveyors, a foundation has often been laid for the most destructive army diseases.

One meal of animal food is sufficient for a healthy man in twentyfour hours; and it would be a good regulation, were that meal taken some hours later than is at present the custom in casp. Digestion is best performed while the tody remains at rost. Willitary exercises should therefore be avoided as much as possible immediately after enting; and those men whose duty calls on them to watch during the night, would be better supported by a full, than an empty stomach. Besides, it would be accustoming a man at all times to what he must mecasarily submit to when on a march: it is them impossible to have a comfortable meal, till the fatigue of the day be over, nor even till scee hours after the tents are pitched, and the encampment formed.

A contract should be made with a butcher to supply the sen with framh mest, principally beef, at a regulated price. When on a march, the place of emcampment should be indicated to him, as nearly as possible. So ought to be there with his cattle at the same time with the army; and when the tents are pitched, he should begin to kill, and cut up: so that as soon as the camp is formed and the firem lighted, every mess should be provided with its due allotment of animal food.

Nothing is so agreeable, and at the same time so wholesome to a soldier, after a fatiguing and perhaps a wet march, as some warm soup*:

* The use of soup or broth is particularly advantageous after great fatigue, because, on these occasions, the digestive orguns are weakened and less liable to bear solid food than at other times.

The preferences just's down to all incomes of law which's from their folium Standard for arbitrar relative to the presentant bandwise a technical and the standard of methods result on the presentative of the is it is no the bandwise of an present in monoundity for monoundation of the standard incomes of methods are present to the accordinates of the standard incomes of the present of the accordinates of the standard of the bandwise of the present to the the standard of the standard of the presence of the second-money and the completed. It because the start are the shall of a range print the standard of the standard and its presence the shall of a range print and the start the standard of the presence the shall of a range print the start the combine which its heat and the presence is made the substandard and the the combine which its heat and the presence is a start of the start are been to the start and the start and the start and the start are been to the start and the start and the start and the start are the start and t

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To boil the mest, is therefore the mole of cooking which ought to be most generally used in the army. Wvery effort should be made to procure vegetables to boil along with the mest. It is not necessary to be very delicate in what are selected for this purpose. Besides the various kinds of cablego, paroulpa, onious and potatoes, which are universally approved of: when these cannot be procured, the wild or maker areas, the brook line, the sourcy grans, the wild sourcel, and lettuce, which are to be found in every field, make wholescme as well as agreeable additions to sour. When in a fixed camp, soldiers should be encouraged to cultivate various kinds of culinary vegetables, and especially potatoes.

4.

It would add much also to the salubrity as well as the hutritious qualities of these soups were every mess to have a certain quantity of barley; or, which affords more submithing hourinkment, decorticated cats, cut greats, dried peas, or rice, to add to their broth.

Fresh animal food should always be provided if possible. When circumstances, however, render it mecessary to subsist on salted provisions, that injurious consequences may be considerably mitigated by maying proper attention to their goodness, as well as to the mode of dressing them.

If salted beef or pork be not spoiled, it appears, when cut into, of a faint red colour; on attempting to tear the fibres asunder, they resist with a certain degree of coherence; the fat is firm, and without any putrid smell. If, on the contrary the meat appear black or discoloured, when cut into: if the fibres readily break when pulled asunder: or if the fat be flabby, or emit an unpleasant smell, it is no longer wholesome food.

Before salted meat is boiled, it should be carefully washed with repeated affusions of freeh water. The scun which arises to the surface during boiling should be diligently removed, and not permitted to be eaten. As a proof of the utility of attending to these circumstances, Dr. Narwhall* cites the example of a new-raised regiment which, on its arrival at Gibraltar, lost a mamber of men at a time when the garrison was very healthy; which at last was found to be owing to their ignorance of the proper mode of preparing aulted provisions.

Officers might always be provided with a quantity of portable soup; after fatigue, they will find it very confortable and refreshing, as well as easily and quickly prepared.

Ripe fruits, in moderate quantity, are wholescome; and contrary to the vulgar prejudice, tend rather to prevent than to induce bowel complaints. Unripe fruits of all kinds, especially stone fruits, are well known to be injurious, and should never be eather naw. It was observed, during the late war in America, that the German regiments, who always cooked or stewed with

* Differtatio inauguralis, de tuenda Salute Militum

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make from this optic of or introduct and mesonic and proper dependenmatic from this pay to provide both II almost to the hourbandly officer to now first the marks he require, multiful and conferently multiful in he there is provide both for the foreable and concerntion of the bound to growth be foreable out, since filter, and asher watch or helf which boost of a hid solidity. If the survises moreary constat of growth shows here had solidity, by the survises moreary constat of growth shows here had solidity. By the survises moreary constat of growth shows here a foreable here had the set had here and solid to the start dependence of a solid ball.

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* Due has af assigner bretti in particularity alvantage as after great litting, incluses, an lines considers, the dipartity argume are variant and here lights in bary solid food than at other times.

their meat whatever fruits the country supplied, escaped many diseases, from which other troops esgaged in the same service suffered severely. Their sour Kraut also preserves them from putrid complaints, and might be introduced with advantage into our armies.

5.

The introduced with saventage into our armies. In order to prevent the sourcy running through an army, during a seanon when fresh neast and vegetables are likely to become scarce, it would be predent to have a large quantity of polatoes, onions, garlie, mastard seed, leaks, sour kraut, pickled cabbage etc., and sub-acid finite, laid in store beforehand; these injet be sold in moderate quantities, at a low rate, during winter; and all seans should at the same time be used to oblige the men to form themselves into meases, and buy a little fresh meat faily; this would encourage the butchers to supply thes, and make it worth their while to accoundate the arw. Fernented malt-liquor, cyder, and accessent drinks, the at no time more useful than when the sciery is beginning to make its appearance. On such occarions, the Bussian quasoloaves would be particularly wholesces and convenient for making small beer : these are composed of oat or rye meal mixed with ground malt : and when ands into cakes with pinin water, are baked and kept for use. They make a pleasant acidulous liquor by being infused twenty-four or thirty hours in boiling user, with a little dried mint or any other aromatio herb.

During the prevalence of bloody fluxes, the men ought to be allowed plenty of farineceous wegstables, such as greats, barley, rice, potatoes, and dried peas; but they should refrain mitirely from pot-herbs and green fruits *. On these occasions, they should also use fat and mucilaginous brothe, or sago, and a little astringent wine, if it can be procurred good; but meagre wines and fermented liquors would be permicious to their bowels.

It has been observed, that the custom of taking a light and warm breakfast, such as tea or coffee, renders men delicate and musceptible of taking cold. So much were the leaders of the French impressed with the truth of this remark, that I have been informed, by a gentleman who was himself an eye-sitness of it in one of their northern armise, that warm breakfasts were strictly prohibited; every man was allowed half a pint of wood wine, which he took with his breakj Few of these new nere unfit for duty, although the weather was extremely severe. It may be laid down as a maxim, that a soldier will be able to bear fatigue and hardship with vigour

* No objection is to be made, however, against the free use of RIFE fruit.

It would not not also to the naturally as well as the institution qualities of these more note overy mone to have a contain summitiy of buildy ar, which withink arrs minimum that next down the down the productered game, ar wing, to bail to their head.

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and alacrity, in proportion as he lives well. In this country, a pint of good porter, or sound ale, might be substituted for wine. A man should not be allowed to purchase this at pleasure; It should be regularly issued and the expense stopped from his pay.

6.

Cheap, excellent, and nourishing puddings may be composed of boiled barley, molasses and ginger.

composed of boiled barley, molasses and ginger. Bread, emphatically termed the staff of life, is what the soldier chiefly depends on for support. While an army is in motion, it is difficult to furnish it in abudance, and with regularity. Various contrivances of moveable mills and camp ovens to grind corn and prepare bread, are well known. It is estiled, but perhaps erromeous custom, to furnish armies with bread fermented and baked into the form of lawses. Bincuits would, on many occasions, be preferable; a loaf becomes mouldy and uncatable in a few days, biscuits will keep in perfection for months; bread baked and the hurry and confusion of an army in motion, is apt to be improperly prepared, when it is very unwholessme ; but the goodness of biscuit made at a distance and with regularity, may always be depended on. The example of sailors, and of the Irish and Sotch, who hardly ever tast fermented bread, are satisfactory profe of the wholesomeness of biscuit. In my opinion it produces a firmer fleah, supports exertion better, and is at least as digestible as bread; It has also the advantage of being leas bulky, and therefore more portable. The hardmess of biscuit is removed by soaking it in warms water; and the rawness or doughiness of bread is in acce measure corrected by toasting it. To officers, a small provision of what is termed runk, will often be found agreeable and convenient. The following observations on cookery are intimately connected

The following observations on cookery are intimately connected with the subject of this chapter.

As man easts scarcely any food that has not undergone some kind of artificial preparation, which generally tends to render it more nourishing and palatable, the art of cookery, as productive of both those effects, certainly merits more attention than is commonly bestewed upon it. Since the celebrated Count Rumford has demonstrated how much the nutritions qualities of food may be augmented by due preparation, and how a very small sum of money, properly applied, is sufficient to support a man in perfect health and strength, it has indeed been an object of more general attention. The Count says that "The Bavarian soldiers, who are the finest, soutest, and atrongent men in the world, and whose countenances shew the most evident marks of ruddy health, and perfect contentment, supports himself on less than twopence

South a second second and of Mooly Murao, the ann much is her allowed places of furthermore respirate a cosh in proto, burley, rise, permission, and further sound for here obtained rest of and power furths ". On these constant, they would also use fit and much here a second mode of the estimation with a first and arrested parts with source when and fittle estimation in the 11 to on he arrested parts with source when and fittle estimation with the period of their results.

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7.

Although this gentleman had served in various armies, he alleges that "there is no soldier in Europe whose situation is more confortable than that of the Eavariam". Such are the effects of economy and skill in cooking, and of wise regulations in laying out money.

It was once my design to have inserted in this chapter several of the plans of preparing food, lately introduced and more nourishing, as well as greatly to diminich expense; this purpose, however, I have at present laid axide, lest I should stream the intended limits of my publication, and step a little out of the tract which some persons would prescribe to a medical writer. I shall content myself therefore with Laying before my readers a few hints relative to the general principles on which the comfort and economy of the soldier's diet depends, and leave to individual the task of applying them to their peculia tastes and circumstances.

"All those who have been conversant in military affairs", says Count Rumford, "must have had frequent opportunities of observing the striking difference there is, even in the appearance of the men, between regiments in which senses are established, and food is regularly provided under the care and inspection of the officers; and others, in which the soldiers are left individually to shift for themselves. And the difference which may be observed between soldiers who live in messes, and are regularly fed, and others who are not, is not confined merely to their external appearance; the influence of these causes extends much farther; and even the moral character of the men is affected by them".

The subsequent observations of Mr. Somerville are too important to be omitted.

"As soon as a regiment has taken the field, the soldiers composing it should be divided into regular messes, consisting of not more than five or six men each. The usual way of dividing them

• On this interesting subject, the economical soldier will be well repaid for perusing Count Rumford's instructive and masterly essays, Nihil tetigit quod non ornavit.

into messes of ten, twelve or even fifteen men each, is liable to many objections. It is seldom, indeed, that a sufficient degree of harmony prevails among so many men to render their mess confortable; to which may be added, that a large mess is always productive of less confort, and more dirt, than a small one; when these circumstances are maturely considered, the balance will be found to lean considerably to the side of small messes".

8.

"In all cases, where butchers meat constitutes a bulky or essential part of the food of privates, whether in camp or elsewhere, they should be obliged to boil, and make soup, or barley broth of it; and for that purpose, barley should make a part of the stores in every camp; an article, which at the same time that it is cheap and easily obtained, forms a rish and valuable nourishment."

"Our reason for proposing to boil, and make soup of butcher's meat is, that when dressed in this manner, it is not only more easily digested than that which is roasted, but the soup or proth, made from the boiling, forms a valuable and neurishing article of food; which, under proper management, makes the allowance go much farther than it would otherwise do.

"When fresh fish constitutes the principal part of the food of soldiers, especially the different kinds of white fish, it should always be made into fish and sauce; as, when dreesed in that way, it is not only a very agreeable food, but the sauce, or soup, made by the boiling, adds greatly to its value."

"where either salt fish or salmon is used, however, it should be boiled in sea-water, which not only saves the expense of salt, but also renders the food more agreeable; even very old salt beef is improved, and rendered more palatable, by first steeping and afterwards boiling it in salt water."

"We have been more particular upon the article of boiling, and making soup in camps, not only from a conviction of its forming a better food, than does the ordinary way in which fish and butchers meast are dressed amongst soldiers, but also from a certainty that something considerable is gained by the practice."

"It is surprising to see the aversion which the generality of soldiers have to the boiling of meat, or the conversion of it into broth or soup; when left to themselves they always prefer roasting both their fish and butchers meat not only practice which ought to be discouraged; as roasted meat not only forms a heavier meal than that which is boiled, but is at the same

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"in this interesting subject, the community subject will be well interest for prevalue formal function in instructive and mastering summary, Hill subject subjects and summaries

time more expensive and unprofitable."

"When soup or broth is properly made, the men are able to dime almost entirely upon that dish, with the addition of bread and perhaps a small part of the meat. In that way, a considerable part of the butchers meat will remain to be eaten cold at the next meal; whereas, had the same quantity of seat been romated, the whole would have been eaten up at once, the mon at the same time being worse cerved, and nothing remaining for a future meal."*

9.

Memoir on Medical Arrangements, by Robert Sommerville.

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this is the should estirat over this dist, with its shirts and other and the parameters a small part of the small was been a sound being and the tenders and the same quantity of next and at the set small shurves, but has same quantity of next and at the same the back works served, and arbiting reschuleg for a set the same the back overset arrest, and arbiting reschuleg for a set of the same the back overset arrest.

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CHAPTER 3. Of Drink.

The limited pay of a private soldier appears a sufficient security against his injuring himself by indulgence in the use of intoxicating liquors; such however is the propensity of mankind to inscript, and so totally is prudence oblicated by indulgence in this vice, that sen will often spend what should have supported thes for days, in producing one fit of drunkenness. Intoxication not only renders a san unfit for the duties of a soldier while he is under its influence, but it undermines his constitution, disinishes his strength of body and firmness of mind, and renders his more susceptible of the influence of all the exciting causes of disease.

It would be well, were the promiscuous sale of distilled spirits to soldiers wholly prohibited; In hot weather they are peculiarly injurious. The mortality of our troops in the West Indies, has been attributed, by every modical writer, as much to the intemperate use of spirits, as to the effects of the climate. It is not demind, that in some situations they may be necessary; but that necessity is to be judged of by the physician or commanding officer.

The ancients preserved the health of their troops by the use of vinegar. It was the only liquor that accompanied their armies. And no doubt its use tended much to prevent putrid complaints. The same purpose might surely be answered by it now. And were syrup of vinegar, or cream of tartar and sugar substituted, they would, mixed with water form a very pleasant, as well as a wholesome beverage.

The drink made of Russia quass-loaves has been noticed in the preceding chapter. Nothing more enables a soldier to endure fatigue, and to resist contagion, than the use of good ferment liquor and old port wine. In this country there should be an abundant supply of porter, ale, and spruce beer, in every camp. Considering the increased expense of a soldier in sickness, it might be well worth the attention of government to issue to every man, when in the field, a certain quantity, suppose half a pint, of old port wine, as a preventive of disease. This might be done at a very moderate expense, and compensated by adequate stopages of pay, during the time it was requisite. It would also tend to wean the military from the permicious habits of dram-drinking.

In cold damp weather, when a little spirit might be allowable and useful, soliers would find a tolerable substitute in a draught of hot water with a teaspoonful of fresh-grated ginger in it

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It would be well, were he promotions also of distilled spiritue to modifiem should provibilish if he hot sectors from your possilarly injuries. The meriality of our troops in the back holds introperate mass of spirity, as to be if you of the aliance. It is not demine that have a be prime at by the phoneitory out both we deminity is the index of by the phoneitors or resonance; but hot

The muchants preserved the bealth of that trouge by the one of rinners. It was the only liquer that accompanies that random bat so shells the mest readed much to prevent particulation. The energy propes alight murshy he summared by it new , and worse arrup of Attempts, or around it harter and anget emblished, they would, million with each or the a term bilance in a stall as a shiftenerge burgers

The stellar sale of Haunda quasar-loaren han been noticed in the proceeding daspets. Noticing more stabilizes a solilizer to nature fact, presenting daspets. In this country there should be an atomised buyer and all part when in this country there should be an atomised angoly of porter, and a number of another in an every song. Considering the here the state of a mildier in minimum. It might be will work the strengths of generates the tensor be every man, show in the field, wave static quantity, suppose half a gint, of oil gort wine, as a sequence of supermember the income the avery man, show in the field, pervention of generates the income the strength on the field and comprehension in this atomises the strength of the strength sequences. To work also stopping and pays from the generation matter of the strength.

In cold damp working, when a little schick might be allowable and mearin, meldiers would find a tolorable ministrate in a dramph of her works a suspendial of from cycles finge in it. This, in common cases would be of equal utility with spiritious liquors and does not possess the power of intoxicating. It should be remembered, that hat mater or tea gives a temporary degree of tone to the stomach; but if it be drank lukewarm, it relaxes and weakens that organ.

11.

For haps it may be useful to soldiers of certain constitutions to know how can make a cheap sort of drink, suited to their peouliar cases. Persons who are of a hot constitution, and inclined to be costive or foverish, will find advantage from a liquor made of infunding half a pound of bruised raisins in three quarts of boiling stater; or, instead of the raisins, a quantity of dried currants, iquorise root, figs, prunes, or ripe apples. Those who are apt to be flatulent, and to have loose bowels, should use an infusion of dried pennyroyal, peppermit, or bala, occasionally; or they may drink freely of a weak stomach and bad digestion, bosits the last-mentioned article, ould find benefit in taking half a pint of strong forge-sater two or three times a day.

Water is the basis of all liquors, the only real allayer of thirst, the sole drink intended by nature for the use of animals. To have it pure and in abundance, is of infinite importance to the health of mankind in every situation. Its purity is judged of by its being colourless and void of taste or mell; by its lightness, its boiling vegetables tender, and dissolving sonp with facility. Every effort should be made to procure mater possessed of these qualities.

should be made to procure water possensed of these qualities. There are various methods also of correcting its defects. If hard, the addition of a little pearl-anh, sait of tartar, or sait of wormwood, will give it the properties of soft water; if maddy, the addition of a few grains of alum will cause the imporities to subside; for it may be filtrated by forcing a piece of sponge or doubled flammel tight into any funnel-shaped vessel, a horn for example, and letting the water percolate through it; or by passing it through a barrel of clean aand. An ingenious mode of clearing a mudy stream for the use of an army, is suggested in a late French publication. (see the cut admixture of sea-mater, is peculiarly unsholesce, and ought to be avoided if possible. To mention the impropriety of using stagant or putrid water is almost superfluous; but if this be indispensably meensary on any occasion, a small quantity of quick-lime, or some

 When there are no rivulets near a camp, and the water is supplied by wells, if it should happen to be turbid, it may be made clear by digging deep pits, covering the bottom and sides with large stones, and over these a layer of clean sand, gravel or chalk.

i

acid being added, will in a great measure, correct its ill tendency. Where there is room to suspect the eggs of insects, or little anisalcules in water, it should always be boiled before it be drank; although it is questioned by some, whether this be a good practice in common.

Water is not only injurious as possessing noxious qualities, but also as being imprudently used. Innumerable are the examples of death being the immediate consequence of taking a copious draught of cold water when the body was herede by exercise. To such accidents, no class of men are more liable than the military. After a hot and faigued with exertion, if requires no small effort of steadiness and faigued with exertion, if requires no small effort of steadiness and faigued with exertion, the requires no small effort of steadiness and faigued with exerting the greatest conqueror the world ever beheld nearly fell a sacrifice. Alexander, heated and fatigues, could not resist the tesptations of plunging into the cool waves of the Cydnus; for the same effects take place whether the over-heated body be plunged into a cold fluid, or the water be taken into the stome.

The symptoms, the cure, and the prevention of the disorder, produced by drinking cold fluids when over-heated, are so well described by Dr. Rush of Philadelphia, that I cannot do better than quote his own words.

"In a few minutes after the patient has swallowed the water, he is affected with a diamees of sight, he staggers in attempting to walk, and unless supported, falls to the ground; he breathes with difficulty; a ratiling is heard in his throat; his nostrils and checks expand and contract in every act of respiration; his face appears suffused with blocd, and of a livid colour; his extremities become cold, and his pulse imperceptible; and, unless relief is speedily obtained, the disorder terminated in death in four of five minutes."

"Punch, beer or even grog, drank under the same circumstances as cold water, have all been known to produce the same morbid and fatal effects."

"I know of but one certain remedy for the disease, and that is liquid laudanum*. The does of it, as in other cases of spans, should be proportioned to the violence of the disease. From a teaspoonful

•Liquid laudanum, i.e. tincture of opium, is too powerful a remedy to be entrusted to the common soldier's management; and ought never to be given, but by the hand of a medical man or some discreet person who knows what he administers.

This, in common ensues tould be of equal will'dry with multidian legence and here not growten the power of interactions (a should be reambured, that her work or for given a temporary mayor at tems to the atoenning but if it is be drank interact, it release and consistent that regime

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to a table-spoonful has been given in some instances, before relief has been obtained. Where the powers of life appear to be suddenly suspended, the same remedies should be used, which have been so successfully amployed in recovering persons supposed to be dead from drowning*."

"If neither the voice of reason, nor the fatal examples of those who have perished from this cause, are sufficient to produce restraint in drinking a large quantity of cold liquor when the body is preternaturally heated, take the following precautions:

 Gramp the vessel out of which you are about to drink for a minute or longer with both your hands; this will abstract a portion of heat from the body, and at the same time impart it to the cold liquor.

2. If you are not furnished with a cup, and are obliged to drink by bringing your mouth in contact with a stream which issues from a pump or a spring, always wash your hands and face previously to your drinking, with a little of the cold water; by receiving the shock of the water first upon those parts of the body, a portion of the heat is conveyed away, and the vital parts are thereby defended from the action of the cold."

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* See the chapter on Casualties.

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"Lighth leastment, i.e. tincture of option, in too povertal a reactly to an entrantial to the scotter solition's management; and could mover by 'n laven, but it is noted of embland and or none districted person with moves the manifesters 13

CHAPTER 4 Of Clothing

Clothing ought always be suited to climate and to seasons. In Europe, the general intention of clothes is to quard against cold. In effecting this purpose, care however should be taken that the body be not as much injured by pressure as benefited by warmth. In no part of the conduct of life have mankind more generally sacrificed utility and convenience to vanity and parade. Nor is this observation entirely unfounded, even when applied to the military.

14.

The garb of the ancient Romans was warlike, because it originated at a time when the sole business of the mation was war. To the most vulnerable parts of the body it afforded protection, but gave free scope to the action of all the suscles and articulations on which agility depends.

The present military dress, on the contrary, is a modification of the gamments of peace. To this unnatural origin many of its imperfections must, doubless, be attributed: the same dress which is convenient for the purposes of civil life, can never suit the exertions and exposure that are the necessary concentiants of a state of warfare.

The stiff bandage that surrounds the neck and the tight ligatures that constrain the articulations of the loins and of the knees, should if possible be avoided. Freedom of respiration is no doubt also impeded by the presence of the balts croasing upon the chest. In an active campaign, much often depends on rapidity of movement and promptitude of exertion, but if a cortain quantity of the strength of each individual be exhausted in counteracting the pressure on his muscles, or in sustaining a perhaps unnecessary burden, the sus of the whole which might otherwise be employed in supporting unavoidable fatigue must be considerably diminished.

The prodigious length of muches that the natives of America make in their huming parties, and their warlike excursions, can only be accounted for by their freedom from the pressure of clothes, or the incumbrance of hegangs. Hence we may deduce the propriety of forming the soldiers' habitaments so as to constrain the body as little as possible, and of avoiding the necessity of carrying more extra bagage than is absolutely necessary: circumstance, at present prhaps too little attended to.

Allef has been ottained. These the power firsteneds (after senderily mergendus, the new rewrites should be much, while we been as anothese fills sendored in recovering persons over here as anothese fills sendored by the recovering persons (ground b) be a dead first drowning; S

examples of those the hare particular from this ensue, are aufficient to prodose restruction in whiching a large quantity or ould input short its mody is preferenciently bested, take the following presystems:

1. Group the votural and of shift you are about to brink for a minch or langue with both your hinder this will electronic a portion of both from the boty, and at the same that Langet 18 to the solid hyper.

3. If you are not furnished which a way, and are soliced to obtain the balance of the solution which the momentum of the solution of the solution which is a solution, already which you would be add which be preserved as a posting of the solution the solution of a posting of the solution of the solution.

The substance of which military dress is formed, merits also some function. It surely might be made of something more capable of remining outputs and the mean sure of something more capable of remining acquire an almost incredible increase in weight, during a shore of rain. The head. At present it is so prome to absorb moisture that it will acquire an almost incredible increase in weight, during a shore of rain. The substance of a cold and darg substance to the head cannot full to be productive of disease: similar evils must result from the weight set in converted into ice. One use of the hair is, no doubt, to preserve a loose and spongy substance into the substance to the evil of the social statistic of a scalar as a solid and by substance to the head cannot full to be productive of disease: similar evils must result from the weight set with which the scalar as a scalar will be head? By converting it from a loose and spongy substance into a solid amas, by means of pasts and ponder, hoccasity of searing poder on the parade, which it is not be with propriety in the the confort of the man. The truth of this suggestion as I have been informed by an eye-mitmens, was strongly illustrated at the time, when, by causion any.

Blue shirts, such as are worn by sailors, are I think preferable to white. There is something in the indigo, with which they are dyed, that is said to be inimical to vermin. On account of their colour, they would require less frequent washing than those now in use. By seafaring people they are universally considered as tending to preserve their strength, as well as health. But, at any rate, they might with propriety be adopted as nightabirts.

A solider is frequently such incommoded by his stockings. The part within the above is apt to be wet, dirty or full of holes, by which the feat are irritated, and sometimes blistered*, they ought therefore to be washed and dried at every convenient opportunity. It has lately been proposed, by a French writer on the health of soldiers** to lay aside the use of stockings

Particle on the Smarth of solution of an area of the solution require it. They are knit of Shelland wool and sold at nine-pence a pair by Fisher in Sond Street, under the patronage of Sir John Sinclair.
* See La Sante de Mars, par Dr. Jourdan le Cointe, Faris, 1750

altogether, and to substitute in their place wide pentaloons extending to the shoe, and fastened under it with a strap. But on the propriety of such ignovations I shall forbear giving any opinion.

A man accustomed to wear shoes is helpless and totally incapable of action when deprived of them. Every effort should therefore be made to render military shoes as strong and durable as possible.

Several very ingenious modes of fortifying shoes and rendering them unterproof have been suggested by Nr. R. Sousserville, surgeon of the Geithmess femcibles. That middle he most approves of, "consists in painting the whole of the leather of which they are made, on the wrong side with a cost of thin oil paint. This will enter the pores of the leather and fill these occupitely that no moisture will prestrate, and will at the same time make the shoes last much longer."

and will at the same time make the shoes last much longer."

Nilitary above ought to be roomy and to rise high on the ankle, they might also be strengthened at the toe and heel by thin plates of iron, or the soles might be studded with nalls, as the Riglish peasants wear them. Were it possible to make them last during a compaign, a man would not be under the necessity of taking a pair at random from a magnance, which, from their not fitting, tend often to cripple his and obstruct the circulation in his feet.

The advantages of easy shoes was strikingly illustrated by some of our regiments who were in Genada during the late American war. Of those man who were obliged to substitute such shoes as are used by the inhabitants, formad of a piece of hide dressed with the hair, sad simply tied on the feet by the cormers, not one was affected by the

The entratances of which elilitary from is framel, with a size sum presention. It enrows achieve an easier of experience, with the pointer determines the size present enrows between 4 beings and the pointers and the size that is present enrows to any second a last present a three bill or the heat. It present enrows to make a size that the size that the size the heat is present to any prove the share that the size outfitters an alance it causes the second a determine that is a size the heat is present to any prove the share that the difference of the size of the size that is a present to the size of the size of the size that is an early of the size that is a size of the size of the size of the size of the size that is a size of the size of the size of the size of the size that is a the size of the size of the size of the size the size of the size of the size of the size of the size that is a size of the size that is a size of the size that the size of the size that the size of the size that is a size of the size of the size of the size of the size that is a size of the size of the size of the size of the size that is a size of the size of the size of the size that is a size that an all the size of the size of the size the size of the size that all the size of the size that is the size that all the size the size of the size that and the size the size that all the size that all the size that all the size that the size that a size of the size that all the size that all the size that the size that all the size that all the size that all the size that the size that a size that all the size that all the size that the size that all the size that all the size that all the size that the size that all the size that all the size that all the size that the size that the size that the size that all the size that the size that all the size that all the sis that the size th

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cold, while many who wore the usual regimental shoes, lost their toes and even their feet in consequence of their being frost-bitten.

17.

Another advantage attending large choes is that they admit of the introduction of some hay or straw. The utility of doing this may be learned from the practice of the waggomers, who make such long journeys on foot. Nothing refreshes the feet sore, nor enables them better to bear fatigue. But it ought to be remeved at every convenient opportunity.

Ait it ought to be remeved at every convenient opportunity. Rommerly it was the practice of those who were in the habit of using violent exercise, as running footmen do, to wear round the loins a broad elastic belt, which, by supporting the contents of the abdomen, in scene measure prevented ruptures, and certainly tended to favour addity by giving a firmmess and point of support to the long muccles of the belly. Something of the same kind might perhaps, with propriety, form part of the soldiers' areas at present. It might be so contrived also, as to ralieve the shoulders and chest from part of the weight of the side arms and cartouch-box, and would, on energencies, be useful for the temporary deligation of wounds. But to adopt such a change would be incompatible with the present tasts for military descration. Any hint, however, that can tend to diminish the necessary quantity of baggage, to facilitate dreasing and undressing, by simplifying his attire, or in any way add to the confort of the soldier, ought not to be withhend.

Buring a comparison the cavalty are usually more healthy than the infantry. One reason assigned for this has been that they alsop more comfortably, from having their closks to cover them. A light blanket, which might be rolled up and carried on the knapacak of the foot-moldier would add considerably to his health, and but little to his bagsage. The regiment called the Sotch Fuelliers formerly carried a appendage of this kind, tormed a mand. It is proposed by Dr. Le Cointe, author of the Sante de Mare, that a light blankst, sufficient to cover two men, should be divided transversely, of which each should carry a half, to be joined together by buttoms and loops fastemed to the edges when required for use.

Those regiments, part of whose dress it is to wear spatteriashes or galters are less liable to scree than those who are without any such defence for the less. According to Mr. Sommerville, the best substance to form them of is linen varnished and painted.

The wool of which soldiers' clothes are made should be dressed in oil. The expense would be trifling and it would tend to make them throw off moisture instead of absorbing it as they do at present. To interline the alevers and shoulders of their coats with oil-cloth has been proposed with the same intention.

Dr. Moseley, and other writers on the diseases of troops in tropical climates, have given the most irrefragable proofs, that in these altustions mothing tends more to preserve health than wearing woollen garments next to

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in here is sport to ensue by which we would be to be a prior to be a prior to be a set of the set o

the skin. In a versatile clime, like that of Great Britain, it has been advised that we rather endeavour, by a cautious and prudent exposure, to source the body to those alterations of temporature which we cannot obvisto, than to encourage a pretermatural flow of perpiration by artificial uamth, or to emerate the body by the constant irritation of flammel. But if men are obliged to keep the field till an advanced season, woollen clothing will be found the best defence against the cold of autumal hights, or the bad consequences of encamping in damp situations; and it cannot then be dispensed with. Flammel drawers and under waistocats are preferable to linings of the mane material.

Those to whom long-continued habits of indulgence would render any attempt to recover the vigour requisite to withstand the alterations of weather, a perilous experiment, but whose patriotism may imperiously call them at the present juncture to the defence of their country, will find in the manufacture termed fleecy hosiery, an adequate defence against the utmost rigour of the seasons. Its provus texture renders it much warmer and at the same time lighter than flammel, and being highly elastir, it readily yields to every motion of the limbe, while for the same reason it affords a gently tonic support to the whole surface of the body.

Dr. Donald Monro, who is a stremuous advocate for warm garments, says, that a woollen stock or neckeloth, with a flannel wnistcoat, and worsted gloves, may be purchased for about half a crown per man, and would contribute to preserve the lives of many. Whereas the expense of medicines and recruiting will greadly exceed the price of these articles. Dr. Hane and Saptain Schwell have likewise insisted on the advantage of warm clothing, considered in an economical point of view. Frudence, humanity and sound policy, therefore, conspire to recommend the use of woollen garments for British soldiers, at least during an encampent.

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In this sectory the back of the sec is words at provide the isproduce which the frame have a new in a mainlin, as there of the secdited is some elitable to be frequent effect of growt continue disting interest hart. Here is builded and frames of divertimes and handwidestill secondarily to produce by here around, screenably if the person we then, be in a state of interestion.

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These is due to constant in the of their products world reaches are a frequent to constant for duration within the off-their products of the state of the first state of the state is the state of the state.

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Of Weather The employment of a soldier obligen his

CHAPTER 5

The employment of a soldier obliges him to be abroad at all seasons. Babit therefore inures him to many changes which to others would be fatal, but there are precautions to be taken against unheal thy seasons, or situations, of which it behaves him not to be ignorant. The effects produced by the weather on living bedies, principally depend on its degree of heat or cold. Experience, however, has shewn that health may be preserved even during considerable extremities of heat or cold, provided the weather be dry. The combination of heat or cold with moisture, is the chief source of disease.

19.

During great degrees of heat, officers should endeavour to get the marches of military maneouvres over before noon. More that is impossible men will find considerable protection from the rays of the sun by introducing a folded handbeerheid between the hat and head. The same construance placed between the shoulders, or upon the breast, produces a great degree of coolness, not only by absorbing the perspiration but by producing a sort of cavity through which the gar ofraulates freely, and it is a much asfer practice than throwing open the breast.

When over-bested, it is extremely dangerous to lie down in the dade, and still more to drink largely of cold water, as has been already explained. Those men stand heat the best who drink the least. Thirst may often be allayed by washing the mouth with a little water, especially if it be acidulated, without swallowing any of it. But above all, let every man who values his health avoid drinking ardent spirits when heated, that is adding fuel to the fire, and is apt to produce the most damgerous inflammatory complaints. Sometimes, indeed, if a person passes from extreme heat and fatigue to absolute rest, which ought always to be avoided, a small quantity of spirits taken into the stomach will prevent the bad consequences which might arise from cooling too addenly.

In this country the heat of the sum is rarely so powerful as to produce what the French term a coup de soleil, or stroke of the sum, which in summer climates is the frequent effect of great exertion during intense heat. Even in Regland some degree of drowniness and headache will occasionally be produced by these causes, especially if the percon to them, be in a state of intoxication.

The remedies against these complaints, are bleeding, immersing the feet and legs in warm water, and the application of cloths dipped in cold water to the head.

It is also extremely dangerous to aleep exposed to the noon-day rays of a scorching sun.

1

The air of the night, after a very hot day, is often agreeably cold. It is, however, very dangerous to yield to the pleasing freehness which is produced by being exposed to it. These who are obliged to be abroad should use some additional clothing, at least a flammel waistocat, and even fortify theselves by a small guantity of ardent spirite, or a draught of strong ginger-tes.

In this country the had effects of cold, especially conjoined with moisture, are more to be dreaded than those of heat. How far they may be countermented by warm clothing, has been detailed in its proper place. Winter expeditions are not be dreaded as unhealthy, if men be provided with stout shoes, warm quarters and plenty of provisions. Hoderate degrees of cold may be counteracted by exercise. The body should be kept constantly in motion and all inclination to stand still or to aleep, steadfastly reminted. For, in this case aleep would prove the harbinger of death.

Not a more dangerous vulgar error exists than the notion that the habitual use of spirituous liquors prevents the effects of cold, on the contary, the truth is that those who drink most frequently of thes, are sochast affected by severe weather. The daily use of these liquors tends greatly to smallet and wants the strength of the body, and it may with truth be assarted that of those who fall victims to the severity of cold in this country, one half at least have accelerated its effects by the abuse of ardent spirits.

If a man, or any part of his body, be benumbed or frost bitten by artrese cold, it is highly dangerous to expose him suddenly to the heat of a fire, the certain consequences of such indicoretion, is general or partial death. Life is either extinguished by the sudden transition, or some part becomes livid and mortifies. The anfest way is to rub the part affected with moor, or to immerse it in water so cold as mearly to freese, till its mature heat and coldur be gradually restored, small cupfuls of strong mourishing soup, but not very hot, may be given from time to time intermally.² This is the mode used and sanctioned, by long experience, in Rumain, where these socidents are so frequent, that it is a common sot of politenese to warm a man of his nose, ear, or chin being frost-bitten, of which be himself is insensible, although the change of colour immediately indicates it to a spectator.

* Dr. Lind in his treatise upon diseases of seamen, very properly condemns the use of strong spiritous liquors under these circumstances, as being often fatal in their effects, and that instantaneously.

2. METALO

The exploration is a soliton will one him to be obtained at all meaning, blatt threadens in the many single and the solitons works be school at thread one productions to be thread and not how all by meaning of the blatt is the sentence on little bottone product all the house of the restored to the sentence on little bottone product blatt hould be the sentence on the sentence is an above that the house of the sentence of the sentence is an above that the sentence is a sentence of the sentence is a sentence that is the sentence of the sentence of the sentence is an above that is a sentence is a sentence of the sentence is a sentence that of the sentence, is a sentence is a sentence of the set of out is the setter in a the sentence is a sentence.

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In this country the heat of the sum is runnely so present on to controm what the Franch terms a coup do anistly, or structure of the sum high is a warmer clinates is the frequent of prest counting turning atomas heat. Here it high and none degrees of threathing of heathing at its countermality he predicted by times coinces, separatily 12 the person or them, he is a state of hercondration.

The results against these complaints, are blocking the control for the test and test and the against adapts day of a set of the sould be set of the sould be lead.

It is also extremely tangerous to along exposed to the money arrest a correction of a

For the defence of consts and landing places, it is frequently necessary to form a camp on levels, in the meighbourhood of the sea, or on the low and marshy banks of rivers. Such situations are always inimical to the health of twoops. A sum should be careful ont to expose himself to the sir of these places with an empty stomach. If he be obliged to go out early in the morning, let his chew a little tobacco, or a place of ginger, or he may take a small glass of pure opirits, the solutary effects of which will be augmented by influeing therein some pervices health or effects of which will be sugmented by influeing therein some pervices health or effects of which will be sugment and arrows the bitter. It is in such situations only, that the use of spirits can be reckoned sholesome. But even then, their good effects will be lost on those who have taken them habitually for a considerable time.

Long continued rains will produce, in situations raturally dry, the mane had consequences that result from those which are usually moist, and of course the mane precations become requisite to guard against them. The best preventative against the effects of temporary wetting with resin, is to strip entirely, and after having rubbed the skin dry, to wash the whole surface of the body with pure spirits. This practice is successfully used by the inhabitants of the West India inlands, where to be coaked with rain is often attended with fatal consequences. The effects of partial wetting, suppose of the shoulders or legs, ought to be readed with treatment of the mane kind, for the strongest constitution is not at all times proof against the chilling tendency of damp clothes.

During rainy seasons while an army is in a fixed position, the tents might be thatched, after the meaner recommended by Frince Ferdinand of Germany. And little huits above ground, might be erected for the officers. Aut pits suck under the surface of the earth, are always uncholesone and damp.

af the advantages which there have been a complex preserve the in action, but had been the preservation of basis of a preside the preservation complexity in the preservation of basis. The struct by barries are remained by all these preservations of basis. The struct is president to mentione maintains of the theory of the structure of the structure of remain many by the theory of the structure of the structure, and the mentione of the structure of the structure of the structure, and the mention of the structure of the structure of the structure, and the mention of the structure of the structure of the structure, and the mention of the structure of the structure of the structure, and the mention of the structure of the structure of the structure of the mention of the structure of the structure of the structure of the mention of the structure of t

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Of Exercise

CHAPTER 6

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"An idea has 10mg been entertained, that the European constitution commot bear hard labour in the sun, or perform military exercises with asfety, in the hot climates of the West Indice. Hence a plan has been suggested, and in some degree I believe adopted, that regiments cerring in these countries be furnished with people of colour to do the drudgery

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24.

"I mentioned before, that the military exercise of the English army is ill-calculated to excite a spirit of emulation mong the men. It is in fact considered only as a piece of drudgery in which there are few who have any subtion to excel. It has little effect in improving the activity of the links or hardening the constitution of the body, so that it may better sustain hardening and fatigue. But feeble as its effects are in the view of excremance exertion, or preserving health, it is

A second tend to experiment the second second at the second second at the second secon

¹⁰ constituent behave, that this still key sciences as of the high of any is hill-contraction to sample to main or a superior to reach it is a same the near 25 to the start constituents and as a places of introducty in which there are for one and stirt of the links or formation is the same to this of the 10 hill be artistry of the links or formation is an assort to the or for the interior of the start of any start of the same to the or the 10 hill be artistry of the links or formation is the same to the links on the 10 hill be are at a start of the start of any start of the same to the same to the same of the start of any start of the same to the same to the same of the start of a start of the same to the same to the same to be the start of the start of the same any start on the same to the same to the same of the start of the start of the same to the same to the same to same to the start of the start of the same to the same to the start of the start of the start of the same to the same to the same to the start of the start of the same to the same to the same to the start of the start of the same to the same to the same to the start of the start of the same to the same to the same to the start of the start of the same to the same to the same to the start of the start of the same to the 27. merally almost entirely discontinued when troops arrive in hot alimites; markice which has arisen from a uperficial and mintaken view of the subject. Moth and indolence are the bane of a soldier in any climat; exercise and battom are the greatest preservatives of discipline and of health. If would be those exercises which might be proper for the forming of coldiers. And we often called into estual use in the practice of use. These are used to individual. They harden the body, increase of the place to point and of the enable him to place his men in the rank, according to the solution, then uniformity of exterior form. I may add in this place that used to exter health of soldiers serving in war climate. There are no doubt white health of soldiers serving in war climate. There are be dependent to exter any case. In shich it is improper, but is general if any be employed to exter any case. In shich it is improper, but is general if any be employed the the enable do,'s indiaposition during the four years that I lived in the preserving the beatter in the the solution and are informed to the solution of the solution and the solution of the solution of the solution and the solution in the solution in the solution of the solution will be extremely used in the not case, in information that solution and the solution of the information of the solution and the solution

The above opinion is also supported by the authority of Sir John Pringle who observes, "Although a soldier is occasionally liable to great fatigue, the most frequent errors of people of that rank are on the side of rest." Dr. Monro also remarks that, "Soldiers left to themselves are very subject to diseases when they come into quarters after an active campaign, by leading too indolent a life." And Wegetius relates that "the Romans enercised their sen daily in the Gapus Eartius when it was fair weather, and under cover when it raimed or anoved." Lib.5. c.l ≈ 2 .

If daily exertions in the open air render men hearty and robust, habits of indolunce must emerate and enfeetle them. Inactivity is often followed by a long train of diseases, depending on the alow and languid circulation of the blocd, and as probably one of the chief causes of the debilitated constitutions of the present race of men: for certainly we cannot vie with our ancestors in hardiness, agility and muscular strength.

Prequent diversified and amusing exercises tend also to prevent that longing desire to return home, which has been termed nostalish by medical writers.** This propensity is so strong in many instances, as to be

* Dr. Jackson on the Pevers of Jamaica ** This subject is admirably illustrated by some cases which Dr. Hemilton has recorded in the first volume of his work on the "Daties of a Regimental Surgeon."

tended with very serious consequences to the soldier's health, unless it gratified, and has therefore given rise to the well-known adage, "Qui patriam querit, mortem invenit"

26.

While we insist on the necessity of military exercises in order to the preservation of health, officers would do well to proportion the duty and hardships of the men, as much as possible to the suitableness of the weather. The time of being exposed to inclessit, tempestous, or sultry seasons, ought to be shortened, and in cases of actual service, the troops might relieve each other more frequently than on other occasions.

"By arts like these Laconia nursed of old her hardy sons; And Rome's unconquer'd legions urg'd their way, Unhurt, thro' ew'ry toil in ev'ry clime." *

We must not conclude this article without giving a word of caution to those who may be greatly fatigued and hasted by long-continued exertion. In this state the body is dabilitated and ought to cool as gradually as possible. A sudden transition, from heat and exercise to a cold air and absolute inaction, would be highly dangerous. Buring trick exercise and a state of permyingtion the blood circulates freely to the surface of the body and its extreme parts, but when by a sudden exposure to cold and rest it has been repelled to the internal organs, the most serious inflammatory dimoviers, such as pleurisy or frenzy, or even a speedy death, may be the consequence.

"Dr. Armstrong's Art of preserving health, book the third.

CHAPTER 7

Of Personal Cleanliness

Attention to clearliness is of the utmost importance. It is observed both in the many and army, that those men who are most mogligent of their permons, are the first who are infected by disease. By negligence in this article, infectious disorders are often spread amongst a whole army and frequently prove more fatal than the sword.*

27.

The clothes of soldiers by being usually kept crasmed together in a knapsack, are apt to acquire a musty unpleasant small, unquestionably injurious to health; to obviate which coldiers should be obliged to expose the whole of their clothes daily to the influence of the sun and air.

The copious perspirations occasioned by military exercises, and the dust that of the accompanies the movements of an any, must tend to accumulate filth and sordes upon the skin. These should be removed at every convenient opportunity. After a long mark uses should never neglect to wash their face, hands and feet, and indeed the shole of their body as a lean as possible. The confort and health resulting from this practice would scon be found an adequate reward for their trouble.

With this view, whenever the neighbourhood of a river, or especially of the see, permits them, the men should be encouraged to baths frequently. Swimming was formerly an essential part of military education, and besides the healthiness of the practice, nearly occasions occur where a soldier might find it a very useful acquirement. Bething should be practiced in the morning, previously to taking a full meal, or using strong exercise. A non-commissioned officer might always be present to see that no accident or improper behaviour takes place on those occasions.

No complaint proves more troublesoms in camp, or is more difficult to eradicate, than the itch; it spreads so easily by contact with the diseased person or his clothes, that one foul man soon infects his courades. It is only to be prevented, by secluding the patient entirely from all association with others till he is well, and by carefully washing with scop and twingesting with subjaux, every part of his apparel before he resumes his former station.

"Some excellent hints on this and other subjects have been healy put into my hands by Rr. Keate, the Surgeon-general of Ris Rejesty's forces, which I have thought proper to subject to this publication, in their original form; bellering that the densing of the army medical board would be thereby, in some measure, promoted.

It is not an indifferent circumstance, whether or not a soldier pulls off his clothes at night, for besides the vemin which are so usual among twoops, the masty sordes which collect on their bodies may generate various disorders. The truth of this remark is evident from the infectious complaints which break out in besieged towns; where the inhabitants, through fear, do not undreas and dean themselves in their usual manner. To those who are delicate or feeble, this mglect will almost certainly be hurtful, as constant experience has demonstrated.

The greatest difficulty in keeping the moldiers clean, and their apartments sweet, is when they go into winter quarters, or into barrackap especially if many sen be crowded together. But however difficult this may be, it is of no great importance to the well being of the any that no conderation of trouble or expense ought to prevent due attention being paid to this article. Every man should be compelled to make his own bod before the time of roll colling; the windows ought at the same hour to be opened, and all offensive smells removed. Strict orders should diversible given that the privices or pits be constantly be made use of, and that mobody commits any mulsance within or near the walls of his apartment.

Mr. Sommerville very pertinently observes, "It might naturally be supposed that few regulations would be necessary upon a subject like the present, and that sen even when left to themselves would always, from a regard to their own beatth, and on account of the pleasure arising from cleanliness, take the most effectual means to secure their comforts.

Were we merely to reason upon this subject, we might draw this conclusion, but experience completely contradicts it, as we daily meet with man whose dirtiness and aloth are such, that neither the immediate confort arising from cleanlinese, nor the ultimate effects resulting from a want of it upon their own health, are strong enough to make them pay due regard to it. Indeed nothing short of punishment is adequate to that end, or can create the smallest exertion." So little are man's eyes open to what conduces to their real interest.

were advanted from your of their helding forth pillanes.

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<u>CHAPTER 8</u> Of Camps.

Of Camps. The healthiness of an encampment depends much on the choice of ground. A camp ought, if possible to be situated on a gentle declivity, with a dry bottom, in the vicinity of good water and free from the unvolvecces influence of air blowing over woods or marnhes. A camp should not be formed on ground recently acoupted, nor in the metholen and the situation of an septial, nor where an encampment has taken place hately. The alsughter horses should also be at a distance. No situation, upon the whole, seems preferable to the elevated bank of a rapid river. If the river be muddy, its water may be cleaned by the means indicated in the Appendix.

29.

the means indicated in the Appendix. Bell tents, in which the men lie in a radiated memory, with their feet which contains the largest space within a given line, and their appearance is pleasing. The only objection that can be made to them, is the bad consequences that must naturally arise from the continue conlations of a some space that must naturally arise from the continue contact to the state to counteract their influence. The men should not be allowed to remain longer in the tents than is abounded by the state will be denoted by the state of the second of the second of the state of the saves should be drams up every day, the strue well ablests and perflated by forwards not day that and a state of the substate should not be allowed to remain longer in the tents than is abounded allow, as frequently as possible, of producing a circulation of air through the att be suggested, without the structure, it would be a meterial improvement in their construction. The remarks as often an possible. Betting the strue the structure, which should be remarks as often an possible. Betting the structure that be buy, the strue as it is advantageous to allow yith the head higher than the body, the as most of the structure the structure that be buyed the producing the part of their bedding into pillow.

We have said before that soldiers should, as often as possible, undress when they go to alcop, but where this is impracticable, they ought always to locen the lightwess or tight parts of thair clothes, and especially thair shirt collars. Tranches should be dug around each test, communicating with the

* The woodness in America who pass whole summers in the open sir, find it very Amportant to loceon all their lightures at might; some young men, who from hardiness despined this precaution at first, were soon under a mecessity of adopting it.

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35. Memoralle very confidently observes ("I might holesally is mirrows, and box for realization would be necessary over a subject like the present, and that mere some near the first the themesives would a first, then a requer to both each would be not a second of the pleners establing from characters, but the near direction acts on a second of the pleners of the first second be.

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other more extensive drains, to carry off the moisture. The ground within the tents should in general not be broken, as the dampness of the earth might in that case exhele. It would conduce greatly to the healthiness of an army, where the bottom of every tent covered with thick peinted canvas or tarpauling. And, no officer should ever neglect to have a piece of ciled cloth under his bed, unless it be raised from the ground.

In damp weather, an officer may improve the air in his tent by burning some spirite, tobacco, or wetted gumpender, and the damper from marsh effluring may be corrected by plumging pieces of heated iron into vinegar, or still more effectually by the fumes of mitrous acid.

effectually by the funce of nitrous acid. In a set season, or when the wind blows from an unbed thy quarter, it is fobacco within tents ought to be problibited, for to many individual it is intofarably inconvenient and noxious. It has also been remarked that near and maked wery soccess a fifteeth with teatarria, as well as some other diseases. The health of the second second second second second second management to be false. At if it were otherwise, it would be equally effectual burned in chafers, as when drawn into the lungs. The health of an emanyment is much connected with it clearlines, to preserve which, no of offal, should be removed to a distance and burled. The privise should be recommended to his factor, and every individual should be privise about be recommended to his the factor, and every individual should be privise about be recommended to his contrymen, sight with propriety be enforced. They all the sec whalt have a padde upon thy seepen, and it shall be when then did to say which cover the sec of the tent, the all be the the did the sec which cover the sec of the tent, and shall be then then did to say which cover the sec of the tent hall be the the did the sec which cover the sec of the tent hall be the the sec of the sec which cover the sec of the tent hall be the the sec of the second shalt have a paddle upon thy second, and it shall be the the did the sec which cover the second a party out for the express purpose of throwing earth to be privise.

Notwithstanding every precaution however, a fixed camp will in time become unsholesces, and this is only to be remadied by changing ground, and leaving the noricous causes of disease. It has been almost universally allowed that troops who move and shift their ground frequently, are more healthy than those who remain stationary a long time.*

 Portius, Remarki, and Heyserey relate instances of the ill effects of meglect in this point of cleanliness.
 See Yegetius De Be Willitari Mib.7. Cap.2. and Quintus Curtius Lib.v. Parm.32.

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We have made barrow that mediature about 4, on after an pentition, whereas about they go to about, but shows this is transmittenit, they and a down to be then the linearese as this gards of their alations, and aquestily their solid sellar. Frenches about is in any second test, commatively with the

The ecodemic is inverter who point which externing in the open at, first if very dependent to locate all their lightness of might, sees your more, and from invitient and the presention of first, wave some more a research of source of b.

CHAPTER 9

Of the prevention of diseases

The diseases that prevail in an army vary scoording to the seasons of the year. They have been divided into those of the summer and of the winter, or of the camp and garrison.

The diseases of winter are usually of that kind termed inflammatory; as coughs, pleuriny, rhoumation etc.

The diseases of summer and autumn are of a different nature, being generally such as are denominated low, nervous, or putrid, and are very often infectious.

If st this senson any stoppage happens to perspiration by exposure to cold, or might air, or any other of the excretions be suddenly checked, a fever takes place, which according to the circumstances, may appear as a remittent or intermittent, or, if the bowels be affected, may occasion a cholera, or a dynemtery.

These last-mentioned complaints are what have been commonly termed bilious. It is well known that, in all hot countries, and in comps where men are much exposed to the heat of the sun, the gull is secreted in greater abundance, sud is more liable to morbid alteration than usual, and this dircumstance, sin John Pringle observes, though not probably the first couse of fever, yet seems to be an attendant of it, as well as of most of the summer and authumal diseases, and concurs to make them worse. It may be proper to add, that the intemperate use of spirithous of fermented liquore, during the heat of summer, tends greatly to increase the secretion and acrimony of the bile.

Notwithstanding this general division of diseases according to the measons of the year, it is necessary to be searce, that the inflammatory complaints of the winter may also happen in spring, especially if the troops take the field early. Coughs, colds and peripresenties, are then common. As the weather, however, becomes milder, the delenesd diminishes, and this is, of all the seasons of the year, the most healthy to an army. If the summer be dry, this general state of health continues till about the middle of august, when the warm days, followed by cool and perhaps devy mights, bring on fluxes, and other complaints of the bowel. As the autuan advances, remitting forware appear and the approach of winter revives the inflammatory complaints arising free cold.

The purpose of these pages being by no means to interfere with the officers of the medical department of the army, which by the adoption of some late regulations, is now conducted in the most liberal and judicious manner, the cure of diseases can form no part of the present plan. All that shall be attempted, is by pointing out the most frequent exciting causes of complaints, to emable those who are necessarily exposed to their

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* Jordins, Reachi, and Revenue value functions of the LL efforts of maginet in this point of clauditance. * Environment is Stillier [Ko., Opp.), and Column Contants. Ro....

influence, in some measure to counteract them.

influence, in some measure to counteract them. Dr. Rush informs us that the American army "ans always more mickly when the men lay in tents, that when they lay in the open sir." Hence we may learn that men will, under certain circumstances, beer a vary moden transition from their usual habits of living in close houses and lying in marn beds, to the cryosure, and what are usually termed the hardships, of a military life. But as it has been observed that young see are most liable to cany Biesense and especially to these influences the hardships, of a military life. But as it has been observed that young see are most liable to cany Biesense and especially to these influences to the polarist which are provalent at the bedinning of a campaign, they should take some degree of our to work the ought may of the be recoved at thoir combencement, which, if they be pormitted to make much progress, may render a man long unfit to do his duty, or, perhags even terminate in a resumitian or fatal pleuring, or lay the foundation for a connungtion of the lungs. To improper ideas of hardiness, which are most apt to prevail in the sind of the young and integretienced, but brave solider, should axies him backward to couplain, or prevent him from suplying for proper modical assistance on the first attack of these couplaints. Men are also do assething to relieve themselves, at the commencement of

32.

Hen may also do something to relieve themselves, at the commencement of what is usually termed a cold. Some stempt to cure a cold by setting drunk. This, to say no worse of it, is a very hamardous experiment. No doubt it may assatimes succeed by muddenly restoring the persyimation, but if there be much tendency to inflammation, which in the young and robust is usually the case, strong liquors, instead of removing the malady, will increase it. By this means a common cold may be converted into an inflammatory fever.

It is a much safer and wiser practice to abstain from solid or heating food. If possible to remain in bed, and to drink plentifully of water gruel sweetened with honey, or of infusion of linneed sharpened with the jeice of orange or lemon, or barley water with temarinds, or any other cool, diluting acidulous liquour. This practice will often cure a cold in one day, which, if neglected, might have continued for months, or even endangered life.

As the season advances, inflammatory diseases diminish, and what are termed bilious complaints, increase in frequency. The bilious, or camp fever, begins with chilliness, lassitude, pains of the head and bones, and disorder of the stomach. Towards evening all these symptoms are increased. These men are first scaled with this disease who are most exposed, from want of clothing and accommodation, to the combined effects of cold and moisture. A bout of intorication, the use of improper food, setting wet, or lying on the damp ground, will excite this disease in individuals, who by more prodent conduct, might perhaps have escaped.

The exciting causes of these diseases appear in general to be some check of perspiration, whence may be deduced the great utility of keeping up this discharge by wearing flammel mext the skin.

Dr. Rush observes that "those officers who were flammel shirts, or waistoosts, next their skins, in general escaped fevers and discusses of all kinds."

At the commencement of fever, oppression at the stomach, or unusual costiveness, frequently indicate the propriety of evacuations. Were these suggestions of mature duly attended to, and promoted, the progress of a fever might often be out abort. An eastin, or purgative, judiciously administered, will frequently nip these discusses in the bud.

The Lassitude and weariness usually complained of at the beginning of a fever, evidently above the propriety of keeping easy and quiet, and if possible in bed. This, and bathing the feet in tepid water, will often prevent the disease from going further and is all that any man should venture to do of his own second.

We do do not solve accord. Marahy situations give rise to intermittent fevers or agues. Strangers, on coming into such situations, are more prome to them than the inhabitants. It is their duty, therefore, to use proper precautions to prevent infection. They should live more generously than usual. Hen who drink wine are solded libble to agues, and for that reason officers are less liable to them than the common men. It is improper, in such situations, to venture abroad fasting. Before going out, the stomach should be fortified by a bit of bread and a cup of infusion of some bitter herb, as tany or chancefile, or, which is better, by a small place of spirits, in which something of the save tind has been infused. It has been observed that of troops encamped in aguish grounds, these who fed on alated provisions often escaped, while the rest were seized with the disease.

In such situations, every man who can afford it, should supply himself uth a quantity of good tincture of Peruvian bark, of which he should take a teampoonhul or two twice a day, in a glass of water or of wine, at stated integ; for much depends on doing it regularly. Those who have a decided averaion against burk, will find the following answer the same purpose. Take an ounce of gentian root and chassonile flowern, ormage peal, and cortiander ased, hulf an ounce each, bruise the whole in a mortary these impredients may be influed in water, in wine, or in spirite, and a cupful taken regularly two or three times a day. Good affects would also be produced by the habitual use of ginger or tangy tea for breacfast.

The dynamtury or bloody flux is snother disease to which soldiers in camp are peculiarly liable. It is not prevalent towards the end of sumer, especially if the season has been hot and close, and is frequently excited by lying we after a march in wart weather. The commersent of this disease is so similar to fast of the bilious fever already mentioned, that it has been maid to be the same complaint fallon upon the bowels. This is farther confirmed by finding that nearly the same method of treatment is useful at the commensement of both complaints. Finding difful dilution with linneed tes, barley water, or chicken water, is here peculiarly salutary:

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Galatinous broths enswer both the purpose of food and medicine. A kind of food very salutary in dystentory, is made by boiling a few handfuls of fine flour, tied in a cloth, for six or seven hours, till it becomes as hard as staroly, two or three tablespoonfulls of this may be grated down, and boiled in such a quantity of new silk and water as the of the thickness of pays this awastened, may be used as the patient's ordinary food. Every kind of seasoned or heating food must be carefully avoided. Sir J. Fringle says, that the disease was excetings wholl remark on the stonach. Such is all that the patient can wature to do for himself when attacked by this disease; the rest he must leave to the skill and judgment of his medical attendant.

The best preventative against this complaint, is what has been often already mentioned, to wear flarmed or fleeny hosizry ment the skin, if once put on, however, it must not be left off. Such an act of improdence is often the cause of complaints of the bowls in all nituations. This disease is contagious; when it appears, therefore, the infected should, as noon as possible, be separated from the healthy. The encrement of the diseased, besiden that minularly unpleasent factor, certainly tend to spread the contagion. Those who are well, should therefore be strictly interdicted from frequenting the privies used by the diseased.

Experience has demonstrated, that good ripe fruit, is one of the best medicines both for the prevention and cure of dreantery, though vulgar prejuice accounts it the cause of the disease. Sood fruit is in every respect, calculated to counteract that tendency to putrefaction, frem whence the most dangerous kind of dreantery proceeds. Apple, grapes, gooseberries, currents, strawberries, raw or boiled, with or without milk, should be allowed the patient in as great abundance as he chuses. (aic)

The celebrated Dr. Timsot, was the first who exarted himself to overthrow the common prejudice against the use of fruit in dysentery. Among a variety of other facts he tells us, "That this disease had nearly destroyed a Smian regiment in the South of Prance: the explains jurchased the whole crop of several acres of vineyard, where they carried the sick soldiers, and gthered the grapes for much as could not bear being carried into the vineyard; those who were well est nothing else; after this not one died, nor were any more ever attached by the dysentery.*

There is another species of fever to which armies are liable, which is peculiarly infectious; it is generated by man crowled together in any situation; and from the places which most commonly render such crowds

· Avis au peuple, Chap XXIV

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necessary, it has been termed the hospital or jail fever. This disorder is indeed incident to every place that in ill-mired and kept dirty, or that is replete with the exhaltions of foul and diseased bodies. A single instance of a mortified wound in the ward of an hospital, will occasionally give rise to it, or even confining a sick man too closely to his tent.

It is of the utmost importance to prevent this disease, which from its highly contagious mature, will scon destroy the effective strength of an army, nor does the missible for there; it generally extends its rawages through the neighbouring country. Its first attack is marked by a peculiar and great deficiency of strength.

The mature of contagion is by no means yet well understood. Some facts relative to it are, however, well established. It is always gumersted by crowding men together, and more quickly if any of these men be disensed. Crowding other animals together, produces similar effects. During the American war, attempts were made to supply the Datish army with fresh provisions by carrying out live sheep and hogs. Before arriving at the place of their destination, a contagious disease generally broke out, which destroyed most or all of them.

With a view of preventing this dreadful malady, wherever men are under the necessity of being congregated together, every effort should be made to promote free ventilation, by all possible means. By attending to this, and other preventative operations, the frequency of this discesse aboard of ships, a situation peculiarly favourable to its existence, has been much diminished; an attention to the same means would, no doubt, prove more efficacious in obvisting its existence in military hospitals or campa.

As soon as the contagion appears, andeavours should be made to destroy it. This is more easily done at an early period than after it has gathered strength. The world is indebted to Dr. Carmichael Baith for a mode of checking this contagion, no less simple than efficientious, and which may be practiced with equal facility in the tent of an individual, as in a general heapill. This is the nitrous sold in a state of vapour - the easiest mode of producing this useful preventative, is by mixing half an ounce of virtuicalic acid with half an ounce of mitree, and placing the cup containing the mixture in a vessel of boiling water or of heated and. The mitrous acid in a state of vapour immediatoly diffuses itself through the air, and is the best corrective of contagious effluria, hitherto discovered.

Healthy men are frequently infected by the duty of conveying the mick to the booptial; those, therefore, whose lot it is to be employed in this mecessary duty, should be particularly vigilant in employing the preventitive means above recommended.

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Among the diseases common in armies, and by no means one of the least troublescae, may be reckoned the itch. To prevent it from spreading, the infected should as soon as possible be separated from their coursedes and no communication be permitted between the healthy and the diseased. As this complaint is at first not very troublescae, it is frequently concealed, and of course the infection gains ground; some pains should therefore be taken to detect it. The regimental surgeon ought, with this view, carefully to inspect the men who are returned from the hospital, a place that is seldes free from this complaint.

In the course of this chapter, I have experienced considerable difficulty in drawing a correct line between the prevention and the cure of diseases. My observations are intended solely to apply to the former. To interfere with the latter would be intruding on the official duties of the medical department. Delicacy in this point may sometimes have restrained my pen; but if on any occasion I have overstepped my intended limits, I trust the mistake will be attributed to its real motive - a wish to impart all the knowledge that can be useful and proper for soldiers.

The late ingenious publication of Dr. Currie, on the effects of water in the cure of fevers, well merits the attention of every man interested in preserving the health of soldiers. From the effects of the affunion of mater in checking fever at an early period, it is not fair to suppose that cold bathing regularly practiced, might be efficacious in preventing the rise of contagious diseases in an argy.

In one of the publications of Dr. Rush of Philadelphia, he throws the result of the observations he had made on the health of soldiers, during his attendance on the army, into the form of a series of general aphorisms. Some of them contain so much good sense, and are so applicable to the present state of part of the army in Great Britain, that I shall lay them before the render in the doctor's own words.

"The army when it lay in tents was always more sickly than when it lay in the open air. It was likewise more healthy when it was kept in motion than when it lay in an encampment."

"Young men under twenty years of age were subject to the greatest number of camp diseases."

"Men above thirty, and five and thirty years of age, were the hardiest soldiers in the army."

"Those officers who wore flannel shirts or waistcoats next to their skins*, in general escaped fevers and diseases of all kinds."

 Although I have had occasion elsewhere to recommend warm clothing; I may perhaps be preventing misapprehemmion, by adding, that where flannel is advised, it is always intended to be worn mext to the skin.

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Herizary and are frequently interfeed to the other of converting the solar to the boundary interface, interface, and into the her he mathematic in this measures in fact, should be particularly wighted has he angleshap the discrementation measure above resonance her.

"In all those cases, where the contagion was received, cold seldom failed to render it active. Whenever an hespital was removed in winter, one half of the patients generally sickened on the way, or soon after their arrival at the place to which they were sent."

37.

"Drunken soldiers and convalescents were most subject to fever."

"An emetic seldom failed of checking fever if exhibited while it was in a foaming state, and before the patient was confined to his bed."

Nis bed."
"Namy causes concurred to produce, and increase fever, such as the same of cleanliness, excessive faiture, the increase fever, such as the several data set of the interest of and account of the sume of the interest of and account of the sume of the interest of any state of the same person. And the troubles cause of this same billing of a great same of the same person. And that is, the sudden assembling of a great same of the same person. And that is, the sudden assembling of a great same person. And that is, the sudden assembling of a great same person. And that is, the sudden assembling of a great same person of the same person who had there the same of the sam

"I saw several instances of fevers occasioned by the use of the common ointment made of the flour of sulphur and hogs lard for the cure of the itch. The fevers were probably brought on by the exposure of the body to cold air, in the usual method in which the ointment is applied. I have since learned, that the itch may be cured as speedily by rubbing the parts affected, two or three times with the dry flour of sulphur, and that no inconvenience and scarcely any smell, follow this mode of using it."

"There was one instance of a soldier who lost his hearing, and another of a soldier who had been deaf who recovered his hearing, by the moise of artillery in a battle."

"Those soldiers who were billetted in private houses, generally escaped the contagion of the hospital fever, and recovered sconest from all their diseases."

38. "Soldiers are but little more than adult children. That officer, therefore, will best perform his duty to his men, who obliges them to take the most care of their HEALTH."

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"Soldiers bore operations of every kind immediately after a battle, with much more fortitude than they did at any time afterwards."

"Wilitia officers and soldiers, who enjoyed good health during a campaign, were often affected by fewers and other disorders, as soon as they returned to their respective homes. I knew one instance of a militia capitain, who was seized with convulsions the first night he lay on a feather bod, after eleging several months on a mattrees or upon the ground. These affections of the body appeared to be produced only by the sudden abstraction of that tone in the system which was excited by a sense of danger, and the other invigorating objects of a military life."

*Nedical Enquiries and Observations, by Benjamin Rush, M.D. Second Edition. Philadelphia. 1789.

CHAPTER 10.

Of Casualties.

The mode of counteracting the incidental effects of extreme heat and cold have already been pointed out. The other casualties, to which a military life is peculiarly exposed, are accidental drowning, wounds, fractures and dislocations. As each of these may occur at a time when no medical assistance is near, I shall point out what may be done with propriety, till further help can be procured.

39.

When a person has remained more than a quarter of an hour under water, there can be but small hopes of his recovery; yet, as some peculiar circumstances may have happened to cintinue life after a much longer space of time, the unfortunate object should never be resigned to his fate, nor any method be left untried for his recovery.

As soon as the body is taken out of the water, it should be conveyed with all convenient speed to some proper place for applying the means necessary for its recovery. In doing this, care should be taken not to bruise or injure the body by rolling it over a cask or on the ground, as often has been done, or by carrying it in any unnatural posture with the head hanging dommards; It ought to be carried on men's shouldorn, or in a cart, and kept in as natural and easy a possition as possible. The principal intention to be pursued, is to restore the natural warsth and excite the circulation of blood.

After removing the wet clothes, the body should be strongly rubbed for a considerable time, with coarse flammel or wollen cloths dipped in ware brandy; It should then be haid on hot blanksts, between two healthy persons, who should allo be covered with the bed-clothes; At the same time, large bladders filled with hot bran and water, or bricks heated and wrapped in flammel, may be applied to the feet and stomsch; while volatile salts or spirits are rubbed on the temples, mouth and nose.

Life has been restored by covering the body with warm enbere, grains, or dung; but the above mode of restoring the heat is much more simple and natural, as well as more easy to be effected. In my opinion it is also preferable to the use of a warm bath, which requires some judgment and caution in using.

Respiration has been frequently restored by blowing strongly into the mouth, at the same time stopping the nose; and when the chest is by this means expanded, preasing the sir out again by the hand; This is best done by a pair of proper bellows, but if such are not at hand, a man should not besitate to use his mouth.

Clysters of tobacco smoke, or warm salt and water, are also useful; but the above means will occupy the attention sufficiently till a medical assistant can be sent for. The utility of bleeding is not yet

Athen, therefore, will been perform the only do his man, sho billings them to take the most cars of their Hidden"."

"Bolaine's have eperations of every mine interny off as any time a battle, with much more fortitude than they did at any time afformatio."

¹⁰⁰ Millitts officers and salidars, who enjoyed pool health incide, a comparison of the afforded by forward, there was a come as they refurred to bind responsible home. I have one induces at a millith explaint, who are mained afford home bind that adjust he hay are restore only afford the control of a restricted on the product of the adjust product uppersed he has produced only by the maine adjust home bond there will be adjusted at a same of danger, and the ther average in the same book of a same of danger, and the bong averaging object of a salidary 1150-250.

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determined; I think, on the whole, it would be better omitted; and the time wasted in fruitless efforts to draw blood, may be employed in much more efficacious means to promote recovery. This plan should be percisted in for at least an hour. Many have recovered, who have not given any signs of returning life, even for a longer period. Similar methods may be used whon persons have been suffocated by damp or nexious air in mines or deep pits, etc. by damps

It is of great importance to permit no persons to be in the ro or tent, but the necessary assistants, as foul or contaminated air tends much to prevent recovery.

tends much to prevent recovery. But the accidents in which the military are more immediately concerned, are wounds, fractures and dislocations. Were it possible to dream the wounds in all bad cases, immediately on the field of battle, every military surgeon known how many lives might be saved. Xaposure to inclement weather, loss of blood, or being jolted in a wagpon, often renders wounds dangerous, which perhaps in themselves were of little importance. Nr. W. Bliard, surgeon of the London houpital, in a little tract published a few years ago relative to the health of semmen, after remarking that many men stationed in the tops and elsewhere, diatum from surgical assistance, lost their lives in consequence of loss of blood, from wounds by no means in themselves montal, proposed that a certain number of sem should be instructed in the mode of stopping a sudden discharge of blood by the use of the use of these instruments, and having several of thes about thes, have been stationed in the tops, or wherever their presence was considered as mecenciery, and have been the saving savy valuable sailors. May it not be deemed excedient to adopt a similar regulation in the

May it not be deemed expedient to adopt a similar regulation in the army? Were one or two non-commissioned officers in each Company taught the use of the torniquet, they might preserve some lives. It may be urged that a man explored in this way, would be neglecting his duty as a soldier - This neglect would be only temporary; and surely there is as much merit in saving the life of a fellow-soldier, as in annoying the enemy.

These instruments are, however, only applicable to wounds of the limbs.

To facilitate the attainment of this kind of knowledge, (the utility of which I suggest with deference), it was my intention to have added the outlines of the links, with the course of the arteries and the place at which the torniquet should be applied; but the sngraver found it impossible to accomplish my purpose at the period when this performance was promised by the publisher. A little practice on any of his companions, will tacch a sam how to use this instrument with facility. That it had proceed the intended effect my be known by the pulse ceasing to beat at the wrist or ankle. A regimental

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40.

surgeon or his mate might be some amployed than in tasching all the corporals of his regiment this piece of practical knowledge - On the day of battle each of them might have two or three in his pocket, to be applied when wanted. A trifting sum would supply the whole quantity required; as they may be had at half a crown a piece, and perhaps for less when purchased in a large quantity.

On such occasions officers might find it worth their while to provide a sort of simple litter, which are easily formed with a few hoops and boughs of trees, in the rear of the army, on which they might be conveyed in safety, if wounded, to the station of the surgeons.

Dr. Le Cointe, whose work has been already repeatedly quoted, has proposed an improved waggon for conveying the wounded from the field of battle. The upper part is constructed with seate, on which the more alightly wounded may support themselves by the assistance of posts which project a toorwentext distances. Under this a platform is supponded by chaine, in such a manner as to prevent joiting. This is to be covered with straw or mattreases, for the reception of the more severely wounded. The invention certainly merits imitation.

Nuch misery as well as mischief is produced by conveying the wounded to distant depots before they are dressed. Surgeons should be stationed as near the field as is consistent with safety, and at different distances on the road towards the nearest hegital, that the wounded may receive every accommodation their situations may require.

The propriety of such regulations is farther supported, by observing that men bear every meessary operation with much more fortitute, soon after a battle than at a more distant period. Not to mention the recovation of pain that is the meessary consequence of chirungical treatment, after the parts have begun to inflame.

Host of the observations I have made with regard to wounds, will apply to fractures and dialocations; which under certain dircumstances are likely to happen often among the troops in an active army.

The same precaution and tenderness are required in conveying patients with broken limbs from place to place, as are necessary in cames of wounds. Kany instances of simple fractures have, by rule treatment, been converted into compound fractures, and thereby life has been endangered, or the cure greatly protracted.

When a joint has been displaced or a bone broken, the linb should be laid in as easy and natural a posture as possible. Nothing ought to be bound thighty over the injured part, nor should any attempt be made to reduce it, unless under the direction of a surgeon. Abave all, care should be taken in removing a person in this condition, to keep the limb perfectly steady in its proper position.

where the initial is that is not a state, is rough by bottom outbridg and the the worked is furthing most first to growthe resorvery. This pion analogs is perturbed by the initial state on home. Boys have recovered, who marks and prevention of the state on home. Boys have recovered, who marks and prevents and the state of the state of the state of the state prevention of the state of the state.

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may it and he deemed expedient to shops a similar regulation is the warget feets one or non-monital ended of different is and requesting handle the use of this birsh period part, they might preserve more litre. It may be tryped this is and majored in this war, would be andienting his with an a solitier - 22ds maginet sould as andient and an arright inve hs as sould need to a mark the life of a follow-policy, so is samering the same.

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If any outward application be employed to the affected part, the most convenient and useful will be a piece of linen dipped in equal parts of vinegar and water. But even this, perhaps, had better be dispersed with, where there is a wound communicating with the broken bone.

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CHAFTER 11 Of Hospitals

With regard to the domestic regulations of hospitals, I shall not presume to advance any opinion. They are under the conduct of Gentlemen unquestimably (sic) qualified to discharge their duty with propriety, but on the general policy of their establishment I may be permitted to offer some mints.

It seems to be agreed upon by those who have had most experience concerning the treatment of army diseases, that frequently the establishment of general hespitals is injurious to the service, and that they ought as far as possible to be avoided.

The point is to be avoided. The factor observed, "that the general hospital has ever been a heavy any sequence of any sequences of any and that the establishment is in great pressure superfluous. I have no doubt in obtaining the suffrages of people of separisons that means the observed, which are reinous to military discipline, that they preserve shoth and indicators, discusses to which a soldier is people of the field. There is, if fact, no exagonation in the superfluous, that which as specific to or three souths in the general hospital, failes a soldier than when he was first recruited. Realdee, it is likewise certain that cures are often protracted to case months continuence in a hospital that cures are often protracted to case months. And the scattare would have peritted the sen to react their regions. Redented any south as the hard one are often protocould be and disposition of the patient, they are destitute. They have the heid is and disposition of the patient, they have the disease in it first beginnings, and are enabled to ease the nost fature of allitary discusses, that there does not perings occur one case in have destiliter. They have the heid is are southed to ease the nost fature of allitary discusses, that there does not perings occur one case in have the discusse in it first beginnings, and are enabled to ease the nost fature of allitary discusses, that there does not perings occur one case in have y tabled to not be tracted properly by the auryoun of the regions, fature in allitary discusses, that together with the indolence should be able to allitary discusses and uniformly harmful to discussed to the region of the souther all the region of medical assistance where should be able to act the south and uniformly harmful to discussed the south and verse are requested and region of medical assistance where the south and verse are requested and the south of all the south and the south of the protocal assistance where the south and verse are the actual danger to life, by r

Notwithstanding these objections, which are corroborated by the respectable authority of Dr. Rush, who terms thes, "The sinks of human life in an army," and mays, "they robbed the United States of more citizens than the secon"; since heapitals are found to be indispenseble, some practical observations on this subject may be acceptable.

If there be a choice of ground, an hospital, whether regimental or general, should be placed upon that which is dry or elevated; a circumstance however evidently useful, not always attended to, and constinues ascrificed even to a consideration so tivid as uniformith of appearance. It should be in an air, dry, and free from the effluvia of marabee, but if possible not far removed from a running stream.

They should be separated into wards according to the nature of the diseases, nor ought the sounded be mingled with the side. The exhalations from a single mortifying stump are sufficient to change the usual camp fever to a putrid type. The mingled exhalations of many diseased human beings congregated into one place engeders a poison peculiarly fatal. How often do we see some rapidly dotoriorating in an heapital, which almost immediately get well on samiling the sufferer to the country, where he can breach pure air. This evil is to be in some measure prevented by frequently ventilating our heapitals. In these situations overy situation should be paid to remeating the air as often as possible. This regulation requires constant enforcement. The lower classes of markind, especially when side, have a prejudice against the admination of free air, which it is very difficult to counteract.

The air is also ameliorated by burning eromatic vegetables, by the fines of vinegar, or of the nitrous acid, according to the mode already specified.

The second secon

Bedsteads of iron are much preferable to those of wood, as being less apt to retain contagion. There ought to be access contrivance, to produce a temporary secludion of any particular bedated from the observations of others in the same wards. This attention is often due to decency, and is particularly required, that the surrounding sick may not be shocked by the dying agonies of their unfortunate conrades.

Glassliness is peculiarly requisite in an hospital. It is a virtue at all times, here it becomes a sacred duty. The sick should have frequent changes of linen, stockings, drawers etc. They ough to be regularly combed, wanked and cleaned; the convalecent should be obliged to assist those who are unable in making their beds, as well as in resoving every thing notious or offensive, as soon as possible. Every thing in short that can tend to promote personal cleanliness, should be strictly attended to, and rigidly enforced.

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Meantherbandling these adjections, which are correlated by the respectibility methods which there will be a size of the second file is an area," and area, "they reshed the listent theory of ever aditors the discovery of the area front to be interpreted as a second relation also every the one of the article they be accessible. 44.

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It is the usual custom in the army to appoint an officer, daily to the additional indexes with the next section of the start of the start. This regulation is doubting the start and the treatment of the start. This regulation is doubting the start and the treatment of the start. This regulation is doubting the start and the start is doubted with the next section of the start and the start is doubted with the start of the start and the start is doubted with the start and the start is doubted with the start and the start is doubted with the start

With this humane intention the kray Kedical Board have published the subsequent regulations, which as coinciding with their intentions, that they should be diffused as extensively as possible, I shall here insert at full length.

Instructions for the better management of the sick in Regimental Hospitals *

"His Majesty having been graciously pleased to order that every regular orps shall be provided with an sirv, rooxy and healthily situated regimental hespital, where good mater may be easily produced; if the regiment is not in harmoids, where a part of the harmoids or other convenient place, is allotted by the barradic-master-general for the reception of the sick, such hospital mat be provided by the regimental surpoon or (in his absence) by the easi-tast surgeon; in which case, immediate reports of the situation, sinc, rent, for, are to be made to the immederor of regimental hespitals and unless on very pressing energymenter, no ergegement is to be entered into without the permission of that officer.

* Although there are several particulars contained in these instructions which do not relate to the conduct of the soldiers themselves, but only to that of their medical attendants; I have thought it better to preserve this extract entire, than to mutilate what was originally intended to form a complete code of directions. The manifest utility of comes parts of these instructions, will be a sufficient apology for my inserting the whole. And if any of the regimental surgeons, or their ansistants, should condescend to permane this little work, it is hoped that no part of the following observations will have been misplaced.

46.

During encampment, an hespital tent is allowed in aid of an hespital, but not in lieu of one, and great attention should be paid to the choice of the ground where the tent is to be pitched, which if possible should be mear the regimental hespital, and not in the rear of the lines; a trench is to be dug round it for carrying off the water, and, for the indie, straw worked up in thick mate should be placed upon dry send, or gravel, under every pallians, where mate carnot be made, some fresh straw solution be placed under each pallians, and confined by boards or wicker-work, twelve or fourteen inches high, placed round the side of the bed, the straw to be changed once a fortnight at furthest.

The windows of the hospital to be opened and the walls of the tent to be lowered every day to admit fresh sir; and during this interval, the beds of the correctesoents, and of others who can sit up, to be made. And no man who is able to sit up, to be allowed to sit or lis upon his bed during the day; occasionally, in fine weather, the rugs, blankets do. to be hung out on bushes, or laid upon the ground, and often turned.

The ming but on cunnes, or lain upon the ground, and often turned. The mides and floors of the wards, if of wood, to be unabed occasionally with soar and wards, and sprinkled with vinesgar; the walls, if plaistered, to be frequently withs-manhed, and if a contagious disease prevails, the nitrous acid (formed by mixing half an cunce of vibriolic acid with half an ounce of mirre, and placing them in a such heat) should be evaporated in each ward, every day, and in such case, upon the death of a patient, the whole of him bedding to be well a teeped in running water, or in a tub, then dried and baked in an oven and afterwards washed with soap and water, before it is either used again, or put into regimental atore:and when the dimease is subdued, the like to be done with the bedding of the whole ward.

The straw about the bed of a man who dies, to be taken out and burnt and the place, or bed where he lay, to be sprinkled with vinegar.

No knapescks or accountrements to be permitted to hang up, or lie in the wards; the non-commissioned officer standing the hospital is, on the admission of the patients, to take charge of the knapescks and accourtements, and to be responsible for them.

The hospital is never to be crowded, every man to have at least the space of five feet allotted to his bed, and every man a bed to himself.

Every regimental hospital will be provided with a steady serjeant; with an orderly man, or more, according to the exigency of the service, and one woman murne, and for every ten mon confined to bed by fever, an additional murne, or orderly man, and all the patients who are able, every morning and evening to assist in cleaning and airing the hospital, carrying away dirt, do. and by every means to assist the helpless.

²⁶ Is the two most return to he may be equivalent an articleur, solid y is fault and in infinite mechanics with the most antibuour connectance. It is an end of the same hore: In the same control the same end of the same hore: If the same hore of antibuour connectance. It is a same of the same hore: If the same to actuate the the home end of the same hore. If the same hore of the same to actuate the the same of the same hore. If the same hore of the same of the same of the same hore. If the same hore of the same to actuate the the same of the same hore. If the same hore of the same hore of the same of the same hore. If the same hore of the same hore actuates the same same of the same hore the bosts that the same hore actuates the same as the same of the same hore the bosts that when the same hore actuates the same of the same hore the bosts that when the same hore actuates the same same of the same hore the bosts that when the same hore actuates the same of the same hore the same hore the same hore the same the same of the same hore the same hore the same hore the same where it accuss a same hore the same hore the same hore the same same of the same hore the same hore the same hore the same the same of the same hore the hore the same hore the hore the same hore the same hore the same hore the same hore the hore the same hore the same hore the same hore the same hore the hore the same hore the same hore the same hore the same hore the hore the same hore the same hore the same hore the same hore thore hore hore hore the same hore the same hor

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Every patient to be provided with a clean shirt, and a clean pair of stockings, if he can sit up, twice a week, or oftener if necessary, and with clean pulliass cases and clean sheets once a fortnight, or as often as there is occasion; the putterst heads should be combed, and their faces and hands washed every morring, and their feet once a week in wars water. They should be shaved twice, or three times a week.

At his admission into the hospital every patient is to be made extremely clean with warm water and soap, and have a clean shirt.

All nen with infectious diseases, putrid fevers, fluxes, small-por or meanles, to be removed immediately from camp, or burneds, to a separate room in the hospital, or if the hespital is full, to a separate house, or in certain cames of exigency, to an hespital tent; such men, when become convelescent, ought not to be reported too soon for duty.

Funished men should also be placed in a separate ward, and the linen and beds frequently changed.

Non with the itch should be cured in a spare tent in summar, or in a separate room of the boundal; such sen should have each a clean shirt and clean pair of sheets; and four frictions, or smearing the body all over four times, at six hours distance (lying in bed the whole time) with the army laboratory contacts, will, in most instances, eradicate the couplaint; they must then be rell washed in warm water, and put on all clean lines and clothes, their clothes must previously be well scowered with scorp and water.

Whenever this complaint prevails in a regiment, there should be a weekly inspection of all the men by the Surgeon or Assistant Surgeon.

All men with venereal disorders should be confined to the hospital.

The commanding officer should be applied to for a guard of one or two sentries to every regimental hospital, and the same to every hospital tent.

The regimental surgeon, or the assistant surgeon, should visit the boggital at leastbrice every day, and the quarters of one of them should be very near to the hespital; when in camp, one of them should cleep there.

A book is to be kept at every regimental hospital, for the minimum and discharge, and for the cases of primers in which the mane, age, the 20th of every month to the any medical board, a copy of which is to be sent to the impector, according to the usual form, together with any observations upon pricular cases, and especially is a contagions fover or epidemic prevails, it is required that the surgeon, or assistant, shall give his optimism fully of the probable cause, and whether such eause is resovable, and also an account of the treatment.

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The standard of has langthed to be eccess on the walks at the stanburks of the formersel work by the shall freed with each state the formers, the backs of the star-states, and of estimate who and at eq. to be made, had not the star at each to the excession of the attempt to the state the back shalles the berg association is had over the state the state of the table is at a state of the state over the state over the state of the state is be destined the berg association is had over the statement as

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and distance, set 2π the score is private in these the terms, and 2π the score , and 2π the function is a set of the score is the score is the score is the score is the score score score is the score score

They are to be particularly streative to the examination of recruits, when such are brought before them, not to suffer any man to pass, who has not had his examination, stripped of all his dlothes, to see that he has no rupture, to ancertain as far an possible that he has the perfect use of his wywe and ears, and the free motion of every joint and limb; that he has no themoura nor diseased emineyments of benes or joints, no core lege, nor marks of an old sore; that his appearance is healthy, that he is neither consumptive nor subject to fits:- with any of these defects, the man is to be rejected as unfit for service.

Inoculation of recruits at convenient times and places is to be recommended by the surgeon and assistant surgeon to the commanding officer.

An army dispensary being established it is expected that medical officers of all descriptions will, as nearly as possible, aftere to the list there given.

Each regimental surgeon when provided with a cheat of medicines is required once every year to make a return to the imspector of regimental hegitals, under cover to the secretary at war, of the medicines used by him during the preseding twelve months, and of what remain; and this return to be accompanied by an affidavit taken before a medicines have, to his knowledge, been converted to private purposes, or applied to any use but that of the regiment, or to scee other military hegital, for which he must produce the special orders of the commending officer, or one of the army medical board.

Should a regiment be placed in an unheal thy situation, or from any prevailing disease should the surgeon's stock of any particular medicine be exhausted before the next yearly supply becomes due, he is to apply to the inspector of regimental houghtals, under cover to the secretary of war, for a freak supply; the existence of such cause for the extraordinary communitien of the medicines to be certified by the commending officer. If a medical officer desires to use a medicine not in the dispensatory, he must produce it as his own expense.

When wine is indispensably necessary, it should be given as long as the case absolutely requires, but no longer, and it must be given by the surgeon, or assistant surgeon, himself, unless proviously mined by thes with medicine or food, and porter, or good beer, should, whenever the case will admit of it, be given in lieu of wine; Whever (mic) wine is necessary, a return of the consumption thereof is to be made weekly to the imprestor general.

Each regimental surgeon will be furnished with four sets of hospital bedding for every hundred sen on home service, and with six sets, on foreign service; and other hospital mecensaries in proportion; a return is to be made once a pear of the number worm out, and the unserviceable stores to be inspected by a proper person appointed for that purpose, before they are exchanged for new ones.

Each regimental surgeon is expected to have one complete set of capital and one of pocket instruments and the assistant surgeon one complete set of pocket instruments; the whole to be provided by themselvee, and key in order at their own expense, in readiness for inspection, whenever called upon; and the list of them is regularly to be inserted in the yearly seturn.

Every regimental and assistant surgeon is expected to take care of the sick of any other regiment, detachment, or recruiting party, non on furlengh do. in the place where their own regiment lies, or within ten miles distant, provided no hospital mate of a district in mearer than themselves, for which journey the necessary travelling expenses will be allowed; if applied to from a greater distance, they are to make the best terms in their power with a resident practitioner for the care of the sam in question, making a report thereof to the inspector of hospitals as above.

The medical and hospital expenses of the regiments, and of their respective detachments and parties, are to be inserted in the annual public accounts of the respective corps."

Signed	L.	PEPTS
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	105	KEATS.

The following judicious observations and cautions, copied from Kr. Sommerville's memoir, which has been already so often quoted, may be of use to the young and less experienced medical attendants.

"Nuch care and circumspection will be necessary on the part of the madical attendants, as to the patients that ought or ought not to be admitted to the hospital; for, in many instances, lariness is the greatest part of the disease; and in others, the malady may be such as to endanger not only the other patients, but even the safety and confort of the whole camp.

When troops are exposed to hard duty during bad weather, the lary part of them see no other way of avoiding it but by pretending sickness, and being sent to the heavital, by which the duty of the good moldier is rendered heavier, the heavital crouded with people who have no right to be there, and the medical attendants subjected to much unnecessary trouble and fatigue.

The same thing very frequently happens in new regiments, where the comp discipline is hard and the weather uncomfortable; many of the young recruits uso are in perfect heal the present sideness, and wish to be admitted into the heapited from a double motive - first, that they may avoid that duty, and second, that they may be maved the trouble of keeping themselves clean.

Accordingly a great many young men are not with about every military hospital, who have no aliment but hadness and aversion to their duty, and who resemble hospital patients in mothing but their dirty squalid appearance; and it is by no means uncommon for ten or a dosen of these men, after finishing

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"Basis regimental arrows will be from and this four each of he yields addition the worst basis and on the security, and 4.0% the sector, for from the average of these basis of her and the proportion is a relative to be and then the proport of the another wars are well for another basis and to be proportion of the another wars are well for another basis and to be proportion of the another wars are well for another basis and the basis of the another basis are another basis and the another basis and another another another basis and the four basis and the another basis and the another basis and another basis and the another basis and the another basis and another basis and the another basis and the

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"Can become are proceed to have been been and an another that have a part of these are an editors user of contribute it is the production in a main and being and to the beamthol. No attain the anti- of the part and all the to be there a and the the standard with manifest and the part is a different of the attain and attain and the state and the state and the beamthouse the state and and the state attained and the state and the state and the state at the state and the state and the state and the state and the state at the state of the state attained at the state and the state at the state a

The wave black very frequently income in our reduced, where the second to the significant is here an intervention construction of the second to be an in performing the second addresses, and which the matched the time tendent from a method souther without, their tend user years (50 min rate, at second). This time may be meand the franches of methods between the second sec

yis bills where dues of the fact may non-party pain forms a challenged of a , but which is animpted for monthed for function and one , followed functionary follows which the solution all standing followed and monthed inducts with part and the month who are and management and of a fact has a bearty meal, to set down to cards, or even to drinking, in company with the murses and hospital attendants. We have observed numberiess instances of this kind, where the regimental surgeon has been completely duped by listening to feigned completing, and many of the stoutest men in the regiment excused from duty, and laid up in the hospital, where their appearance exhibited nothing but dirt, idleness and dissipation.

50.

The complaints generally feigned by such men, are rheumatics, headaches, and the like. These, while they afford a plausible pretext for excesing thes from duty, at the pass time exhibit no symptoms by which they can be detected. All military surgeons ought therefore to be particularly upon their guard against complaints of this description, and should give orders that the persons so complaining should be strictly watched.

that the persons so complaining should be strictly watched. And as it ought to be a fixed principle with every medical man to render the heapital, as far as circumstances will allow, a place of confort and pair of the theore who are really distremented; so, on the other hand, it should be converted into a place of publishment and confineent for such as only pretend alconese. We confine that there are doubthl cases, where a surgeon is unable to ascertain whether the complaint be fedgeed or real; in such cases, however, the person complaining about be treated as if he were really ill, should be confined to a low dist, consisting ohiefly of broth and bread, and entirely deburred the use of butcher's seat, flah, spirits or formented liquorm, and all those gratifications that are so agreeable to ills people. Above all, the visits of the healthy part of the regiment to these in the heapital ought to be forbidden, for two reasons; is, as they afford an inducement for others to presend lines, in order to avoid duty, and enjoy the confirts which the side only ought to have; and, that by frequent visits of the heavelves, but also to communicate them to the whole camp."

It would tend to preserve good order, and decempy in regimental hospitals, if some such regulations as those following were to be enforced.

hospitale, if some such regulations as those following were to be enforced
1. No card playing or gaming to be allowed.
2. No mpirits or strong liquors to be wended.
3. No article of food to be useds unless it has been directed by the medical attendante.
4. No loces women nor visiting females to be admitted on any account whatever.
5. None of the comrades of the sick soldiers to enter the hospital without a written order.
6. No patient to go abroad without leave of absence obtained from the surgeon himself.
7. No cooking, nor washing or drying lines, to be suffered in the hospital.
8. Wary murse she comives at the breach of these regulations, or encourages the petients in any other missionance, to be punished and discharged for the first offence.

It would have to present paid orders, and then yet the mark the second statement is the second statement of the second statement as functions are second statement to be second statement as the second statement of the secon

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¹⁰ It unifolds of foot to be unable uniform it has been directed by the method, articles in the foot seems nor wighting food as to be arbitrar on any boost boost seems in which the food is active colliform to which an any foot of the articles of the active colliform to which any the alignet to write article.

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entropy the priority is any other dimensions, to be purched and distance distances for the first effect.

CHAPTER 12

Of Intemperance and Dissipation

The habits of the lower classes of people in this country, unfortunately dispose thes much to intoxication, whenever opportunity permits these to gratify their inclinations. It is not to be supposed that their normals in this respect vill in general be manded, by entering into the army. The pre-ard summers and hardships of the sufficient life, render these who are subject to these eager to indulge in every gratification, which accident throw in their way; and, of these, drinking is the most frequent and fascinating.

The prevalence of this rice, though it be at present pushed by filtery discipling. Ally proves the difficulty and necessity of random sector of the rice, though it be at present pushed by filtery discipling. Ally proves the difficulty and necessity of revolded by the followers of a case, is usually of the sort vile, sophisticated, and permission kind. To form a soldier, requires such the fall escriftices to the interpretatus of sound policy to the shall escriftices to the interpretatus of sound policy to tradibit the sale of them in the neighbourhoot of a case, and in that report to encourage the use of sound beer, also, or porter, in which the shall be sort, all the provisions, and liquer of the southers shall be imported by a captain, as the same of one of the southers and the same to be sold till they had been approved by one of them, nor ugher to the sumal name to the source of the southers and once at the sumal name to the source of th

idgher than at the usual market rate. It may, with propriety, be manifold here that the Venereal Discose also deprives the service of a great may useful me. A very judicious regulation has lately taken place with respect of the mode of remunerating the surpoon for the cure of this complaint. At soldiers are still inclined to conceel its early stayes, from disks of confinement, or perhaps from ignorance of the consequences of its recent, and apparently rifiling, supposes: Wennes they are induced to apply to mercesary quacks, nonrebunds and farriers, or to scene of their ignorant convides, the provises more than they can perform. Thas the period at which medical assistance is of the utoost importance elamost and the disease is allowed to take root in the system, and noutine a degree of malignity of easy to evadicate. Instead of commutanting their cases to the regulament lange as scone as they are infected, the sent are frequently remeared unfit for duty, and are infected, the sent are frequently and have been obliged to diminis they cured indeed of the luse ventures, have been obliged to funding the form defined and invertion have been obliged to the induce the look longitud; and semetimes have been obliged to dimine they cured indeed of the luse ventures, but with constitutions too broken and implied to gain their livelihood in any capacity wherever.

The other hespital surgeons in London will bear their testimony to similar depredations of this discuss, or its treatment, in the British army. But, much of this mischief might be prevented by ordering a serjeant to enquire individually of the men of each company, once a weak (suppose every Monday morning) whether they have reason to believe themselves infected? And it might be proper to forbear stopping that pays except of those who are so had as to require confinement. By this needy discovery of their situation, ann might even be cured while in the ranks, and kept out of the hospitals which must always be an object of consequence.

So if of the normalized which must always of an object in characteristic. Long experience has proved that idle and violous habits are not to be cured by punishment and severity. I would therefore propose, with all due submission, that, in order to sause and civilies the soldiers; to deter them from permidious habits of larinees; and as a means of preserving their health, the greatest possible encouragement should be given, not only to various athletic experies, but to useful mechanical employments, and even to the diversions of music and dancing. With respect to diversions it might be a greatification to some of the differs to preside at the; and would be an innocent, if not useful, mode of filling up some of their leisure hours, both in capps and quarters.

some of their lefenure hours, both in camps and quarters. Er. Somerville remarks, that, "In all regiments there are a number of the privates, who have been bred up to mechanical employments, and who, from having been accustomed to constant habour early in life, are apt to become dissipated when they are idle. To this class showshow, kylors, and weavers principally below. Foolle of this class showshow, kylors, and weavers principally below. Foolle of this description may always be employed by the regiment, in such a way, as not only to benefit themselves, but to produce a series to the country. By proper attention, the whole of the regimental clothing and shows, may be made by the taylors and showmakers of the regiment; and in many instances, during peace, when the sen are in quarters, a great deal of the coarse wollen clothes, of which their coarts and walstoats are made, might be wore by the man. This last copedient, however, is not always practicable, as there are many disations where looms cannot be had for the purpose; but the taylors' ma showmakers' work educts of being done in almost every disation."

"A regulation of this kind would not only produce a saving in point of expanse, but the articles yould also be better than such as are obtained by contract; to which if we add, the habits of industry and regularity which the man will by this means acquire, the benefit resulting therefrom, will be great indeed; but we do not what to confine curvelyes merely to these branches of industry, as there are many others in which private soldiers may be employed (at their laisure hours, or when they are not upon duty) with equal advantage to themselves and the community. The greatest preservation against vice and dissipation in every line of life being employment; the more completely any man's time is occupied, the less will remain for acquiring babits of ideness or expense. Herry private model or upt the processing of the second as much as

The ministry of the hower streams of you'de in this country, conversation dependent them each on interaction, wheneve experiments when the set of the interaction of the general be memorial, but their across in this remost will be general be memorial, but whether this "a more first weather will be them eager to be all they first, waves there will not be the eager to be and the set of the set of the memory of the them eager to be and the set of the set of them there in the their way as of the set of the set of the set of them eager to the their means.

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"A respective of this think would not may problem a surface in point of arrows, in it is, with the solar to be before these much as any off the organization of the solar to be been seen as a solar that and the theorem the best to see all by this some security, his benefits much the two-free the base between the solar to be solar to match the match we much these bases of instally, as been are marked as the solar to be addition of the solar base of the base of the solar to the solar base bases are solar to be not solar to match and the solar to addition of the solar base of the base of the solar to the solar base addition are solar to be solar to be and the solar to the solar addition are solar to be another to be based to a solar the solar base of the base astronomic the non-therm the solar base and the solar base of the solar base astronomic to the solar to a solar the solar base the solar astronomic the solar to be and the solar as a solar the solar base of the solar base astronomic to the solar base as a solar the solar the base astronomic the solar to be and the solar as a solar the solar the base astronomic the solar to be astronomic to the solar the base astronomic to be astronomic to the solar as a solar the solar the base astronomic to be astronomic to the solar as a solar the solar to astronomic astronomic to be astronomic to the solar as a solar the solar to base the solar to be astronomic to the solar as a solar the solar to base as a solar to base as Nihi satis superque erit, publicae utilati, à praesertim Brittanorum Civium incolumitati consecrasse.

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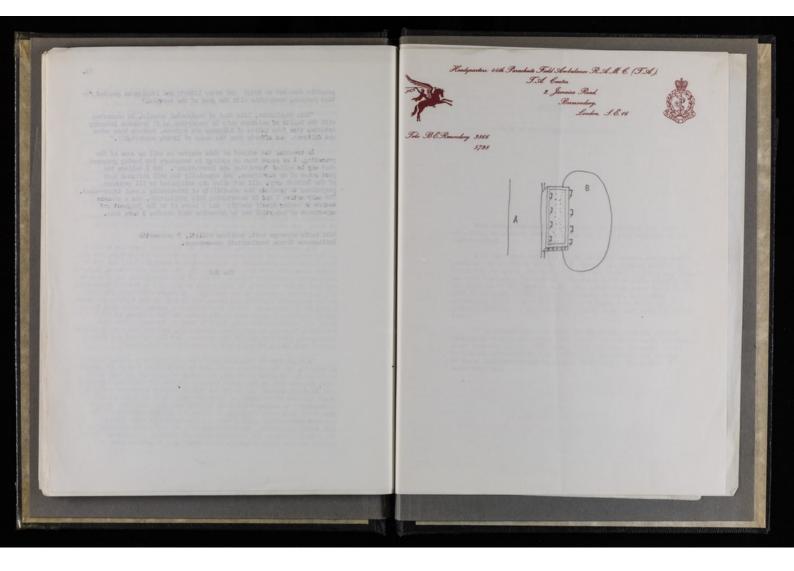
In treating the subject of this chapter as well as some of the preceding, I as aware than an apology is necessary for having proposed that may be called "novelties and innovations". But believe the pool somes of my countrymen, and especially the well informed part of the British arm, will not allow any anticuted or till grounded projudices to preclude the possibility of introducing a real improvement the only motive I had in undertaking this publication, was a sincere desire to render myself useful: and I leave it to the judgent and experience of impartial men to determine what service I have done.

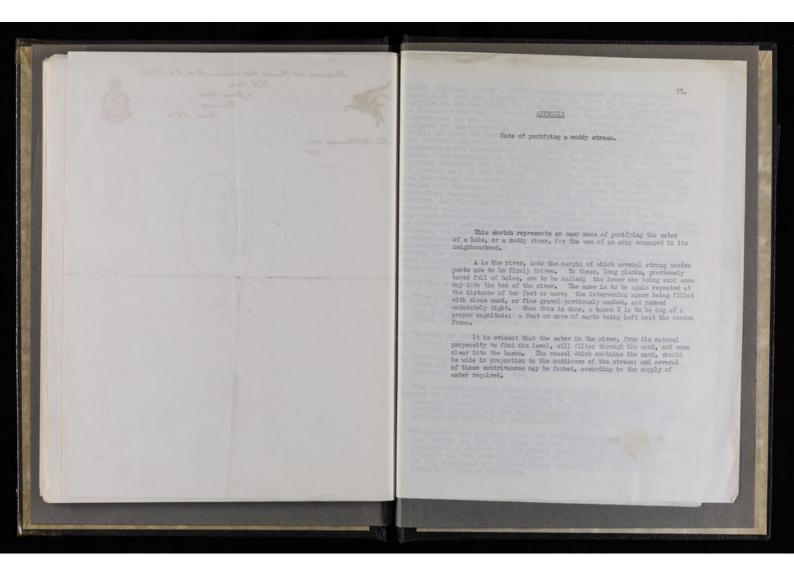
"This regulation, like that of regimental schools, is connected with the health of soldiers only in proportion as it promotes industry detaches them from habits of idlemess and expense, renders than sober and diligent, and affords them the means of living comfortably."

possible when not on duty: and every liberty and indulgence granted for that purpose, compatible with the good of the service."

54.

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BAIR, William (1766 - 1882), surgeon, youngest son of William Blair, M. D. and Ann dideon, his wife, was born at Lavenham in Suffolk on 88 Jan 1766. He qualified himself for surgical practices introduced to the Lock Hospital, and on a vacency was elected introduced to the Lock Hospital, and on a vacency was elected introduced to the Lock Hospital, and on a vacency was elected introduced to the Lock Hospital, and on a vacency was elected introduced to the Lock Hospital, and on a vacency was elected stated at what University he graduated. He become very eminent is profession, and was surgeon to the Asylum, the Finsbury dispensary, the Bloomabuty dispensary in Great Russell Street, the Female Penitentiary at Curming House, Pentonville and the New Rupture Society. He was a Member of the Royal College of Surgeons of London and of the Medical Societies of London, Paris, Brussels and Aberdeen, For some time he was a very earnest protestent of the British and Foreige Bible Society, to wich he presented his withish collection of rare and curious editions of the Bible, and many searce commentaries in different languages. One or twice, he attempted lectures on anataxy and other subjects but with little upofessional practice and to retire into the country. He recordingly took a house in the neighbourhood of Colchester, but terore the prepartions for removing were completed, he was selsed it hismessional ided at his residence in Great Russell Street, He works are -

His works are -

- "The soldier's friend, containing familiar instructions to the loyal volunteers, yeomanry corps and military men in general, on the preservation and recovery of their health". London 1798, 18mo. 2nd edition 1803, 3rd edition 1804.
- "Essays on the venereal disease and its concomitant effects" London 1798 Swo. 3rd edition 1808.
- "Anthropology, or the natural history of man with a comparative view of the structure and functions of animated beings in general," London 1805. Svo.
- "The vaccine contest, being an exact outline of the arguments duced by the principal combatants on both sides respecting com-pox inoculation including a late official report by the medical council of the Royal Jennerian Society" London 1805 Svo whitten in defence of vaccination in answer to Dr. Rowley.
- "Hints for the consideration of Parliament" in a letter to Dr. Jenner on the supposed failure of vaccination at Ringwood including a report of the Royal Jennerian Society, elso remarks on the prevalent abuse of variolous incoulation and on the exposure of out-patients attending at the small-pox hospital. London 1808 Syo.

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"Prostitutes reclamed and Penitents Protected", being an answer to some objections against the female penitentiary, 1809 8vo.

"Strictures on Mr. Hale's reply to the pamphlets lately published in defence of the London Penitentiary" 1809. Svo.

"The Bastor and Descon examined, or remarks on the Rev. John Thomas" appeal in vindication of Mr. Hale's character and in opposition to female penitentiaries. 1810 Svo.

6.

"The correspondence on the formation, objects and plan of the Roman Catholic Bible Society" 1814. This engaged him in a controversy with Charles Butler of Lincoln's Inn (wide Gent. Mag. lxxxiv. pts 1 & 11.)

Ang. IXXIV. ptb 1 a 11.) A long and elaborate article on "Cipher" in Ress's "Cycloneedis" (1819) Vol viii. The angreved illustrative plates are erroneously inserted under the heading of "writing by cipher" in the volume of "plates" Vol iv. This article is incomparably the best treatise in the English language on secret writing and the Bair.which he declared to be incorntable ; but the key was discovered by Michael Gage who published at Norwich in 1819 (though it is by a typographical error dated 1809) - "An extract taken from Dr. Ress's New Cycloneedis on the article Ofpher, being a real improvement on all the various ciphers published on a scientific principle. Lately invented by W.Bisir, Esq., A. t. to which is now first added a full discovery of the principle." Syo. 0.

1. An article on "Stenography" in Rees's "Cyclopsedia". Vol xxxiv.

2. "The Revival of Popery, its intolerant character, political tendency and uncessing usursations" in letters to William Wilberforce. London 1819 8v6.

A new alphabet of 15 letters, including the vowels in William Harding's "Universal Stenography". 2nd edition 1834.

Correspondence respecting his method of secret writing, containing original latters to him on the subject from the Rt. Hon. W. Windham, G. Canning, the Earl of Harrowby, J. Symons of Paddington and Michael Orge of Sweffham with the whole of his system of ciphers. Ms sold at the dispersion of William Upcott's collection in 1846.

MAIL, William (1968 - 1882), surgeon, yangest sen of Milliam Altrophenes and the sentence of the sentence o

