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NOTES ON
HYGIENE AND SANITATION
OF BARRACKS

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NOTES ON HYGIENE AND SANITATION OF BARRACKS

It is hoped that these notes, which should be read in conjunction with the Army Manual of Hygiene and Sanitation, will be of assistance to officers in medical charge of troops as regards their routine inspections of barracks and the preservation of the health of the troops.

Military Hygiene embraces all matters concerned with the maintenance of the health of the soldier and his family and the foundation of this wide and important subject lies unquestionably in the unit. Under such circumstances officers in medical charge of units have great opportunities which they should be quick to seize.

Under King's Regulations, 1935, paragraph 1323, and Regulations for the Medical Services of the Army, 1938, paragraph 182, the duty of inspecting the whole of the barracks once a month is laid upon the officer in medical charge, and it is laid down that he should be accompanied by an officer of the unit and the non-commissioned officer of the sanitary detachment.

It is preferable that rather than inspect the whole barracks on one occasion once a month, he should deal with the situation in four weekly inspections.

Many of these notes have special reference to points of hygienic importance, which are dealt with in regulations of various descriptions. Certain of them should receive the special attention of medical officers and these have been marked with an asterisk.

Although the regulations mentioned refer largely to barracks, it will be realised that they are also applicable in principle to permanent hutted camps.

***HEALTH OF N.C.Os. AND MEN**

Physical Training

The medical officer in charge of troops will frequently visit all places set apart for the physical training of troops, and will give advice on these subjects especially with reference to recruits.

He will keep a record of the names of men whose training has been modified as well as of subsequent progress.

[Regulations for the Medical Services of the Army, 1938, paragraph 179]

Recruits to be under the surveillance of the medical officer during their course of physical training and will be specially paraded for him at his inspections.

He will advise as regards backward recruits.

[King's Regulations, 1935, paragraph 773]

***Medical Inspections**

The medical officer will inspect the troops in his charge as frequently as is necessary. The Officer Commanding unit will ensure that all men of the unit are paraded, and that men in offices and stores, etc., are not overlooked.

[King's Regulations, 1935, paragraph 78]

[Regs. M.S.A., 1938, paragraph 180]

It is essential that at medical inspections, medical officers should pay the strictest attention to the skin with a view to detecting infestation with lice, scabies, septic skin conditions, etc., at the earliest possible moment.

The regimental chiropodist to attend medical officers' inspections and all feet inspections by unit officers.

[Kings' Regulations, 1935, paragraph 78]

[Regs. M.S.A., 1938, paragraph 180]

Note to be made of any men whose feet require attention.

[Regs. M.S.A., 1938, paragraph 180]

Every soldier who has suffered from an illness which may be the precursor of tuberculosis such as pleurisy or hæmoptysis will be examined once a month after being discharged from hospital.

A list of such men to be kept.

[*Regs. M.S.A.*, 1938, *paragraph 180*]

Individuals are further medically examined—

(1) On joining a dépôt or unit or on return from furlough.

[*Regs. M.S.A.*, 1938, *paragraph 180*]

(2) On departure from a station.

[*Regs. M.S.A.*, 1938, *paragraph 180*]

(3) Prior to proceeding abroad.

[*King's Regulations*, 1935, *paragraph 1136*]

[*Regs. M.S.A.*, 1938, *paragraph 180*]

(4) Before and daily during trial by Court Martial.

[*King's Regulations*, 1935, *paragraph 663*]

Before undergoing detention.

[*King's Regulations*, 1935, *paragraph 705*]

Officers will pay particular attention to the health of troops.

[*King's Regulations*, 1935, *paragraph 78*]

Responsibility of Unit Officers for Cleanliness

Every officer will pay attention to the cleanliness of the men and of their clothing, arms and accoutrements and barracks or quarters.

[*King's Regulations*, 1935, *paragraph 91*]

Personal Hygiene and Instruction in Hygiene

The hair of the head is to be kept short.

[*King's Regulations*, 1935, *paragraph 978*]

Every officer and soldier should understand the principles of hygiene and sanitation, and be acquainted with the contents of the first field dressing. General Officers will arrange for instruction to the troops in these by 4 lectures and demonstrations annually.

Attendance at these lectures is compulsory unless other duties prevent it.

[*King's Regulations*, 1935, *paragraph 800*]

A synopsis of these lectures is given in Regulations for the Medical Services of the Army, 1938, Appendix 5.

They will be given by the officer in medical charge.

[*Regulations M.S.A.*, 1938, *paragraph 178*]

Soldiers Reporting Sick

The name of every soldier reporting himself sick will be entered on the "sick report" Army Form B. 256 in duplicate. Both copies to accompany the man to the medical inspection room.

Venereal Disease

A man suffering from venereal disease will report himself sick without delay. In every unit there must be an order to this effect which is to be read out on parade at intervals not exceeding three months. It must also be brought specially to the notice of recruits.

[*King's Regulations*, 1935, *paragraph 543*]

The four lectures referred to above and to be given to officers and men annually include one on venereal disease and its prevention.

Instruction in Chiropody

General Officers Commanding-in-Chief will arrange for courses of instruction in Chiropody for selected men.

[*King's Regulations*, 1935, *paragraph 799*]

Inoculation and Vaccination

Inoculation and Vaccination

The medical officer will maintain inoculation and vaccination registers—Army Book 28.

[*Regulations M.S.A.*, 1938, *paragraph 176*]

In these, names should be arranged in alphabetical order throughout the unit irrespective of companies, sections, etc. Blank pages should be left after each letter for additional names.

Instructions as to vaccination are contained in Regulations for the Medical Services of the Army, 1938, Appendix 18.

Officers Commanding units will ensure that arrangements prior to embarkation of units for overseas are such that medical officers are given an opportunity to bring to the notice of each individual embarking the importance of inoculation against typhoid fever.

[*Regs. M.S.A., 1938, paragraph 588*]

[*King's Regulations, 1935, paragraph 1189.*]

Instructions for anti-typhoid inoculation are contained in Appendix 10, Regulations for the Medical Services of the Army, 1938.

***SANITARY DIARY**

The medical officer in charge of troops will keep a sanitary diary.

[*King's Regulations, 1935, paragraph 1323*]

In it he will record any hygienic defects found and any recommendations made for remedying them. It will be passed to the officer commanding unit concerned, who after recording in it the action taken will return it to the medical officer.

Should the defects not be remedied in reasonable time or should the medical officer consider that further action is necessary he will without delay report the matter to the Deputy Director of Medical Services or Assistant Director of Medical Services, sending a copy of his report to the officer commanding unit.

[*Regs. M.S.A., 1938, paragraph 182*]

The pages of the sanitary diary should be ruled in three columns to show (1) medical officer's remarks, (2) commanding officer's remarks, (3) action taken. It is essential that action taken should be recorded.

[*Regs. M.S.A., 1938, paragraph 182*]

***SANITARY PERSONNEL**

It is important that the medical officer at his inspection should assure himself that the regimental sanitary personnel authorised are properly trained and employed on their proper duties.

BARRACK ROOMS

Scale of Accommodation

Minimum height, floor, and cubic space per bed to be provided.

Height to wall plate or ceiling, 9'.

Floor space, 60 s.f.*

Cubic space, 600 c.f.

*The essential provision is 600 cubic feet per man. Where barrack rooms are less than 10' high a compensating increase in floor area must be provided.

[*Barrack Synopsis*, 1938]

*Spacing of Beds

To minimise the risk of infection, each occupant of a room should have 6 linear feet of wall space, *i.e.*, beds should not be closer together than 6' from centre to centre.

[*Regs. M.S.A.*, 1938, *paragraph 184*]

*Ventilation

All windows are to be opened wide, weather permitting each morning. The upper sashes to be kept open at least one foot during the night.

[*King's Regulations*, 1935, 1327]

Lighting

(i) *Natural*.

Windows should be sufficient and in the proper place. Glass area of windows to floor space should not be less than 10 per cent.

[*No official scale laid down*]

Window cleaning is usually done by the troops, but when owing to the windows being too high and dangerous this course is not possible, they will be cleaned periodically under contract.

[*S.T. and B. Services*, 1930, *paragraph 540*]

(ii) *Artificial*.

Present scale is 1 watt per $3\frac{1}{2}$ square feet.

[*Barrack Synopsis*, 1938]

This is not sufficient and the scale is likely to be altered.

Special attention should be paid to distribution of lighting points so that glare is avoided and the lighting is as satisfactory as possible.

The colouring and cleanliness of walls should receive special attention in view of their effect upon lighting.

Heating

Normally by open fires or stoves, but central heating may be installed provided certain conditions are fulfilled.

[*Barrack Synopsis*, 1938]

*Temperature of a barrack room should be about 60° F. with a relative humidity not exceeding 75 per cent., and air movement at about 3' per second. These requirements are not officially laid down.

Storage Space, etc.

The following should be provided for each man:—

Wardrobe.

Fittings for arms and accoutrements.

A suitcase store should also be provided as also a cupboard for cleaning materials and utensils.

[*Barrack Synopsis*, 1938]

***Bedding**

Blankets.

All blankets to be marked with the regimental number of the soldier. The marking is carried out regimentally with pieces of tape and marking ink. The number should be visible when the blanket is folded.

Blankets to be disinfected and if necessary washed before being handed from one man to another, and to be disinfected and washed before return to Ordnance stock.

They have normally to be exchanged after having been in use for 12 months, and are washed and disinfected.

[*S.T. & B. Services*, 1930, paragraph 743]

Sheets and Bolster Slips

These to be exchanged after having been in use for 2 weeks.

[*S.T. & B. Services*, 1930, paragraph 743]

Coir Bedding

This is remade when necessary after having been in use for not less than 12 months.

[S.T. & B. Services, 1930, paragraph 774]

Cleaning Articles

The authorised scales are given in Barrack and Hospital Schedules, and such articles are obtained from the officer in charge of barracks.

[S.T. & B. Services, 1930, paragraph 557]

DINING HALLS

Nine square feet per man is the maximum floor space required to include provision for passages and all necessary accessories.

Two feet run of table per man should be provided.

[Barrack Synopsis, 1938]

Washing-up room should communicate by a hatch with the dining hall, and should be provided with a counter and shelving for plates, mugs, glasses, plate-washing machine, teak sinks, cupboard for cleaning utensils, and a galvanised iron trough for washing pots and pans.

[Barrack Synopsis, 1938]

*There should be an adequate supply of really hot water and a sufficient number of dish-cloths.

Servery communication with the dining hall should be provided with combined hot closets and serving counter, a bench for bread cutting, cupboard for dining hall waiters' clothing, cupboard for table requisites.

[Barrack Synopsis, 1938]

Bread Store (opening off servery)—Batten shelving.

[Barrack Synopsis, 1938]

*The store should be dry and airy, and bread stacked in not more than two or three tiers.

Dining rooms to be inspected during breakfast, dinner and evening meal hours by the Orderly Officer.

[King's Regulations, 1935, paragraph 1452]

COOKHOUSES

Cooking Apparatus

Scale of cooking apparatus provided depends on size of unit. The scale is laid down in Barrack Synopsis, 1938.

Preparation Room should open off cookhouse without a door and should have hardwood topped benches, slate shelves or benches, vegetable washing trough, vegetable paring machine, cupboard for cleaning utensils. Also lavatory basin with roller towel.

[Barrack Synopsis, 1938]

Vegetable Store off preparation room. Provided with shelving and bins.

[Barrack Synopsis, 1938]

*Should be cool and dry, and soft vegetables not heaped on top of each other. Wet vegetables should be spread out.

Larder for Meat and Larder for Groceries both off preparation room—should have shelving in each case and in meat larder, meat hooks on rails.

[Barrack Synopsis, 1938]

Cook's Lobby to Preparation Room.—For cook's clothing and should have hat and coat pegs and seat.

[Barrack Synopsis, 1938]

*No personal clothing should be allowed in the kitchens.

*Notices, etc.

The following notices and the like should be the only ones to be hung up in cookhouses, and they should be prominently displayed.

(1) Sanitary Rules for Cookhouses as detailed in Appendix A to these notes.

(2) Nominal roll of personnel employed in the cookhouse showing number, rank and name, date of employment, date of vaccination and of inoculation against enteric group, date of medical examination with result, and initials of medical officer.

(3) The official time table for cooking various foodstuffs used in military dietary.

(4) Daily bill of fare for the week.

Personnel

The Sergeant cook's duties are laid down in the Manual of Military Cooking and Dietary (pages 6-7).

He must personally superintend all cooking done in regimental cookhouses.

[*King's Regulations*, 1935, *paragraph* 1454]

Cooks to be placed under the Sergeant Cook's orders and not to be changed save at long intervals or for misconduct.

[*King's Regulations*, 1935, *paragraph* 1454]

A second cook to be trained for every unit entitled to a sergeant cook to replace the latter when necessary.

[*King's Regulations*, 1935, *paragraph* 1455]

*Cooks' clothing is authorised and includes Aprons, Caps, Frocks, Trousers of white duck material.

[*Army Council Instruction No. 158 of 22nd March*, 1939]

*Personal cleanliness of cooks is essential, and any cook should report sick at once if feeling ill.

Particular attention should be paid to the cleanliness of the hands and finger nails.

Responsibilities of the Officer in Medical Charge.

He will ascertain that food supply of the men is satisfactory both as regards quantity, quality and preparation.

[*Regs. M.S.A.*, 1938, *paragraph* 185]

He will satisfy himself that no dysentery or typhoid carriers are employed in the preparation or handling of food.

[*Regs. M.S.A.*, 1938, *paragraph* 185]

No cook or other person handling food should be employed unless free from symptoms or history suggesting his being a disease carrier. The medical officer should keep careful supervision on the health of cookhouse personnel.

"The Manual of Military Cooking and Dietary" and the "Management of Soldiers' Messing" are official publications of importance and should be referred to.

***Cleaning of Cookhouse Utensils**

Aluminium articles—hot soapy water and silversand or wire wool (soda must not be used).

Copper, tin lined, articles—silversand and rinsing in hot water.

Stainless steel and nickel—hot water, soap and soda and well rinsed.

Cast iron—hot soda water and then drying.

[*Army Council Instruction No. 251 of 10th May, 1939*]

Inspection

Kitchens and cooking apparatus are to be inspected daily by the Orderly Officer.

[*King's Regulations, 1935, paragraph 1452*]

Rations of bread and meat will as a rule be inspected by the unit quartermaster at noon on the day before that of issue except on Saturday when the supplies for Sunday and Monday will be inspected at 2.30 p.m.

In hot weather it may be necessary to make the inspection at 7.30 a.m. on the day of issue.

[*King's Regulations, 1935, paragraph 1453*]

*The medical officer should inspect the rations periodically.

***Condemnation of Food**

Any food supplies unfit for food may be condemned on the certificate of a medical officer if under £5 in value.

If of a value of £5 or over a board is assembled.

[*S.T. and B. Services, 1930, paragraphs 127-128*]

Any tinned foodstuffs which are "blown" should be condemned as being unfit for consumption without further examination.

[*S.T. and B. Services, 1930, paragraph 128*]

All tinned foods should be stamped with the date of manufacture and date of expiry of the period of warranty.

The contractor should remove condemned meat, etc., and replace it. If such replacement is late the C.O. can buy in the market at the contractor's expense. If it cannot be obtained in time, tinned food may be issued in lieu.

REGIMENTAL INSTITUTES, MESSES, CANTEENS, etc.

*Storage of Food

The Navy, Army and Air Force Institutes will provide means for protecting foodstuffs against contamination from flies and dust.

Food will be kept either in special cupboards with the doors closed or under fly-proof covers on the show case. Loose pieces of gauze must not be placed directly on the food.

[Rules for the Conduct of Garrison and Regimental Institutes, 1929, paragraph 33]

*Crocery, Glass, etc.

The N.A.A.F.I. will be responsible for the cleanliness of crockery, glass, cutlery and table utensils.

All articles of crockery, glass and cutlery will be washed in hot water with soap and soda and will then be placed in a wire tray. The articles will then be immersed in water as near boiling point as possible for one minute.

Unless it is essential to polish they will be air dried only. For polishing specially marked separate cloths.

[Rules for the Conduct of Garrison and Regimental Institutes, 1929, paragraph 25]

The officer in medical charge will satisfy himself that adequate means are maintained for sterilising all cups, mugs, tumblers, spoons, forks, in boiling water after use by each individual.

[Regs. M.S.A., 1938, paragraph 186]

*Cleaning of Rooms

The unit is responsible for the cleaning of all rooms or portions of rooms used by troops.

The N.A.A.F.I. is responsible for the cleaning of the kitchens, store rooms and of premises, etc., behind the serving counters.

[Rules for the Conduct of Garrison and Regimental Institutes, 1929, paragraph 25]

***Drugs and Patent Medicines**

Only such simple preparations should be sold as have received the approval of the officers in medical charge.

***Washing Water**

An ample supply must always be available.

***Employees**

A nominal roll of employees should be maintained as in the case of cookhouses (vide 3 above).

***Condemnation of Food**

A commanding officer will not condemn foodstuffs from institutes except on the written authority of the medical officer. All condemned foodstuffs except any portion required for analysis will be destroyed immediately or otherwise dealt with in such a way as to satisfy the medical officer that there is no possibility of resale as food.

[Rules for the Conduct of Garrison and Regimental Institutes, 1929, paragraph 32]

Inspections

All institute premises will be visited frequently by the C.O. and the medical officer and daily by the orderly officer.

[Rules for the Conduct of Garrison and Regimental Institutes, 1929, paragraph 34]

ABLUTION AND BATHING

Baths

Desirability of siting bath-houses adjacent to cookhouses should be considered with a view to combining the hot water supply.

[Barrack Synopsis, 1938]

Bath-houses should be provided when necessary with means of heating to maintain minimum temperature of 55° F. when in use.

[Barrack Synopsis, 1938]

Waiting room space should be provided (10 square feet per shower). As regards shower bath compartments these should be 3' wide with partitions 7' high and 2' dressing spaces to every shower bath.

[Barrack Synopsis, 1938]

Hot water supply may be laid on to all authorised baths, lavatory basins, and sinks.

[*Barrack Synopsis*, 1938]

The scale of baths provided should be as follows:—

Slipper baths—Single sergeants and rank file, 1 bath per cent. of establishment plus 1 per 10 single sergeants.

Combined shower

and foot baths—6 per cent. of establishment plus 1 per 10 single sergeants.

[*Barrack Synopsis*, 1938]

*It is of the greatest importance that each man should have a bath at least once a week. A platoon or company bath book should be maintained and inspected regularly by the medical officer.

The scale of fuel authorised is laid down in Regulations for the allowance of the Army, 1938, paragraph 158.

Ablution Basins

The authorised scale is 25 per cent. of establishment and 2' of space should be allowed for each.

A hot water supply may be laid on.

[*Barrack Synopsis*, 1938]

LATRINES AND URINALS

These should be provided on the following scale:—

W.C.'s 10 per cent. of establishment plus one in each block for sergeants.

Urinals 4 per cent. plus one in each block for sergeants.

They should be provided in the annexes to barrack rooms, but if in detached blocks then special W.C.'s and urinals for night use are necessary, additional to the numbers mentioned above.

Toilet paper is authorised for use in latrines and newspaper should not be used.

The scale of toilet paper issuable is laid down in Regulations for the Allowances of the Army, 1938, paragraph 671.

*Care should be taken to ensure that any water closet latrines not in working order are closed until repaired.

[*Barrack Synopsis*, 1938]

*Night urinals are to be kept locked during the day.

[*Regs. S.T. and B. Services, Appendix XXI, paragraph 7*]

Instructions in regard to the carrying out of the flushing of drains, latrines and urinals by the unit where flushing apparatus exists, are given in the Regulations for Supply, Transport and Barrack Services, 1930, paragraph 555.

Where earth closets exist, the officer in charge of barracks makes the necessary arrangements for the supply of dry earth. Detailed instructions in regard to the management of earth closet latrines, the cleansing of latrines, and the cleansing of urinals are given in Appendices XX and XXI of the Regulations for Supply, Transport and Barrack Services, 1930.

***REFUSE DISPOSAL**

Refuse receptacles must be kept clean and in good repair and with proper covers. They should be placed on impervious platforms.

Separate receptacles should be provided for dry and wet refuse.

Refuse bins will as a rule be emptied daily.

[*Regs. S.T. and B. Services*, 1930, *paragraph 553*]

It is the responsibility of the officer in charge of barracks to ensure that refuse bins are emptied regularly by the contractors or others responsible.

Satisfactory arrangements for the ultimate disposal of refuse are essential. If removed elsewhere for disposal such removal must take place in an adequate and sanitary manner without nuisance.

If not removed for disposal elsewhere incineration should be employed. Useful information as to the construction and care of incinerators is given in the Army Manual of Hygiene and Sanitation, 1934, pages 119 to 126.

In dealing with refuse disposal, everything possible must be done to prevent it giving rise to fly breeding.

The officer in charge of barracks will instruct his subordinates to ascertain daily that proper attention is paid by contractors to refuse disposal.

[*Regs. S.T. and B. Services*, 1930, paragraph 552]

DRAINAGE AND DISPOSAL OF WASTE WATER

Drains

The cleansing of surface drains and catch pits and the flushing of latrines where skilled labour is not required is performed by the Sanitary detachment of the unit.

[*King's Regulations*, 1935, paragraph 1328]

Note.—Rodding is skilled work and is carried out by the Royal Engineers.

The officer commanding unit is responsible that the duties laid down in Regulations for the Engineer Services, Part I, Drainage Section, are performed regularly.

[*King's Regulations*, 1935, paragraph 1329]

A Sanitary Manual (Instructions on the Care of Barracks) is issued to units for guidance in the more technical part of the duties.

*The medical officer should give special attention at his inspections to ascertaining that the drainage system is functioning satisfactorily.

Disposal of Waste Water in the Absence of a proper Drainage System

This will often present difficulties, especially if the use of excessive quantities of water is allowed.

Two chief methods of disposal are available:—

(1) Soakage.

(2) Disposal into a convenient water course provided there is no danger of contaminating a drinking water supply.

Reference should be made to the Army Manual of Hygiene and Sanitation, 1934, pages 113 to 117, where information will also be found on the subject of the construction of grease traps.

Sullage and ablution water may be thoroughly clarified before final disposal by treatment with ferrous sulphate and lime. The method is described in Appendix 12 of the Army Manual of Hygiene and Sanitation, 1934.

PREVENTIVE ABLUTION CENTRES

A centre should be provided for all units and situated in a well lighted and ventilated compartment in a water closet block where such a building exists detached from the Barrack Blocks. Otherwise the best local arrangements possible should be made.

In either case the site should be inconspicuous and nesure privacy, and be near the entrance to barracks.

A centre should be provided with a shelf (5' from the floor), hat and coal pegs, and a W.C. pan (without a seat) so that rim is 2' 3" from the floor, with water waste preventer, flush pipe, and draw off water tap over pan. Where electricity is available an electric heater is allowed.

[*Barrack Synopsis*, 1938]

Full instructions as to the management of preventive ablution centres are given in Appendix III of memorandum on Venereal Diseases, 1936, and this should be referred to.

DRYING ROOMS

These should be provided in the newest barracks and may be specially authorised for others.

[*Barrack Synopsis*, 1938]

*The drying of clothes in barrack rooms is most undesirable as it leads to increased humidity of the air and stuffiness.

SWIMMING BATHS

Certain detailed instructions having particular reference to safety are given in King's Regulations, 1935, paragraphs 796-798, and should be referred to.

Points of hygienic importance in connection with swimming baths are given in Appendix B.

HAWKERS

A commanding officer will restrict the admission of strangers into barracks and will exclude all persons not of a respectable character.

[*King's Regulations*, 1935, *paragraph* 1348]

Hawkers selling consumable goods should not be permitted to enter barracks, etc., without a pass (Army Form A. 17), and it is preferable that hawkers of any kind should not be allowed in barracks.

GUARD HOUSES, DETENTION BARRACKS, etc.

In Guard Detention Rooms, 1 bed of wood planks per man. Heating pipes or radiators should be installed. Night urinal should open off Detention Room. Ablution basins according to size of guard house (Regimental Guard House 3), and drinking water tap with cup and chain should be provided, as also exercise yard together with urinal and W.C.

[*Barrack Synopsis*, 1938]

In cold and inclement weather, regimental arrangements should be made for hot coffee to be provided free of charge at some period of the night for each man on guard.

[*King's Regulations*, 1935, *paragraph* 1267]

*Every man committed to a civil or military prison or to a detention barracks will be medically examined and a certificate furnished as to his state of health and any disability likely to interfere with the punishment awarded. Medical examination should include a careful examination to exclude pediculosis or scabies.

[*King's Regulations*, 1935, *paragraph* 705]

A soldier under close arrest in the guard detention room will be allowed the use of his bedding, except when charged with drunkenness. A soldier under close arrest will take sufficient exercise under supervision.

[*King's Regulations*, 1935, *paragraph* 553]

A soldier under close arrest for drunkenness may be deprived of his boots and bedding except when the weather is cold and he is likely to suffer in consequence.

He will be visited and his condition ascertained at least every two hours. Should any symptoms of serious illness be observed, a medical officer will be sent for forthwith.

[*King's Regulations*, 1935, *paragraph* 548]

*Branch detention barracks and barrack detention rooms will be inspected and each occupant visited daily by an orderly officer and a medical officer.

[*King's Regulations*, 1935, paragraph 741]

***ANIMALS IN BARRACKS**

Dogs not to be kept except by permission of the Officer Commanding, unit, and if kept, to be under proper control. Other live stock not without written permission of the officer commanding troops the station who must satisfy himself in consultation with the officer in medical charge and the local sanitary authority that any legislation dealing with the particular animals concerned is complied with.

[*King's Regulations*, 1935, paragraph 1330]

MEDICAL INSPECTION ROOMS

Should comprise—Medical Officer's Room (clear distance of 20' for eyesight tests which may be obtained through a doorway) with combined sink and lavatory basin, treatment room opening off M.O's room with bench, cupboards and drawers as also sink and draining board, towel rail and lock-up cupboard.

Storage water heater should also be provided in M.I. Room (gas or electric, or failing these oil stove). Waiting room off M.O's room, dressing cubicle, orderly's room, sanitary annexe for staff and patients, fuel store.

[*Barrack Synopsis*, 1938]

The building and furniture, and equipment other than medical, are on charge to the officer commanding unit and not to medical authorities.

[*King's Regulations*, 1935, paragraph 1383]

The O.C. unit will detail an orderly who should have at least a second class certificate of education for permanent duty at the medical inspection room.

[*King's Regulations*, 1935, paragraph 1383]

GARAGES FOR MECHANISED UNITS

Washing platforms should be provided and should be grouped or combined, and not scattered.

[*Barrack Synopsis*, 1938]

Adequate arrangements must be made for disposal of the dirty washing water.

Ablution basins may be provided as follows:—

Officers . . . —1.

Other Ranks.—10 per cent. of total numbers of M.T. vehicles, including motor cycles on establishment.

Water closets and urinals. If facilities of this nature not within easy reach, they may be provided on the following scale:—

Officers . . . —1 W.C.

Other Ranks.—1 W.C., 2 Urinals.

[*Barrack Synopsis*, 1938]

WORKSHOPS

Space allowed should not be less than 40 square feet and 400 cubic feet per head.

[*Barrack Synopsis*, 1938]

Details as to hygienic precautions to be observed in workshops are contained in Regulations for the Royal Army Ordnance Corps Services, 1929, Part I.

SHOPS

Barber's Shop

200' super (subject to War Office approval).

[*Barrack Synopsis*, 1938]

*A nominal roll of employees should be maintained. Combs, razors, clippers, etc., should be regularly cleaned daily or more frequently in lysol or some similar disinfectant. Hair brushes should be cleaned frequently by immersing in a solution of carbonate of soda, and then rinsing thoroughly in clean water to remove soda.

*If tattooing is practised cleanliness of methods and implements must be ensured.

Shoemaker's Shop

150' super (subject to War Office approval).

[*Barrack Synopsis*, 1938]

Tailor's Shop

170' super (subject to War Office approval).

[*Barrack Synopsis*, 1938]

INSPECTION AND DISINFECTION

The regulations regarding action to be taken when a case of infectious disease occurs in barracks are given in Regulations for the Medical Services of the Army, 1938, Section XII and Appendix 2.

The outstanding points are:—

Disinfection to be carried out by the medical authority.

[*Regs. M.S.A.*, 1938, *paragraph* 606]

Minimum measures to be taken are given in Regulations for the Medical Services of the Army, 1938, Appendix II.

Disinfection of rooms, bedding, etc.

[*Regs. M.S.A.*, 1938, *paragraphs* 609 to 616 and 618 to 621]

Disinfection by formaldehyde.

[*Regs. M.S.A.*, 1938, *paragraphs* 612-613]

Disinfection of vehicles.

[*Regs. M.S.A.*, 1938, *paragraph* 623]

Destruction of infected articles.

[*Regs. M.S.A.*, 1938, *paragraph* 625]

In cases of epidemic disease every care will be taken to ensure that articles likely to convey infection are not returned to store before being disinfected. The officer concerned to be notified at once if there is any reason to believe this has not been done.

[*King's Regulations*, 1935, *paragraph* 1326]

Lime and other disinfectants are obtained from officer in charge of barracks.

[*Regs. S.T. and B. Services*, 1930, *paragraphs* 560 and 561]

APPENDIX A

SANITARY RULES FOR COOK-HOUSES

(To be hung up in a prominent position in all cook-houses.)

1. No one must be employed in any capacity in the cook-house or in handling the food of the troops, who has suffered from typhoid fever, paratyphoid fever or dysentery, or who is suffering from or under treatment for syphilis.

Before men are so employed, they and their medical history sheets will be inspected by a medical officer, who will certify they are fit or otherwise for the purpose.

2. A nominal roll of all such men will be hung up in the cook-house. This roll will contain columns for the dates on which the men were taken on or struck off these duties, and the column for the initials of the medical officer who passes the men fit for the duties.

3. Each cook and man employed in handling the food of the troops will be provided with at least three sets of washable overalls. These overalls will always be worn at work. They will be kept as clean as possible, and changed when dirty.

4. A basin and clean water, soap, a nail brush and clean towel will be provided in each cook-house. All men employed as cooks and in the handling of food will keep their nails trimmed and will invariably wash their hands before they handle the food.

5. No personal clothing, necessities or private property of men employed in the cook-house will be kept there; nor will men perform their toilet or wash and dry their under-clothing in the cook-house.

Greatcoats, jackets and trousers, which are taken to the cook-house and removed before overalls are put on, will be kept in a special place provided for that purpose.

6. Smoking in the cook-house is forbidden.

7. The cook in charge will be responsible that there is always a sufficient supply of clean cloths available for washing and drying dishes and cooking utensils. The cloths used for handling hot and sooty vessels will be separate and distinct. After the last meal cloths must be boiled in water containing washing soda and hung up to dry.

8. All pots and pans will be freed from grease, cleaned and dried after the last meal, and placed on a shelf on their sides with their interiors exposed to the air and to view.

9. The cook-house sinks, tables, chopping blocks, cutting-up boards, pastry slabs, mincing machines, knives, forks and spoons, and all other utensils will be kept as clean as possible when in use and will be thoroughly cleaned after the last meal. All utensils, when not in use, will be kept in the places allocated for them and will be available for inspection at any time.

10. Only food which is to be used in the current day will be kept in the cook-house.

When not in process of cooking or in preparation for cooking, it will be protected from flies in fly-proof food safes.

11. Vegetables must never be prepared in the same sink or receptacles in which pots and pans are cleaned.

12. Food scraps, vegetable peelings and such like refuse will not be thrown on the floor, but deposited in covered refuse bins provided for the purpose.

13. All cutting up of meat and pastry will be done on the cutting-up boards and pastry slabs provided for the purpose and never on the cook-house tables.

The BILL OF FARE for the week will be hung up, available for reference in the cook-house.

15. Any defect in the cooking apparatus or in the utensils will be reported at once by the cook in charge to the unit quartermaster, who will take the necessary steps to have the defects remedied.

16. When possible, coal will be kept in a store outside the cook-house. Where only old-pattern coal boxes inside the cook-house are available, they should be covered.

17. The floors of cook-houses will be cleaned by scrubbing with hot water containing soda or soap and cresol solution. All excess of water must be dried up after scrubbing.

APPENDIX B

POINTS OF HYGIENIC IMPORTANCE IN THE MANAGEMENT OF SWIMMING BATHS

A.—Water Supply

1. The water should be changed as frequently as possible and means of filtration and aeration, should be provided, whenever practicable.

2. Chlorination or chloramination of the water in the bath is invariably necessary, and free chlorine should at all times be present to the extent of not less than 0.2 parts per million and not more than 0.5.

The addition of copper sulphate in the proportion of 1 grain to 10 gallons of water once a week will aid in preventing algal growth and the accumulation of slime and may be used in conjunction with chlorination.

3. The bath should be emptied periodically and the floor and sides scrubbed down.

B.—Accommodation for Bathers

1. All paths and surrounds to the bath should be kept clean, as also all dressing and other accommodation.

2. The "surrounds" of the baths should be of concrete and should drain away from the bath by sloping to an encircling gutter.

No one wearing boots or shoes should be allowed to walk on this "surround."

3. Duck boards should be provided for dressing boxes, or dressing spaces.

4. A sufficient number of shower and foot baths, for the persons using the bath should be arranged for.

5. A sufficient number of sanitary conveniences should similarly be provided.

6. An adequate number of spittoons is essential.

C.—Conduct of Bathers

(1) No bather should be permitted to use soap or any other substance which will render the water turbid or unfit for use.

(2) The fouling or polluting of water by bathers must be strictly forbidden.

(3) No bather should enter the bath while knowingly suffering from any cutaneous infections or contagious disease, and no one suffering from any form of ear disease or "attending sick" should be allowed to bathe without the special permission of the medical officer.

(4) No animals should be permitted to enter the bath.

(5) Each bather should use his own bathing costume and no interchange of costume should be permitted.

(6) Every bather should before entering the bath—

(a) Visit the urinal.

(b) Wash his feet in soap and water in the foot baths provided.

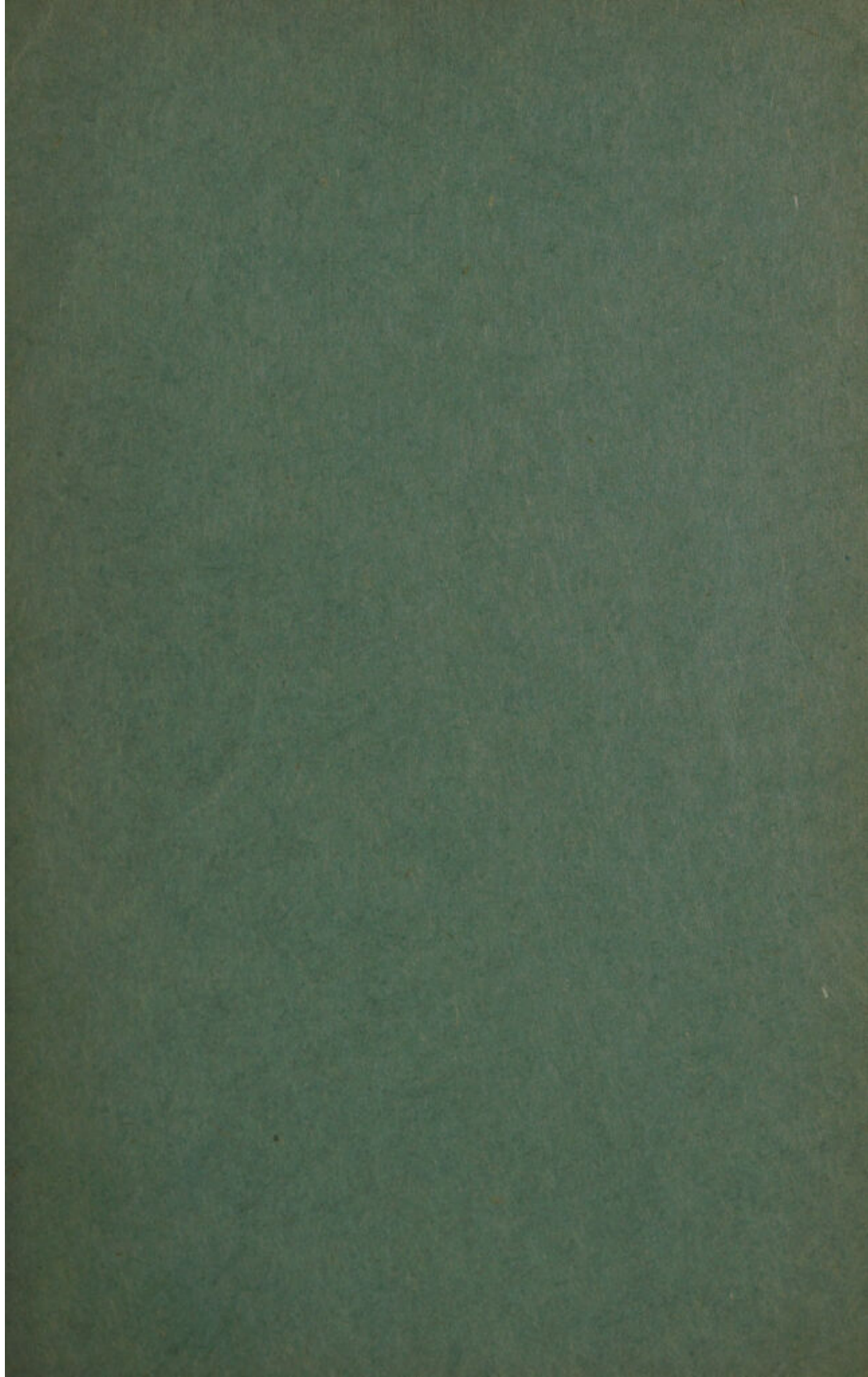
(c) Go under the shower bath.

(7) Before entering the water each bather should place a small plug of cotton wool in each ear. Suitable receptacles for these after use should be available.

(8) No bather may spit or blow his nose except into the spittoons provided.

C—Conduct of Bathers

- (1) No bather should be permitted to use soap or any other substance which will render the water turbid or unfit for use.
- (2) The bathing or bathing of water by bathers must be strictly forbidden.
- (3) No bather should enter the bath while knowingly suffering from any contagious infection or contagious disease and no one suffering from any form of ear disease or "attend" bath should be allowed to bathe within the special permission of the medical officer.
- (4) No animals should be permitted to enter the bath.
- (5) Each bather should use his own bathing costume and no interchange of costume should be permitted.
- (6) Every bather should bathe before entering the bath.
- (7) When the bath is closed, the water should be changed.
- (8) No bather should spit or blow his nose into the water.
- (9) No bather should enter the bath if he is ill.
- (10) No bather should enter the bath if he is wearing any shoes or boots.
- (11) No bather should enter the bath if he is wearing any headgear.
- (12) No bather should enter the bath if he is wearing any jewelry.
- (13) No bather should enter the bath if he is wearing any watch or ring.
- (14) No bather should enter the bath if he is wearing any belt or strap.
- (15) No bather should enter the bath if he is wearing any bag or case.
- (16) No bather should enter the bath if he is wearing any hat or cap.
- (17) No bather should enter the bath if he is wearing any coat or jacket.
- (18) No bather should enter the bath if he is wearing any trousers or shorts.
- (19) No bather should enter the bath if he is wearing any socks or shoes.
- (20) No bather should enter the bath if he is wearing any boots or puttees.
- (21) No bather should enter the bath if he is wearing any gloves or mittens.
- (22) No bather should enter the bath if he is wearing any handkerchiefs or towels.
- (23) No bather should enter the bath if he is wearing any soap or sponge.
- (24) No bather should enter the bath if he is wearing any comb or brush.
- (25) No bather should enter the bath if he is wearing any razor or shaving brush.
- (26) No bather should enter the bath if he is wearing any toothbrush or toothpaste.
- (27) No bather should enter the bath if he is wearing any soap or sponge.
- (28) No bather should enter the bath if he is wearing any comb or brush.
- (29) No bather should enter the bath if he is wearing any razor or shaving brush.
- (30) No bather should enter the bath if he is wearing any toothbrush or toothpaste.



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