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Your Health and You

By Command of the Army Council

G. W. S. [Signature]

THE WAR OFFICE
19th September, 1950

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YOUR HEALTH AND YOU

WHAT IT'S ALL ABOUT

This small booklet is addressed to you as an individual. Its aim is to help you to achieve the highest possible degree of fitness. If it is successful in doing so, it will, as a result, help you to enjoy, and to make the most of, the time you spend in the Army. It contains, perhaps, some things that you know already; it certainly contains much that will be new to you. It is short and will not take long to read, but the importance of much of its contents may not be obvious to you at first. You are therefore advised to read it over once now, and then to keep it with you so that you may refer to it again whenever you find yourself in circumstances where the advice it contains will be helpful.

TEAM SPIRIT

In the Army each individual is much more a member of a team than he is in most jobs in civilian life. He is not only serving in the Army as a whole, he is also an essential part of his regiment or corps, an essential part of his unit, and an essential part of the section of his unit in which he works.

Just as the unfitness or absence of a member of a football or relay team will reduce the value of his team, or indeed render it useless, so will the unfitness of, say, a member of a gun-crew reduce the value of that crew, and so of the battery and of the whole regiment. Thus, if you fail to achieve the maximum fitness of which you are capable, you not only let yourself down but you let your comrades down and the unit down. In fact you "let the whole side down" which, when it is avoidable, is unforgivable.

IMPORTANCE OF FITNESS

The fact that you have been accepted for the Army is an indication that you have reached a certain standard of physical fitness. But there are degrees of fitness; you may be fit for

one job or form of exercise and not for another ; the athlete or sportsman requires regular and increasingly severe training before he reaches that pitch of physical fitness which is essential before he can give of his best. In the same way it is only by training that you can attain the highest degree of fitness of which you are capable. When you succeed in doing that, however, you experience a sense of well-being which you would not otherwise have believed possible ; you feel on top of the world, and, what is more important, you feel on top of your job. Moreover, the really fit man does not so easily fall a victim to the many diseases which are ready to attack him as does his weaker comrade and, if he does fall sick, he recovers more rapidly and more completely.

DISEASE IN GENERAL

This, however, is not a pamphlet on physical training. It lays down some simple rules to follow in order that you may, with the help of such training, reach the standard of fitness to which you aspire, keep at that standard, and ward off disease. Before going any further, a few words must be said about disease in general.

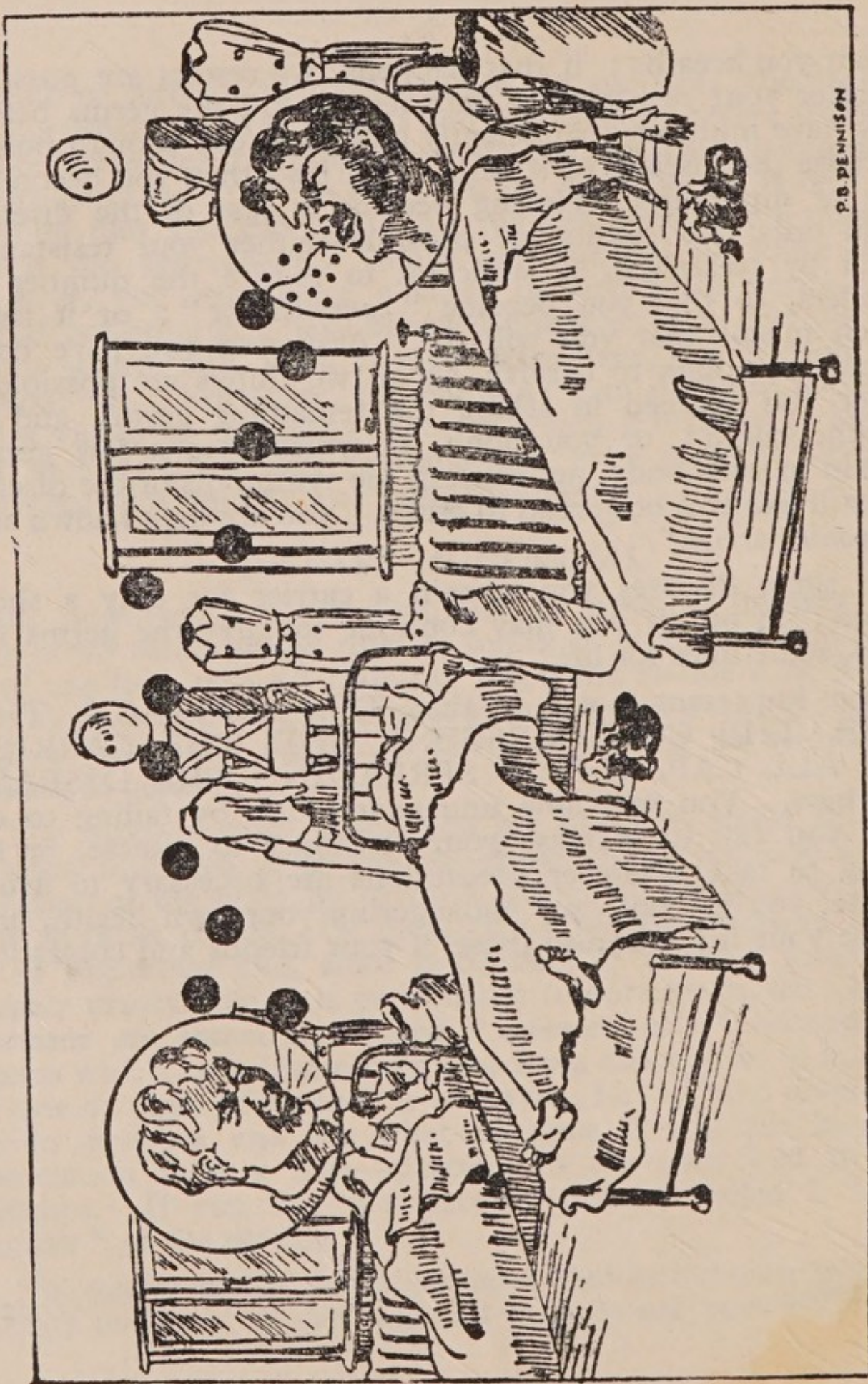
The diseases from which you are liable to suffer may be divided into two large groups—those which are due to the invasion of the body by harmful germs, and those which are due to other causes. Of these two groups the former is the more important and, since it consists of diseases which are largely preventible, it is particularly important to us. These diseases are sometimes called “*communicable*” because the germs which cause them may pass from one person to another in one or more of a number of ways. Let us take *diphtheria* as an example and see what happens if you are in close association with a case—sleeping in the next bed to him perhaps. If you are, you become what is called a “*close contact*” of the disease.

The germs of diphtheria can be spread into the air from the mouth and nose of the case and thus invade your body with

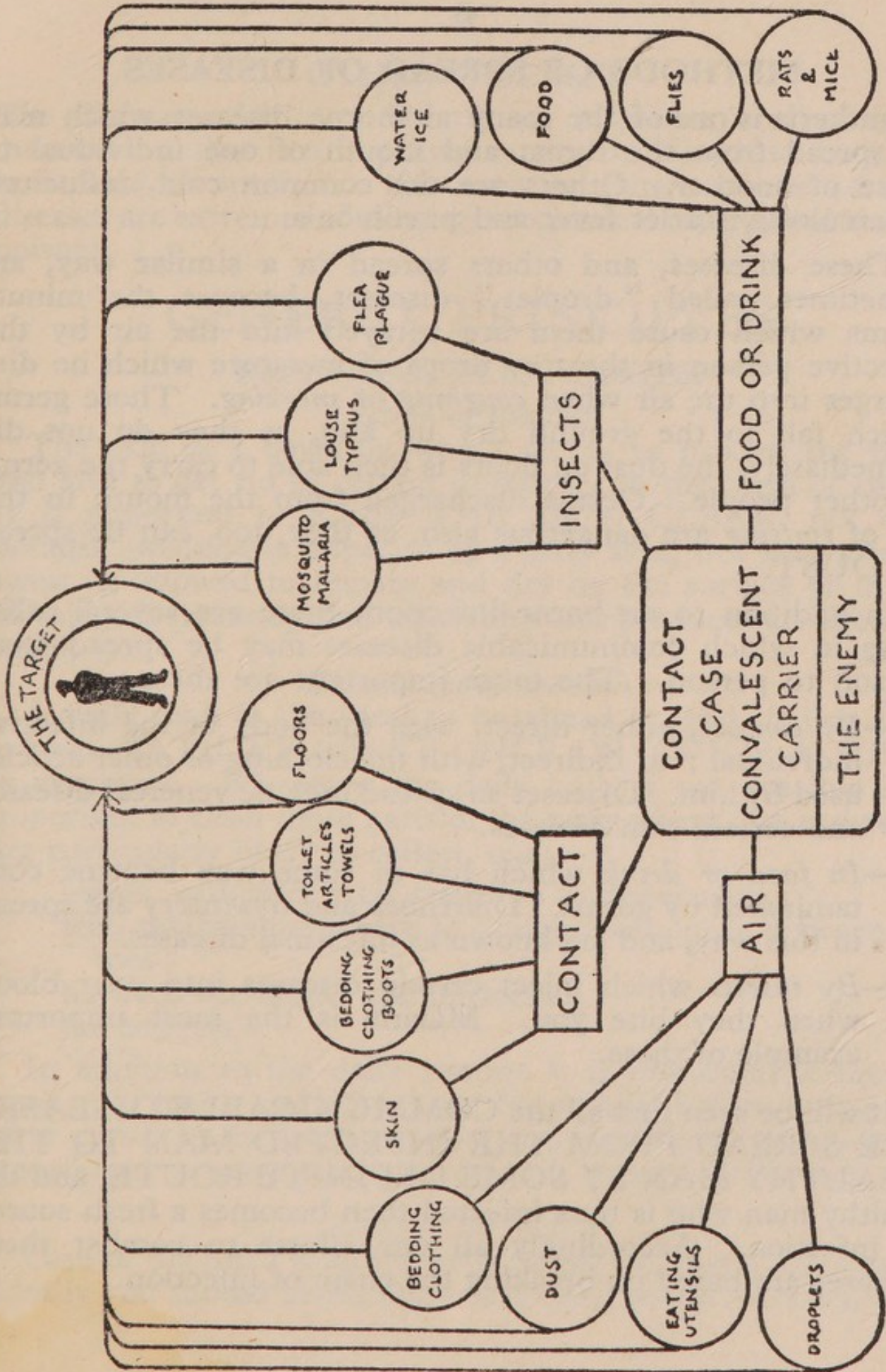
the air you breathe ; if that happens two results are possible—either your resistance is sufficient to kill the germs before they have multiplied sufficiently and produced enough poison to cause the disease, or it isn't. If it isn't then you become a *case* of diphtheria. Having become a case of the disease, again only two results are possible—either your resistance, aided by treatment, is sufficient to reduce the number of invaders, so that you become “*convalescent*” ; or it isn't, which means that you will die. Assuming you have been fortunate enough to survive, again two things are possible—either you succeed in killing the remaining germs, and so become cured ; or you don't, in which case a few germs remain in your body, not causing the symptoms of the disease but still liable to be spread to others ; you are then known as a “*chronic carrier*”.

In some diseases you remain a carrier for only a short period ; in others you may continue to carry the germs for years, sometimes for life.

The important point is that **THE CONTACT, THE CASE, THE CONVALESCENT AND THE CARRIER ARE ALL CAPABLE OF SPREADING THE DISEASE** to others. You will now understand that by failing to do what you can to increase your resistance to disease, or by failing to take whatever precautions are necessary to avoid disease, you are not only endangering your own health, and maybe your life, but also those of your friends and comrades.



YOU TOO CAN SPREAD DISEASE



SPREAD OF DISEASE

METHODS OF SPREAD OF DISEASES

Diphtheria is one of the many air-borne diseases which may be spread from the throat and mouth of one individual to those of another. Others are the common cold, influenza, tuberculosis, scarlet fever and pneumonia.

These diseases, and others spread in a similar way, are sometimes called "droplet" diseases, because the minute germs which cause them are sprayed into the air by the infective person in the tiny drops of moisture which he discharges into the air when *coughing* or *sneezing*. Those germs which fall to the ground dry up and, as they do not die immediately, the dust on floors is then able to carry the germs to other people. Germs discharged from the mouth in the act of *spitting* are dangerous also, as they, too, can be spread by DUST.

In addition to air-borne infection, there are several other ways in which communicable diseases may be spread from person to person. The more important are these:—

- By contact*, either direct, with the body of the infective individual ; or indirect, with the clothing or other articles used by him. Diseases so spread include venereal diseases and certain skin diseases.
- In food or drink* which has in some way become contaminated by germs. Diarrhoea and dysentery are spread in this way, and are known as intestinal diseases.
- By insects* which inject certain diseases into your blood when they bite you. Malaria is the most important example of these.

It will be seen that all the COMMUNICABLE DISEASES ARE SPREAD FROM THE INFECTED MAN TO THE HEALTHY MAN BY SOME DEFINITE ROUTE, and the healthy man who is thus infected then becomes a fresh source of infection. Accordingly all our efforts to combat these diseases are based on breaking the chain of infection.

OTHER DISEASES

The diseases which are not caused by germs are not communicable ; that is to say they cannot be passed on from one individual to another. The most important causes of such diseases are extremes of climate, mechanical injury, and certain poisons.

GENERAL PRINCIPLES

PERSONAL CLEANLINESS

Action of the skin

The skin is a covering which serves to protect the body and also to get rid of certain impurities in the form of sweat. It is important to **KEEP THE SKIN CLEAN**, not only because sweating is impeded by a dirty skin, but also because sweat, if allowed to remain and dry on the surface or in the clothing, is irritating and unhealthy and produces an offensive smell.

Cleanliness of the skin

A daily bath is the ideal to be aimed at, and, failing that, a warm **BATH AT LEAST ONCE OR TWICE A WEEK** is necessary. Whenever the daily bath is not possible it is important to clean those parts of the body where dirt and sweat are particularly likely to collect, *viz* :—

- hands, with particular attention to finger nails ;
- feet, taking special care to drying thoroughly between the toes ;
- between the thighs and buttocks ;
- the armpits.

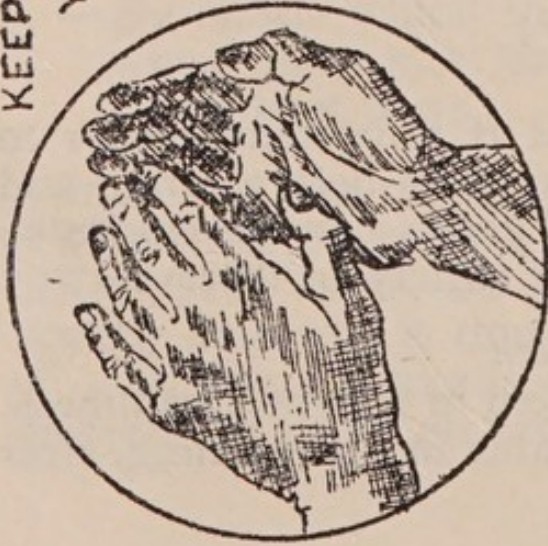
In addition to the daily routine it is important *always* to wash your hands and clean your finger nails before eating and after a visit to the latrines ; dirt and germs may otherwise be transferred to your food and cause a variety of diseases.

Care of the Teeth

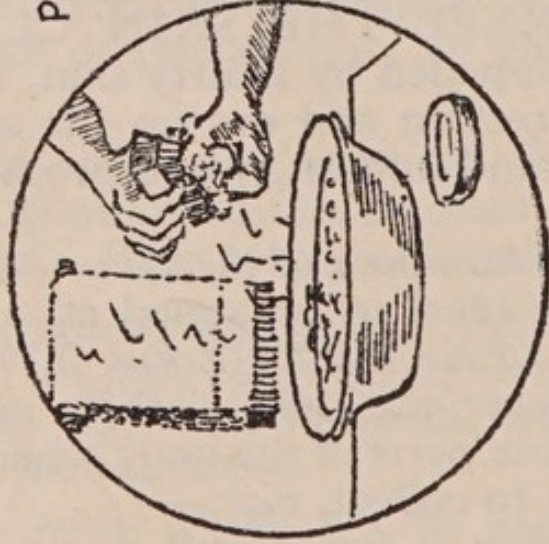
Care of the teeth is an important item in general cleanliness. Ideally you should brush them first thing in the morning, after

KEEP

YOUR
HANDS

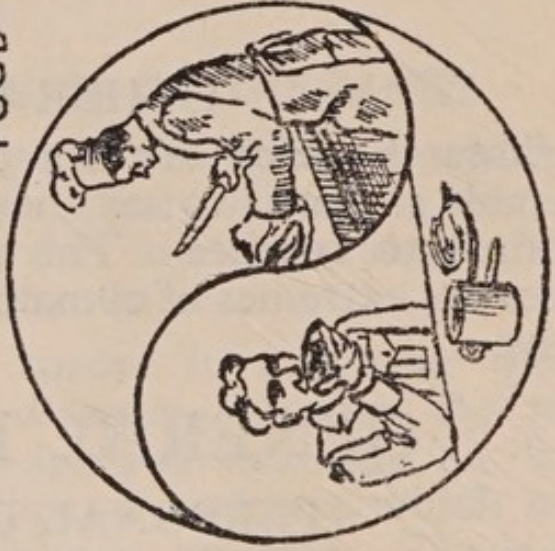
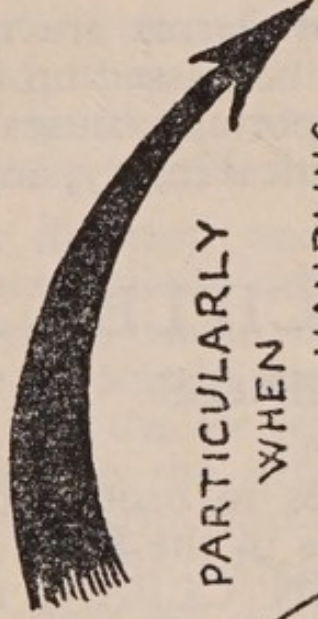


CLEAN



PARTICULARLY
WHEN
HANDLING
OR

EATING
FOOD



LOOK AT YOUR HANDS

KEEP YOUR FINGERS AND NAILS CLEAN

each meal, and last thing at night. Certainly, you should **BRUSH YOUR TEETH TWICE A DAY**, once in the morning, and even more important, once before going to bed. It doesn't matter what brand of toothpaste you use, or indeed whether you use toothpaste at all, but the **TEETH SHOULD BE BRUSHED FRONT AND BACK WITH AN UP-AND-DOWN** movement rather than a side-to-side one. Use a hard bristled brush.

Lice

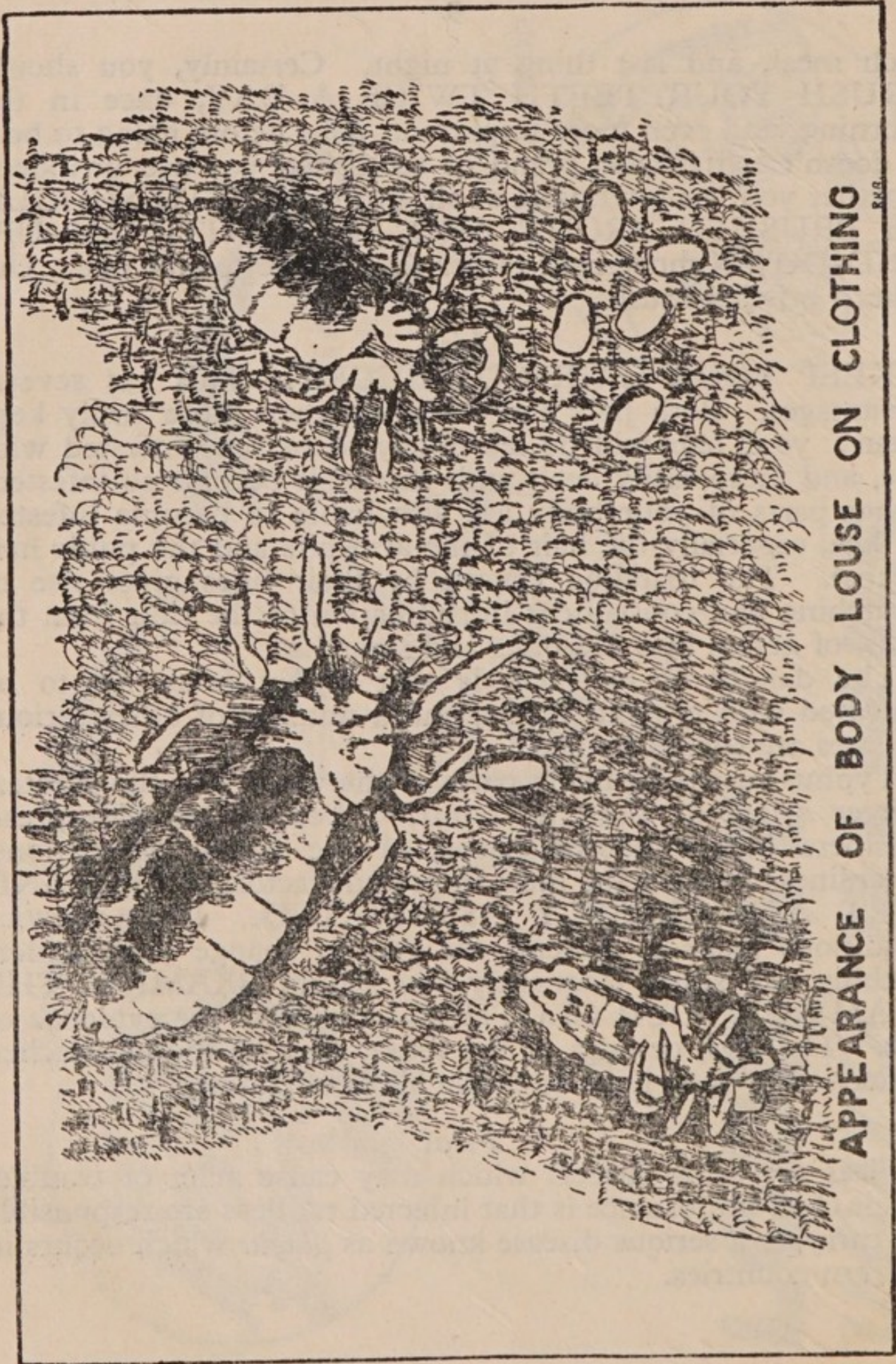
KEEP YOUR HAIR CUT SHORT. This has several advantages. Both hair and scalp are then more easily kept clean; your hair will be less likely to become infested with lice, and more easily dealt with should it become so infested. Other parts of your body are also liable to become infested by lice, especially the hair of the arm-pits and the pubic hair (crabs). The irritation caused by their bites gives rise to scratching and consequent inflammation of the skin from the entry of germs into the bites and scratches.

The danger of lousiness is that *typhus fever* (not to be confused with typhoid fever), and a number of other serious diseases are spread by lice.

Typhus occurs in many parts of the world but the greatest danger arises in Eastern countries, because of widespread lousiness in the poorer classes of the native populations. Cleanliness is again the most important factor, as **LICE AND DIRT ARE CLOSELY ASSOCIATED.** When service conditions make it difficult for you to change your under-clothing and shirts frequently you should **EXAMINE THE SEAMS OF YOUR CLOTHING** regularly for evidence of lice. The nits, or eggs of the louse, may be found attached either to the body hairs or to the fibres of clothing.

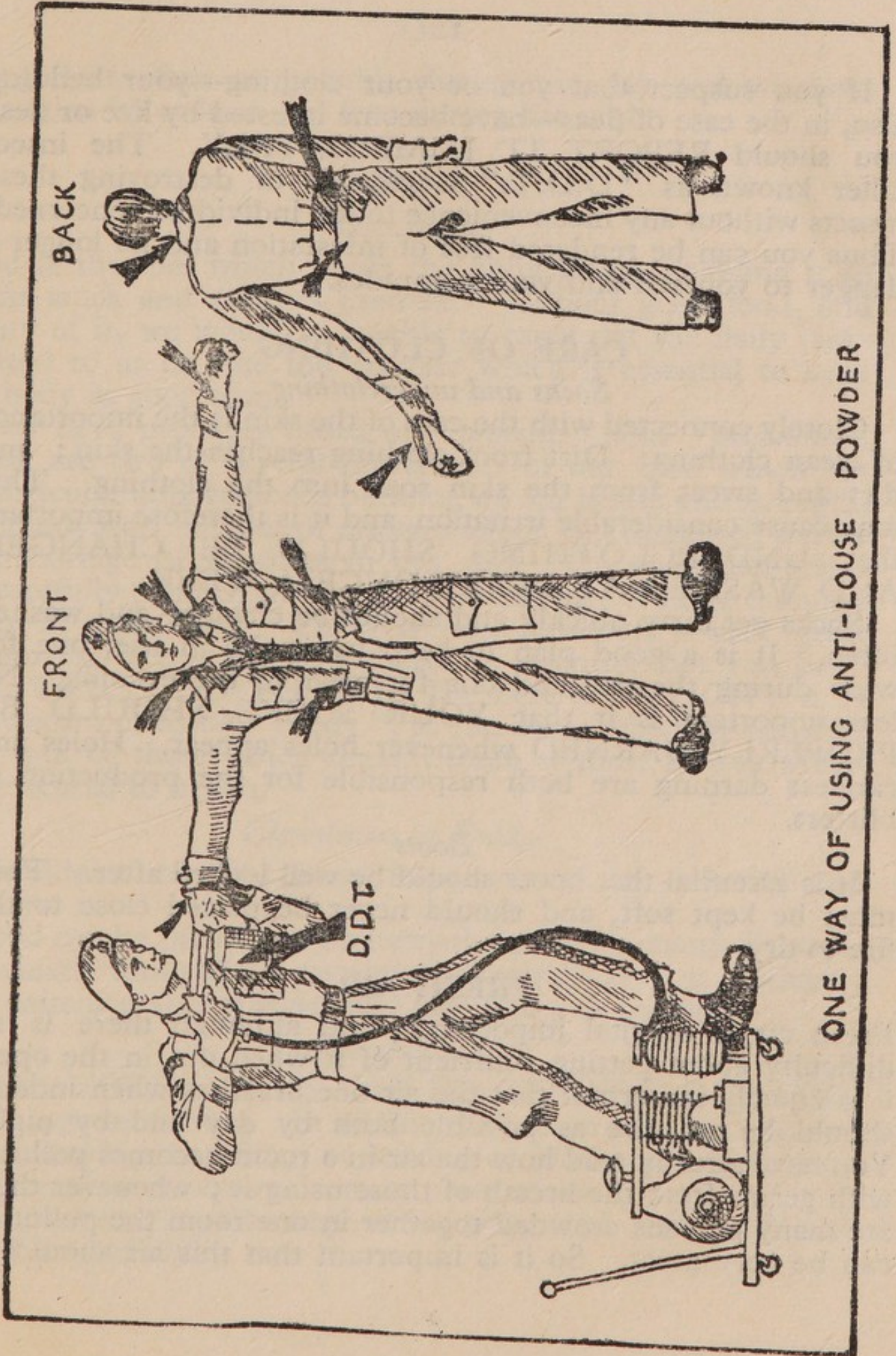
Fleas

Fleas are other insects which may cause a lot of trouble. Their chief importance is that infected rat fleas are responsible for carrying a serious disease known as *plague* which occurs in Eastern countries.



APPEARANCE OF BODY LOUSE ON CLOTHING

R.S.



ONE WAY OF USING ANTI-LOUSE POWDER

If you suspect that you or your clothing—your bedding also, in the case of fleas—have become infested by lice or fleas you should **REPORT IT IMMEDIATELY**. The insect killer known as “D.D.T.” is capable of destroying these insects without any inconvenience to the individual concerned. Thus you can be rendered free of infestation and no longer a danger to yourself and your comrades.

CARE OF CLOTHING

Socks and underclothing

Closely connected with the care of the skin is the importance of clean clothing. Dirt from clothing reaches the skin ; and dirt and sweat from the skin soak into the clothing. This may cause considerable irritation, and it is therefore important that **UNDERCLOTHING SHOULD BE CHANGED AND WASHED AT LEAST ONCE A WEEK**.

Socks get dirty quickly and should be changed and washed often. It is a good plan to keep two pairs in use, one for wear during the day and one for wear in the evening. No less important is it that **YOUR SOCKS SHOULD BE PROPERLY DARNED** whenever holes appear. Holes and careless darning are both responsible for the production of blisters.

Boots

It is essential that boots should be well looked after. They must be kept soft, and should never be placed close to the fire to dry.

FRESH AIR

Fresh air is of vital importance, and although there is no difficulty about getting sufficient of it when out in the open, it is equally important that the air one breathes when indoors should be as pure as possible both by day and by night. You have already read how the air in a room becomes polluted with germs from the breath of those using it ; whenever there are many persons crowded together in one room the pollution can be very great. So it is important that this air should be

changed as often as possible during the day and windows kept open by at least one foot during the night.

FOOD

Diet scales

Food is the fuel which keeps the body going, enabling it to do its work and take its exercise. Without good food, and plenty of it, we would be unable to carry out the daily tasks allotted to us or take the exercise which is essential to keep the body in good trim.

You have probably heard of “*proteins*” and “*vitamins*”. These are two of several ingredients of our food which are of particular importance in building up our health and strength, and there are a number of diseases which can be caused purely by a shortage of vitamins in our diet. The army diet scales are carefully planned so that there is sufficient of those essential items in your food. There is not, however, a very great margin for safety, and it is therefore essential that you **EAT ALL THE FOOD THAT IS IN YOUR RATION**; it is important not to be “faddy”, as the items which you dislike may well be those which contain some of those factors which are essential to health.

Cleanliness of Food

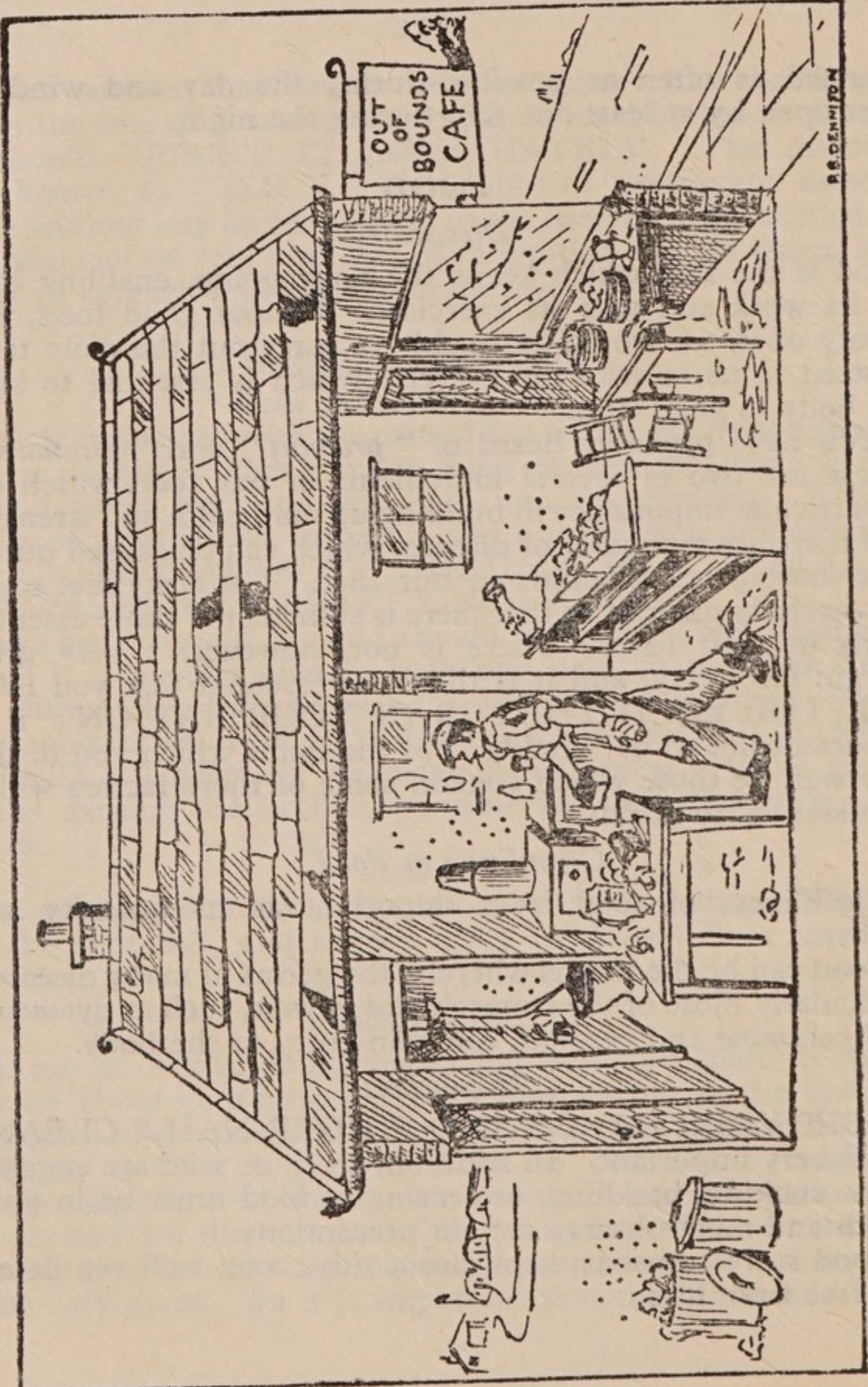
Cleanliness of food is as important as its quantity and quality.

Food can be the means whereby the germs of many diseases, particularly those of the stomach and bowels, such as *dysentery*, *food poisoning* and *typhoid*, can gain entry to the body.

Precautions

KEEP YOUR HANDS AND FINGER-NAILS CLEAN; this is very important. In addition, all those who are engaged in the cooking, handling, or serving of food must be in good health and must observe certain precautions.

Food stores must be kept clean, tidy, cool, well ventilated, and free from flies.



OUT OF BOUNDS

The kitchen, its fittings and all the utensils must be kept clean.

Eating and drinking utensils may be washed-up and rendered germ-free under unit arrangements but if the responsibility is left with you as an individual you should carry out the process conscientiously for your own sake.

Cooks should always wear overalls.

FOOD MUST BE PROTECTED FROM FLIES at all stages, as they carry filth and disease germs from latrines, rubbish-dumps, etc.

DRINK

Importance

WATER IS ESSENTIAL TO LIFE and no matter what your favourite drink may be—tea or coffee or beer—it is only the water in it that is absolutely necessary.

A man deprived of food can live for quite a long time, but a man deprived of water quickly dies. It is therefore of the utmost importance that an adequate supply of water should be available.

The amount of water anyone requires varies with the climate and the amount of work done, but apart from active service conditions, arrangements for an adequate supply will rarely present any difficulties.

There are, however, certain important precautions which must be taken in order to ensure that the water is safe to drink.

Purification

At home, tap water and mineral waters can nearly always be considered safe to drink. That is not the case overseas, however, and particularly on active service **ALL WATER MUST BE VIEWED WITH SUSPICION** unless it has been passed fit to drink by those responsible.

When you are with your unit in the field, a sufficient supply of purified water will be available to you from the unit water tank truck or some equally reliable source, so that it is only when you are on your own or with a small detachment that

the responsibility for purifying your drinking water will fall on you as an individual. It is essential that you should realize the importance of this responsibility, as unpurified water frequently contains the germs of *cholera*, *dysentery*, *typhoid fever*, or other diseases, some of which can be fatal.

Individual Purification

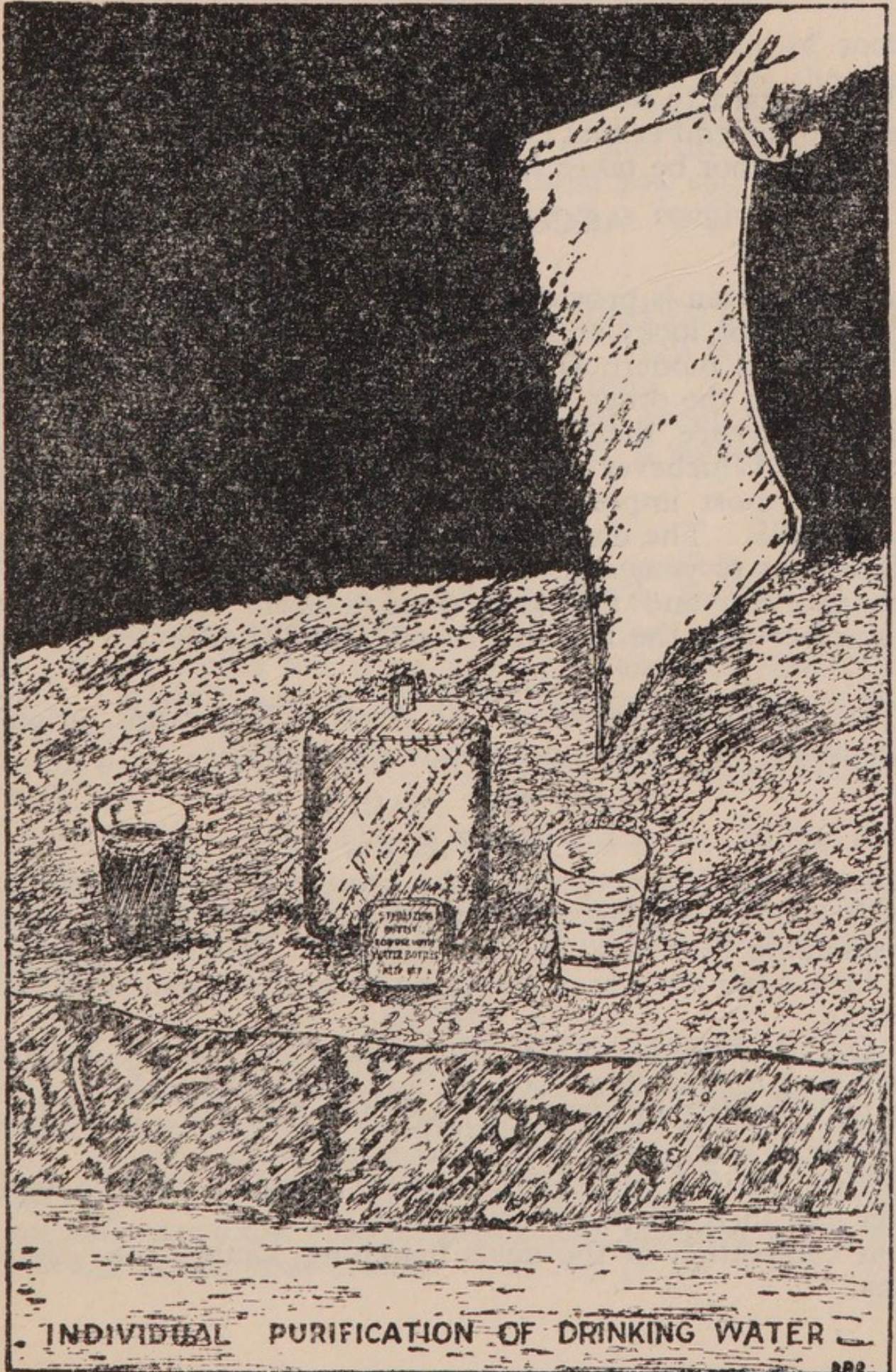
In circumstances where you have to purify water for yourself, you may be provided with a Millbank Filter Bag, as well as the usual Individual Water Sterilizing Outfit. With the aid of these you can readily produce safe drinking water. **FIRST STRAIN THE WATER** through the bag. This is done by soaking the bag thoroughly inside and out, suspending it filled with water from some suitable projection, and then allowing the water to run through it into your water bottle. (The first runnings should be allowed to go to waste, as they will not be completely filtered.) When your bottle is full you **THEN USE THE WATER STERILIZING OUTFIT**. Instructions for its use are given with each outfit and by following them exactly you will then have drinking water which is safe and pleasant to drink.

Emergency Purification

Occasionally you may find yourself without even a Sterilizing Outfit. When that is so, you must **STRAIN THE WATER** as best you can and **THEN BOIL IT**. This has two disadvantages. Firstly it takes quite a long time for the water to cool down sufficiently, and also boiling makes the water "flat" to the taste. These objections can be overcome by making tea. When this is done properly with boiling water, the water will be sterilized and the objectionable taste absent.

Dangers

NEVER drink any water that has not been certified as fit for drinking unless it has been purified in one or other of the ways mentioned above. **REMEMBER THE DANGERS—DYSENTERY, TYPHOID, CHOLERA, DEATH!**



INDIVIDUAL PURIFICATION OF DRINKING WATER

Coffee and tea

With regard to non-alcoholic drinks other than water, it is useful to remember that coffee and tea tend to keep one awake and should not be taken just before going to bed.

ACCOMMODATION*Barracks*

Accommodation is provided for you in the Army.

You may be lucky and live in an up-to-date barracks where everything is modern and more or less as you would like to have it. On the other hand you may have to live in very old buildings where there are many defects which cannot be rectified. Whichever may be your lot make the best of it. Here the most important factors are **CLEANLINESS** and **TIDINESS**. The dangers that lie in dust have already been pointed out to you, and it is only if all co-operate in keeping a room clean and tidy that these dangers can be averted. Remember also the importance of **VENTILATION**.

Surroundings

The same attention should be given to bathrooms, urinals, latrines, and to the ground around the barracks.

ON THE MARCH*Care of the feet*

Despite the degree to which the Army has been mechanized, it will still be employed in many situations where marching considerable distances will be necessary. Consequently you will have a fair amount of marching to do in the course of your training.

DON'T WEAR NEW BOOTS FOR MARCHING. Make sure that all boots are soft and well dubbined.

KEEP YOUR SOCKS CLEAN AND SOFT—both those you wear and any spare pairs you carry.

FEET MUST BE KEPT CLEAN, washed daily in tepid water and then steeped in cold water.

On completion of the day's marching, change into canvas shoes.

Some people find it useful to wear a thin pair of socks inside their Army socks, and dusting powder on the feet inside the socks is often valuable. If, despite these precautions, you develop sore or blistered feet, try to find the cause of the trouble. Very often it will be something you can remedy by yourself, such as a badly darned sock or a roughened inside of the boot.

Halts

Make the most of every halt. **EQUIPMENT SHOULD BE REMOVED** and you should **LIE DOWN**, preferably with your feet above the level of your head.

At short halts there will be no latrine arrangements; if you have to pass a stool be sure to cover it completely with earth before moving on.

Water discipline

If water is plentiful drink as much as possible; **DRINK SMALL AMOUNTS AT FREQUENT INTERVALS**; this is better than a large quantity all at once.

If water supplies are short you must learn to **ENDURE YOUR THIRST** and to preserve your water ration so that it will last out the day.

In any event **DO NOT DRINK FROM UNAUTHORIZED SOURCES**.

Chewing gum may help to relieve thirst or, failing that, sucking a small pebble.

Smoking increases thirst and should be restricted to halts; if water supplies are short it is best to abstain from smoking altogether.

SLEEP

Sufficient sleep is essential to the full enjoyment of health. Reveille awakens you fairly early in the Army and it is therefore important that you should go to bed correspondingly early. **EIGHT HOURS OF SLEEP** in every twenty-four is the target to be aimed at. Although occasional lapses are permissible, frequent curtailment of your sleeping hours will slowly undermine your health.

LEISURE

You will have a fair amount of time to yourself in the Army. Learn to spend it usefully as far as possible.

There will be plenty of opportunity for **PLAY GAMES** and you should take part whenever you can. If you haven't been much of a games player before, now is the time to learn.

It is also extremely useful to **DEVELOP A HOBBY** with which to occupy the rest of your time both indoors and outdoors. **KEEP A DIARY**—it may be a difficult task but it can be great fun and give you endless amusement when you come to read it later. Apart from anything else, if you are depressed or have a grouse, putting it down on paper is one of the best ways of getting it out of your system.

TOBACCO

If you are a smoker, **DON'T SMOKE TOO MUCH**. The excessive smoker suffers from shortness of wind, and may later also develop distressing symptoms such as bad eyesight and heart trouble.

ALCOHOL

Much has been written and said about the uses and abuses of alcohol.

It should be clearly understood that alcohol is not at any time a necessary adjunct to one's diet.

No alcoholic drink contains any substance necessary to one's body that cannot be more easily and more cheaply obtained from other sources. Alcohol taken in moderate quantities is unlikely to be harmful but taken to excess is certainly bad for you.

As a general rule if you want to partake of alcohol, drink beer and **ALWAYS OBSERVE MODERATION**.

SEXUAL RELATIONSHIPS

It is important to realize that sexual intercourse is not necessary for a completely healthy existence. Furthermore, abstinence

from sexual relations does not result in any reduction of virility.

The Danger

Intercourse with a casual acquaintance may result in your acquiring one of the *venereal diseases*, since anyone who is willing to have illicit intercourse may well have become infected by a previous partner. This risk is immeasurably greater in countries abroad than in the United Kingdom.

VENEREAL DISEASES ARE TO BE AVOIDED AT ALL COSTS as they cannot always be cured and may cause serious ill health and premature death. They can, moreover, be readily passed on to one's wife (or husband) and children.

Precautions against venereal disease

Prevention is mainly a social problem and, if the moral standards of a community are high, the incidence of venereal disease will be low. You will have a lecture from your M.O. on this subject. You should **PAY CAREFUL ATTENTION** to what he has to tell you. Do **NOT** go to anyone other than your M.O., if you suspect that you require treatment, or you may be falsely declared cured and suffer afterwards from all the later ill-effects of the disease.

OVERSEAS

When serving overseas, the general principles already outlined remain the same, but they must be followed with even greater care.

In this country we have a public health service which relieves us of the necessity of worrying very much about the purity of our food or drinking water, for example, or about the disposal of waste.

We turn on the tap in the knowledge that the water will almost certainly be safe to drink. When we visit the latrines we have only to pull the chain and need not worry about what happens thereafter. In many countries where you may be called upon to serve such amenities do not exist, and you will have to exercise considerable care and discretion in your

everyday life in order to avoid the perils which threaten as a result of insanitary conditions and surroundings.

WARM CLIMATES

All the measures already outlined apply with even greater force in tropical and sub-tropical countries. In addition, one encounters there a number of diseases rare and even unknown in this country and additional special precautions have to be taken in order to avoid them.

Malaria and Dengue Fever

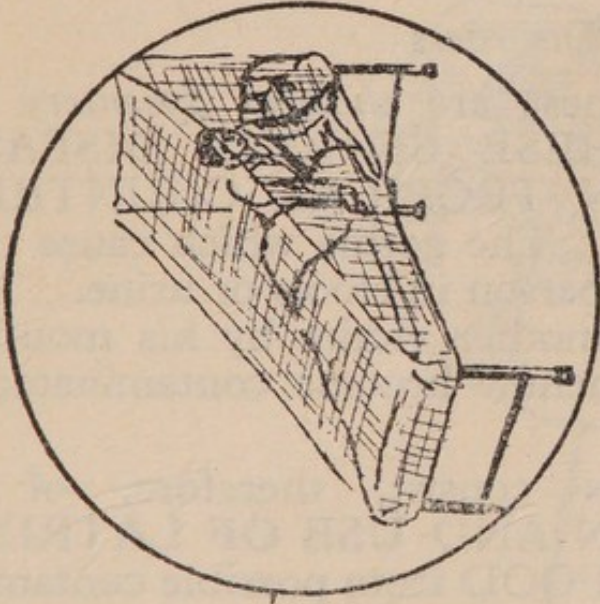
These fevers are due to germs which are carried from infected individuals by *mosquitoes* and which are injected into fresh victims by the bite of those mosquitoes. **MALARIA IS A SERIOUS DISEASE** and often in the past it has crippled an Army and rendered it unable to carry on. Accordingly it is of supreme importance that all orders which may be issued to prevent the disease must be carried out to the letter. Apart from the general measures which will be arranged by units, and in addition to the use of D.D.T. or other insect-killers, there are a number of measures which have to be carried out by each individual for his own protection and for which he alone will be responsible.

You will have to **SLEEP UNDER A MOSQUITO NET**. Make sure that you **KEEP IT IN GOOD REPAIR**, and that it is properly arranged every night. When it is not possible to use a net, put on the wide-mesh headveil, over-sleeves and over-socks contained in your anti-malaria wallet.

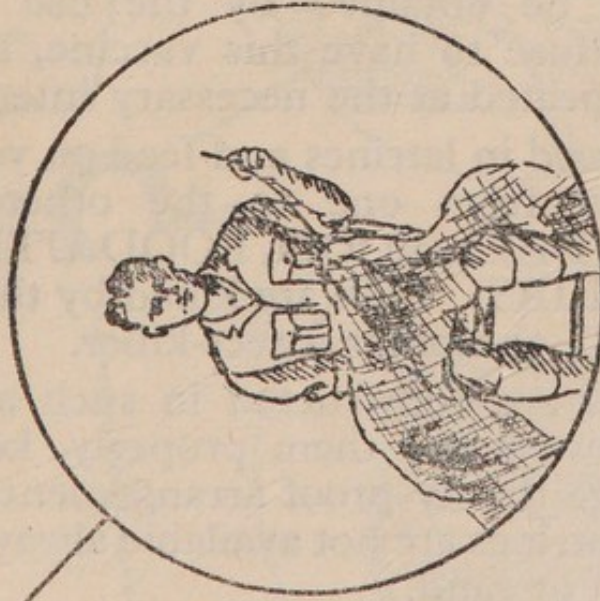
During the hours of darkness **APPLY YOUR MOSQUITO-REPELLANT (D.M.P.)** two-hourly to all exposed skin, unless protected by a net.

At least half an hour before dusk **LONG TROUSERS SHOULD BE WORN** and **SHIRT SLEEVES ROLLED DOWN**. Mosquitoes do not usually bite during the day time.

You must have to **TAKE ANTI-MALARIA TABLETS**. If so, be conscientious about taking them regularly.



PROPERLY ARRANGED



GOOD REPAIR

USE YOUR MOSQUITO NET CAREFULLY

Bowel Disorders

The more important of these are *cholera*, *dysentery* and *enteric (typhoid) fever*. THESE SERIOUS DISEASES ARE VERY COMMON IN TROPICAL COUNTRIES, though happily rare at home. The germs which cause them leave the body of an infected person in stools or urine. They can only enter the body of another victim by his mouth in food or water which has somehow become contaminated by such infected material.

The preventive measures consist, therefore, of the PROPER CONSTRUCTION AND USE OF LATRINES and the PROTECTION OF FOOD from possible contamination. In addition, almost complete protection against typhoid fever can be obtained by the use of T.A.B. VACCINE. Do not refuse to have this vaccine, and make sure that you have it repeated at the necessary intervals.

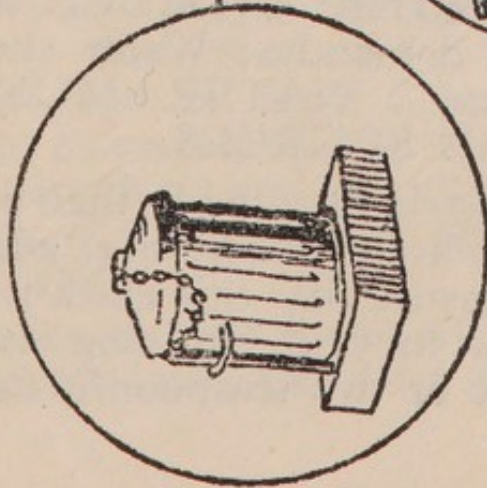
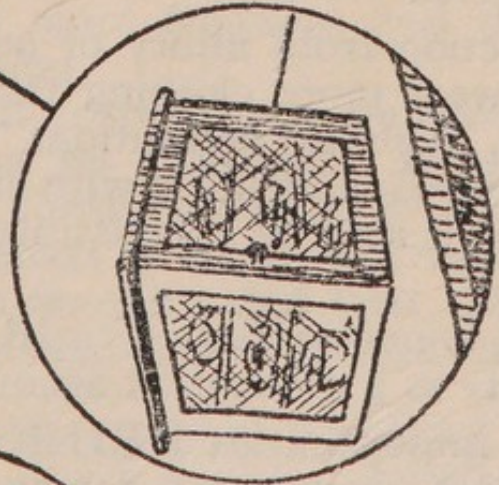
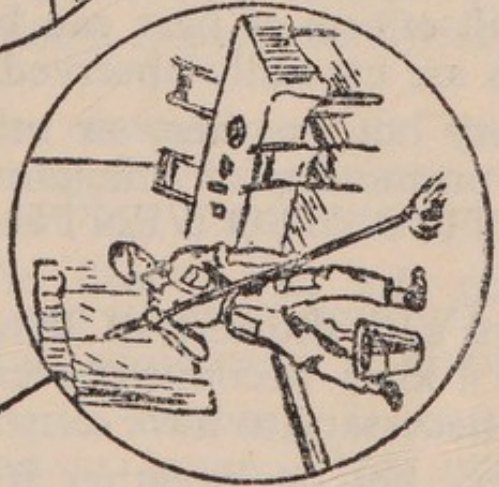
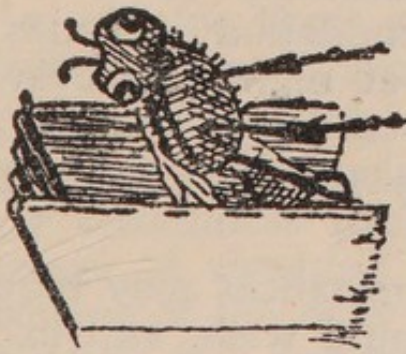
Flies breed in latrines and feed on your food, carrying germs with them from one to the other. Therefore, carefully PROTECT ALL FOOD, FOOD UTENSILS AND DRINK FROM FLIES. Flies are killed by the use of a spray containing D.D.T. or similar insect-killer.

Latrines are constructed in such a way that they are fly-proof; always use them properly, keep them clean, and do not damage the fly-proof arrangements.

When latrines are not available always cover stools completely with earth or sand.

It is important to DRINK WATER FROM AUTHORIZED SOURCES ONLY. This applies equally to mineral waters, which may have been made and bottled under very unsanitary conditions.

RAW VEGETABLES AND UNCOOKED FRUIT SHOULD NOT BE BOUGHT OR EATEN OUTSIDE YOUR UNIT. MILK MUST ALWAYS BE BOILED unless it is pasteurized. DO NOT ADD ICE TO DRINKS unless you know the ice to be from an approved source. ICE CREAM IS PARTICULARLY DANGEROUS.



FOOD COVERED
"BEWARE OF FLIES"
CLEANLINESS

PROPER WASTE
DISPOSAL

Heat Stroke and Heat Exhaustion

These serious and often fatal conditions result from a failure of the body to adapt itself to hot, and sometimes humid, climates. Although there are many factors involved in the final result, the essential reason for their occurrence is either a failure to sweat sufficiently, or else excessive sweating without replacement of the water and salt lost in the process.

The ill effects of heat can be avoided if the following precautions are carefully observed.

In very hot weather, air movement is an important factor in the promotion of efficient sweating. Accordingly, **PAY ATTENTION TO VENTILATION** of accommodation.

During the day it will often be necessary to close all windows and shutters of living accommodation in order to prevent rooms becoming overheated; at night, however, it will be necessary to have all windows open.

In very hot dry weather it is usually **BEST TO SLEEP OUTSIDE**.

Protection from injury or other circumstances may require one to wear more clothing than one would wish, and in the evening, malaria precautions may demand the wearing of long trousers, and shirts with sleeves rolled down. Sometimes, however, it may be permissible to wear only shorts, socks and shoes.

A hat is not strictly essential, but may be worn for comfort, especially as a precaution against glare.

It is important to **DRINK AS MUCH AS POSSIBLE**, even more than thirst demands. Water should be cool, if possible, but not iced. **WATER MUST BE FROM AUTHORIZED, PURE SOURCES.**

More salt may be lost in the sweat than is taken in one's food. In very hot conditions, therefore, additional salt will be issued; you must ensure that this extra issue is consumed either in your food, or in your drinking water (two 10 gr. tablets to a water bottle or two teaspoonfuls to a gallon).

Your appetite may become rather jaded in very hot weather, but it is still necessary that you should **EAT SUFFICIENT FOOD** to give you the energy to perform the day's work.

When it is very hot, the main meal of the day should be eaten in the evening, but nevertheless it is important that no serious work or exercise should be undertaken on an empty stomach.

SUFFICIENT SLEEP IS ALWAYS ESSENTIAL to physical welfare and in the tropics it is particularly important, but not always easy to obtain.

A mosquito net reduces the amount of air movement around the body, and in hot, muggy weather there will be a great temptation to sleep without it. This must be resisted at all costs.

In addition there are one or two items of personal hygiene which must be emphasized, or in some cases re-emphasized.

CLEANLINESS of body and clothing is even more important in hot climates than at home. Not only does body cleanliness promote healthy sweating, but the natural increase of sweating demands more frequent and thorough cleansing of the body and clothing.

EXERCISE and participation in sports is to be encouraged, but moderation should always be observed. In very hot weather the more strenuous forms of exercise should be confined to the early morning hours or the cool of the evening.

Constipation is sometimes a warning that heat exhaustion is approaching, but if it does occur strong purgatives should not be used.

ALCOHOL MUST NOT BE TAKEN BEFORE DUSK in hot climates, and then only in the **STRICTEST MODERATION**, and in dilute form.

Smoking is not more harmful in the tropics than elsewhere, but it does stimulate thirst and you should therefore **REDUCE SMOKING TO A MINIMUM IF WATER SUPPLIES ARE RESTRICTED**.

Tinted spectacles may be found to give a certain degree of relief from strong sunlight, and are a valuable protection from

glare, for example in desert areas. **TINTED SPECTACLES ARE NOT ESSENTIAL** in most cases ; if worn they should be of good quality.

Sunburn

Sunburn results from over-exposure of the skin to the sun's rays before it has become acclimatized.

ACCLIMATIZE YOURSELF TO SUNSHINE GRADUALLY by exposing gradually increasing areas of the body for progressively longer periods of time ; this can be done most usefully on board ship on one's way out to the tropics.

With care, sunburn can always be avoided and when it results in incapacity for duty is considered a self-inflicted injury, and is punishable accordingly.

People with fair skins have to be particularly careful to avoid sudden excessive exposure.

Skin Diseases

Skin diseases are rife in the tropics, and in their prevention two items are of paramount importance—(a) cleanliness of skin and clothing, and (b) strict avoidance of the practice of exchanging personal articles which come into contact with the skin, such as towels, shaving kit, brushes, combs, and articles of clothing.

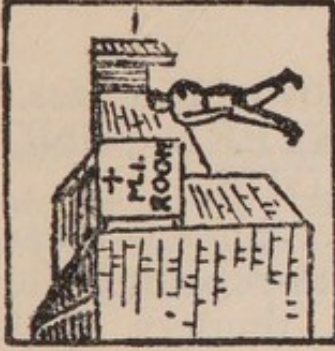
Foot-rot (or athlete's foot) is a very common skin infection of the feet, and occurs both at home and abroad. It is frequently acquired by walking barefoot on the floors of bath-houses and ablution places. In order to avoid it, **FEET MUST BE WASHED FREQUENTLY, AND CAREFULLY DRIED** with special attention to the clefts between the toes.

SOCKS AND TOWELS MUST NOT BE EXCHANGED. YOU SHOULD NOT GO BARE-FOOTED more than is necessary, and the floors of bath-houses and ablution places must be scrubbed regularly and kept scrupulously clean.

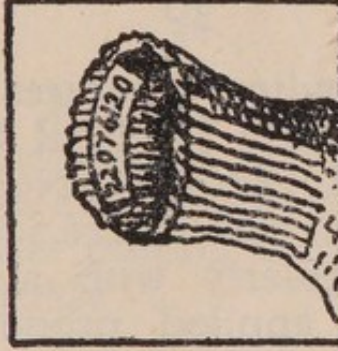
Typhus Fever (see p. 6)

Scrub Typhus

Scrub typhus is primarily a disease of small rodents such as rats and mice but may be conveyed from them to men



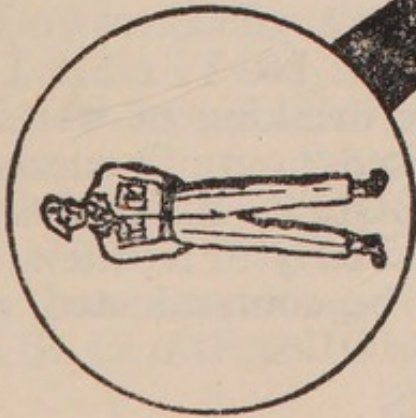
REPORT EARLY



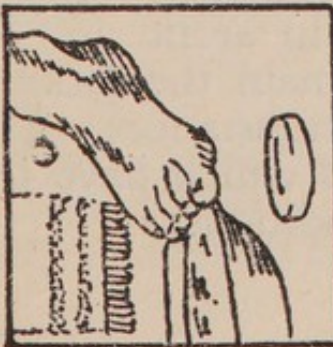
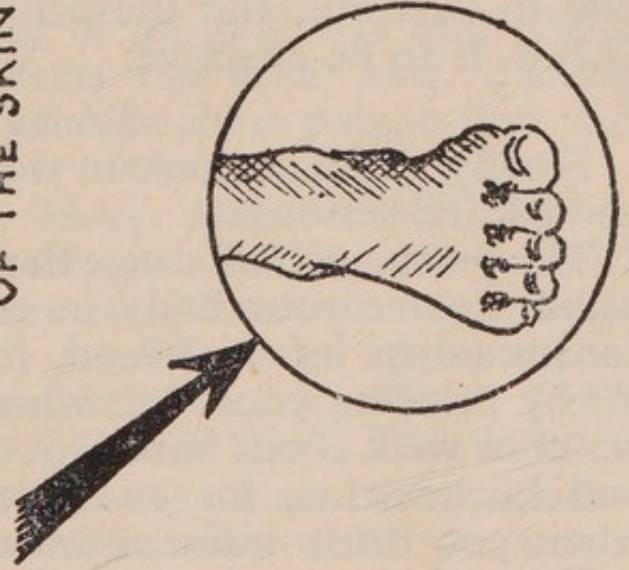
MARK YOUR SOCKS TO AVOID MIX UP AT LAUNDRY



KEEP SOCKS IN GOOD REPAIR



ATHLETES FOOT ATTACKS BETWEEN TOES CAUSING ITCHING, REDNESS AND PEELING OF THE SKIN



WASH REGULARLY DRY CAREFULLY



USE FOOTPOWDER



AVOID GOING CAREFOOT

by the bite of tiny crawling creatures known as mites. A KIND OF MITE FOUND IN FAR EASTERN JUNGLE AREAS IS PARTICULARLY DANGEROUS.

If you are serving in an area where scrub typhus is a danger you will be issued regularly with a mite-repelling liquid (D.B.P.). This when applied properly, renders clothing mite-proof. There is a regular drill laid down for its application to clothing, and the drill must be followed exactly if the D.B.P. is to be effective.

Worm Diseases

Finally, there are certain worm diseases which are important and can be serious.

The worms which cause the more important of these diseases usually enter your body in one of three ways—(a) by being consumed in infected food, improperly cooked (tapeworms); (b) by piercing your skin when you bathe or wash in infested water or walk about bare-foot on infected ground (schistosomes and hookworms, for example); or (c) by being consumed when you drink infested water (guinea-worms, for example).

To avoid these diseases, then, **YOU SHOULD NOT EAT MEAT, ESPECIALLY PORK, IN UNCONTROLLED CAFES and restaurants**; in areas where guinea-worms or schistosomes are common **YOU MUST NOT USE UNAUTHORIZED WATER** supplies for drinking or washing, nor bathe in waters which have been placed "out of bounds"; **YOU SHOULD NOT WALK ABOUT BARE-FOOT** more than is absolutely necessary, particularly in latrine areas, where the ground is specially liable to be contaminated with hookworms.

COLD CLIMATES

It is possible that you may be called upon to serve in conditions of extreme cold such as are encountered in arctic and sub-arctic regions. The general principles remain the same and have only to be adapted to the strange circumstances. There are, however, one or two important points which have to be considered only in such extremely cold conditions.

Mental Effects

Service in arctic climates can be very monotonous. You should be aware that you are liable to develop a false impression that your fellows are not pulling their weight, and you must **TRY TO BE TOLERANT.**

Frostbite

This is due to an actual freezing of the skin and underlying tissues and most commonly affects the nose, ears, cheeks, fingers and toes. The affected parts become pale, numb and stiff.

Unfortunately **FROSTBITE MAY BE PAINLESS** in its early stages and progress without your knowing until it has reached a degree when cure is difficult or impossible. Early recognition, then, and early treatment are important.

To prevent frostbite it is important that you **WEAR THE SPECIAL COLD CLIMATE CLOTHING PROPERLY** and that you do not allow it to be too tight anywhere, particularly at the wrist, leg and ankles. You must avoid dampness as much as possible, and if there is a tendency to sweat when working you must **OPEN THE NECK OF YOUR CLOTHING TO PERMIT THE SWEAT TO EVAPORATE.** **METAL ARTICLES MUST NOT BE TOUCHED WITH THE BARE HANDS** until the metal has been previously warmed. If you wear spectacles with **METAL FRAMES** the frames **MUST BE INSULATED** with adhesive tape. **WRINKLE YOUR FACE FREQUENTLY** to ensure that it is not becoming frigid and **KEEP A WATCH ON YOUR COMPANIONS** for any signs of frostbite.

Snow-blindness

Snow-blindness is caused by the impact on the eye of rays coming directly from the sun and others reflected from a surface of ice or snow. It is prevented if you **USE THE TINTED GOGGLES** which are on issue to all troops in very cold climates. They must be worn at all times unless the sky is clouded over.

Trench Foot

This is due to cold, wet and interference with the circulation in the feet. It is specially likely to occur in trench warfare when no exercise is being taken and tight fitting boots or socks are worn. It can be largely prevented by cleanliness of the feet, the use of foot powder, frequent changes of socks and the daily removal of boots.

CONCLUSION

An attempt has been made to indicate the measures you should take in the various circumstances in which you may find yourself, so that you may enjoy the best of health while in the Army. The reasons for these measures have also been given in as simple a form as possible.

In order to do this, it has been necessary to mention a large number of diseases which you are liable to encounter both at home and abroad, and this may have left an impression that service overseas is a hazardous affair, exposing you permanently to attack from all directions by a fearsome number of strange and dreadful afflictions. That is far from the case. - Of all those who serve overseas, only the unfortunate few suffer from any of the diseases mentioned, and in this connection, as in many others, fortune favours the discreet rather than the brave.

Knowledge of one's opponent is an important factor in any contest and to be armed with that knowledge is half the battle in the fight for health and against disease.

Remember that in this fight, as in so many others, you are fighting not for yourself alone but for all those who are fighting alongside you.

Try to remember the rules of the game and obey any orders and instructions which may be issued to you even though they may appear tedious and unnecessary. They are there for no other reason but to help and protect you.

