EPITOME OF THE REGULATIONS GOVERNING HYGIENE AND SANITATION.

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“Every officer is responsible that all orders affecting the health of the Army are rigidly carried out by the troops under his command.” (“Field Service Regulations,” Vol. II of 1920.)

These orders are scattered throughout a number of books of regulations. During the period I was an instructor at the Army School of Hygiene, Aldershot, I had occasion to collect these regulations for teaching purposes.

Acting on the advice of a senior officer I now submit the collection for publication hoping that it may prove of value to officers of the Corps in carrying out their normal duties.

The references do not pretend to be exhaustive, but form a nucleus which can be added to from time to time.

In order to economize space, the regulations are paraphrased, and when dealing with any particular subject it will be advisable to refer to the regulation itself.

Regulations dealing with “Barracks.”—The Barrack Synopsis, 1923, is for the information and guidance of chief engineers, commanding royal engineers, and their staffs, and a copy is issued to the A.Q.M.G. and D.D.M.S. of each Command.

Particulars given, as regards military buildings, authorized for various units, and the standard of accommodation and fittings in connexion therewith, are specially applicable to new permanent buildings; but will also form the basis of proposals in large schemes for reappropriation and reconstruction of existing structures, and for new hutted camps and temporary cantonments as may be expedient.

It must, however, be understood that the fact of existing buildings falling short of the recognized standard will not in itself be sufficient to justify a requisition for enlargement, nor for reappropriation with a view to reduction in the numbers for which actually appropriated, without full consideration of the needs of the case; nor as regards quarters will it justify claim by officers and others to an increase of the accommodation to which they are entitled under the King’s Regulations.

It is to be regarded as a guide, and not as a hard and fast regulation leaving no discretionary power.

The following extract from Barrack Synopsis gives the internal measurements of barrack rooms referred to in the Regulations for the Medical Services of the Army, paragraph 383.
<table>
<thead>
<tr>
<th>Station</th>
<th>Height</th>
<th>Floor space per individual</th>
<th>Cubic space per individual</th>
<th>Verandahs, width</th>
</tr>
</thead>
<tbody>
<tr>
<td>Home</td>
<td>10 ft.</td>
<td>60 sq. ft.</td>
<td>600 cu. ft.</td>
<td>-</td>
</tr>
<tr>
<td>Gibraltar and Malta</td>
<td>12</td>
<td>70</td>
<td>840</td>
<td>8</td>
</tr>
<tr>
<td>Cyprus; Caylon, Hill Station; Hong Kong, Peak; Bermuda</td>
<td>12</td>
<td>70</td>
<td>770</td>
<td>8</td>
</tr>
<tr>
<td>North China</td>
<td>11</td>
<td>80</td>
<td>1,040</td>
<td>10</td>
</tr>
<tr>
<td>Egypt; South China; Mauritius; West Africa, Hill Station; West Indies</td>
<td>13</td>
<td>100</td>
<td>1,400</td>
<td>10</td>
</tr>
<tr>
<td>Soudan; West Africa, Plains; Straits Settlements</td>
<td>14</td>
<td>100</td>
<td>1,400</td>
<td>10</td>
</tr>
</tbody>
</table>

Notes to above Table.

*Note 1.*—These measurements have been calculated to ensure that a minimum floor space and cubic air space has been allowed for each man in the barrack room.

*Note 2.*—Not less than six feet linear wall space should be allowed per man in barrack rooms.

A corresponding table of floor and cubic space for each bed in hospital is given in the Regulations for the Medical Services of the Army, paragraph 30.

It is the duty of the A.D.H. to confer with the R.E. on the sanitary details connected with all schemes originating in the Command relating to building, to water supply, drainage and sewage disposal (Regulations for Army Medical Services, paragraph 375). He is to be present at the tests applied after the completion of any drainage system (Regulations of Army Medical Services, paragraph 376). A medical officer will be a member of the Board assembled to report on sites for buildings or quarters (King's Regulations, paragraph 1372).

Before buildings are handed over A. F. K1251 (a detail of accommodation) is prepared to ensure the correct appropriation, to give the number of fuel units, and other details of measurements, cubic space, and heating apparatus (Regulations S. T. and B. Services, paragraph 390).

After the buildings have been completed by the contractor and handed over the structure is maintained as arranged for in the Regulations for Engineer Services, Part I.

Proposals for reappropriations will be referred to the C.R.E., and the responsible officer of the Hygiene Directorate of the area, or of the Command where no representative exists in the area (King's Regulations, paragraph 1374).

The external wood and iron work is repainted not later than the second year after completion of new buildings and then once in every four years.

Internal colouring of inhabited rooms, two coats of washable distemper once in four years or one coat if necessary on change of occupants.

Internal painting, papering, etc., once in eight years (Regulations for Engineer Services, Part I, paragraph 458).

The use of lead paint which contains more than two per cent of metallic 3
lead is considered dangerous and is not to be used for internal painting (A. C. I., No. 8 of 1925).

Minor repairs are brought to the notice of the D. O. R. E. at his quarterly inspection and shown on A. F. K1308.

Urgent repairs, the postponement of which would cause serious inconvenience to the occupants, are reported to the D. O. R. E. at any time (Regulations for Engineer Services, Part I, paragraph 443).

The officer commanding a unit has authority to employ the R. E. contractor to repair damages chargeable to the unit (Regulations for Engineer Services, Part I, paragraph 480).

The commanding officer's responsibility for the sanitation in barracks is defined in the King's Regulations, paragraph 1335; “The C. O. of a unit, under the direction of superior authority, will be responsible for the care and sanitation of barracks.” Paragraph 84 states that “The responsibility for the efficient supervision and for the remedy of defects, rests upon Commanding Officers.”

The Deputy Directors of Medical Services make arrangements for the periodical inspection of barracks. Such inspections will be attended by the C. O. of the unit in occupation, a representative of the C. R. E., the Medical Officer, the Quartermaster, as directed in the King's Regulations, paragraph 1358 and Regulations A. M. S., paragraph 361.

The Assistant and Deputy-Assistant Director of Hygiene may visit barracks at any time, but before commencing the inspection will notify the officer commanding the unit concerned. The O. C., if unable to be present in person, will arrange for an officer to accompany the Assistant Director (King's Regulations, paragraph 1359; Regulations, A. M. S., paragraph 370).

The officer in medical charge of effective troops will inspect the whole of barracks, including the married quarters, at least once a month. He should be accompanied by an officer, and the N.C.O. of the regimental sanitary detachment (King's Regulations, paragraph 1357 and Regulations A. M. S., paragraph 386).

The inspection is made on the lines laid down in Regulations A. M. S., paragraphs 386 to 399 and Appendix I.

His observations are recorded in a sanitary diary (A. B. 39) and submitted to the O. C. concerned who, after recording in it the action taken, will return it to the medical officer.

The peace establishments of 1924-25 authorize the following sanitary personnel: for each regiment of cavalry, 2 men; for each battalion of infantry, 2 men; for each infantry depot, 2 men; for each cavalry depot, 5 men.

The routine sanitary duties to be performed by regimental units are laid down in the Regulations for Engineer Services, Part I, paragraph 520, as directed in the King's Regulations, paragraphs 1362, 1363, and for which a manual, “Instructions in the Care of Barracks,” is issued to every unit.
The following services are specially mentioned: catch-pits, surface drains, gullies; cisterns where accessible to the troops; latrines and urinals.

Further instructions are given in the Regulations for S. T. and B. Services, paragraphs 415 and 416.

With regard to drains and gullies, etc., the Regulations A. M. S., paragraph 442, deprecate the use of disinfectants and deodorants, which should not be used except on the advice and under the supervision of a medical officer.

Animals.—The conditions under which animals are allowed in barracks are given in the King’s Regulations, paragraph 1364.

Bedding.—The medical officer in charge of effective troops is to satisfy himself that beds and bedding are freely exposed to the air (Regulations A.M.S., paragraph 387).

Blankets issued to a soldier are to be marked with his Army number. The cost of tape and marking ink for this service being charged to the contingent fund (Regulations S. T. and B. Service, paragraph 618, and the Allowance Regulations, paragraph 597).

An extra blanket is issued to every soldier during severe and inclement weather (Regulations S. T. and B. Services, paragraph 614).

Unbleached linen or cotton articles are to be washed before being issued from the barrack store for use by the troops (Regulations S. T. and B. Services, paragraphs 514 and 611).

Bedding which has been exposed to infection must not be returned to barrack or ordnance store until certified by the medical officer that it has been disinfected (Regulations S. T. and B. 631, 656; A.C.I. 823 of 1920; Regulations R.A.O.C. paragraph 351).

Bedding is changed and washed periodically as follows: Blankets, barrack, annually; cases, slip, bolster, fortnightly; sheets, fortnightly; bolsters, coir fibre, when necessary; mattresses, coir fibre, after twelve months in use, when necessary; beds, married soldiers’, flock, after three years in use.

Recruits’ barracks or receiving rooms: Blankets are to be disinfected before being handed over from one man to another and washed half-yearly; cases (bolsters) and sheets issued clean to each recruit.

A certificate for this exchange and washing of bedding is rendered to the officer in charge of barracks, on A.F. F 704 (Regulations S. T. and B. Services, paragraphs 616, 648, 650 and 653).

Cleaning Articles.—The contingent fund provides cash for the purchase of cleaning articles for the barrack rooms, offices and stores (Allowance Regulations, paragraphs 597, 612, 667).

Disinfectants.—Carbolic acid, chloride of lime, quick lime, creosoli, creosote, izal, formaldehyde, pan oil, are provided by the officer in charge of barracks (Regulations A.M.S., paragraph 426, Regulations S. T. and B. Services, paragraphs 419, 421, and Allowance Regulations, paragraph 616).
Disinfectant solutions of standard strength are given in appendix VI, Regulations A.M.S. They are: creosol emulsion, formaldehyde solution and corrosive sublimate solution. The requisitions for all disinfectants must be countersigned by the medical officer before being sent to the officer in charge of barracks (Regulations S. T. and B. Services, paragraph 419).

Fly Traps.—Fly traps, fly papers, castor oil and rosin (for the preparation of "tanglefoot") are provided in accordance with A.C.I. 360 of 1923.

Fuel.—The allowance of fuel for all purposes is given in the Allowance Regulations, paragraphs 131 and 141. For troops quartered in huts one quarter more coal than the rates laid down in the scale is allowed, paragraph 146. Special temporary issues for airing unoccupied rooms may be approved locally, paragraph 193. For accessories, stores and offices a weekly allowance of 25 lb. of coal is issued for every 1,000 cubic feet occupied. The following accessories are not entitled to fuel: ablution and bathrooms (except in recruiting barracks), canteens, supper-rooms, bars, washhouses, &c.

Hawkers.—A C.O. will restrict the admission of strangers into barracks, and will exclude all persons not of respectable character. King’s Regulations; paragraph 1382. Hawkers are only permitted to enter barracks to sell consumable goods if in possession of a pass (Army Form A17), issued by the Assistant Provost Marshal and approved by the Assistant Director of Hygiene. The R.A.F. King’s Regulations prohibit hawkers from selling goods within the boundaries of a station.

Latrines and Urinals.—The scale of latrine accommodation in barracks is: W.C. or seat, 6 per cent plus one in each block for sergeants; urinals, 4 per cent plus one in each block for sergeants.

The scale of latrine paper is given in paragraph 651 of the Allowance Regulations, 20 reams per annum for 100 persons.

Night urinals are to be kept locked during the day until evening tattoo (Regulations S. T. and B. Services, appendix XII, paragraph 7).

The regulations for the working of the dry earth closet system in barracks are given in appendix XI of the Barrack Regulations.

The lavatories, latrines and urinals are to be suitably lighted and ventilated (Regulations A.M.S., paragraph 387).

Stables.—Material for limewashing and tar-varnishing in stables is supplied by the Royal Engineer Department to be used as directed in paragraphs 460 and 467, Part I. Regulations for Engineer Services.

The manure pits are to be emptied daily and cleaned, the bottom of the pits to be deodorized with lime (Aldershot Command Standing Orders appendix VII).

Wood-soled shoes are provided, and are to be worn at stables by men of mounted units when quartered in barracks (King’s Regulations, paragraph 969).

Barrack Utensils.—Utensils which have become unserviceable are changed periodically (Army Form F766) is submitted to the Expense Store Accountant as directed in paragraph 552, Regulations S. T. and B. Services.
Ventilation and Lighting.—The officer in medical charge of effective troops will satisfy himself that every barrack, guardroom and detention room is suitably lighted and provided with sufficient means of ventilation (Regulations A.M.S., paragraph 387).

Windows of barrack rooms are to be kept wide open “weather permitting,” and the upper sashes are to be opened to the extent of at least one foot during the night (King’s Regulations, paragraph 1361).

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 (Regulations S. T. and B. Services, paragraph 401).

Water Supply.—The medical officer inspecting barracks is directed to satisfy himself that the amount, quality and arrangements for the distribution of drinking water are satisfactory (Regulations A.M.S. paragraph 393).

Water is not to be kept in the men’s water bottles when the bottles are not in use (King’s Regulations, paragraph 971).

Twenty gallons a day for each officer, man, woman and horse, and ten gallons a day for each child is a liberal supply of water for all purposes in barracks.

For the personnel and patients in military hospitals, fifty gallons for each day may be taken as a guide to the quantity of water required (King’s Regulations, paragraph 1380).

Water tanks used by the troops will be periodically cleaned out by the Royal Engineers, and cisterns, where accessible, by the troops themselves (King’s Regulations, paragraph 1362).

Workshops.—The Barrack Synopsis provides for 40 square feet of floor space and 400 cubic feet of air space as a minimum working space for each individual employed in a workshop.

The shops need to be regularly cleaned and carefully ventilated. The Regulations for the Army Ordnance Corps make special arrangements for the men employed in painter’s and tinsmith’s shops:

Conveniences for washing, nail brushes and towels, are provided; every man must wash his hands and face before leaving work; overalls must be worn; food is not to be eaten in the shops; tobacco chewing is forbidden; toothbrushes are supplied and renewed as necessary.

For mixers and grinders of paint materials, a sanitary drink is provided. This preparation is supplied from the dispensary of the local military hospital and usually contains sulphate of magnesia, dilute sulphuric acid and water.

Hutments.—Where earth closets exist, the supply of dry earth and the removal of night soil is arranged by contract. Arrangements are to be made to supervise the contractor’s removal arrangements (Regulations, S. T. and B. Services, A.C.I. 253 of 1922).

Extracts from the R.A.F. King’s Regulations.—The sanitary detachment act as sanitary police, paragraph 1836.
Medical officers are to advise Commanding Officers on the precautions to be taken when lead arsenate or other poisonous substances are used, paragraph 1485 (5).

Systematic efforts are to be made for the destruction of rats in barracks twice yearly, during March and September, in co-operation with the civil authorities through the county rat officer, paragraph 825.

Detention Rooms, Guard Room and Cells.—Watch coats are held on charge in the guard room between November 1 and April 1, for sentries to wear during very inclement weather (King's Regulations, paragraph 1303, and Clothing Regulations, page 109, referring to the issue being subject to War Office approval).

The Officer Commanding a station will ascertain, before permitting soldiers to be committed to a detention barrack, or barrack detention room, that it has been certified under War Office authority to be of such a size, ventilated, warmed and fitted up as may be necessary for the health of the occupants (King's Regulations, paragraph 714).

Before being committed to a detention barrack or barrack detention room, a soldier is to be examined by a medical officer, who will furnish a certificate as to his state of health and report any disability likely to interfere with the punishment awarded (King's Regulations, paragraphs 680, 717).

Each occupant of branch detention barracks and barrack detention rooms is to be visited daily by an orderly officer and also by a medical officer (King's Regulations, paragraph 719).

A soldier in close arrest will be allowed his bedding if his arrest exceeds two days.

In severe weather a soldier in close arrest may be allowed such bedding as may be necessary.

A soldier in close arrest is to take sufficient exercise, under supervision, for the preservation of his health (King's Regulations, paragraphs 536, 712).

A man placed in close arrest for drunkenness is not to be deprived of his boots when the weather is cold and he is likely to suffer in consequence. He is to be visited and his condition ascertained at least every two hours by a N.C.O. of the guard and an escort (King's Regulations, paragraph 534).

Institutes and Messes.—Officers' mess servants are not to sleep in the servants' rooms attached to officers' quarters, class 12 to 14 (King's Regulations, paragraph 1395).

Particulars regarding the management of institutes are contained in the rules for the conduct of garrison and regimental institutes (King's Regulations, paragraph 1631).

The medical officer will frequently inspect the method of sterilizing drinking vessels in all the canteens, etc. (Regulations, A.M.S., paragraph 392, A.C.I. 397 of 1918).

The ordinary precautions taken in civilian shops are to be taken in the N.A.A.F.I. for the protection of foodstuffs (Letter C.R.A.C. 2/81422/6Q).

Instructions for the management of barbers' shops in barracks were issued with Aldershot Command Orders, September 20, 1924.
Extracts from the R.A.F. King's Regulations.—The Commanding Officer and the medical officer at a station will frequently visit all the institute premises, paragraphs 1485 (3), 1759.

It is the duty of the orderly officer to visit all the institute premises daily, paragraph 1758 (n).

The sale of poisons is prohibited. The medical officer may approve of the sale of harmless drugs and medicines, paragraph 1764.

Kitchens and Dining Halls.—An orderly officer will inspect the kitchens and cooking apparatus daily. The orderly officer will superintend the issue of meals from the cookhouse to the dining room. He will be present in the dining room at the breakfast, dinner and evening meal hours to see that the meals are properly prepared, and that there is no cause for complaints. The food refuse must be stored in covered sanitary bins supplied by the purchaser (King's Regulations, paragraph 1485).

These receptacles are to be scrubbed out with hot water twice a week (A.C.S.O./269).

The officer in medical charge of effective troops is to ascertain that the kitchens and dining rooms are suitably lighted and ventilated, and that the amount, cooking, variety, preparation and storage of food are satisfactory (Regulations A.M.S., paragraphs 387, 391).

An issue of fuel at the scale laid down for accessories, Allowance Regulations, paragraph 138, has recently been authorized for warming dining rooms (War Office Authority, Number 53/General/3143—Q.M.G. 6 14.2.25).

The manual of military cooking and dietary gives further detail regarding the supervision of the kitchen and dining halls.

Extract from the R.A.F. King's Regulations.—The Commanding Officer of a station will see that the cookhouses and all utensils therein are kept scrupulously clean. Cooks are not to be permitted to sleep, or keep their clothes, in the cookhouses (paragraph 1733).

Married Families and Quarters.—The size and type of quarter to be allotted to a married family depends solely on the number, age and sex of the children (King's Regulations, paragraph 1404).

The married quarters are inspected at least once a month as directed in King's Regulations, paragraph 1357, and Regulations A.M.S., paragraph 386.

The ventilation, lighting and condition of the walls and ceilings are to be noted (Regulations A.M.S., paragraph 387).

Arrangements should be made for the collection and removal of refuse as directed in the Regulations S. T. and B. Services, paragraph 412.

When an officer or soldier employs a civil medical practitioner to attend upon himself or his family he will at once report the circumstance (forwarding a certificate as to the nature of the illness) for the information of the Commanding Officer and the officer in medical charge of effective troops.
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The medical officer is authorized to visit any case of sickness occurring in barracks to enable him to take the necessary sanitary precautions (King’s Regulations, paragraph 1431).

When a case of infectious disease is diagnosed amongst troops or married families a report on Army Form A35 is submitted to Command Headquarters and to the officer in medical charge of effective troops or military families concerned (Regulations A.M.S., paragraph 416).

The state of vaccination and revaccination of women and children is to be ascertained by the officers in charge of families, once a year during January (Regulations A.M.S., paragraph 403).

Officers’ families are to be given the opportunity of similar protection (Regulations A.M.S., paragraph 402).

A mother and child welfare scheme should be arranged in every Command for the benefit and medical care of soldiers’ wives and their children. Army Form C320 has been issued in which the medical officer enters the results of his examination of children up to the age of 5 years. Detailed instructions are printed on the Army Form C320.

The concessions granted to mother and child welfare centres have been published in A.C.I. 536 of 1924.

Washing of Soldiers’ Clothing.—The arrangements for washing soldiers’ clothing are described in Army Council Instruction 205 of 1922.

Washing and mangling in quarters is forbidden (A.C.S.O., paragraph 315).

Army Schools.—The Assistant Director of Hygiene supervises all matters relating to the welfare of the school children (Regulations A.M.S., paragraph 377).

The officer in medical charge of effective troops is responsible for the medical inspection of all the children, and for the completion of the schedule of medical inspection (A.F. C319) which is prepared and duly completed for each child, as described in paragraph 13, Chapter IX, Educational Training, 1923. He is to visit frequently the school when the children are present to ascertain that their studies are pursued under hygienic conditions (Regulations A.M.S., paragraph 394).

Children of a family in which a case of infectious or contagious disease occurs are to be exempt from attending school whilst there is a risk of spreading infection. The school should be closed on the outbreak of an epidemic of infectious disease (Regulations A.M.S., paragraph 422).

Army schools are cleaned under the direction of the R.E. during the Christmas and summer vacations; desks and woodwork scrubbed with 2½ per cent. creosol solution. The windows are left open throughout the whole vacation.

Annually, lime-whited walls will be thoroughly scraped, brushed and re-lime-whited.

Every five years the walls of the schoolrooms will be redistempered, ceilings rewhitened, and paintwork repainted, as may be deemed necessary by the R.E. (Regulations A.M.S., paragraph 444).
Whenever it is considered necessary to scrape walls and redecorate after disinfection, following infection of the premises, a certificate from the medical officer is required by the R.E. to support the bill for the work (Regulations for Engineer Services, part I, paragraph 469).

Further instructions regarding the procedure in Army schools are given in "Educational Training," 1923.

Infection and Disinfection.—The regulations regarding action to be taken when a case of infectious disease occurs in barracks are given in Regulations A.M.S., paragraphs 416 to 433 and appendix II.

The outstanding points are: (a) The disinfection is carried out by medical authority. (b) The minimum measures to be taken are stated in appendix II. (c) Disinfection of bedding, etc. (paragraphs 435, 436). (d) Disinfection by formaldehyde (paragraph 427). (e) Disinfection of ambulance or other vehicle (paragraph 441). (f) Destruction of infected articles (paragraph 443). (g) The method of effecting isolation (paragraph 421). (h) Notification when wives or children of officers or soldiers, under treatment for tubercle of lung, are moved from one station to another (paragraph 497). (i) Disinfection of quarters necessitating scraping of walls, whitewashing, distempering, or repapering (paragraph 434).

In the case of epidemic disease every care will be taken to ensure that articles likely to convey infection are not returned to barrack expense or ordnance stores before being disinfected (King's Regulations, paragraph 1360). The Regulations R.A.O.C. (paragraphs 351 and 352) also refer to the necessity for the disinfection of articles exposed to infection before return to store.

Health of N.C.O.'s and Men.—Recruits are medically inspected before joining the Service, and vaccinated immediately afterwards (Regulations A.M.S., appendix XIb, paragraphs 538 and 400).

During their physical training they are under constant medical supervision (King's Regulations, paragraphs 745, 746; Regulations A.M.S., paragraphs 379, 459, 547).

The officer in medical charge of effective troops will satisfy himself at monthly inspections as to their personal hygiene. The regimental chiropodist should attend these inspections and all feet inspections by unit officers (Regulations A.M.S., paragraph 389). The training of chiropodists is arranged in King's Regulations, paragraph 836.

Individuals are further medically inspected (a) on joining a unit, whether from abroad, from another unit, or on return from furlough (Regulations A.M.S. paragraph 390); (b) On the day of departure from a station (King's Regulations, paragraph 1094); (c) Preliminary inspection prior to embarkation (King's Regulations, paragraph 1092); (d) Before trial by court-martial (King's Regulations, paragraph 641); (e) Before undergoing detention (King's Regulations, paragraph 717).

Officers commanding are to pay particular attention to the preservation of the health of the troops (King's Regulations, paragraph 84).
The company commander is responsible that attention is paid to the men’s cleanliness (King’s Regulations, paragraph 96).

In cold weather overalls may be worn over, and in warm weather without, the Service dress (King’s Regulations, paragraph 968).

The hair of the head is to be kept short (King’s Regulations, paragraph 948).

The attention of all ranks is to be drawn to the necessity for taking the greatest care of the teeth (Regulations A.M.S., paragraph 588).

Glasses may be worn by all ranks, on or off duty (King’s Regulations, paragraph 955). Spectacles are supplied to serving soldiers under the provisions of paragraph 324 and appendix XX of the Regulations A.M.S.

Swimming will be taught at all stations where facilities exist. Bathing parades will be formed at the discretion of the Commanding Officer for the purpose of instruction.

Small picquets of expert swimmers will be told off daily during the bathing season to attend the bathing places to prevent accidents (King’s Regulations, paragraphs 760, 761).

Every officer and soldier should understand the principles of hygiene and sanitation by means of which health is maintained and disease prevented. He should also be acquainted with the component parts of the “first field-dressing,” and with the manner of applying it to a wound.

General officers will, therefore, arrange for the instruction of all ranks in these subjects by means of four annual lectures and demonstrations during the winter months by medical officers. The attendance at these lectures of all officers and men present with their units and not prevented by other duties is compulsory in the case of units other than medical units (King’s Regulations, paragraph 837).

The Assistant Director of Hygiene arranges courses of instruction as may be necessary within the command for the diffusion of the knowledge of practical hygiene amongst officers and men (Regulations A.M.S., 378).

The officer in medical charge of effective troops will deliver lectures to officers and men on the use of the first field-dressing, hygiene, sanitation and venereal disease (Regulations A.M.S., paragraph 460).

A synopsis of lectures on these subjects is given in appendix XXI of the Regulations A.M.S.

Further arrangements for instruction in Military Hygiene are given in the pamphlet “Courses of Instruction,” issued with A.C.I., 356 of 1925.

A course of six lectures in this subject, and one lantern demonstration will be given in each term to the cadets of the senior division at the Royal Military Academy and the Royal Military College.

A.C.I., No. 665 of 1924, arranged for the instruction of the officers and cadet N.C.O.’s of medical units, senior division O.T.C. at the Army School of Hygiene.

War Office approval has been given for the A.D.H. or D.A.D.H. of each command to lecture to the officers of the junior division O.T.C during the period the division is in camp.
The name of every soldier reporting himself sick will be entered on a sick report, A.F. B256, which will be prepared in duplicate and sent with the man to the medical inspection room (King's Regulations, paragraph 1421).

Men suffering from venereal disease are to report sick at once (King's Regulations, paragraph 520).

Every patient suffering from venereal disease will, on admission to hospital, be given a card (A.F. I1242 or 1243) containing instructions regarding his disease (Regulations A.M.S., paragraph 60).

A soldier convicted of an offence under the Army Act admitted to hospital on account of any illness, certified by a medical officer as having been caused by an offence, i.e., venereal disease, drunkenness, delirium tremens, or the effect of drugs, forfeits the whole of his pay whilst in hospital (King's Regulations, paragraph 565). A.F. O1644 is sent by the M.O. to the C.O. of the individual concerned. (Regulations A.M.S., paragraph 69).

Army Forms.—In amplification of the various regulations on this subject a number of Army forms have been published for the information and guidance of the troops. The following are important:

A.F. B51: Health memoranda for soldiers.
A.F. B51A: Health memoranda for women and children proceeding abroad.
A.F. G1022: Identification bedding tally.
A.F. K1284: Instructions for cleaning latrines and urinals.

Instructions for the recovery of the apparently drowned. The King's Regulations direct that a copy of these instructions, printed by the Royal National Lifeboat Institution or the Royal Life Saving Society, will be posted up in every hospital and barrack.

Fly posters, illustrating the danger to health from flies, are obtainable from the A.D.H. in commands for exhibition in the men's barrack rooms.