

From the accompanying drawing it will be seen that the nose of the bullet was perfectly smooth, showing no sign of impact. Probably the bullet ricocheted from its base, and in so doing produced the projection marked "A" in the drawing, which, as noted above, was felt at the palpebral margin.

As soon as the patient was able to raise his left eye-lid, he complained of partial loss of vision in that eye. On examination of the left visual field, he failed to see objects in its right half, indicating left temporal hemianopsia. On ophthalmoscopic examination a detachment of the temporal half of the left retina was found.

It is evident therefore that the globe of the eye sustained serious injury at the time of the accident, which was, however, masked by the trivial damage to the eye-lid.

My thanks are due to Captain L. H. Abbot, 11th Rajputs, for the accompanying drawing of the bullet, and to Lieutenant-Colonel E. H. Lynden-Bell, R.A.M.C., for his kind permission to publish the case.

THE CARE OF THE SOLDIER'S FEET.

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A FAMOUS General is reported to have said that most battles are won on the soldier's stomach; but it would have been equally true if he had said that many battles are won or lost on the soldier's feet. A soldier is quite unable to make a sudden and vigorous attack after a long forced march if his feet are tired and sore, while statistics of manœuvres, both at home and abroad, show that a very large percentage of men report sick with sore feet after every march of from fifteen to twenty miles distance, and a still larger proportion of men suffer with sore feet and do not report sick. This large percentage of "ineffectives" must considerably minimise the efficiency of the Army in war time, when the result of a battle often turns on the ability of one side to reach a point of vantage before the other, and it stands to reason that, other things being equal, the side with the best conditioned feet will get there first.

The cause of this inefficiency, which I am convinced is greater in our Army than in other large European armies, is not very hard to find, and is one that, if proper measures were taken for the care and preservation of the soldier's feet in peace time, would considerably increase the efficiency of our troops in an age when efficiency in every little detail is absolutely essential in order to command success. A recruit on enlistment has, or rather should have, a foot free from deformity or defect, and it is hard to see why his feet should not improve rather than get worse during his period of service. Yet if the feet of any infantry battalion be examined, it is quite unusual to find any man without some slight deformity.

A very obvious cause of "foot trouble" is the system, or rather want of system, of properly fitting the recruit with boots and socks on enlistment. A recruit on joining a regimental *depôt* is, according to regulation, supplied with two pairs of boots, which are theoretically examined as to fitness by his company officer. These two pairs of boots are to last the recruit for the ensuing year, and, taking for granted that the "fitting" of the boots has been conscientiously carried out, it must be remembered that the recruit as a rule is still a boy, and that during the year following his enlistment his foot is liable to increase in size, and as a result of this his second pair of boots may be considerably too small for him. To combat this difficulty it is the custom in some *depôts* to supply the recruit with two sizes in boots, his second pair being a larger size than those in use, and although this may to a certain extent overcome the difficulty, it is unfortunate for the boy whose foot does not happen to grow to the size of his second pair of boots.

The present "regulation boot" is supplied in nine sizes and four magnitudes, quite sufficient for the fitting of a normal foot, but no proper allowance is made for a soldier having some little individual peculiarity, such as an unusually high instep, very small ankle, &c., &c., which will render his marching in an unaltered "regulation boot" extremely uncomfortable, but could easily be remedied by a skilled bootmaker.

The system of "special measurements" which is allowed by regulation is unsatisfactory and often useless. This brings up the question of why it should be more necessary to have a "master tailor" to see to the correct fitting of a recruit's uniform (which any intelligent officer or non-commissioned officer is certainly qualified to do), than to have a "master bootmaker" to properly fit a recruit with boots, and to make any alterations from the "regulation pattern" to suit individual peculiarity?

The correct fitting of boots requires skill, and skilled labour should be employed for this purpose. Civilian bootmakers might be enlisted as "master bootmaker" under the same conditions as "master cook" and armourer-sergeants are now enlisted; they should not be young boys, but should be accepted up to the age of 26 or 28 years, and really good qualified men, even if married, should be accepted. This would admit of men of skill and experience being recruited from the largest and best boot firms. They could be made responsible for the correct fitting of the soldier's boot all through his service, and the deformities which we so usually meet in the soldier's foot, as "ingrowing toe nail," "hammer toe," "splay foot," "flat foot," "bunions," &c., &c., would practically disappear.

Having legislated for the care and supply of properly fitting boots and socks—I add socks, as they require quite as much attention as the soldier's boots—the next point to consider is the prevention of those common ailments to which the soldier's foot is so liable if not looked

after, and also to prepare his feet for the strain of long marches both on manœuvres and in war time. In order to successfully carry this out a more thorough system of regimental chiropodists is necessary, and by "chiropodist" I do not merely mean a man who has been instructed how to cut corns and to trim toe-nails, but a man thoroughly acquainted with all the minor ailments to which the soldier's foot is subject, and fully qualified to treat and prevent these ailments. He must be a man able to command authority, and must be "well up in," and take an interest in, his job.

Under the present Army Regulation for Chiropodists one man per infantry battalion or depôt, after having obtained a certificate of proficiency in chiropody, may be appointed as battalion chiropodist with 4d. a day extra duty pay, but he will not be struck off any duties. This man is presented with a beautiful case of many unnecessary instruments, and is then often left solely to his own devices to do just as much or little work as he likes, which in many cases amounts to absolutely *nil*. In one infantry battalion I found the chiropodist was doing the duty of "sick orderly," and had been doing so for some years. After enquiring why the chiropodist should do this duty, which kept him all day at the hospital, I was told he was a very old soldier and that they had made him chiropodist in order to give him the extra pay, but that he never did any chiropody!

To obtain any benefit from chiropodists one chiropodist per company is necessary. This man should be a Lance-Corporal or Corporal, intelligent, carefully trained, and a man who takes an interest in his work. His duties should be clearly laid down and explained to him, and every week under the supervision of the company officer the men should be paraded with bare feet, and he should inspect them as to cleanliness and any tendency to corns, blisters, &c. Any men who are subject to "scalded," "blistered," or "fired feet," should be told to "fall out," and afterwards be instructed in the method of preventing their own particular ailment. Before manœuvres or active service the chiropodist would issue to all men one of the numerous preparations for hardening the men's feet, and those men who are known by the chiropodist to be subject to any particular kind of "foot trouble" would apply to him daily on the "line of march" for advice and preventative treatment. A man who under these conditions "reports sick" or "falls out" on the line of march with sore feet, and who has not previously reported sick to the chiropodist, should be punished, as is the case in the German Army. The great mistake that most people make is to look upon the chiropodist simply as a "cutter of corns" and "trimmer of toe-nails," whilst, on the contrary, only on very rare occasions should he perform these duties, but instruct the men how to do it themselves, his great use being to instruct the men how to guard against and prevent every kind of "foot trouble," and to advise and treat any cases of "sore feet" that occur.

Unofficially, and thanks to the aid of a far-seeing adjutant, I was enabled to carry this system of "company chiropodists" into practice during the Salisbury Plain manœuvres of 1904, and to contrast the result with a regiment in which no trouble was taken to look after the soldiers' feet, and in which there was no chiropodist at all. One instance is absolutely conclusive of the superiority in marching of the battalion with the company chiropodists. A march of about thirty miles was made over bad country with a bivouac in the middle; both regiments performed practically the same duties, marched exactly the same distance, and had had the same previous training. The morning following the return to camp, the battalion I had trained in chiropody and in which the chiropodists had been supplied with powders, ointments, &c., to carry on the march, had 2.5 per cent. per company sick with sore feet, whilst the other battalion had over 25 per cent. per company. These figures are very high, but the men who reported sick were mostly newly-joined recruits and unaccustomed to marching, also it practically represented the sick of two days; but in whatever way it is looked at, it shows that much can be done to improve the efficiency of the soldier if proper attention be paid to the care of his feet.

A SHORT REPORT ON THE CUBICLES IN THE INKERMAN BARRACKS, WOKING.

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IN the year 1902, ninety-eight cubicles were fitted up in six barrack rooms as an experiment. The idea seems to have been taken from the Rowton houses, and the object in view was the improvement in the condition of living in barracks for the private soldier, and the ultimate attraction of a better class of men into the Army. There is no doubt whatever that the system is greatly appreciated by those who are fortunate enough to obtain a cubicle, but the great drawback from a commanding officer's point of view is (in this barracks at least) that a certain number of men are detached from their companies, and are apt to get out of touch with their comrades in the general barrack rooms. A better system would be to have part of a large barrack room, for one company, fitted up with cubicles, and thereby keep the men together. The loss of accommodation and the enormous expense of such an arrangement would be an effectual bar to the adoption of the cubicle system for the Army generally. For disinfection, on account of infectious diseases, they are inconvenient and require a larger expenditure of sulphur dioxide than barrack rooms, on account of their being cut up into so many small spaces, to say nothing of the enormously increased