

**THE SOLDIER'S MANUAL
OF SANITATION AND OF
FIRST HELP IN SICKNESS
AND WHEN WOUNDED**

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The Soldier's Manual of Sanitation and of First Help in Sickness and When Wounded by
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CHARLES ALEXANDER GORDON

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THE SOLDIER'S
MANUAL OF SANITATION

AND OF

First Help in Sickness and when Wounded.

ADAPTED FOR

OFFICERS, NON-COMMISSIONED OFFICERS, AND PRIVATES
OF THE ACTIVE FORCES,
MILITIA, YEOMANRY, AND VOLUNTEERS, FOR HOME
AND FOREIGN SERVICE,

FOR PEACE AND FOR WAR.

By DEPUTY SURGEON-GENERAL

CHARLES ALEXANDER GORDON, M.D., C.B.

"Mon bien le plus précieux, c'est la santé du soldat."

TURKISH.

LONDON:

BAILLIÈRE, TINDALL, & COX,
KING WILLIAM STREET, STRAND.

1873.

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INTRODUCTORY.

MANUALS of various kinds, specially intended for use by the soldier, are published in the several countries of Europe, and among them instructions given, more or less detailed, in regard to the best means of preserving health, decreasing the risks of sickness, and of affording some measure of aid to their comrades when attacked by illness or wounded in battle. I have accordingly been induced to frame the following brief directions, in the hope that they may reach the hands of non-commissioned officers and private soldiers in our own army, whether of the active or auxiliary services. I have endeavoured to adapt them to the varying conditions of our army, and it only remains to be seen how far they may be considered useful to those for whom they are particularly intended.

C. A. GORDON.

April, 1873.

List of Works written by the present Author,
viz. :

CHINA FROM A MEDICAL POINT OF VIEW.

ARMY HYGIENE.

ARMY SURGEONS AND THEIR WORKS.

EXPERIENCES OF A REGIMENTAL SURGEON IN INDIA.

THE FRENCH AND BRITISH SOLDIER.

LESSONS IN HYGIENE AND SURGERY FROM THE FRANCO-
PRUSSIAN WAR.

THE SOLDIER'S

MANUAL OF SANITATION.

ACCIDENT.—A soldier has fallen, say from a height or down a stair. He is found at the foot, severely injured and insensible. At first it is impossible to say what is the nature or extent of his injuries, but his limbs are doubled up underneath him, and he is bleeding from the head or other part. In such a case, the first care of the man who first finds him should be to deal gently with him, for the chances are that a limb, or a rib, or perhaps more than one, are broken. He should therefore be carefully and, without roughness, turned over and placed in a natural position, his limbs stretched out, his collar and tunic undone. He is better placed upon his back than in any other position, as on it he can breathe most easily, and water can best be thrown upon his face. If his limbs are bent in other parts than at the joints they are *broken*; and in that case require the greatest care in being brought back into position. If they cannot be naturally moved at the joints, they are *dislocated*. If a second man be present, he should be sent for a stretcher, and the injured one conveyed to hospital.—See **STRETCHERS**.

ACCOMMODATION.—The nature of the accommodation afforded to troops exercises an important influence upon their health. Under ordinary circumstances soldiers

occupy only such buildings and places as have been selected with great care for them ; on active service, however, and occasionally also under other conditions, neither the soldiers nor their officers are in a position to select their accommodation, it may therefore be of some importance to them to have a few general instructions on this point. It is a principle of army hygiene that the *accommodation* of the soldier has an importance equal to that possessed by his clothing and food, and it is known that certain diseases, more especially those of the chest, as well as some kinds of fever, are produced or averted according to the way in which men are housed. Whatever be the kind of accommodation, there are three requirements that must be considered, namely—space, ventilation, and cleanliness. These are necessary to health, and it were better that men should sleep in the open air, with no other covering than their great coats and blankets, than be *accommodated* in buildings where these requirements are non-attainable. On active service, the use of buildings usually occupied by crowded assemblies—as churches, theatres, ball-rooms, &c.—should be avoided. When private houses are used temporarily, it is customary to consider that in rooms 15 feet wide, or less, one man for every yard in length may be accommodated ; in those over 15 feet wide, but under 25 feet, two men per yard of length ; for rooms of more than 25 feet broad, three men for every yard in length.—*See* SPACE.

AGUE.—In countries or stations where this affection prevails, *quinine* is now issued to soldiers as a preventive. Experience has quite proved the usefulness of this remedy for the purpose, and therefore soldiers should seek to receive it sufficiently early ; for once that they have actually become attacked with ague, it is, of course, too late for them to take preventive measures—they must then apply to their medical officers. In districts where ague prevails, soldiers should guard themselves as much as possible from exposure at night. When weakened by

debauch they are more liable to be attacked by this, and, indeed, all other diseases, than they are while their bodily strength is unimpaired by excesses. Good and plenty of food, sobriety, and suitable clothing are the best means of guarding against ague.—See MALARIA.

AIR.—Without pure air around us and to breathe we should speedily become poisoned, as completely so as if we were to imbibe any of the substances known to be destructive of life. Each full-grown healthy man takes into his chest about thirty inches of air at each inspiration, discharging nearly the same quantity, but considerably altered at each expiration. Not only does the air around him become thus *tainted* with the ordinary gaseous products of breathing, but also with the numerous—although invisible—shreds from the lungs, throat, and mouth that are continually being thrown off, and from the perspiration which constantly is going on from the surface of the body, although in too small quantities and too gradually for one to be conscious of it, the total amount being 25 to 40 ounces per day. When men themselves, or their comrades, are not careful of cleanliness, or when they are suffering from disease, the nature of the materials thrown off from them into the air becomes most offensive and injurious to health, and may readily be seen by means of a microscope; thus, then, the necessity of constant change of air in occupied rooms is self-evident. It is calculated that each man in barracks should have a space equal to 600 cubic feet of air in temperate climates, and that of this quantity about 220 should be changed at least every two hours. Men know that in certain states of the air their sensations are different from what they are at others. Damp warm air depresses, while dry air exhilarates. The fear of exposing themselves to the air in barracks is groundless, and it is only those persons who neglect to do so habitually who suffer from “cold,” when accidentally exposed to draughts. It is more injurious for men to sleep in foul air than to breathe it during the day or when