

**NOTES ON MILITARY HYGIENE,
FOR OFFICERS OF THE LINE: A
SYLLABUS OF LECTURES AT THE
U.S. INFANTRY AND CAVALRY
SCHOOL**

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Notes on military hygiene, for officers of the line: a syllabus of lectures at the U.S. Infantry and Cavalry School by Alfred A. Woodhull

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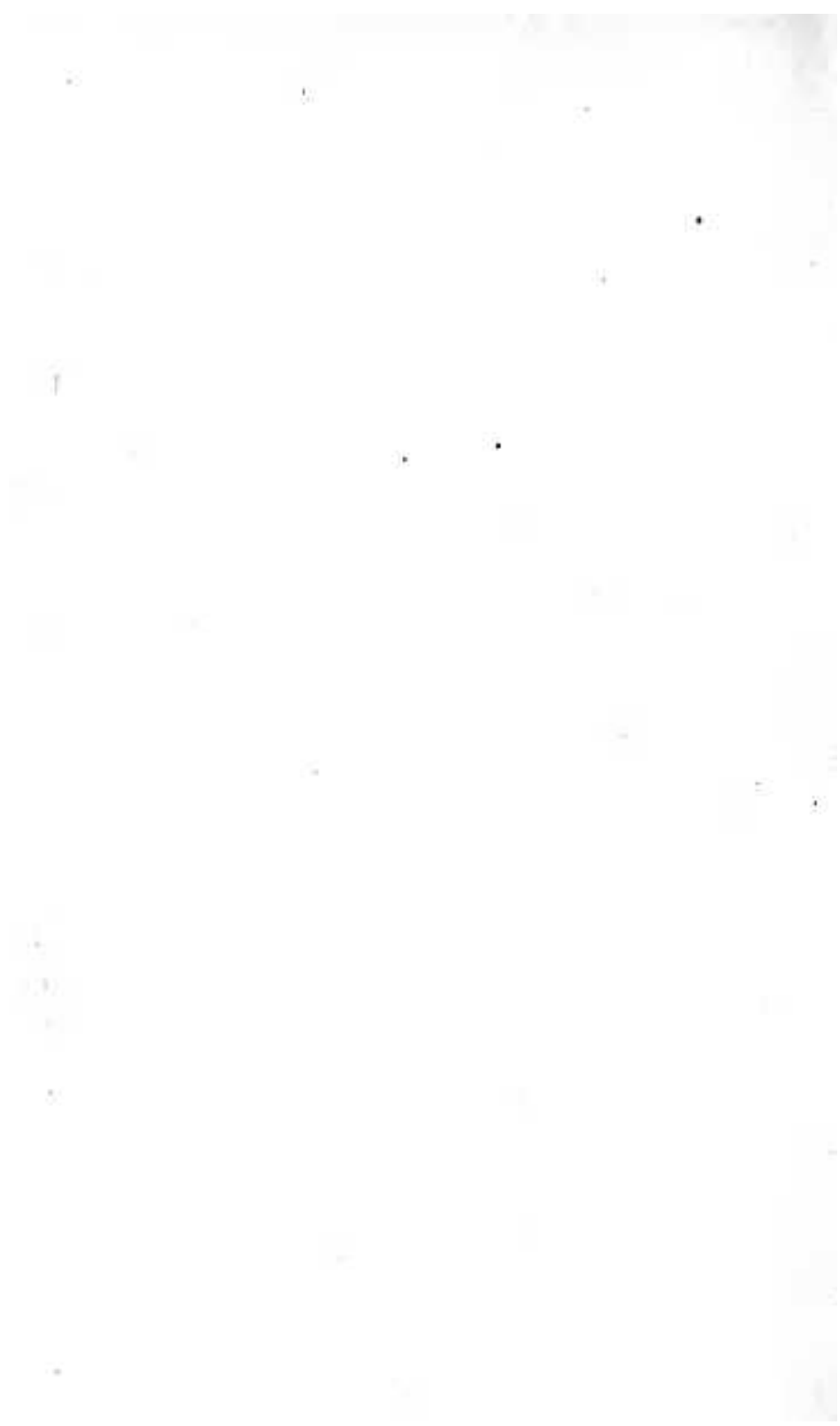
ALFRED A. WOODHULL

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THESE notes represent the essence of the lectures on Military Hygiene delivered to the Class of 1889, at the Infantry and Cavalry School. The lectures were expansions of this syllabus, and were chiefly compilations with additions, comments, and illustrations from personal experience. Parkes's great work is the chief but not the only source whence the principles were drawn.

Originally prepared for the convenience of student officers, it has been thought that this abstract might be acceptable to officers of the line generally.

FORT LEAVENWORTH, *May*, 1890.



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NOTES ON MILITARY HYGIENE.

I.

THE SELECTION OF SOLDIERS.

Nature of Military Hygiene.

1. In general terms military hygiene means the care of troops. This duty is ever present.

2. It concerns line officers as they control the daily lives of men, and staff officers as they supply their food, their clothing, and their habitations.

3. It is of importance to soldiers because, removed from much independent action in relation to their own sanitary care, honesty requires they shall not be injured by the system imposed on them, and to the state because nothing is so costly as disease and nothing so remunerative as the outlay that augments health and thus increases the amount and value of the work done. (Parkes.)

General Physique.

4. The whole military fabric rests upon the physical character of the individuals composing it.

5. The recruits must be trustworthy in physique before the military character can be developed, and extreme care is necessary to avoid accepting blemished men who will break down under strain.

6. Recruiting is, therefore, a serious duty to be both conscientiously and intelligently performed.

7. It is not true, as sometimes assumed, that every full-grown man who supports himself by hard manual labor will make an efficient soldier.

8. Because all his senses may not be keen, nor all his joints flexible; and although accustomed to vigorous work he may not be sound.

9. Unsound men, enlisted on account of special skill as craftsmen, can never be depended on for the field and will certainly be absent in battle.

10. When in doubt as to a recruit, reject.

11. Some allowance may be made for blemishes not affecting organic soundness that have originated in the service, in men who technically re-enlist.

12. Because their education in military matters and their habits of discipline compensate for some minor weaknesses.

13. But all variations from the standard must be carefully noted on the enlistment papers.

14. Men failing to re-enlist who seek to come in later with blemishes are rarely acceptable.

15. "An army raised without due regard to the choice of recruits was never yet made a good army by any length of service." (Vegetius, A.D. 300.)

Age of Recruits.

16. Maximum for cavalry, 30 years; for all other arms, 35 years; minimum for musicians, 16 years; for all others, 18 years. No limit for subsequent enlistment.

17. During the Civil War volunteers were accepted between 18 and 45, but men were drafted only between 20 and 45.

18. The so-called "enrolled militia" are between 18 and 45.

Height and Weight.

19. Present minimum height, 5 feet 4 inches. Maximum height for cavalry, 5 feet 10 inches; for all others as determined by relation to maximum weight.

20. Cavalry, no minimum weight; maximum, 165 pounds. For all others, minimum weight, 128 pounds, maximum, 190 pounds.

21. An exceptionally good recruit may be accepted at 125 pounds, if filling all other conditions.

22. Physiological relation between height and weight, used as the standard for recruits, is: To include 5 feet 7 inches, 2 pounds to the inch and add 7 pounds for every inch above 5 feet 7 inches.

23. Application of rule for weight: Multiply the whole height in inches by 2; multiply the difference between 5 feet 7 inches and a greater height by 5; add the products.

Example: To find the normal weight of a man 5 feet 10 inches. 5 feet 10 inches = 70 inches; $70 \times 2 = 140$; 5 feet 7 inches = 67 inches; $70 - 67 = 3$; $3 \times 5 = 15$; $140 + 15 = 155 =$ weight.

24. The maximum height for cavalry is fixed, and for other troops is determined by applying this rule to the maximum weight (190 pounds).

Example: 5 feet 7 inches = 67 inches; $67 \times 2 = 134$; $190 - 134 = 56$; $56 \div 5 = 11$; $67 + 11 = 78 =$ 6 feet 6 inches for infantry or artillery.

25. It is permissible to accept recruits a few pounds either under or over the relative weight, but those under weight are to be regarded with disfavor unless