

causes of absence from duty on account of minor ailments are sore feet and gastric troubles, I shall touch lightly upon their treatment. I have already mentioned the importance of suitable boots and socks, compulsory ablution of the feet, &c., and I would now suggest that a foot inspection should always take place a few days after camp has commenced. This is best conducted by the medical officer in conjunction with the officers in command of the various companies. If properly conducted, it takes very little time, and the medical officer can at once tell if any feet require attention. If any blisters are actually present, they should be pricked with an aseptic needle and the serum got rid of. A dressing of some mild antiseptic ointment can then be applied to the blistered parts. In those cases in which no actual blisters are present, but where the skin in parts looks angry and red, an excellent plan is to make the men soak their feet in a bucketful of cold water coloured red with permanganate of potash. Some men complain of excessive sweating of the feet, and in this case they should be bathed in a solution of formalin and water in the proportion of 1 to 800.

A powder of powdered talc 80 parts, starch 15 parts, and boracic or salicylic acid 5 parts, should then be lightly dusted on the feet. If this procedure is adopted, a man will seldom be absent from parade on account of foot soreness. In every case of blistered feet the socks and boots of the men should be inspected.

(e) The next commonest minor ailment is gastric trouble. This takes various forms, including: (a) Constipation, (b) diarrhoea, (c) sickness, (d) colic. The change of air and food are responsible in a great measure for the constipation which is so common in camp life, and most men who have had previous experience present themselves at medical parade on the second day and ask for an aperient.

Every medical officer must know that cases come to his notice of men being rendered unfit for duty on account of neglect in this respect, and, on being questioned, it will often be found that they will go six or seven days without any action of the bowels. This could all be prevented by making inquiries through the non-commissioned officers and seeing that each case was attended to.

Diarrhoea is most commonly caused by previous constipation, and invariably means that a man is off duty for one or more days. Other causes are bad teeth and imperfect digestion, damp clothing not being changed, beer drinking, and food which is not good being kept and eaten in the tents. With the diarrhoea are, in a number of cases, vomiting and colic, and they

are very difficult to treat properly in camp because there is no proper provision made for special invalid diet. This makes it still more important for us to prevent these troubles by every means in our power, and I think that a careful attention to the bowels during the second or third day in camp will do much to prevent men being off duty from such causes.

### THE GENERAL HOSPITALS T.F.N.S.

We are officially informed that the Territorial Force Nursing Service has now all been mobilized; and its members have either been called up, or been warned to hold themselves in readiness.

The Territorial Force Hospitals are formed in the greater number of towns; and a large number of beds are in readiness to receive any wounded—the medical staff and nurses are in the hospitals.

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[previous page](#)

[next page](#)