

In addition, it is neither good for discipline nor congenial to that respect which is shown to officers, if the signalman or others hear a rough message delivered to the chief of the staff, captain, or other officers.

The admiral should always let the Fleet under his command know beforehand the time which he intends to carry out practices, or to anchor or to weigh the Fleet. This rule particularly applies to the hours set apart for meals. Disturbance in the middle of meals causes needless irritation and work never goes well in a man-of-war or anywhere else under irritation.

Admirals should as far as is possible let the officers and men of the Fleet know the dates of arrivals and departures from ports, so that all should be in a position to communicate with their friends and to arrange their private affairs conveniently.

If the admiral intends to be afloat with his flag flying very near the dinner-hour, or at any time that station orders annul guards and bands, he should signal "Annul Guards and Bands." Without such signal some ships are certain to turn them up while others will not do so, causing confusion.

*When the admiral is inspecting a division of men, all ratings should take off their caps.* The admiral should first inspect the chief petty officers and petty officers, and when he has done these ratings should be ordered to put on their caps. By so doing, the fact is emphasised that the petty officer's position in the ship is superior, and that the admiral recognises it to be so.

The admiral should see the sick in hospital constantly. His visit cheers the men, and shows them that the admiral knows that they are sick, and that he sympathises with them. There have been many cases where the interest shown by the admiral in a man who is dangerously ill has so cheered the patient that he has taken a turn for the better and has ultimately recovered.

If a serious accident occurs on board any ship, either at