

country houses. You can see many of them in every up-to-date Militia Camp. For the disposal of bulky refuse, such as horse litter and dead bodies of animals, we use large incinerators constructed as follows:—Dig a circular pit 15 feet in diameter and 6 feet deep. This is floored, and walled in with stones; and a stone pyramid is built up in the centre. A fire is started around the pyramid and the draught is so perfect, that huge quantities of refuse can be rapidly burned; even the dead body of a horse can be completely incinerated in a few hours. Camp Orders are issued which make it a crime to deposit refuse or to let it accumulate except in these receptacles provided for it; and in this manner, we have gone a long way toward making a healthy Camp. Next, a word or two about latrines and urinals:—The strictest orders should always be laid down to ensure the covering of all excreta with dry earth, or earth and lime, immediately it is deposited. Men must be trained to always do this and punished if they neglect it. The materials are provided in the latrines. We all know how well the house fly likes to spend the idle time, when there is nothing doing in the kitchens, in roaming around on the contents of the latrines; and then as soon as the cooks begin to uncover things for a meal how they all flock over, and crawl on the food and dishes without wiping their feet on the mat. This is, without doubt, the explanation of much of the gastro-intestinal trouble that so many people suffer from when they go to Camp or to the country. How important it is then, that the flies should find nothing at the latrines to crawl over but earth or lime. Where flies are bad we frequently go to the extent of installing screen doors and windows on latrines; and we always provide that articles of food should be kept covered except at meal times. Deep latrine trenches are a mistake; as the bacteria which neutralize the excreta and render it inert, are nearly all found in the upper nine inches of the earth. It is therefore, wise to have shallow trenches and to move the latrines frequently. A method to be strongly advised for country houses and one which is now being largely used in Camps, is the bucket system; using in the bottom of each bucket about a gallon of a solution of some good disinfectant

such as Izal. By means of a consistent use of the methods which I have detailed, we have been able to make life such a hardship to the fly, that he loses his Military ambitions, and goes back to Civil life where times are easier. Most of our Camps, within the last few years, have been remarkable for the lack of flies; and there is a corresponding improvement in the Health of the troops. Another important matter is the care of the water supply. Of late years samples of the water proposed to be used at all Camps are sent to the provincial laboratory for examination and report some weeks previous to Camp; and, if found unfit, a proper water is obtained. This course is to be strongly advised before going to a country house for the summer. For the last year, the Central Military Laboratory at Ottawa has made these examinations; also the water supply of all forts occupied by soldiers.

When on the march, and stopping at a stream for water, the rule followed is to mark off a place highest up the stream for drinking and cooking water; next below, a section for horses; and below that again, for bathing and washing purposes. On the march, the up-to-date Sanitary Officer carries a very fine field case for water analysis. With it, he can sit down by a stream and in less than three-quarters of an hour

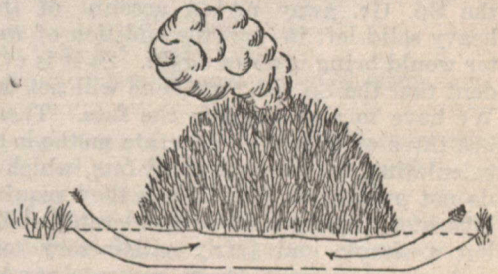


Fig 2.—Incinerator

in most cases, he can give an accurate opinion as to its potability. He precedes the Army in its march and marks the various waters it will pass; stating whether it is already fit for drinking, or whether it will require filtration, chlorination or boiling. The only kinds of filters carried are those which can be cleaned readily every day such as the Berkfield. Many water carts are now fitted with these. Where a stream or body of water is simply muddy, but pure, a good filter may be quickly constructed as