

HINTS FOR "TENDERFEET."

The following practical hints are published in Militia General Orders :

HINTS FOR MARCHING MEN.

1. Clothes which have become wet with perspiration during the day should not be slept in, but should be hung up to dry and air.
2. At night, non-commissioned officers in charge of tents or huts should be careful not to shut all the ventilators. Sleeping in a vitiated atmosphere tends to produce headache and sickness in the morning.
3. It should be remembered that the foot increases by nearly one-eighth of its size in marching; boots should therefore be proportionately large. The slightest pressure on the great toe soon cripples. Socks should be of wool, free from darns, and worn inside out.
4. Smoking on the march weakens the heart's action, and is liable to produce faintness when the battalion comes to a halt.
5. Spirits taken on the march often distress the breathing, especially if the pace is quick or the road hilly. Tea is the most invigorating drink.
6. Small quantities of food only should be taken at the mid-day halt. A good breakfast should be taken at starting, and a good supper in the evening.
7. After the march some kind of warm drink, tea or coffee, should be taken.
8. The attention of those who are subject to galled feet is directed to the following points: The feet should be hardened by the frequent use of alum baths for a week or two before marching (two tablespoonfuls of powdered alum to be added to sufficient water to cover the feet). On the morning of the march, the feet should be washed, wiped dry, and then rubbed over with soft soap. If blisters occur on the march, the fact should be reported at once. Broken blisters are difficult to deal with.

In regard to the last point, Lord Wolseley, a good authority on campaigning, says, "if there are blisters they should be pricked with a needle or sharp knife, but the skin must not be torn off. Previous to beginning the next day's march the tender places should have soft soap applied to them, or, if it is not to be had, any kind of grease. Whisky or rum and water applied to the feet is the best preventive against blisters." It will be found that a better way than using a knife to let out the water of a blister is by drawing a thread of wool, by means of a needle, through under the skin, and then cutting it off so as to leave ends about an inch long. The atmospheric pressure will in a short time force the fluid out by the wool, which may then be withdrawn, leaving the skin unbroken. It may be added that the Queen's Regulations enjoin captains of companies to see personally, previous to a long march, that the men's toenails are properly cut, and that any case of an in-growing nail is reported to the medical officer. Mr. Robert Sewell, writing to the *Mail*, gives the following sportsman's suggestions for practical care of the boots while campaigning :

Beyond a wound or sickness I can imagine nothing more fatal to a good day's march than an uncomfortable boot, and all will depend on the treatment of the boot at night. No doubt there will be nights when our gallant fellows will be deprived of the comforts of a bivouac fire, but on all occasions when the nature of the ground marched over has resulted in wet boots and a fire can be had at the end of the march, I would recommend that the boots be taken off and dried slowly before the fire, the soldier having first pulled on a pair of dry socks. A boot when dried quickly will become very hard, and to prevent this I have for many years used an article known as Lamb's leather preserver. It is put up in a very portable form, and when well rubbed in will reduce a boot dried almost to the hardness of cast iron to the pliancy of a kid glove. If forced to camp without fire let the boots be taken off and rubbed as dry as possible, then apply the leather preserver and stuff the boots with prairie grass, which will keep the boots in shape and prevent their drying in wrinkles.

In the absence of the special preparation mentioned, beef suet, mutton tallow, lard, or fat of the wild goose or duck will serve as a substitute.

MAIL ARRANGEMENTS FOR THE FIELD FORCES.

As so many of our readers are interested in the subject, we reproduce from the *Winnipeg Sun* the following interview with Mr. McLeod, post-office inspector for Manitoba and the North-West Territories, with regard to the arrangements for supplying the troops :-

"We are doing," he replied, "what we can to facilitate the delivery of all correspondence to the troops at the front and along the line of march. We send the correspondence for those in the Qu'Appelle division to Fort Qu'Appelle, and from that point it is forwarded by runners who are attached to the field force. A separation of letters and papers is made at Winnipeg and Qu'Appelle for the purpose of facilitating the delivery at the front. The Department has sent assistance to the Postmaster at Qu'Appelle for this

purpose. There may, however, be some difficulty in keeping up a daily service, and perhaps it will be less frequent; but everything possible will be done to get the correspondence along."

- "What about the Swift Current division?"
 "The regular mail service was only weekly between Moose Jaw and Swift Current and we will keep that up, and furnish the troops in that division by the same means as that adopted for Gen. Middleton's column."
 "How about your northern mails?"
 "We are unable to maintain service with either Battleford or Prince Albert. We have not had a mail from Prince Albert for upwards of three weeks. The last mail was dated on the 18th March."
 "Have you lost any mail yet?"
 "No. Not so far as we know. I suppose some of our post-offices have fallen into the hands of the rebels, who may have secured some correspondence, but I know of no mails having been captured."
 "You must have a large accumulation of mail matter?"
 "Yes, there is a large accumulation going west. The mail which left Battleford, going east in March, just got as far as Carlton. It was carried to Prince Albert by the Police when they evacuated Carlton."
 "Would you give a list of the post-offices affected by the trouble, as it might relieve persons who expect letters from those points."
 "Certainly; they are as follows:—Prince Albert, Kinistino, Puckholm, Kirkpatrick, Willoughby, Grandin, Stobart, Batoche, Saskatchewan, Saskatoon, Carlton, Battleford, Bressalor, and Fort Pitt."

THE ILLUSTRATED

WAR NEWS

IS PUBLISHED WEEKLY BY THE

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Price, 15 Cents per Copy.

It contains Graphic Illustrations of Experiences of the Volunteers and events transpiring at the Front in connection with the North-Western Rebellion; portraits of principal Officers, and illustrations of places of interest in the North-West. The paper consists of twelve pages 12 x 18 inches, printed and lithographed in tints, on good paper.

Number 1 was issued on April 4th, and contained the following illustrations:—

Battle of Duck Lake, March 27th; The Muster of the Tenth Royals and Queen's Own at the Drill Shed, Toronto, March 28th; The Fort at Battleford; The Town of Battleford; The Tenth Royals and Queen's Own marching out of the Drill Shed, Toronto, to receive Clothing, etc., Saturday Night, March 28th; Fort Carlton; Crowfoot, Chief of the Blackfeet; Pie-a-pot, Chief of the Crees; Cree Indians. Also a two-page supplement showing the Departure of the Queen's Own and Tenth Royals for the North-West, March 30th.

Number 2 was issued April 11th, and contained the following illustrations:—

Indian Teepee and Rebel Half-breed; Fort Qu'Appelle, N.W.T.; Prince Albert Settlement; Humboldt; Clarke's Crossing; Ups and Downs; A Welcome Call; Scenes on the Cars en route to the Front; Presentation of Flag to the Toronto Volunteers at Carleton Place, by Mrs. Edward Blake; Arrival of Tenth Royal Grenadiers at Winnipeg; The 90th Battalion of Rifles leaving Winnipeg for the Front. Also a two-page supplement showing Departure of the Governor-General's Body-Guards, and the 65th Battalion (French Canadians) leaving Bonaventure Station, Montreal.

No. 3 was issued April 18th. It contained the following illustrations:—

"A" Battery in the Touchwood Hills; Stuck in a Snow-Bank; Midnight Trump of the Royal Grenadiers; A Parade of Major Crozier's Command at Battleford; Lord Melgund; Major Crozier; Col. Miller, Q.O.R.; Quelling Mutiny of the Teamsters; Arrival of the Royal Grenadiers at Camp Desolation; Marching into Quarters at Port Monroe; An Occasional Spill; Cold Comfort in a Flat Car. Besides the above numerous illustrations, a large two-page cartoon by Canada's Cartoonist, J. W. Bengough, deals with the question "Who is Responsible?" It is without doubt one of the best efforts of this clever artist. This number is having a tremendous sale.

No. 4 was issued April 25, and contained the following illustrations:—

Lord Melgund's Scouts Surrounding Three of White Cap's Warriors; Col. Otter's Brigade on the Line of March; Trying the Gatlings; Steamers Loading at Medicine Hat; The Midland Battalion's Departure from Winnipeg; Reading Battalion Orders in the Drill-Shed, Hamilton; The Winnipeg Light Infantry Preparing for Service; Portraits of the Minister of Militia, Lt.-Col. Quimet, Lieut. Morrow, etc.

Copies of any of the above numbers can be obtained from local booksellers, or will be sent, postpaid, on receipt of price by the publishers.

Future issues will be mailed from the office of publication on date of issue to all persons ordering in advance.

The publishers have an artist accompanying the expedition, and many of the above illustrations are from his sketches.

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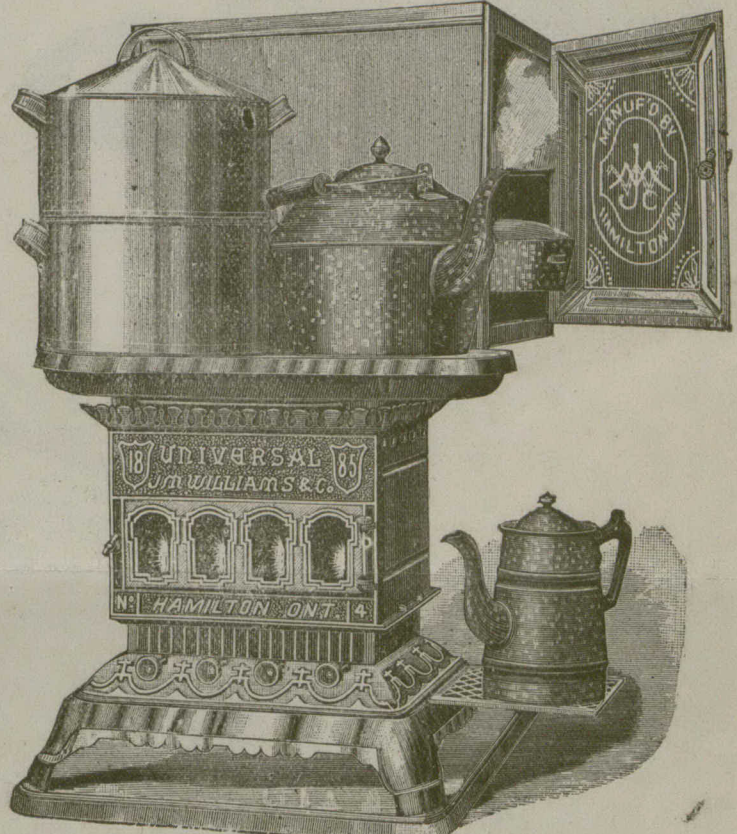
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