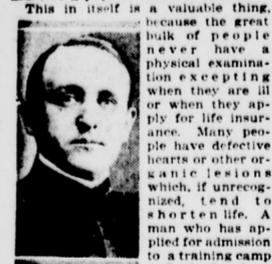


Training Camps Benefit Health of Entire Nation

By DR. W. C. RUCKER, Assistant Surgeon-General, United States Public Health Service.

THAT the training camps will exert a beneficial influence upon the health of those who volunteer for this work cannot be gainsaid. In the first place only those who are physically able to stand the strain of military life are accepted for training. This means that there must be a physical examination.



This in itself is a valuable thing, because the great bulk of people never have a physical examination excepting when they are ill or when they apply for life insurance. Many people have defective hearts or other organic lesions which, if unrecognized, tend to shorten life. A man who has applied for admission to a training camp and who has been rejected on account of physical defects finds out perhaps for the first time what his exact physical condition is and what he must do in order that he may not suffer an untimely taking off.

Plattsburg Idea Sets High Physical Standard for General Population, Says Assistant-Surgeon General Rucker

immediately enter upon a systematic outdoor life. The waking hours are laid out in exercises and recreation, and the night, like the day, is spent in the open air. Many a patriotic business man whose daily exercise under average conditions consists of a walk to and from the street car and from the street car to the office finds the first few days that he is imbued with a new zest of life; that physical tasks which at first seemed almost impossible of accomplishment are performed with ease. His mind is clearer and he sleeps at night like a tired babe.

The food which he gets in the training camp is simple in character, but adequate for all his physical needs. It is well cooked, but it is not over-seasoned with condiments and spices, and what perhaps is best of all, it is not preceded by an appetizer which has been thickly laid and then shaken up. Regular exercise, regular food, regular hours of sleep, and separation from excesses of every kind, are bound to make this volunteer soldier a pretty healthy specimen by the time the camp is done, and when he goes back to his desk it is with renewed vigor and a firm determination to keep in fighting trim for the rest of the year.

But with all this physical work there are periods for recreation and study. The most important of the instructions given is, from a public health viewpoint, the instruction in hygiene.

The volunteer gains an idea of the value of his body. He learns how to protect it from invasion by disease-producing organisms. He learns just what he can and what he cannot do if he wishes to remain healthy. In other words, he becomes inoculated with the germ of hygienic living.

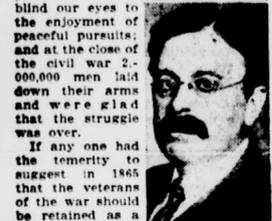
This stands him in good stead when he returns to civilian pursuits, and whenever he talks to his friends about the training camp he is pretty apt to say something about hygiene and sanitation. This is the spreading of the gospel of cleanliness and health. He has learned that to be an efficient soldier one must be a healthy citizen, and it isn't very long before he reasons that to be an efficient citizen one must be a healthy citizen.

So it may be said that the training camps are a valuable health asset to the nation as well as to the patriotic individuals who volunteer for this duty.

THE NATIONAL SECURITY LEAGUE AND ITS PURPOSE

By S. STANWOOD MENKEN, Chairman of the National Security League.

PREPAREDNESS means ac- curacy. It does not mean ag- gression or militarism. We will never be a mili- tary nation. We returned to peace after the seven long years of the Revolutionary war with national satis- faction. The end of the war of 1812 brought with it the sense of duty done and nothing more. The war with Mexico did not blind our eyes to the enjoyment of peaceful pursuits, and at the close of the civil war 2,000,000 men laid down their arms and were glad that the struggle was over.



If any one had the temerity to suggest in 1865 that the veterans of the war should be retained as a large standing army the proposition would have been instantly re- jected. Any effort to establish military rule under a dictator would have found the men of the blue and gray standing side by side in opposition. To defeat such an attempt they would have fought in harmony, even though for four years they had been fighting against one another.

The history of the past will be the history of the future. We have nothing to fear from militarism. We have much to fear, however, from the decadence of the national spirit. We are intensely materialistic. We want no disturbance of our business conditions. We want to pursue our own way peacefully and uninter- ruptedly. We have waxed fat upon this world's goods and we desire to enjoy the untroubled possession of our wealth.

The psychological effect of this mental attitude has been injurious to the nation. It is the fact that if we are to exist as a nation we cannot afford to wrap ourselves in the mantle of indifference and self-satis- faction. If we are to be strong and virile we must not allow the guiding spiritual inspiration of our forefathers, which made this nation possible, to become atrophied.

We must not drift along with our muscles growing flabby, our endurance subjected to no tests, our souls avoiding sacrifice like a pestilence. We must not deny the obligations to feel and act responsibly regardless of effort or cost. Rome was not conquered by the barbarians, but by her love of ease. We must be careful lest we go the way of Rome.

We Americans must awake out of our trance. The millennium is not yet here. Darwin's theory of the survival of the fittest applies to nations as well as to species. Self-defense is still a necessity. Treaties are apt to be dis- regarded unless backed up by force.

We are not protected by our smug righteousness, which finds no evidence in general action for the state. Neither can we always avoid a quarrel. There are some things which we cannot sur- render. As there are women in the world who value honor more than life and men who will defend their self- respect and their integrity with their very existence, so there are nations which will not see their ideals, tradi- tions and liberties destroyed nor their territories invaded without resistance.

the negative answer in an inadequate navy, which in twenty years has de- scended from second to fourth place; in an army deficient in men and equipment; in a lack of a volunteer reserve army, trained and equipped to enter immediately upon the work of self-defense in harbor fortifica- tions insufficiently manned; in the lack of submarines and aeroplanes, of artillery and ammunition, of industries mobilized to afford effective aid.

The rest of the world knew these things long ago. We are just bring- ing them to the general knowledge of our people. The agency which has brought about this changed point of view more than any other single cause, we believe, is the National Security League.

It has succeeded because its effort has been sincere. Its inception was due to a patriotic impulse to give facts to the people of the United States, and it has never allowed its activities to be affected by politics, personal ambi- tions or extreme statements. For nearly eighteen months it has pro- ceeded in a practical direct appeal to the country.

Its literature, of which more than six million pieces have been circulated, has told the truth and nothing but the truth. It has believed that the crust of indifference could be pierced and the latent love of country could be aroused, with the result that the people could be made to understand the national danger. Results have justified this expectation. We now find in more than two hundred cities and towns the growth of preparedness sentiment through branches of our organization.

The remarkable fact is that this work has been necessary. In this re- public, however, legislation follows public sentiment, and because there are sections where the expression of public opinion on the vital necessity of preparedness our legislators have turned their attention to other things. We have not abandoned, as we should have done, local self-concentra- tion for world vision. There are still sections where the public opinion is of more importance than provision for the safeguarding of national honor. There are still among us some men— happily growing fewer every day—who live in the hope that nothing is ever going to happen. They are will- ing to let the nation depend upon the whim of foreign nations as to whether we are to be troubled or left alone, and in their gambling they risk our ideals and their liberties.

A benign Providence has aided us in the past and I have faith in our future destiny. In the same time, God helps those who help themselves. The doctrine of the National Security League is that we must help ourselves. We cannot expect others to do it for us. The league believes that effective self-help is founded upon individual service. No American citizen has the right to the distinctly Ameri- can privileges outlined in our Declara- tion of Independence and guaranteed in our Constitution without being willing to insure the continuance of those privileges by personal sacrifice. This means, in brief, a willingness to give something to the State, and among other things that every citizen should undergo universal military training and service.

We must eventually rely upon a trained citizen soldiery. It is the only economical democratic basis for the defense of a great nation. We can hardly expect to possess a navy greater than that of landed on our shores, so as to insure our complete control of the seas. Neither can we expect—nor do we want—in this country the constant maintenance of an idle and expensive regular army of size sufficient to suc- cessfully cope with the forces which the experts of the War College assert can be landed on our shores. It is logically apparent, therefore, that we must have a great reserve army, ready to be of service when danger threatens, but the individual units of which will be steadily and profitably employed in the professions and trades in time of peace.

The National Security League, with its membership numbering nearly one hundred thousand, advocates universal military training and service on the Swiss or Australian plan as the foundation of our defense, and seeks to secure the enactment by Congress of measures which will provide adequate national defense. It will now go further and point out in its campaign of education the advantages which such a universal system will confer. In doing this it renews the teachings of Washington, Jefferson, Madison.

WOMEN ALIVE TO NEED FOR PREPAREDNESS



Young women of society in camp at Pompton Lake, N. J. Gen. Steever, U. S. A. (retired), the military instructor; Capt. Candace Hewitt and Miss Elizabeth Harrison, her orderly.

floor had been swept thoroughly, whether hats had been removed from the clothesline and concealed beneath the pillows, whether the mosquito nettings were on straight, you dared not turn your head to see, but you rolled your eyes till they nearly fell out in a vain effort to look behind you.

One awful day the inspector called me in. I went trembling, one messy book had been thrown down on the bed in a hurry by some one and I had not seen it. The next time I was orderly I looked the tent over care- fully and then forbade anybody to go in for fear a particle of dust might enter or a cover stir out of position. Beds and shoes were placed upon the mattresses and the inspector re- ported "Excellent!"

Imagine, however, what this sort of training did. We were absolutely will- ing and ready to do anything when we were left and were so humble as to be almost obsequious. We had seen what was required of us in time of war and we were ready to live up to those requirements.

There were also practical courses at Chevy Chase, the most valuable and important being instruction in first aid to the injured and home care of the sick. It was against the rules to take both at once, but some girls were so ambitious that they found it was pos- sible to do so if they let neither de- partment know they were taking the other. There were also courses in surgical dressings, dietetics, plain sewing and knitting, wirewagging, wireless telegraphy and telegraphing, the last three courses being by far the most popular, though it is doubtful if what service wirewagging would be to women.

The plan had been originally to have, along with dietetics, field cook- ing demonstrated by our own field kitchen. There is a plan to include this in the future in the two weeks training.

Drill was compulsory. The first two days they had no drill sergeant, our own company officers drilling us— girls with as little experience as any private. A prize was offered to the best drilled company, so these ambi- tious officers set out to win. They drilled us every second we had free

until we were raking. A few of us planned to get out of so much drill by not returning to the company street after classes, but the officers found this out and posted an order to re- port after every class.

At the end of two days the authori- ties stepped in. The doctor complained that there were so many cases of sore feet that he was unable to treat them all and the officers were forbidden to drill us except at certain hours. Each company was also supplied with a drill sergeant used to run recruits, so we got some rest. Through this bitter experience we learned one thing, however, and one every camp should follow: No drilling should be done except under a trained expert.

In the afternoon there were lectures for an hour. We hated and detested these lectures and rebelled against them to the bitter end. An hour is rather long to listen to three or four men talk and we agreed that one good speaker every day with a limit of half an hour would be quite enough. As it was we surreptitiously stuck knitting and writing materials up our sleeves, and, as one lecturer remarked, he had never seen such an industrious audience.

There has been a desire expressed among the girls that in the future they might help more in the administra- tion of the camp. The cooking might easily be passed over to them, an ex- perience that would fit them to help in hospitals in war time. Other classes might be started training them to fill positions the men are called away from. Auxiliary classes would be a good beginning and later on other classes could be organized so that the pupils would be able to fill just such positions as the women of Europe have found it necessary to take.

In closing I may say we registered our desire to return next summer in back and white. What we learned probably is not noticeable, but at least we have made a start in the right direction. We know what efficiency is; we have seen a camp organized and run with fewer mistakes than we deemed possible, and we are right behind the men, ready to serve and help our country in preparation against war.



Miss Esther Hosmer of Boston in the camp of the Woman's Service Corps at Chevy Chase.

ONE GIRL'S IMPRESSIONS OF THE CHEVY CHASE CAMP

By JOAN PETERS, Private Company D, Chevy Chase.

WOMEN have their part in preparedness as much as have men, and this year has seen the opening all over the country of camps for women similar to Plattsburg. The first was the national service school at Chevy Chase, and then came camps in New Jersey, California and Texas—none quite like Chevy Chase, but all with the same fundamental principle, national service.

In France and England the women realized too late their lack of prepara- tion. Lives and money have been wasted through inefficiency, and a movement is going on among them to start just such camps of instruction as women are having here. Women will not take the place of men in the ranks, but the positions the men are forced to leave in time of war, they will prepare hospitals for the men,

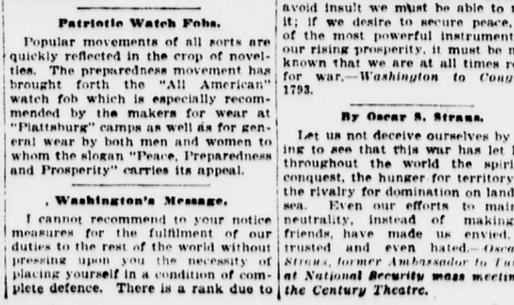
and when wounded, keep the cities and towns in smooth running order and show themselves so efficient that they will be a help, not a burden. The first lesson for such service is that of obedience and forgetfulness of self. No better way to teach this could possibly be devised than a mili- tary organization. Drill, inspection and all the numerous duties that go with military service demand obedience. We learned to our amazement at Chevy Chase that what we wore, ate, lived in and said was regulated. Never shall I forget a command to change from sneakers into shoes. I explained very carefully that my shoes hurt. Explanations, arguments and threats were of no avail—the shoes had to come on, and I drilled limping.

Inspection was another test of obedience. At half past 8 we fell in front of our tents, orderlies at the left, privates at the right. At the order "Attention" we all straightened up and began wondering whether the

lected the mobilization of industries and the utilization of modern forms of transportation as effective aids to the Government in time of war. Steps in this direction are now being taken, but the highest degree of efficiency can only be secured by the universal appreciation of the fact that each indi- vidual must realize his important posi- tion as an integral unit of a great system.

We must learn to avoid waste, to cultivate thrift, to abandon extrava- gance and to make our national re- sources effective to the highest degree. To spread this broader and possibly more spiritual phase of the Gospel of preparedness among the American people is a work to which the league will devote itself and which must merit the commendation, as it will receive the support, of the American people if the people can be made to understand that our unpreparedness in the light

HOW THE CAMP VISITOR CAN TELL AN OFFICER'S RANK



1. General Staff, gold and silver. 2. Adjutant-General and Military Secretary's Department, gold. 3. Inspector-General's Department, gold. 4. Judge Advocate General's Department, gold. 5. Quartermaster's Department, gold. 6. Subsistence Department, gold. 7. Pay Department, gold. 8. Medical Department, gold. 9. Corps of Engineers, silver. 10. Ordnance Department, gold. 11. Signal Corps, gold and silver. 12. Chief of Bureau of Insular Affairs, gold. 13. Fieldiers United States Military Academy, gold. 14. Aide-de-camp to Lieutenant-General, gold. 15. Cavalry, gold. 16. Infantry, gold. 17. Field artillery, gold. 18. Coast artillery, gold. 19. Lieutenant-General, silver. 20. Major-General, silver. 21. Brigadier-General, silver. 22. Colonel, silver. 23. Lieutenant-Colonel, silver (Major, gold). 24. Captain, silver. 25. First Lieutenant, silver.

Vital Importance of the Red Cross

Even With the Million Members Now Sought Facilities Would Still Be Inadequate in Case of War

By EDWARD A. MOREE, Director of the Atlantic Division, American Red Cross.

IN the membership campaign now being waged in this city by the American Red Cross the question is repeatedly asked as to its re- lation to the preparedness move- ment.

We are not so far from the Span- ish-American war and yet its lesson, so far as adequate medical prepara- tion is concerned, has been all but for- gotten. Following that war, when the number of deaths from dis- ease was twelve and a half times those killed in battle, there was an outcry bordering on a scandal as to the neglect in which our sol- diers had been left.

Steps were tak- en to reorganize the Medical Corps and increase the ratio of medical officers to seven Edward A. Moree. This was still considerably under the European standard, but Congress deemed it almost extravagant. Hence even the seven officers per thousand, as against the ten per thousand abroad, were never obtained. In- deed the number was actually less than the Spanish war and its suffering com- fortably forgotten, it has reached ap- proximately 4.6 per thousand men.

For an army of 200,000 men, such as the United States is now to have under the Hay bill, this would mean a medical corps of at least 1,000 men. At present the corps consists of just one Surgeon-General, and 44 men, together with a reserve corps of about 100 civilians. Even on the basis of seven officers per thousand, it should be remembered that the med- ical corps would only be capable of tak- ing care of the wounds of those in the regular service. There is no provision whatever for caring for those injured following a great expansion of the ranks with volunteers.

One need only grasp these facts to realize something of the problem the Red Cross faces in case of war. For it is the Red Cross which the American Red Cross, which can supplement the efforts of the Government. On it would devolve the whole care of the wounded back of the firing line, the administration of relief in stricken territory, the care and identification of anxious relatives of prisoners and the dead.

As a part of the solution of this problem the Red Cross is now seek- ing to raise its membership from 27,000 to 1,000,000. It gets no finan- cial support from the Government, and if it is to make any headway in preparation, it must increase its in- come materially. Even with a million members, the American Red Cross will not rank with the societies abroad. Japan, the poorest nation, has a membership of 1,800,000, while Russia has 1,400,000 and Germany 1,200,000.

By far the biggest part of the problem of course is the increase in the actual physical equipment of the Red Cross. If it is to be ready for any emergency, whether of war or of peace, it must have hospitals, beds, supplies and adequate personnel. It must have supplementary medical and nursing staffs. These must be trained, since in time of war there is no opportunity for that. Otherwise there is much needless suffering, as in the Spanish-American war.

To prevent the recurrence of any such crisis the Red Cross is organiz- ing thirty base hospitals throughout the country. These are to have 200 beds each, are to be fully equipped, their staffs gathered and are to be ready for instant service. Four have already been organized in New York, connected with the Presbyterian, Bellevue, New York and Mount Sinai Hospitals. Others are being or- ganized in Philadelphia, Baltimore, Boston, Chicago, Cleveland and other cities. In connection with each of these classes in first aid work are women for the non-professional places that must be filled.

To bring home the lesson of what America would face in case of war can do no better than quote from a letter from Count Traun, head of the Austrian Red Cross, as to Austria's ex- periences at the beginning of the con- flict. The situation in America would be similar, except that we perhaps would not be quite as well prepared as the Austrians. They at least had a membership of 350,000 in the Red Cross, while in the United States to- day we have just passed the 100,000 mark.

"The Austrian Red Cross," declares Count Traun, "has only a handful of base hospitals, and hardly any professional nurses, and it has upon the Red Cross as something symbolical of the brotherhood of men rather than a practical organization to deal with actual war conditions, our society has only a small number of members, and consequently a limited income."

"All of a sudden we faced a condition none of us dared to think likely to confront us in our own day. Overnight our work assumed proportions we had never dreamed of. Wounded soldiers came crowding back from the front. The military hospitals were filled al- most before we knew it and thousands of other wounded men had to be taken care of. So we improvised hospitals in cities, using for this purpose public buildings, school houses, barracks and private homes. These were all of course put at our disposal free of cost. We furnished them and organized the med- ical staffs. You may get an idea of the magnitude of our task from the fact that at times we had as many as 93,000 beds in these improvised Red Cross hospitals. Lack of preparation and foresight took its awful toll in suffering, infection and preventable death.

Other pieces of work which the Aus- trian Red Cross organized is a system of mobile refreshment stations, which provided with portable kitchens and accessories, were placed at strategic crossings and other points along the route of the marching army. Young ladies belonging to the best families in the monarchy show pluck and devo- tion in keeping up this service, day and night.

"In addition to the sanitary organi- zation and to the refreshment ser- vice we have organized several other departments, which are doing excellent work. Among them is the rear quar- ter, which searches out intelli- gence of prisoners and informs their families.

"Thus we have carried a part where the admirable work of our vol- unteers and the efficiency of our or- ganization have effected the last years of the nightmare of our early days when we knew men were dying for lack of an adequate national organi- zation, and were compelled to build up our organization, while at the same time raising funds to do so.

"We have organized also a medical department which is going to make recommendations for the future, based on the lessons of the present war. We intend also to keep our central depot in Vienna fully stocked with supplies of all kinds, so as not to be placed in the distressing situation in which we found ourselves at the break of the war. In short, we are going to organize, get members and make our Red Cross efficient in time of peace. This is what the American people should do on their part."

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