

March Discipline.

Rates of movement in the field are approximately as follows:—

Arm.	Yards per minute	Minutes required to traverse 1 mile.	Miles per hour including short halts.
Infantry—			
Usual Pace	98	18	3
Mounted Troops—			
Walk	117	15	3½
Trot	225	8	7
Gallop	440
Trot and Walk	5

The length of a pace in slow and quick time is 30 inches

.. ..	stepping out	.. 33 ..
.. ..	double time	.. 40 ..
.. ..	stepping short	.. 21 ..
.. ..	side step	.. 15 ..

The rates of marching of transport on a level road are:—

Wheeled transport	2½ miles an hour.
Mule or pony cart, A.T.	2½ ..
Bullock cart, A.T.	1½ ..
Camel	2 ..
Pack mule or pony	3 ..
Pack bullock	2 ..
Pack donkey	1½ ..
Coolie	2 ..
Tractors	3½ ..
Motor lorries	6 ..

These rates include short halts only.

Care of the Feet.

The real causes of sore feet are ill-fitting boots and socks, combined with uncleanness.

The feet should be washed at least once a day, and if this is impossible they should be wiped over with a damp cloth, especially about the toes.

Excessive sweating may be relieved by bathing the feet in water coloured a bright pink with permanganate of potash.

Socks when taken off should be stretched, well shaken, and placed on the opposite feet when next worn. Where the socks fit over tender parts of the feet they should be greased inside.

Blisters should be pricked with a clean needle and all tender parts smeared with some simple ointment or with soap.

A good ointment is one of vaseline with 2 per cent. of salicylic acid added, and various powders are in use for the same purpose.

The following are the maximum depths of rivers fordable by various arms—

Cavalry, 4 ft.	Artillery, 2 ft. 4 in.	Infantry, 3 ft.
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Relative Rank of the Officers of the Navy and Army.

NAVAL RANK.

1. Admirals of the Fleet.
2. Admirals.
3. Vice-Admirals and Engineer Vice-Admirals.
4. Rear-Admirals and Engineer Rear-Admirals, Surgeons-General.
5. Commodores.
6. Captains (of 3 yrs.), Engineer Captain (of 8 yrs.), Deputy Surgeons-General, Paymasters-in-Chief.
7. Captains (under 3 years), Engineer Captains (under 8 years).
8. Commanders, Engineer Commanders, Fleet Surgeons and Fleet Paymasters, Naval Instructors (of 15 years).
9. Lieutenant Commanders, Engineer do. do., Staff Surgeons, Staff Paymasters, Paymasters, Naval Instructors (of 8 years), Carpenter Lieutenants (of 8 years).
10. Lieutenants (under 8 yrs.), Engineer do. do., Surgeons, Asst. Paymasters (of 4 yrs.), Naval Instructors (under 8 yrs.), Carpenter Lieutenants (do.).
11. Sub-Lieuts., Engineer Sub-Lieuts., Asst. Paymasters (under 4 yrs.), Naval Instructors (under 8 yrs.).
12. Chief Gunners, Chief Boatswains, Commissioned Telegraphists, Chief Artificer Engineers, Commissioned Mechanics, Chief Schoolmasters, Chief Carpenters, Commissioned Electricians.
13. Gunners, Boatswains, Warrant Telegraphists and Chief Masters at Arms, Artificer Engineers, Warrant Mechanics, Head Wardmasters, Warrant Writers, Head Stewards and Instructors in Cookery, Head Schoolmasters, Carpenters, Warrant Electricians and Warrant Armourers.
14. Midshipmen, Clerks.

ARMY RANK.

1. Field-Marshal.
2. Generals.
3. Lieutenant-Generals.
4. Major-Generals.
5. Brig.-Generals.
6. Colonels.
7. Lieutenant-Colonels.
8. Lieutenant-Colonels (but junior of that rank).
9. Majors.
10. Captains.
11. Lieutenants.
12. Second Lieutenants.
13. 1st Class Staff Sergeant Majors Army Service Corps, &c., but senior to those ranks.
14. 1st Cl. Staff Sgts. Majors A.S.C. &c., but junior to those ranks.