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A B R I E F  
D I G E S T O F R E G U L A T I O N S,

To be observed by  
Regimental Surgeons and Mates on the Irish  
Establishment.

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The MEDICAL BOARD established in Dublin, in  
June 1795, consists of

Doctör C. W. Quin, {  
Doctör Wm. Harvey, { Joint Physicians General.

George Stewart, Esq; Surgeon-General.  
George Renny, Esq; Director-General of Hospitals.

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**T**HIS board has been formed upon the model of that in England, for the purpose of controlling the medical and surgical departments of the army in this kingdom; the members thereof, feeling themselves responsible for the active and faithful discharge of so important a trust, have digested the following brief system of regulations for the guidance and direction of regimental surgeons and mates, so long as they shall continue to serve upon the military *establishment* of Ireland.

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These should be capacious, and if possible placed in an elevated healthy situation; the wards ought to be large, and kept at all times perfectly sweet and clean; the walls if plaistered to be white-washed every three months; if wainscoted, to be frequently washed with soap and water. The beds and blankets well shaken and exposed to the air upon every fine day, and fresh straw supplied once a week at least.

Regimental  
Hospitals.

Separate wards to be allotted for the accommodation of fever patients, and every possible care taken by thorough ventilation and strict cleanliness to prevent the origin, and to check the progress of infectious diseases.

It is much to be wished, That regimental infirmaries constructed upon the most approved plan were built adjoining to each barrack in the kingdom, and proportioned to its general extent.

King's Military Infirmary.

Whenever a regiment or detachment shall be quartered in Dublin, surgeons and mates are strictly to comply with the regulations already made public for their conduct, with respect to the King's infirmary there.

Dietary of the Sick.

The diet of the sick should be suited to the nature of the ailment, acute diseases, inflammatory, intermittent, remittent and continued fevers, with the majority of venereal cases, should be put upon a low regimen, consisting of a due portion of bread, barley, rice, milk, whey, oatmeal-gruel, butter-milk, flummery, &c.—Convalescents who have been much reduced from preceding diseases, should have a suitable daily allowance of meat and of fresh broth, and in some particular instances it may be essential to prescribe a moderate quantity of wine, especially to those who labour under, or may be recovering from nervous and putrid fevers, which so generally run out to a long period, and are always accompanied with considerable debility.

The subsistence received to answer these purposes, may be fixed at 5d. or 5½d. per day for each man, according to the market-rate of provisions.\* (\* See the Appendix. )

Medical Practice.

Each regimental surgeon, or in his absence his mate, shall visit the hospital at least twice in the twenty-four hours, and keep a medical journal of his practice, in which the name, age, general constitution, disease and treatment of every patient, shall be regularly entered and fully detailed, together with the day of his admission and discharge : Which journal, the director-general of hospitals will call for and inspect, whenever he makes his circuit through *any of the districts*.

When a regiment is cantoned, and much separated, the surgeon is to employ the best medical assistance he can procure, in the several towns and villages where they may be stationed; with all of the persons so employed, he is to establish such an intercourse, as may enable him to frame his monthly report to the medical board with sufficient accuracy.

Change of Quarters.

When a regiment upon changing quarters is regularly relieved by another, the sick that are unavoidably left behind, are to be taken charge of by the surgeon or mate of the regiment succeeding, who will be responsible for their medical treatment until they are able to join, and without making any charge for medicines or attendance, this being considered as a point of mutual accommodation; except in Dublin, where the sick unable to march or to be carried, will be received into the King's military infirmary.

The surgeon, or in his absence the surgeon's mate, to report weekly, or oftener if ordered, to the officer commanding, and to make up a full and complete report of the state of the sick of the whole regiment, to be sent by post on the 20th of every month, directed to Charles Berkeley Kippax, Esq; secretary to the medical board, and put under cover to Sackville Hamilton, Esq; Dublin Castle.

Reports to the  
Commanding  
Officer, and  
to the Medi-  
cal Board.

This report will enumerate the different detachments of the regiment, the probable number of the sick with their diseases at each detachment, the exact number at head-quarters, in hospital, barracks, or billet, with the name, age, and disease of each patient, particularly specified and arranged in separate columns, marking the precise period of attack, and length of duration of each ailment, together with the total number taken sick, cured, or dead, since the preceding report :

When it appears upon the face of the report, That regiments are unusually sickly in a particular place. The medical board expect that the surgeon shall specify by letter his opinion as to the nature of the prevailing disease ; if contagious, how introduced ; if epidemic, whether common in the neighbourhood, or more immediately produced among the soldiery from severe duty, long exposure to cold and fatigue, imperfect clothing, scanty or unwholesome food, bad water, foul or noxious air in unventilated and dirty barracks, &c. together with a full detail of the medical treatment, in order that from a timely knowledge of the cause and nature of the malady, the board may be enabled to propose a suitable and vigorous remedy.

This regulation being of the first importance, is to be strictly observed by every cavalry, infantry, fencible, and militia surgeon and mate in the kingdom, at all times, except for the period during which they may be encamped, when the sick report will be made by the staff-physician and surgeon attached to each encampment, once a week to the general officer commanding, and once a fortnight to the medical board in Dublin, or oftener to either, or to both, if so ordered.

When these take place, in addition to the strict execution of the foregoing rules : The barracks, or wherever such diseases may have first appeared, must be particularly examined, and undergo a thorough cleansing, ventilation and fumigation : The infected men must instantly be separated from the healthy, and previous to any patient so diseased being received into the regimental infirmary, he must be washed and made perfectly clean with warm water and soap, have his hair combed, and be supplied with a well-aired linen shirt.

Infectious Fe-  
vers, Dyfen-  
tery, &c.

In the progress of the treatment, the patients are to be kept as much as possible separated from one another, and in addition to the thorough ventilation and sweetness of the several infirmary wards, they must be sprinkled daily with vinegar, or fumigated with its steams, or those arising from boiling tar or pitch : When the fever is on the decline, the whole of the hospital beds and bedding, with the garments of the sick must

must be stoved in an oven, or steeped in cold water, (if running water the better) for forty-eight hours at least, previous to their being thoroughly washed.

Convalescents from such fevers being exceedingly apt to relapse, must not be too speedily returned as fit for duty.

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Itch.

As the itch has lately been very prevalent amongst the troops, (especially in those corps lately raised) it is particularly recommended to regimental surgeons and mates, for their own credit, and the soldiers comfort, to pursue the most effectual and vigorous measures in the cure, as well as in the prevention of a disease, which never can make any considerable progress in a regiment, where cleanliness and proper discipline are observed.

When the disorder appears, the source of infection must if possible be ascertained and obviated; and commanding officers will do well whenever they suspect it to prevail, to order a monthly inspection of the regiment by the surgeon, who is upon each inspection, to report the number infected, in order that they may be separated from the rest of the regiment until cured: As a remedy less filthy, and less injurious to the linen and bedding than the ointment, it is recommended to surgeons to provide themselves with a quantity of liver of sulphur, with a solution of which, in warm water, the infected men may be frequently washed, and their shirts and sheets may likewise be steeped in it, and well dried before they are used: Recruits, recruiting parties, or men absent upon leave, upon joining, should never be allowed to sleep in the same barrack-room, with the other soldiers, until they shall have been examined, and reported by the surgeon to be perfectly clean.

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Corporal  
Punishments.

Surgeons and mates have need of much discretion and experience to conduct themselves properly in the discharge of this unpleasant part of their duty.

They are never to permit corporal punishment to be inflicted with such severity as to endanger life.

Deserters who have been previously confined in a gaol or provost, have generally a fallow and sickly complexion, and although most deserving of severe punishment, are least able to undergo it, as low fever, and extensive mortification often succeed in such cases.

Punished men are to be confined in a separate ward of the infirmary, and great care must be taken to prevent the discharge from the sores from infecting the beds and bedding, which always produces an offensive smell, and often generates putrid and highly infectious fevers.

The medical board expect, That regimental surgeons and mates will in future be particularly attentive in the discharge of this duty, as abuses have of late prevailed in this department of the service, highly disreputable to those concerned, and which as entailing the worst effects, cannot be too publicly reprobated, nor too speedily and effectually checked.

Every recruit previous to being examined must be stript, and care taken that he is free from the following diseases, viz. Herniæ of all kinds, enlargements of the testis and spermatic process; he must enjoy the perfect use of every limb, which must be well formed without any muscular contraction, and not wasted: Enlargements of the bones or of the joints, whether from a scrophulous or venereal taint, ulcers on the skin of an inveterate kind, and even a very trifling sore upon the leg, (especially on the shin) will constitute a sufficient cause for rejection: His general look must be healthy, neither consumptive nor asthmatic, and without any appearance of internal disease, or of being worn out: He must not be subject to fits of any kind, his judgment, sight, and hearing, must be perfect, or where there may be a partial defect in the first, or in either of the last, it is to be specially reported to the inspecting officer, and left for his decision, to which the surgeon must invariably appeal in all cases of ailment not amounting to absolute incapacity for service.

Such men as have not had the small-pox, are to be specially reported to the officer commanding, that with his approbation, the surgeon may at the most convenient season put them under a proper preparation for being inoculated.

As the medical order contained in the printed rules issued by the board of governors of the Royal Hospital to the regiments upon the Irish establishment, has hitherto been much neglected by surgeons and mates.—The medical board expect, that they will in future pay the strictest attention to the following order, viz. “ That when diseased or disabled men are recommended to Kilmainham pension, the surgeon shall particularly describe the origin, name, and state of the complaint, and why he looks upon the person recommended to be unfit for further service, and when disabled by any wound or accident, to distinguish, how, when, and where such accident happened, and whether the man was at that time actually upon duty, or otherwise.”

Recommendation of Soldiers to the Pension of Kilmainham Hospital.

Of these, the military surgeon should possess a full assortment, as the relief afforded by surgery in many cases of disease, very much depends upon the fitness of the instruments employed.

Surgical Instruments.

The medical board expect, that each regimental surgeon should be provided with the following instruments, all in good order, and of the most approved construction, which may be purchased at a moderate expence, and conveniently packed up in a portable box, to be occasionally strapped on the back of an orderly man, viz.

A complete set of amputating, trepan and pocket instruments.

Forceps and trocars of different sizes and shapes.

Silver and flexible catheters and bougies.

A sufficient number of tourniquets, lancets, crooked needles, tenaculum, &c.

Splints for simple and compound fractures of the best construction.

Bandages and rollers of all sorts, with plenty of flannel, linen, lint, tow, ligatures, adhesive plaister, and every kind of dressing.

The director-general of hospitals will consider it to be an essential part of his duty, to see that the above regulation is complied with.

Pharmacopœia.

It is the intention of the board to furnish a Pharmacopœia for the use of the army surgeons and mates on the Irish establishment, to which it is expected they will conform as strictly as the nature of the cases under their care may admit.

Regiments  
Encamped.

Those regiments who take the field, will be put under the immediate superintendance of a camp hospital physician, surgeon, apothecary and mate, who will immediately fix on some fit place contiguous to the camp for the establishment of a general hospital on the smallest scale that the number of men encamped will admit of, it being intended for the reception only of patients afflicted with fevers, dysenteries, and other contagious diseases: This hospital will be under the direction of the medical staff appointed for the service of the camp, who will likewise visit daily the several regimental hospitals, see that the orders for the conducting thereof be strictly carried into execution, and take care that such as may be deemed proper patients for the general hospital be sent thither without delay: The medical prescriptions and directions of the camp physician and surgeon are to be implicitly obeyed by regimental surgeons and mates, as they will be vested with discretionary powers from the medical board to control every medical and surgical camp arrangement; they being responsible only to them, and to the director-general of hospitals, when he shall visit any of the districts.

Permanent  
Stations of  
Staff Hospital  
Physicians  
and Surgeons.

Whenever the medical board shall think fit to station a staff physician or surgeon permanently in any particular place, he will be commanded by the board to take a certain extent of country, and a certain number of troops under his general medical care, and he will be invested with full

full authority to call for frequent sick reports from the several surgeons and mates quartered in the district, and specially to interfere with his advice and directions, whenever he shall consider it to be his duty so to do; when any such appointment takes place, it will be notified to the particular district in general orders.

## A P P E N D I X.

Dietary of the KING'S MILITARY INFIRMARY in Dublin, at 5<sup>1</sup>/<sub>2</sub>d. per Day Subsistence for each Patient.

General diet.	{ One pound of bread. Half a pound of boiled beef. One quart of gruel. One quart of broth. One quart of milk.	} per day.
Convalescent (or milk) diet.	{ One pound of bread. One quart of broth. Two quarts and one pint of milk. One quart of gruel.	
Fever diet.	{ Three quarts and one pint of Milk. Two quarts of barley water. One quart of gruel.	
Butter-milk sufficient for whey.		

