

**RULES TO BE OBSERVED BY BRITISH
TROOPS TRAVELLING IN INDIA,
DURING THE SUMMER MONTHS,
BY RAIL.**

Soldiers arriving for the first time in India must realize that there are dangers to health and even life, which are quite new to them. Disobedience of the rules printed below is not only a very foolish procedure, but one which is attended with real danger. Where disease is preventable, it brings discredit upon the soldier, his Corps and even the British Army, if he neglects to look after himself.

With a view to avoiding Sunstroke, Heatstroke, Cholera, Dysentery and Typhoid Fever, these simple rules should be obeyed.

1. No soldier is allowed to purchase alcoholic liquors, either by day or by night, during the journey.
2. Don't sit in the sunshine in the carriage.
3. Don't put your head out of the window without a helmet being worn.
4. Don't leave the carriage until dark without wearing a helmet.
5. Don't copy others whom you may see not wearing a helmet or believe their remarks that the sun does no harm.
6. Don't eat food which has not been cooked, or fresh vegetables or fruit bought from native fruitstalls.

(P.T.O.)

7. Don't drink any water or mineral waters other than those provided for you. Mineral waters offered for sale on railway stations by outside native vendors are in many cases of doubtful manufacture. You have no guarantee they will not give you cholera or typhoid fever.

8. Remember that Iced Water will be provided for you at each chief stopping place. Soda water is provided for you on all troop trains. Where electric fans are not provided, you will be given a hand fan which you should use. When the heat is excessive, blocks of ice will be put in the centre of each carriage to cool the atmosphere.

Keep the windows fully open on the cool side of the carriage, and the sunblinds closed on the sunny side, if the sun beats into the train.

9. If feeling unwell, with headache, fever, etc., report to the Medical Officer at the next stop. To delay reporting unnecessarily is to incur greater dangers.

QUARTERMASTER GENERAL'S BRANCH.

ARMY HEADQUARTERS, INDIA,

22nd July 1916.

S. G. P. I.—14. Q. M. G.—10-8-16.