

SELF HELPS for the NEW SOLDIER

By a United States Army Officer

THE SOLDIER'S STEP AND ITS IMPORTANCE

As soon as the young soldier has learned to stand correctly he must learn how to step and to walk. If he does not learn how to walk, he will not know how to march. If he does not know how to march, he is of no more use to a military organization than an actual "tin soldier."

A soldier must learn how to step—that is, to walk—for two reasons: he must learn how best to utilize and conserve his muscles, and how to conform to group movements.

All a soldier's work is figured on a basis of the normal man's capacity. The normal man's capacity is likewise figured on the possibilities of the natural—and normal—use of the muscles. It is not founded upon the subnormal or abnormal use of the muscles. The readiest way to fit oneself to become a soldier, therefore, is to teach the muscles to function correctly.

The normal step of the soldier is thirty inches. That fact must be kept in the mind until it grows there. Practice in marching will extend the step of some to that length and reduce that of others. If this standardization did not take place—did not become habit—the step of the long-legged soldiers would invariably walk away from the short-legged soldiers and pull the whole line out of shape. This is what always takes place with green troops. The tall man strikes out at a swing which keeps the short man on a trot. And not only is the united endurance reduced according to the proportion of short men in the company, but the tall men cannot hold out with their equipment to nearly the same extent that they could if they adopted the company stride. Uniform motion is contagious, and the stimulus imparted to all helps to carry those for whom the longer step might at first be an exertion.

A man must not walk on his heels. This throws his whole physique out of gear. It renders more difficult the thirty-inch step. A man must walk on the balls of his feet. He must bear the weight of the body easily with him—not drag it along behind him. The length of the step, thirty inches, is measured from heel to heel and is taken at the rate of 120 a minute.

Thirty inches—remember! No good soldier ever steps, or marches, otherwise unless specifically commanded to do so. Furthermore, the good soldier, while marching in this the soldier's basic, or normal step, is, except for the swing of the legs and arms, in the position of attention—described in a preceding article as the fundamental position of the soldier.

HOW AND WHY, THE SOLDIER CHANGES STEP AND DIRECTION.

The 30-inch step—known as "quick time"—is the basis of all military movement. Nevertheless, a soldier should be no more absolutely confined to this step than a baseball player is to, say, base-running. Otherwise, a soldier could not charge.

For this reason "double time" is provided. The "double time" step (there is no "double-quick") is 36 inches. It is executed at a cadence of 180 steps a minute.

There is, in addition, the "rout step," for the march, whereby each man can take the step which suits him best; yet after long training in the "quick time," he will find that his rout step will approximate that measure. There is also the "half step," 15 inches in quick time, 18 in double time.

At the command of "charge!" either from standing position, the quick step, or double time, the soldier breaks into a full run, in which the step is governed only by the reach of his legs.

For the same reasons that all military movements cannot be reduced to a single cadence, it is no more practicable to limit a soldier to a single direction of advance. For this, the soldier is taught the side step and the back step, the "left face," "right face" and "about face."

The side step, under the command "right step," consists of carrying the right 15 inches to the right and bringing the left foot up beside it until commanded to "halt!"

"Left step" is, of course, the reverse of "right step." The back step is executed by taking steps 15 inches to rear at the command, "Backward, march!" and continuing until brought to a halt. The side step and the back step are almost invariably confined to short distances, and employed for the purpose of dressing a line. All steps, except "right step," begin with the left foot.

The facings "right," "left," and "about" are executed from the position of attention. In "right face," raise the left heel and the right toe slightly; face to the right, turning on the right heel, assisted by a slight pressure on the ball of the left foot; place the left foot by the side of the right. The "left face" is the converse of this movement. "Right (left) half face" is executed similarly to an angle of 45 degrees.

"About face" consists in carrying the toe of the right foot a half-foot length to the rear and slightly to the left of the left heel without changing the position of the left foot; face to the rear, turning to the right on the left heel and right toe; place the right heel by the side of the left.

THE SALUTE AND ITS SIGNIFICANCE

As soon as the new soldier is able to take his eyes off his feet and his step, he sees that he is elbow to elbow with other soldiers. He sees that he belongs to an organization. He sees that he has a definite place in that organization. The more constantly that he can be reminded of his place in the organization, the more adequately will he fill it. That is, the more adequately will he fill it if he is an alert, intelligent American soldier.

The structure of the organization, when a unit is not drawn up at attention, is instilled in his mind through military honors and courtesies. This is epitomized in the salute. The salute is not a symbol of inferiority, it is a simple reminder of the soldier's place in the scheme of the organization. It is a reminder of the authority to which he must at all times be subject, if there is to be discipline; and it is a recognition of the source of that authority.

The soldier salutes commissioned officers—from second lieutenant to general. He does not salute noncommissioned officers—corporals and sergeants. But he grants them deference and obedience, nevertheless, in a limited degree, which keeps the chain of authority intact.

The salute not only is no symbol of inferiority, but is a privilege. Only a soldier in good standing is entitled to salute his officers and to receive the officers' acknowledgment in return. A soldier under arrest cannot salute.

The salute is performed at present with the right hand only. The movement must be executed "smartly." A lagging, ragged salute is no real military courtesy. It is nearer to an affront. For it is neither courteous nor military. The right hand, therefore,



The Salute.

is raised "smartly," until the tip of the forefinger touches the brim of the hat or cap—at least the lower part of the forehead—or the forehead above the right eye, thumb and fingers extended and joined, palm slightly inclined to the left. The forearm is inclined at an angle of about 45 degrees, with the hand and wrist straight. At the same time the soldier must look toward the officer saluted, and stand at attention, except for the hand raised in salute. When his salute has been acknowledged, he drops his hand "smartly" to his side.

Salutes are exchanged between officers and enlisted men as they meet each other, except when they are in military formation, or at drill, at work, playing games, or at mess. At these times, only, it is not necessary to exchange salutes. If, however, the officer speaks to a soldier at drill or at work, or the man speaks to the officer, he gives the prescribed salute with the weapon he carries, or, if unarmed, with his right hand as above described.

The new soldier should become proficient in the salute and the rests after a few earnest efforts; they are among the simplest movements required of the soldier.

When a soldier is at attention, the position may be relaxed by the command "at rest" or "at ease." On receiving the former command, the soldier keeps one foot in place, but is permitted to move the rest of his body at will and talk, until he receives the command "attention." At the command "at ease," the soldier may do as when he receives the command "at rest" with the exception that he must maintain silence. From these two positions he must spring instantly to attention and command.

Parade rest is a ceremonial position of rest, and in the same general category as the salute. At the command "parade rest," carry the right foot six inches straight to the rear, left knee slightly bent; clasp the hands without constraint in front of the center of the body; fingers joined, left hand uppermost, left thumb clasped by the thumb and forefinger of the right hand; preserve silence and steadiness of position. A common fault is for the soldier to lean backward when assuming this position. When executed properly, the upper part of the soldier's body and his head are held in the position of attention.

Kin Hubbard Essays

OUR DWINDLIN' RESPECT FER TH' LAW

"Th' only time justice prevails in our courts 'tday is when th' defendant is both guilty an' penniless," declared Hon. ex-Editor Cale Fluhart, this mornin', after discussin' th' trial o' Ike Soles. Ike wuz arrested an' convicted o' alienatin' th' affections o' a ham. He wuz sentenced t' six months in jail at 86 cents per day expense t' th' taxpayers, an' his wife got th' custody o' th' seven children. Thus is society protected an' justice satisfied.

"Fer ever' thing we're liable t' do ther's a penalty—some law or ordinance agin it," continued th' veteran journalist, "an' fer ever' feller that gits in a muss ther's a skyscraper full

lawyer. When a feller crosses th' street he takes his life in one hand an' waives his rights with th' other. But it's in th' pursuit o' happiness that we're almost certain t' strike a snag unless we're rich an' influential an' carry accident an' liability insurance. Most o' our laws seem t' be written fer th' sole purpose o' curb in' happiness. Jest as soon as somethin' comes along that's likely t' take our minds off th' cold, mouse-colored problems o' life somebody frames an' ordinance t' spoil it. Our great standin' army o' lawyers must have exercise. Society must be protected.

"But ther's a way around ever' law whereby those o' broad means may es-



"Th' Feller Who Used t' Blow a Safe an' Git Away on a Handcar Now Escapes on a Technically. He Prefers t' Split With a Good Lawyer Rather Than Take Any Chances.

o' lawyers. An' yit with our great army o' lawyers an' our bulgin' library o' statutes ther's a flourishin' disrespect fer th' law that is only equalled by our thrivin' disregard fer th' rights o' others. We're overgoverned. We're sufferin' from an overproduction o' lawyers. A feller has t' be a slack-wire performer t' keep in th' straight an' narrow path. If you should chance t' meet a policeman when he isn't feelin' jest right he's liable t' arrest an' jug you. No matter how innocent you are th' prosecutor 'll dig up an ordinance t' fit you. Maybe th' ordinance wuz passed last week, or maybe it wuz passed in 1776, but it's a clench he's got your size if he wants t' trim you.

"What's become o' our ole inalienable right t' life, liberty an' pursuit o' happiness? Wherever ther's a dangerous crossin' ther's a contingent fee

cape th' smoke an' tunnels o' a long tortuous trail. But th' fare is steep. You kin git around th' law, but you can't evade your attorney.

"In this advanced age no profession has made more rapid progress than th' profession o' law. Th' feller who used t' blow a safe an' git away on a handcar now escapes on a technically. He prefers t' split with a good lawyer rather than take any chances.

"But ther's no longer th' respect fer th' law that ther' used t' be. Ther's even less regard fer our unwritten laws. It's no uncommon thing t' meet a feller wearin' tan shoes with impunity an' a Prince Albert coat.

"I see Newt Mapes, who murdered his wife an' three children an' wuz convicted fer manslaughter, has been granted a new trial as he still has another farm."

OUR FARMER FRIENDS

It takes a circus pe-rade t' stir up th' motley denizens of a city an' string 'em along th' down town curbs where they stand or squat for hours waitin' fer th' "grand fire glitterin'" oriental peasant three miles long," with th' same ole many camels, th' same ole dusty elephants, th' same ole peeked-faced girls in spangled waists an' wilted plumes; th' same ole sour note bands with dented horns an' faded uniforms, th' same ole pantin' polar bears an' ole knock-kneed hyenas; th' same ole fat snake charmer with soiled pink stockin's in a hearse full o' asphyxiated boa constrictors; th' same ole patient dapple grays pullin' th' same ole toothless lions; th' same ole goddess o' liberty with stringy hair an' red nose chevin' gum on th' same ole rumblin' chalet; an' th' same ole catarrhal calliope with jest enough breath t' play th' chorus o' "Too Much Mustard." But jest th' same th' city folks turn out year after year an' fill th' streets an'

ties stand about th' stock pavilions an' discuss th' Duroc or Poland China; round, comely-faced wives marvel at th' latest thing in churns; under a tree on th' edge o' th' crowd a farmer has removed his Sunday shoes fer a spell; th' country sport, with his Seelyeville bravado an' Terre Haute clothes, affords rich pickin' fer th' handbook makers; th' tired mother with her hair comin' down tries t' soothe th' sticky-faced babe whose red balloon has escaped an' is floatin' among th' rafters o' th' art hall; th' starched belle, with wrinkled white stockin's an' grass-stained run-over white oxfords, leans well forward as she giggles an' tackles a wedge o' watermelon; th' tall awkward swain wearin' spectacles an' a bronze Adam's apple, paces before "Th' Sultan's Harem" an' battles with his conscience as he sizes up th' sirens o' th' ballyho; beyond th' parkin' space fer vehicles an' fer from th' din o' th' poultry house an' megaphones o'



"Th' City Folks Turn Out Year After Year an' Fill th' Streets an' Office Windows t' Watch th' Weather-Beaten Caravan as It Rolls Along Main Street an' Doubles Back t' th' Show Grounds by Way o' th' Plainin' Mill.

office windows t' watch th' weather-beaten caravan as it rolls along Main street an' doubles back t' th' show grounds by way o' th' plainin' mill.

It takes a state fair an' a couple o' clear days t' divest th' rural districts o' ther' choicest examples o' rustic simplicity. While th' good crops an' good prices o' th' last ten years have encouraged many o' our country friends t' perk up an' take on new ways, th' yit remains a goodly number which no amount o' prosperity kin beguile int' throwin' aside th' manners an' whisks o' earlier days.

A state fair is allus th' scene o' many happy reunions. Friends an' relatives meet agin fer th' first time in a year, an' th' hugs an' handshakes an' kisses an' laughs are true genuine. Men with stiff new suits an' no neck-

th' side shows Annie an' Steve walk hand in hand thro' th' dusty grass an' talk o' love an' th' time when Steve 'll inherit th' farm. In th' evenin' they go t' th' "troupe" an' unwar' caramels durin' th' quiet moments o' th' play. After th' show he walks her two miles t' th' home o' her town aunt.

But let us pray that progress on th' farm will stop with rural free delivery, th' interurban, th' telephone an' th' silo. Let us hope that no stretch o' time 'll destroy th' farmer's hearty open manner, indifference t' style an' true genuineness o' character. In these high-tensioned days o' money makin', skimpy clothes an' general artificiality country folks are th' only real human bein's we meet.

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BACK EAST

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HE PLANTED "RARE FLOWER"

Amateur Gardener Discovered That the Brassica Campestris Was Known to Others as Turnips.

"I am a victim of the 'every-man-his-own-gardener'," said the North Alabama street man. "In my back yard in a space no larger than a tablecloth, I have planted seeds of a dozen kinds of vegetables and will soon be entirely independent of the greengrocer. If the city ordinance were not adverse to practical economy I should finish the meat dealer by keeping a couple of shoats.

"While I was putting in my garden a friend of mine came by and asked why I did not put in something to beautify the front yard." Here, he said, "are some seeds of the brassica campestris. When these come up you'll have something."

"What colored flower has it?" I asked.

"Yellow," was the answer.

"So I planted the seeds and they came up promptly.

"A neighbor passing by asked what I had in the bed. I had written the name brassica campestris in my notebook, and spelled it out to him. I told him it was a rare flower with a beautiful yellow blossom.

"All right," he said, "I have some. We call 'em turnips."

"My kind friend has gone on a trip. When he gets back there'll be something doing."—Indianapolis News.

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The Wrong Place.

The traveling man who had struck the slowest town in the country on Memorial day, and had not made a sale of anything, was writing back home. (He had to pass the time away somehow, and there were no other traveling men near the place.)

This is the conclusion of his elegy to the town:

"This is the rottenest town I have ever struck, and I have met some mighty rotten ones. Today is Memorial day. They are making a big noise in this town. They all go out to decorate the graves of the dead in the west half of the burgh, but in reality the ones they should have decorated were the homes of the living dead ones on the east side. Those people out there in the cemetery are the liveliest products this place has ever produced. Some town!"—Indianapolis News.

Lights on Life Buoys.

Submarine warfare has resulted in numerous improvements in life preservers and life buoys. The passengers on any ship that sails the Atlantic today are likely to find themselves bobbing about in the icy waters with no support but a cork jacket.

Some time ago a number of sailors on a torpedoed ship saved their lives at night by signaling to the rescuers with little electric flash lamps. This principle has now been incorporated into the latest life buoy by an attachment which carries electric flash lamps as a part of its equipment. The lamps burn steadily as soon as the buoy hits the water, and serve to indicate the position of the person supported to any boat that may be searching for survivors.

Studying Snow Depths.

The United States weather bureau at a number of points is making extensive studies of snow depths and densities in the higher mountain districts both to be able to anticipate flood conditions and also to give cities which get their water supplies from these sources advance knowledge of the volume they may expect from their watersheds.

Their Wishes.

The two smaller children of the family were discussing the latest arrival. "I wish it wuz twintah," said Betty. "Twins!" echoed Bobby, loftily. "I don't; I wish it was a triangle."

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"There's a Reason" for Grape-Nuts

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