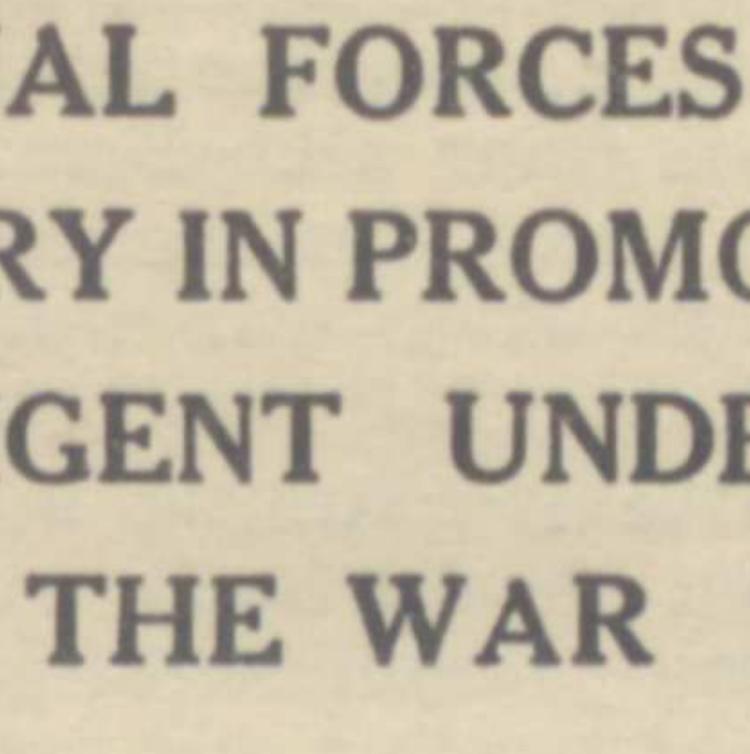
A PLAN TO ENLIST THE EDUCATIONAL FORCES OF THE COUNTRY IN PROMOTING AN INTELLIGENT UNDERSTANDING OF THE WAR



Committee on Public Information:

THE SECRETARY OF STATE
THE SECRETARY OF WAR
THE SECRETARY OF THE NAVY
GEORGE CREEL

WASHINGTON, D. C., DECEMBER 1, 1917

THE PURPOSE.

When America went to war it did so by the action of its national representatives. It acted as a people in declaring a people's war. In carrying on such a war of the whole nation it is important that the nation should know about the conduct and purposes of the struggle on which they have staked their all. For the purpose of thus informing them President Wilson established, eight days after war was declared, the Committee on Public Information.

This Committee is printing and distributing pamphlets which should be in every home and school. In these pamphlets there is presented clearly, fairly and forcibly, not only the issues of the war and the purposes of our government, but the purposes and methods of the German government in its plans of conquest without regard to law or common humanity.

We have entered this struggle to balk the schemes of those who have recklessly started a war where millions of men are diverted from the works of peace to the business of destroying life and the hard-won results of thousands of years of civilization. We are sacrificing that this horrible thing may never come again. We must use every means to make this ideal clear to ourselves and to the children for whom men are dying that their children may be safe from battles and wars started by irresponsible rulers for secret and selfish purposes.

What greater or better work can teachers do in such critical days than help the children and help their parents to see this struggle in its true light. The ideals of America, past and future, were never more clearly committed into your hands than they are today. Will you accept the task and the cooperation of the Committee on Public Information in performing it?

From the pupils to the parents in the home is a step you have often taken in connection with other work. It is now a direct national service

in connection with the use of these pamphlets to carry their message from the government to every citizen. Through your energy and devotion you can become in this field the most effective force influencing the public opinion of your community. Such enlightenment is fundamental to every measure taken to win the war, whether it be food conservation, bond buying, tax paying, supporting education, enlisting or any other form of service and sacrifice for the great work in which each individual must do his part.

THE PLAN.

This is what we will do and what we think you can do.

1. The Commissioner of Education at Washington, D. C., is requesting the following information from each school superintendent in the United States, on blanks to be returned to him for record.

(1.) The name and address of each school in his district.
(2.) The name and address of the principal or principal teacher.
(3.) The number of teachers in each school.
(4.) The number of pupils in each school.

2. The Committee will first send to each principal or principal teacher whose name is on record with the Commissioner of Education at Washington, sufficient pamphlets so the teacher in that school will have one copy of each of the pamphlets so far published (See List of Publications) for personal use and study. As new pamphlets are published they will be forwarded also.

3. The Committee will later send to each principal or principal teacher a sufficient number of pamphlets so each pupil will have one to keep and take home. The special pamphlets we plan to send for this general distribution are as follows:

(1.) The President's War Message.
(2.) The Nation in Arms.
(3.) The Government of Germany.
(4.) American Interest in Popular Government Abroad.
(5.) A War of Self Defense.
And others as they are issued.

4. The principal or principal teacher may select other pamphlets for special use and request the Committee to forward them to him or to the school.

Many of them can be used as supplementary work for classes in history and reading. Where there are classes in foreign languages the translations of "How the War Came to America" may well be introduced. In many schools the English edition is already in use in literature classes and the "Battle Line of Democracy" is valuable in this connection.

The following shows the publications and tells how they may be obtained. The government through this Committee is doing its part—it depends upon you to cooperate and do yours.

PUBLICATIONS.

These pamphlets are distributed free except that in the case of "The Battle Line of Democracy" (Catalogue No. 3), and the "National Service Handbook" (Catalogue No. 2), of the Red, White and Blue series, the subscriber should forward fifteen cents each to cover the cost of printing.

SERIES No. 1. WAR INFORMATION.
(Red, White and Blue Covers.)

Catalogue No.

1. How the War Came to America.

Contents: A brief introduction reviewing the policy of the United States with reference to

the Monroe Doctrine, freedom of the seas, and international arbitration; development of our policy reviewed and explained from August, 1914, to April, 1917; Appendix; the President's address to the Senate, January 22, 1917, his war message to Congress, April 2, 1917, his Flag Day address at Washington, June 14, 1917. 32 pages. (Translations: German, Polish, Bohemian, Italian, Spanish, Swedish, Portuguese. 48 pages.)

2. National Service Handbook.

(A reference work for libraries, schools, clubs and other organizations.)

Contents: Description of all civic and military organizations directly or indirectly connected with war work, pointing out how and where every individual can help. Maps, Army and Navy insignia, diagrams. 246 pages.

3. The Battle Line of Democracy.

Contents: The best collection of patriotic prose and poetry. Authors and statesmen of America and all the countries now associated with us in the war have expressed the highest aspirations of their people. 134 pages.

4. President's Flag Day Speech with Evidence of Germany's Plans.

Contents: The President's speech with the facts to which he alludes explained by carefully selected notes giving the proofs of German purposes and intrigues. THESE NOTES PRESENT AN OVEWHELMING ARSENAL OF FACTS all gathered from original sources. 32 pages.

5. Conquest and Kultur.

Contents: A brief introduction outlining German war aims and showing how the

proofs were gathered; followed by quotations from German writers, revealing the plans and purposes of Pan Germany, one chapter being devoted entirely to the German attitude toward America. The quotations are printed without comment, THE EVIDENCE PILING UP PAGE AFTER PAGE, CHAPTER AFTER CHAPTER. 160 pages.

6. German War Practices.

Contents: Methods of the German military machine in Belgium and Northern France; facts calmly stated on the basis of American and German evidence only. 96 pages.

SERIES No. 2. WAR INFORMATION.
(Plain Covers.)

Catalogue No.

101. The War Message and the Facts Behind It.

Contents: The President's message with notes explaining in further detail the events to which he refers; also including historical data and setting forth in clear, simple language, the *fundamentals* underlying the President's *fundamentally* important message. A CAREFUL READING OF THIS BRIEF PAMPHLET is earnestly recommended to all those who wish BED-ROCK FACTS AND REASONS. 32 pages.

102. The Nation in Arms.

Contents: Two addresses by Secretaries Lane and Baker, showing why we are at war. These are two of the most forceful and widely quoted speeches the war has produced. 16 pages.

103. The Government of Germany.

Contents: Explanation of the constitutions of the German Empire and of Prussia,

showing the way in which the Prussian monarch controls Germany. This pamphlet answers once and for all the absurd claim that Germany today is liberal and democratic. 16 pages.

104. The Great War.

Contents: A review of the attitude of the American public from spectator to participant, showing how events transformed the temper of a pacific nation which finally found war unavoidable. 16 pages.

105. War of Self Defense.

Contents: Addresses by Secretary of State Lansing and Assistant Secretary of Labor Post, showing how war was forced upon us. These two eloquent speeches give a lucid review of recent events. 22 pages.

106. American Loyalty.

Contents: Expressions by American citizens of German descent who have found in America their highest ideal of political liberty and feel that America is now fighting the battle of liberalism in Germany as well as in the rest of the world. 24 pages.

107. German translation of number 106.

108. American Interest in Popular Government Abroad.

Contents: A clear historical account, with quotations, from Washington, Monroe, Webster, Lincoln and other public men, showing America's continuous recognition of her vital interest in the cause of liberalism throughout the world. Unpublished material from the government archives throws an interesting light on our policy during the great German democratic revolution of 1848. 16 pages.

(To those interested in Historical Reading, this pamphlet will prove AN INSPIRATION in showing that this country is but living true to its destiny by helping TO MAKE THE WORLD SAFE FOR DEMOCRACY.)

109. Home Reading Course for Citizen Soldiers.

(Prepared by the War Department.)

Contents: This course of thirty daily lessons is offered to the men selected for service in the National Army as a practical help in getting started in the right way. It is informal in tone and does not attempt to give binding rules and directions. These are contained in the various manuals and regulations of the United States Army, to which this course is merely introductory. 62 pages.

110. First Session of the War Congress.

(A volume for reference.)

Contents: A complete summary of all legislation passed by the First Session of the 65th Congress with necessary dates, notes and brief excerpts from the debates. 48 pages.

HOW TO SECURE THE PAMPHLETS.

Address:

COMMITTEE ON PUBLIC INFORMATION,
10 JACKSON PLACE,
WASHINGTON, D. C.

Give the title of the books you desire. Do not order by catalogue number.

Give your name, street number, city and State. Write plainly. Typewriter preferred.

Use Official Request blanks when available.

When requesting pamphlets for which a contribution is required, use money order or coins wrapped in paper. (Do not send stamps.)

Facts about the War

A BULLETIN OF INFORMATION

PUBLISHED BY THE

PARIS CHAMBER OF COMMERCE

Paris, February 1919. Angl. — N° 91.

THE PEACE OF JUSTICE AND RIGHT

Speech by President Poincaré.

Mr. Raymond Poincaré, the President of the French Republic, inaugurated the preliminaries for the Peace Conference by an eloquent address in which he summed up the real signification of the war, and indicated in what spirit of justice and union the victorious Allies will build up future peace :

Gentlemen,

France greets and welcomes you, she thanks you for having unanimously chosen as the seat of your labours the city which, for over four years, the enemy has made his principal military objective and which the valour of the Allied Armies has victoriously defended against unceasingly renewed offensives. Allow me to see in your decision the homage of all the nations that you represent towards a country which, still more than any other, has endured the sufferings of war, of which entire provinces transformed into vast battlefields have been systematically wasted by the invader, and which has paid the heaviest tribute to death.

France has borne these enormous sacrifices without having incurred the slightest responsibility for the frightful cataclysm which has overwhelmed the universe, and at the moment when this cycle of horror is ending, all the Powers whose delegates are assembled here may acquit themselves of any share in the crime which has resulted in so unprecedented a disaster. What gives you authority to establish a peace of justice is the fact that none of the peoples of whom you are the delegates has had any part in injustice. Humanity can place confidence in you because you are not among those who have outraged the rights of humanity.

RESPONSIBILITY FOR THE WAR

There is no need of further information or for special inquiries into the origin of the drama which has just shaken the world. The truth, bathed in blood, has already escaped from the Imperial archives. The premeditated character of the trap is to-day clearly proved. In the hope of conquering first the hegemony of Europe and next the mastery of the world, the Central Empires, bound together by a secret plot, found the most abominable pretexts for trying to crush Serbia and force their way to the East. At the same time they disowned the most solemn undertakings in order to crush Belgium and force their way into the heart of France. These are the two unforgettable outrages which opened the way to aggression. The combined efforts of Great Britain, France, and Russia broke themselves against that mad arrogance. If, after long vicissitudes, those who wished to reign by the sword have perished by the sword, they have but themselves to blame; they have been destroyed by their own blindness. What could be more significant than the shameful bargains they attempted to offer to Great Britain and France at the end of July 1914, when to Great Britain they suggested : " Allow us to attack France on land and we will not enter the Channel "; and when they instructed their Ambassador to say to

France : " We will only accept a declaration of neutrality on your part if you surrender to us Briey, Toul, and Verdun? " It is in the light of these memories, gentlemen, that all the conclusions you will have to draw from the war will take shape.

RIGHT AGAINST MIGHT

Your nations entered the war successively, but came, one and all, to the help of threatened right. Like Germany, Great Britain and France had guaranteed the independence of Belgium. Germany sought to crush Belgium. Great Britain and France both swore to save her. Thus from the very beginning of hostilities came into conflict the two ideas which for 50 months were to struggle for the dominion of the world — the idea of sovereign force, which accepts neither control nor check, and the idea of justice, which depends on the sword only to prevent or repress the abuse of strength.

The intervention of the United States was something more, something greater, than a great political and military event : it was a supreme judgment passed at the bar of history by the lofty conscience of a free people and their Chief Magistrate on the enormous responsibilities incurred in the frightful conflict which was lacerating humanity.

While the conflict was gradually extending over the entire surface of the earth, all the victims, long helpless or resigned, of great historic deeds of injustice, all the martyrs of the past, all the outraged consciences, all the strangled liberties revived at the clash of our arms, and turned towards us, as their natural defenders.

Thus the war gradually attained the fullness of its first significance, and became, in the fullest sense of the term, a crusade of humanity for Right, and if anything can console us, in part at least, for the losses we have suffered, it is assuredly the thought that our victory is also the victory of Right.

COMPLETE VICTORY

This victory is complete, for the enemy only asked for the armistice to escape from an irretrievable military disaster. In the interest of justice and peace it now rests with you to reap from this victory its full fruits in order to carry out this immense task. The solidarity which has united us during the war and has enabled us to win military success ought to remain unimpaired during the negotiations for, and after the signing of, the treaty. It is not only Governments, but free peoples, who are represented here. Through the test of danger they have learnt to know and help one another. They want their intimacy of yesterday to assure the peace of to-morrow. Vainly would our enemies seek to divide us. If they have not yet renounced their customary manœuvres, they will soon find that they are meeting to-day, as during the hostilities, a homogeneous block which nothing will be able to disintegrate.

Even before the armistice you placed that necessary unity under the standard of the lofty moral and political truths of which President Wilson has nobly made himself the interpreter. And in the light of those truths you intend to accomplish your mission. You will, therefore, seek nothing but justice, " justice that has no favourites ", justice in territorial problems, justice in financial problems, justice in economic problems.

NECESSARY RESTITUTION AND REPARATION

But justice is not inert, it does not submit to injustice. What it demands first when it has been violated are restitution and reparation for the peoples and individuals who have been despoiled or maltreated. In formulating this lawful claim, it obeys neither hatred nor an instinctive or thoughtless desire for reprisals. It pursues a twofold object—to render to each his due, and not to encourage crime through leaving it unpunished. What justice

also demands, inspired by the same feeling, is the punishment of the guilty, and effective guarantees against an active return of the spirit by which they were tempted; and it is logical to demand that these guarantees should be given, above all, to the nations that have been, and might again be most exposed to aggressions or threats, to those who have many times stood in danger of being submerged by the periodic tide of the same invasions.

NO DESIRE FOR IMPERIAL CONQUESTS.

What justice banishes is the dream of conquest and imperialism, contempt for national will, the arbitrary exchange of provinces between States as though peoples were but articles of furniture or pawns in a game. The time is no more when diplomatists could meet to redraw with authority the map of the empires on the corner of a table. If you are to remake the map of the world, it is in the name of the peoples and on condition that you shall faithfully interpret their thoughts, and respect the right of nations, small and great, to dispose of themselves, and to reconcile it with the right, equally sacred, of ethnical and religious minorities — a formidable task, which science and history, your two advisers, will contribute to illumine and facilitate.

You will naturally strive to secure the material and moral means of subsistence for all those peoples who are constituted or reconstituted into States; for those who wish to unite themselves to their neighbours; for those who divide themselves into separate units; for those who reorganize themselves according to their regained traditions; and, lastly, for all those whose freedom you have already sanctioned or are about to sanction. You will not call them into existence only to sentence them to death immediately. You would like your work in this, as in all other matters, to be fruitful and lasting.

A LEAGUE OF NATIONS.

While thus introducing into the world as much harmony as possible, you will, in conformity with the fourteenth of the propositions unanimously adopted by the Great Allied Powers, establish a general League of Nations, which will be a supreme guarantee against any fresh assaults upon the right of peoples. You do not intend this International Association to be directed against anybody in future. It will not of set purpose shut out anybody, but, having been organized by the nations that have sacrificed themselves in defence of Right, it will receive from them its statutes and fundamental rules. It will lay down conditions to which its present or future adherents will submit, and, as it is to have for its essential aim to prevent, as far as possible, the renewal of wars, it will, above all, seek to gain respect for the peace which you will have established; and will find it the less difficult to maintain in proportion as this peace will in itself imply greater realities of justice and safer guarantees of stability.

By establishing this new order of things you will meet the aspiration of humanity, which, after the frightful convulsions of these bloodstained years, ardently wishes to feel itself protected by a union of free peoples against the ever-possible revivals of primitive savagery. An immortal glory will attach to the names of the nations and the men who have desired to cooperate in this grand work in faith and brotherhood, and who have taken pains to eliminate from the future peace causes of disturbance and instability.

This very day 48 years ago, on January 18, 1871, the German Empire was proclaimed by an army of invasion in the château de Versailles. It was consecrated by the theft of two French provinces; it was thus vitiated from its origin and by the fault of its founders; born in injustice, it has ended in opprobrium. You are assembled in order to repair the evil that it has done and to prevent a recurrence of it. You hold in your hands the future of the world. I leave you, gentlemen, to your grave deliberations, and I declare the Conference of Paris open.

President Wilson's Speech.

When President Wilson was entertained at luncheon by the Senate in the great Hall of the Palais du Luxembourg, he made an important speech which will not fail to influence the terms of future peace. He spoke as follows :

We know the long breeding of peril through which France has gone. France thought us remote in comprehension and sympathy, and I dare say there were times when we did not comprehend as you comprehended the danger in the presence of which the world stood. There was no time when we did not know of its existence, but there were times when we did not know how near it was. And I fully understand that throughout these trying years, when mankind has waited for the catastrophe, the anxiety of France must have been the deepest and most constant of all. For she did stand at the frontier of freedom. She had carved out her own fortunes through a long period of eager struggle. She had done great things in building up a great new France; and just across the border, separated from her only by a few fortifications and a little country whose neutrality it has turned out the enemy did not respect, lay the shadow cast by the cloud which enveloped Germany, the cloud of intrigue, the cloud of dark purpose, the cloud of sinister design. This shadow lay at the very borders of France. And yet it is fine to remember that for France this was not only a peril but a challenge. France did not tremble. France waited and got ready, and it is a fine thing that though France quietly and in her own way prepared her sons for the struggle that was coming, she never took the initiative or did a single thing that was aggressive. She had prepared herself for defence, not in order to impose her will upon other peoples. She had prepared herself that no other people might impose its will upon her....

And, if this danger prove to be a continuing danger, while it is true that France will always be nearest this threat, if we cannot turn it from a threat into a promise, there are many elements that ought to reassure France. There is a new world, not ahead of us, but around us. The whole world is awake, and is awake to its community of interests. It knows that its dearest interests are involved in its standing together for a common purpose. It knows that the peril of France, if it continues, will be the peril of the world. It knows that not only France must organize against this peril, but that the world must organize against it....

In the hospitality I am receiving, in the words of welcome which greet me, I not only see proofs of your kindness and brotherly cordiality, I also find an object, a thought that will be a guiding one to us. It is that we should stand by one another, help one another; for *those who have fought for liberty, those who have defended and saved it, are bound together by links that will never be broken asunder.*

The sum of the whole matter is that France has earned and has won the brotherhood of the world. She has stood at the chief post of danger, and the thoughts of mankind and her brothers everywhere, her brothers in freedom, turn to her and centre upon her. If this be true, as I believe it to be, France is fortunate to have suffered. She is fortunate to have proved her mettle as one of the champions of liberty, and she has tied to herself, once and for all, all those who love freedom and truly believe in the progress and rights of man.

Le Gérant : P. Lacroix. Imprimerie Lahure, Paris.

EXTRACT FROM REVISED SELECTIVE SERVICE REGULATIONS.

C. CLASSIFICATION WITH RESPECT TO ENGAGEMENT IN INDUSTRIES, OCCUPATIONS, OR EMPLOYMENTS, INCLUDING AGRICULTURE.

Section 80. Principles governing classification with respect to engagement in industries, occupations, or employments, including agriculture, found to be necessary to the maintenance of the Military Establishment or the effective operation of the military forces or the maintenance of national interest during the emergency.

District Boards are charged with the duty of selecting the individuals whose engagement in industry, including agriculture, or whose occupations or employments are such as to require their continued service in civil life rather than in the Army.

In order to provide for the necessary adjustments between the necessities of the Military Establishment and the requirements of the industries, occupations, and employments, including agriculture, found to be necessary to the maintenance of the Military Establishment, the effective operation of the military forces, and the maintenance of the national interest during the emergency, there shall be appointed by each District Board three persons to be known as industrial advisers to the District Board.

One such person for each District Board shall be nominated by the Department of Labor, one by the Department of Agriculture, and one by each District Board, who shall thereupon be appointed by the respective District Boards.

Whenever, in the discretion of the President, more than three such industrial advisers are required by a District Board, the President may call upon the Department of Labor, or the Department of Agriculture, or the District Board to nominate such additional industrial advisers, who shall thereupon be appointed by such District Board.

Such industrial advisers so appointed by each District Board shall not in any sense be members of such District Board, shall have no right to vote at any meetings thereof, and shall have and exercise only the rights, duties, powers, and functions herein specifically given.

Such advisers shall have the right to furnish all pertinent information to the District Board and may attend meetings of the Board upon request of the Board to which they are attached.

Such advisers may place before the District Board at its meetings, or at such other time as the Board may request, all facts and infor-

mation in their possession as to the Preference Lists issued by the Priorities Division of the War Industries Board. Such lists shall not be regarded as binding upon the District Board in its conclusions as to whether or not any particular industry, occupation, or employment, including agriculture, is a necessary industry, occupation, or employment within the meaning of the law and regulations, nor shall such lists prevent the District Board from holding as necessary any industry, occupation, or employment, including agriculture, not contained therein. Such Preference Lists and other facts and information in the possession of such advisers will supplement the information in the possession of the District Boards and will also be used to assist the District Boards in dealing with specific cases.

Inasmuch as the United States Employment Service under the Department of Labor has already established throughout the Nation State advisory boards and numerous recruiting agencies in divisions of the country and is therefore familiar with the needs for skilled labor in each community and the supply in each community, the advice of the industrial adviser nominated by the Department of Labor will be of great value to the District Boards in arriving at their decisions as to whether or not individuals engaged in certain industries, occupations or employments are engaged in work necessary to the maintenance of the Military Establishment, the effective operation of the military forces, or the maintenance of the national interest during the emergency.

The Department of Agriculture has special facilities for being informed as to the supply of labor for agricultural purposes and the demand for such labor in the various communities of the Nation, and such information will be, through the adviser nominated by the Department of Agriculture, available to the District Boards and helpful in assisting such Boards in determining the claims by or in respect of registrants based upon their engagement in agriculture.

The necessity of not seriously interfering with certain occupations and employments, such as financial, commercial, educational, hospital work, care of the public health, or with the conduct of certain other activities necessary to the public welfare and the prosecution of the war, requires that the District Boards have the cooperation of such advisers so that persons necessary in such activities be not removed therefrom. To this end the adviser nominated by the District Board should bring to the attention of the District Board the questions as to whether or not individuals engaged in some particular industry, occupation, or employment are so necessary thereto as to outweigh the benefit to the Nation should they be drafted into the Army.

Such advisers shall, under rules to be prescribed by the Local Boards, have access to the Questionnaires and other records in the files of the Local Boards, and shall confer with persons engaged in various industries, occupations, and employments for the purpose of having the cases of certain individual registrants, by whom or in whose behalf no claim for deferred classification has been made, presented to the District Board for consideration and determination as to whether or not such registrants should be placed in a deferred class.

If any such adviser files with the District Board a claim on Form 1001–A for deferred classification on the ground of a registrant being engaged in a necessary industry, occupation, or employment,

including agriculture, the District Board shall forward such claim to the Local Board having jurisdiction, and upon receipt thereof it will be the duty of such Local Board to certify the Questionnaire and record of any such registrant to the District Board for consideration, although no claim by or in respect of such registrant for deferred classification has been made or such registrant has waived deferred classification; provided the day and hour fixed to report for military duty has not arrived. If the information and the affidavits necessary for the classification of the registrant because of his engagement in a necessary industry, occupation, or employment, including agriculture, are not contained in the Questionnaire of such registrant, it shall be the duty of such Local Board to give the opportunity by reasonable extension of time to those interested in obtaining a deferred classification, to furnish the information and supply the affidavits required by the Questionnaire and the Regulations. Pending the final classification of such registrant he shall not be inducted into military service.

It shall be the duty of such advisers to confer with the managers and heads of various industries, and those familiar with the needs in occupations and employments, including agriculture, and instruct such persons as to their right under the Regulations to file a claim for deferred classification in respect of any registrant who has failed or refused to file a claim for deferred classification in his own behalf or who has waived his claim for deferred classification.

Such advisers should in all ways cooperate with the District Boards in order that the information in their possession may at all times be available to the District Boards and be made use of in the work of classifying registrants.

If, under the authority of Rule XXVII, section 101, a Local Board determines to consider a case for deferred classification because the registrant is engaged in a necessary industry, occupation, or employment, including agriculture, notwithstanding no claim for deferred classification on that ground has been made, the Local Board shall, after indorsing the recommendation on the Questionnaire, forward the Questionnaire and record to the District Board having jurisdiction. The District Board shall thereupon consider the case and proceed to classify the registrant, notwithstanding the fact that no claim for deferred classification by or in respect of the registrant has been made.

Section 81. General classification rules applicable to industries, occupations, or employments, including agriculture.

RULE XV. The words "persons engaged in industries, occupations, or employments, including agriculture," as used in the Selective Service Law, shall not be construed to mean that a person so engaged is entitled to deferred classification merely by reason of the fact that the industry, occupation, or employment, taken as a whole, or agriculture taken in its entirety, is necessary to the maintenance of the Military Establishment,or the effective operation of the military forces, or the maintenance of national interest during the emergency. In order to support such deferred classification, the evidence

must establish that the registrant is engaged in a particular industrial or agricultural enterprise, or occupation, or employment, and that the particular industrial or agricultural enterprise, or occupation, or employment, is "necessary" in the sense recited in Rule XVII.

RULE XVI. In acting on any claim for deferred classification based on engagement in a particular industry, or occupation, or employment, or agricultural enterprise, the Board shall first proceed to determine whether such industry, or occupation, or employment, or agricultural enterprise, is "necessary" in the sense recited in Rule XVII. If the Board does not find that such industry, or occupation, or employment, or agricultural enterprise, is "necessary" in such sense, the claim is concluded, and the registrant shall be classified in Class I.

If the Board determines that the industry, or occupation, or employment, or agricultural enterprise, is "necessary," it will then proceed to determine whether the registrant is "necessary" thereto in the sense recited in Rule XVIII, and in the capacity recited in any of the various rules in the classification schedule. If the Board does not find that the registrant is "necessary" in such sense and in any such capacity, the claim is concluded, and the registrant shall be classified in Class I.

RULE XVII. The word "necessary" as applied to any industry, or occupation, or employment, or agricultural enterprise, within the meaning of these Regulations, shall be taken to import that the discontinuance, the serious interruption, or the materially reduced production thereof, or the discontinuance or serious interruption thereof will result in substantial material loss and detriment to the adequate and effective maintenance of the Military Establishment, or the effective operation of the military forces, or the maintenance of national interest during the emergency.

A particular industry, or occupation, or employment, or agricultural enterprise shall be found to be "necessary" only when it is shown that it is contributing substantially and materially to the maintenance of the Military Establishment, or the effective operation of the military forces, or the maintenance of national interest during the emergency; and in the case of a particular agricultural enterprise, that it is producing an appreciable amount of agricultural produce over and above what is necessary for the maintenance of those living on the place.

RULE XVIII. The word "necessary" as applied to the relation of a registrant to an industry, or occupation, or employment, or agricultural enterprise within the meaning of any particular rule governing deferred classification in these Regulations shall be taken to import:

(1) That the registrant is actually and completely engaged in the industry, or occupation, or employment, or agricultural enterprise, in the capacity recited in any such rule, and that he is competent and qualified in that capacity.

(2) That the removal of the registrant would result in direct, substantial, material loss and detriment to the effectiveness of the industry, or occupation, or employment, or agricultural enterprise.

(3) That the available supply of persons competent in the capacity recited in the rule is such that the registrant can not be replaced in such capacity without direct, substantial, material loss and detriment to the adequate and effective operation of the industry, or occupation, or employment, or agricultural enterprise.

NOTE.—In applying Rule XVIII, the Board should consider generally—

(1) The length of time the registrant has been engaged in such capacity, and especially whether the circumstances of his engagement are such as to convince the Board that he is not now so engaged for the primary purpose of evading military service.

(2) The nature of the claimant's study, training, or experience and the extent and value of his qualification for the capacity in which he is engaged.

(3) The actual conditions which would result from his removal.

Section 82. Class I (*continued*)—Agriculture.

RULE XIX. In Class I shall be placed:

(e) Any registrant not found to be engaged in a "necessary" agricultural enterprise, or, if found to be engaged in such an enterprise, not found to be "necessary" to the effective operation of the enterprise in any capacity recited in Rules XX, XXI, or XXII.

Section 83. Class II (*continued*)—Agriculture.

RULE XX. In class II shall be placed:

(c) Any registrant found to be engaged in a "necessary" agricultural enterprise, and found to be "necessary" to such enterprise in the capacity of a farm laborer especially fitted for the work in which he is engaged.

Section 84. Class III (*continued*)—Agriculture.

RULE XXI. In Class III shall be placed:

(j) Any registrant found to be engaged in a "necessary" agricultural enterprise, and found to be "necessary" to such enterprise in the capacity of an assistant, associate, or hired manager of such particular enterprise or of a substantial and integral part thereof.

Section 85. Class IV (*continued*)—Agriculture.

RULE XXII. In class IV shall be placed:

(c) Any registrant found to be engaged in a "necessary" agricultural enterprise and found to be "necessary" to such enterprise in the capacity of sole managing, controlling, and directing head of the enterprise.

Section 86. Class I (*continued*)**—Industry, occupation, or employment.**

RULE XXIII. In Class I shall be placed—

(f) Any registrant not found to be engaged in a "necessary" industry, or occupation, or employment, or, if found to be so engaged, not found to be "necessary" to the effective operation thereof in a capacity recited in Rule XXIV, XXV, or XXVI.

Section 87. Class II (*continued*)**—Industry, occupation, or employment.**

RULE XXIV. In Class II shall be placed—

(d) Any registrant found to be engaged in a "necessary" industry, or occupation, or employment, and found to be "necessary" therein in the capacity of a laborer, worker, or employee, especially fitted for the work in which he is engaged.

Section 88. Class III (*continued*)**—Industry, occupation, or employment.**

RULE XXV. In Class III shall be placed—

Any registrant found to be engaged in a "necessary" industry, or occupation, or employment, and found to be "necessary" therein in the capacity of—

(k) A highly specialized expert.

(l) An assistant or associate manager of the industry, or in the occupation, or employment, or a manager of a substantial integral part thereof.

Section 89. Class IV (*continued*)**—Industry, occupation, or employment.**

RULE XXVI. In Class IV shall be placed—

(d) Any registrant found to be engaged in a "necessary" industry, or occupation, or employment, and found to be "necessary" therein in the capacity of sole managing, controlling, and directing head thereof.

NOTE 1.—Persons claiming to be necessary to organizations that are claimed to be necessary to the maintenance of the Military Establishment or effective operation of the military forces or the maintenance of national interest during the emergency, such as American Red Cross, Y. M. C. A., Knights of Columbus, Jewish Welfare League, may make claims as being engaged in occupations or employments under sections 80 to 89, inclusive, and such claims must be supported by affidavits as provided in respect of industrial claims in the Questionnaire.

WASHINGTON : GOVERNMENT PRINTING OFFICE : 1918

Senior Service Corps

REMARKS

OF

HON. JOHN Q. TILSON

OF CONNECTICUT

IN THE

HOUSE OF REPRESENTATIVES

MAY 17, 1917

WASHINGTON
1917

99694—17499

Senior Service Corps

HON. JOHN O. TILSON

REMARKS

OF

HON. JOHN Q. TILSON.

Senior Service Corps.

Mr. TILSON. Mr. Speaker, the net result of all the legislation we have been called into extra session to enact is to lay heavy burdens upon the people. The Army-increase bill places the burden of fighting the war upon the younger men. The $7,000,000,000 bond bill properly places upon posterity a portion of the burden of paying for the war. The $2,000,000,000 revenue bill now being considered levies upon those now living tax burdens that are grievous to be borne. The poor who are not affected directly by the imposition of taxes or are not of the sex or age to become soldiers nevertheless are burdened by the increase in the cost of living caused by the war. The burden of everyone has grown heavier, and the end is not yet.

In order to sustain the weight of the burdens thus imposed it is necessary to carefully conserve every possible resource. The most important of all our resources is man power. The young men are needed for the battle line. The older men are just as necessary to provide money, food, and material. Too little attention has been given to conserving the power of these older men.

It is a well-known fact that the most efficient and productive years of the life of a business or professional man are after he passes 45. To lose unnecessarily a single year of a life of ripened efficiency is an economic crime. One has only to look at the death notices of a newspaper to have brought home to him the distressing fact that too many men are dropping out between 45 and 65. It ought not to be so. A man who reaches 45 in a fair degree of bodily health should be good for 25 years more at least, barring accident, if he takes only reasonable care of himself.

It was thinking along this line in connection with the great demand being made upon the manhood of the country on account of the war that brought the great football authority, Walter Camp, to a consideration of this subject. As is well known, Walter Camp is not only the father and one of the natural guardians of football, but he is also a man of large business affairs, with a wide knowledge of business men. By reason of his close relationship to Yale University athletics he has observed at close range the physical development and perfection of youthful manhood. He has seen the same men grow older, many of them slowly or rapidly neutralizing or reversing the process of their development. In his association with other business or professional men of approximately his own age he has had abundant opportunity to observe their physical condition and too often premature decay.

As the war in Europe progressed and it became more and more apparent that there was grave danger of our becoming involved in it, Mr. Camp came to the conclusion that it would be a work well worth while to set about the task of attempting to lengthen and strengthen the effective years of mature men. All his life he had made a study of physical training and the handling of men. He believed the time would come when the physical condition of our more mature manhood would call for the introduction in government and civil life of a definite plan for meeting this problem. As his initial contribution to the working out of the problem he established in my home city, New Haven, an experimental school, giving it the name of the Senior Service Corps. It is based upon a number of fundamental propositions. Here are a few of them:

This country can ill afford to lose any of its most effective executives, either in the Government or among the manufacturing, transportation, and commercial interests, who are now, from a sense of public duty, offering their services to the Government in this emergency.

A large proportion of our most valuable men "behind the lines" at this time are 45 years of age or older. This is the climacteric with men as with women. These men upon whom the

Government depends should be made fit and kept at the maximum of their efficiency.

It is unscientific and economically wasteful to treat men of 45 and over in the same way as men of military age. That is the reason why so many of the various attempts at misplaced enthusiasm are breaking down. There is a still more serious side to it. In many places men of 45 to 65 have been sent out on wild "hikes" of 10 miles or so with men of 25 to 35. Some of these older men have dropped out permanently injured.

Men of 45 and over are loyal and eager to be of service, whether they be men of large affairs or not.

A scientific conservation of this energy and a definite plan to bring it up and keep it at the highest point of efficiency is as necessary in this emergency as the development and training of troops, the production of food supplies, or the manufacture of ships and munitions, and should be carried along at the same time.

Upon the physical condition and fitness of such men depends the efficiency of every department of our Government, as well as the net value, over a continued period of time of those leaders in civil life who have so generously placed themselves and their energies in the service of the Government.

If some of these men sacrifice what has been their sole salvation against the health inroads of the last two years of commercial strain by still further giving up their relaxation and physical exercise, they will last scarcely six months.

The human machine is like any other machine, except that with the man physical exercise and relaxation is the lubricant.

If we run a machine faster or more hours, we must give it more oil; and if we make added calls upon the man, we surely can not expect to give him less physical exercise and relaxation if he is to last.

For this reason the Government should be deeply concerned in bringing about some method of conserving the energies and health of men over 45. The time was ripe for an experiment of this kind, and Mr. Camp's senior service corps was a success from the beginning. Over 100 men have been handled through a carefully prepared and considered course of training, which has in

no way interfered with their business or professional pursuits. A list of the men upon whom this experiment has been tried demonstrates conclusively its scope, for in this squad of over 100 subjects the ages varied from 45 to 73, heights from 5 feet 4 inches to 6 feet 4 inches, and the weights from 116 pounds to 265 pounds. Without exception the men have become what the trainer calls "fit"; in other words, added to their physical well being, have performed all their tasks more easily, have reduced their waist measurements while increasing their chest measurements, are so much more erect in their bearing that their families and friends comment freely upon it, and, finally, while they are signed up for 90 days they now say they will keep it up indefinitely, even should peace be declared to-morrow.

Among those who have engaged and are now trying out this interesting experiment are such prominent leaders of New Haven as ex-President Taft; Col. I. M. Ullman, president chamber of commerce; Prof. Henry W. Farnam, of Yale University; Dean Frederick S. Jones, of Yale University; Henry B. Sargent, president of Sargent & Co.; ex-Mayor Fred B. Farnsworth; ex-Judge Livingston W. Cleaveland, and others. Secretary of War Baker has given it his unqualified approval as a means of putting in physical condition men past the military age. The General Electric Co. has applied for 100 of the books of instruction to start a squad there, and there are many other applications. It is being daily brought home to many communities that there must be some distinction between men under and over military age as to the method of training and drill, and this has been thoroughly recognized by the war departments of every country.

Mr. Camp contributes the result of a method already thoroughly tested and recommends that our Government take up this matter and correllate the many efforts, some well directed and others partially wasted, along one definite and tried-out line, upon which, as in a laboratory, a scientific test has been applied. The detail of this method is herewith appended:

First. The name. (For upon this depends the cumulative effect of united work throughout the country and the general recognition of a system, as such.)

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The Senior Service Corps describes the organization as composed of men:

1. Above military age.
2. Who wish to be of service and will give time.
3. Who will act as a body not merely as individuals.

Second. The qualification.

1. Over 45 years of age.
2. Citizenship in United States of America.
3. Simple physical examination.
4. Willingness to devote an hour a day three days a week.

Third. The organization.

Must include among other officers:

1. A surgeon or physician to watch the condition of men.
2. A leader to direct the work.

Fourth. The detail of the work.

1. Ten to fifteen minutes' setting up drill or gymnastic work.
2. Forty-five to fifty minutes' outdoor work.

Of the former no part is severe, the results being accomplished by bringing gradually into play the forgotten or partially atrophied muscles, the strengthening of the muscles that produce an erect carriage, the increase of the resistive forces of the body, the opening up and deepening of the chest, the strengthening of the heart's action, the overcoming of the dropping of the abdominal viscera and the renewal of the response of the whole muscular system to will control.

The outdoor work is especially designed to supplement all this by giving plenty of fresh air for the increased lung capacity and the toning up of the heart action through walking, and the relief to the work of the kidneys by inducing moderate action of the skin. As the time is limited it is not possible to increase very materially the distance to be covered in a walk or march. The work can be increased through two satisfactory means, namely, a moderate amount of hill climbing and the carrying of weights. The latter is very simply arranged for and at slight expense. This is accomplished by giving each man in the later stages of the work a 3-foot long, 1 inch in diameter, iron bar to carry. Such a bar weighs 8 pounds—a little less than a service

rifle. Perspiration is easily induced by means of this hill climbing and carrying of weights; and, if desired, a man of 45 in good condition can carry two of these bars all the way, while a man of greater age or in poorer condition can carry one bar only part way and then transfer it to another man of the same grade.

Fifth. The mental attitude.

This is of very vital importance, and has been made a distinct part of the system through the distribution to every man of the corps of cards.

It was found that the men came back for more of these cards whenever they were distributed, as other members of their families wished them in order to follow out the same regimen.

SUMMARY.

In summing up it should be said that this work is group patriotism of the highest kind, and is found far more effective than that of the individual. It is true that any one man could go through all these exercises and marching and carrying of weights. But it is a matter of common knowledge that, no matter how determined a single individual might be to keep it up, no man ever does by himself. The more groups there are carrying on such work the more the enthusiasm and high spirit of service increases. Finally, the force of the example of mature men following determinedly such a course of training is of incalculable value in developing the patriotism of the entire community, old and young alike, until the spirit of service and loyalty reaches an ideal height.

In a long letter giving, at my request, the details of his experiment, Mr. Camp closes with the following:

> It may seem to go beyond the unique and trespass upon the extraordinary when I presume to make the following suggestion, but it would take but a single hour of the time of these gentlemen and would convince them how they themselves may better stand the strain of the trying days that are coming upon them. The suggestion is as follows:
>
> Permit me to come to Washington and let me have as my football squad for one hour of a prearranged day—from 8 to 9 o'clock a. m.—President Wilson, Secretary Lansing, Secretary McAdoo, Secretary Baker, Attorney General Gregory, Postmaster General Burleson, Secretary Daniels, Secretary Lane, Secretary Houston, Secretary Redfield, and Secretary Wilson.
>
> I will promise not to "scrimmage" them, but to take them through the hour's work. They will not make "touchdowns," but will shoulder

again the burdens of state with renewed vigor. What they do they can then ask any man of 45 and over to do. It is not as hazardous as testing a submarine or an aeroplane, but it might prove as great a gain for our country in the long run.

Yours, very truly, WALTER CAMP.

In further extension of my remarks there are inserted the very brief constitution and by-laws, with a list of charter members, of the Senior Service Corps and sample cards of instruction and helpful suggestions.

The matter inserted is as follows:

SENIOR SERVICE CORPS.

CONSTITUTION.

Article I.

NAME.

The organization shall be known as the Senior Service Corps of New Haven.

Article II.

OBJECT.

The object of its formation is to provide that citizens whose age is beyond that of active military service or not by law subject to military duty, but who desire to be of aid to their Government, may be made as physically fit as possible.

In order to accomplish this, these gentlemen have bound themselves together and agree to follow a certain designated course of training for that purpose.

Article III.

MEMBERSHIP.

The membership of this organization shall be limited to citizens of the United States of America over 45 years of age.

Each member must sometime within a month previous to application have passed a physical examination.

Article IV.

APPLICATION FOR MEMBERSHIP.

Any citizen desiring to join the organization shall send to the secretary an application for membership in writing; said application to be submitted to the membership committee.

Article V.

OBLIGATION OF MEMBERSHIP.

Each member agrees to accept the rules of the organization

Article VI.

GOVERNMENT.

This organization shall be governed entirely by its own constitution.

Article VII.

MANAGEMENT.

The management of this organization shall be entrusted to an executive committee, consisting of three members and the president (ex officio). They shall be elected for a term of 90 days. Vacancies in office may be filled by the executive committee.

Article VIII.

SPECIAL MEETINGS.

A special meeting may be called at the written request of any 10 members, provided that a notice be sent to every member at least 10 days before the date assigned for such meeting.

Article IX.

REPRESENTATION AT MEETINGS.

At all meetings each member shall be entitled to only one vote. No voting by proxy shall be allowed.

Article X.

AMENDMENTS.

No addition, alteration, or amendment shall be made to this constitution at any meeting, except by a two-thirds vote of those present. At least five days' notice of any such proposed change must be given to the secretary, of which due notice shall at once be sent to the members.

BY-LAWS.

Article I.

The officers of this organization shall be a president, a vice president, a secretary, a treasurer, a surgeon, and the following committees: Executive committee, finance committee, publicity committee, membership committee. They shall hold office for 90 days and shall be elected by a majority vote of all members present at first meeting.

Article II.

DUTIES OF OFFICERS.

SECTION 1. The president shall preside at all meetings of the organization and of the executive committee, appoint all subcommittees, audit and approve all bills, and order meetings of the executive committee or organizations whenever in his judgment he may deem it necessary.

SEC. 2. The secretary shall keep the minutes of the organization and of the executive committee, and shall conduct the correspondence, and shall have charge of and be responsible for all books and papers except those of the treasurer.

SEC. 3. The treasurer shall collect and have charge of all moneys belonging to the organization, shall pay all bills when properly approved, and submit a report thereof to the organization every 30 days, or whenever called upon to do so.

SEC. 4. All bills shall be presented by the president and shall be audited by him; in case of approval, he shall affix his signature and date of approval. After such approval the treasurer shall be authorized to pay by check.

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SEC. 5. The surgeon shall have oversight over the physical condition of all the members so far as the amount and quality of the work are concerned and shall have final authority in discontinuing the work of any member.

Article III.

The executive committee shall assume entire control of the general detail of the work.

Article IV.

SECTION 1. All members shall be subject to the orders of the officers.

SEC. 2. Members shall not absent themselves from roll call without sending excuse.

SEC. 3. Members shall be ready for roll call at the Yale gymnasium at 8 o'clock a. m. Mondays, Wednesdays, and Fridays.

ROSTER OF CHARTER MEMBERS.

G. B. Adams, F. M. Adler, C. M. Andrews, F. Atwater, C. M. Bakewell, A. H. Barclay, G. S. Barnum, C. J. Barr, G. J. Bassett, T. G. Bennett, C. Bigelow, C. Blakeslee, T. R. Blakeslee, H. Bottomley, J. J. Brennan, F. W. Brown, F. B. Bunnell, G. F. Burgess, W. Camp, L. J. Carmalt, J. B. Carrington, M. E. Chatfield, L. W. Cleaveland, C. C. Coleman, P. F. Connelly, R. N. Corwin, A. W. Crosby, L. M. Daggett, C. B. Doolittle, W. S. Eames, W. F. Ellis, C. C. Elwell, L. H English, H. W. Farnam, F. B. Farnsworth, B. Fenn, F. Ferrari, E. E. Field, C. C. Ford, M. W. Frank, I. Freedman, J. T. Gill, A. H. Goodenough, J. P. Goodhart, E. A. Harriman, W. T. Hart, G. F. Healey, H. B. Hedrick, J. E. Heyke, F. G. Hotchkiss, L. C. Hull, E. B. Hunn, J. D. Jackson, J. C. Johnson, D. W. Johnston, F. S. Jones, M. J. Keane, C. F. Kent, A. Keogh, B. La Farge, F. R. Langdale, G. H. Langzettel, L. T. Law, H. Lee, F. L. Leighton, T. C. Lewis, C. A. Magill, W. E. Malley, L. D. Mann, A. H. Mattoon, G. S. McLaren, A. K. Merritt, H. R. Miles, J. H. Parish, S. G. Pease, S. Z. Poli, P. Pond, W. W. Porter, G. G. Powning, H. Rapaport, E. P. Root, G. A. Root, L. Sanderson, R. L. Sanderson, E. R. Sargent, H. B. Sargent, G. D. Seymour, R. L. Smith, E. H. Sneath, R. Steinert, G. C. Stock, L. Storrs, E. S. Swift, William Howard Taft, C. B. Tiley, G. L. Tooker, R. Trowbridge, J. B. Tuttle, I. M. Ullman, L. M. Ullman, A. L. Underwood, W. A. Warner, S. G. Weed, L. S. Welch, H. White, A. B. Woodford, W. A. Wright.

GENERAL INSTRUCTIONS FOR TRAINING.

Clothing: All wear what you would ordinarily wear for walking. No tight collars, however.

Shoes and stockings: Wear those you are accustomed to. Do not put on extra thick ones just because you are going to train. With the moderate amount of walking in the first week or so there is no call for any change in footwear.

Smoking: Don't smoke anything till after your morning's walk.

Water: Drink all you like half an hour before breakfast but no drinking with meals. Drink half an hour before any meal or two hours after.

Eating: Eat as you are accustomed to, but gradually cut down on rich foods.

Alcohol in any form: Preferably none, but at any rate cut out all cocktails.

Rub down: If convenient, a shower and rub down, but this is not necessary. If a man goes direct to work after walking, he should keep

a dry undershirt at the office and a rough bath towel. Rub down on return and put on the dry undershirt. This will not occupy more than four or five minutes.

Keep a pair of dry socks and an extra pair of shoes at the office and put on the dry socks and shoes when you come in.

Blister: If you should get a blister, put a corn plaster or bunion plaster over it with the opening over the blister and fasten it firmly with two strips of surgeon's plaster over the ends but not covering the opening.

SPECIAL SUGGESTIONS ON HOW TO BE FIT.

Drink without eating and eat without drinking.

Five glasses of water a day, none with meals, will make you free of the doctors.

Warm feet and a cool head need no physician.

A bath, cold if you please, hot if you must, with a good rub, starts the day right.

If you will save your smoke till after luncheon, you'll never have smoker's heart.

Wearing the same weight underclothing the year around will save you a lot of colds.

Dress cool when you walk and warm when you ride.

Your nose, not your mouth, was given you to breathe through.

Clean skin, clean socks, clean underwear every day.

Don't sit still with wet feet. Walk until you have a chance to change.

Never let a day pass without covering 4 miles on foot.

See how high you can hold your head and how deeply you can breathe whenever you are out of doors.

Hot water quick is the best thing for a sprain.

Short shoes and shoes that don't fit cost a lot in the long run.

Getting mad makes black marks on the health.

Envy, jealousy, and wrath will ruin any digestion.

When you rob the trolley company of a nickel by walking you add a dime to your deposit of health.

You'll never get the gout from walking.

Sleep woos the physically tired man, she flouts the mentally exhausted.

The best record in golf is the record she has made of restored health to the middle aged.

Tennis up to the thirties, but golf after forty.

Nature never punished a man for getting his legs tired. She has punished many for getting their nerves exhausted.

Two hours of outdoor exercise by the master never yet made him overcritical of the cook.

Don't ask the heart to pump extra blood to the brain all day and then to an overloaded stomach all night.

Tight shoes have sent many a man to bed with a cold.

Leg weariness never yet produced brain fag.

Loose clothes, loose gloves, easy shoes spell comfort and health.

No wise athlete stands still after exercise without putting something over him.

Open windows don't make half as many colds as closed ones do.

Too many drinks at the nineteenth hole undo all the good of the other 18.

The best way to use the Sunday supplement is to stick it under your vest while you walk an hour against the wind and then come home and read it.

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Blood pressure does not come to the men who walk a lot out of doors; instead it looks for those who sit and eat a lot indoors.

Many a man finds too late that his motor car has cost him more in health and legs than it has in tires and gasoline.

A four or five mile walk daily makes your credit at the bank of health mount up steadily.

Nature won't stand for overdrafts any more than your bank.

The men who chase the golf ball don't have to pursue the doctor.

You never saw a dog fill his mouth with food and then take a drink to wash it down.

PRACTICAL SUGGESTIONS.

Ten corps dont's: Dont shirk, don't talk, don't worry, don't explain, don't knock, don't kick, don't quit, don't loaf, don't lag, and don't rush.

You can be: Prompt, alert, quiet, determined, steady, helpful, unselfish, considerate, gracious, observant, brave, and clean.

You can own: A clean body, a clean mind, fresh air, and good water.

You can't be taxed on: Cleanliness, perspiration, walking, and deep breathing.

You can do without: Profanity, obscenity, anger, and envy.

You don't need money to be: Happy, healthy, hopeful, and hearty.

You can be master of: Self-control, self-respect, self-belief, and self-restraint.

HELPFUL SUGGESTIONS.

Vacillation and doubt are poison to the nerves.

Two men in an eight-oared shell may be able to go faster than the other six, but they never win the race that way.

Don't disgrace the uniform.

"Eyes in the boat" is as good a maxim at drill as in a shell.

Success comes from service.

The leader may be no better man than you, but some one must give the orders and set the pace.

Don't make excuses. Make good.

Stand straight, think straight, march straight, and the rest will take care of itself.

Worry makes cowards.

If you feel tired, remember so does the other man.

Fear is the forerunner of illness.

Coordination in the individual means cooperation in the squad.

Happiness comes from health, not from money.

In a squad it is the job of each individual to make himself fit, for it is his example that helps the rest.

After a hearty meal stand up straight for 15 minutes.

Cooperation with others is the life of a squad.

When drinking a glass of water stand erect and take a full breath first, then drink with chest out and hips back and head up.

Your squad is only as good as the poorer ones. Don't he one of those.

Whenever you walk, stand up with chin in, hips back, and chest out, and think how tall you are.

The success of any drill depends upon the concentration of each man of the squad.

If you have a stake in life it is worth playing the game for all there is in it.

Drill is a mental as well as a physical discipline.

Courage and concentration will conquer most obstacles.

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The man who gets things is the one who pulls up his belt a hole tighter and goes out after them.

Work will take your mind off most of your ills.

The hurry of half a squad never brought the whole troop home.

Two things are essential to a clean skin; one is bathing and a rub down, but the other is still more important, and that is perspiration.

Washing out the impurities from within through the pores of the skin takes the undue load of work off the kidneys.

An army must have legs and a good stomach quite as much as arms and ammunition.

Preparedness is nine-tenths physical strength and endurance.

Food, water, and oxygen are the fuel for running the human machine.

Obesity comes from overloading the stomach and underworking the body.

Nature said, "You must earn your living by the sweat of your brow," and if you earn that living in some other way you must get the sweat or she will make you pay.

If you take more food than the digestion can handle you not only tire the stomach but the whole system.

Nine-tenths of "the blues" come from a bad liver and lack of outdoor exercise.

Full, deep breathing, drinking plenty of water, and keeping the skin active will keep most people out of the doctors' hands.

Sample letter sent in response to numerous inquiries:

SENIOR SERVICE CORPS,
NEW HAVEN, CONN., ——— ———, *1917*.

I most heartily appreciate your interest and cooperation, and I am glad to give you the information you ask. The course of training will take about 90 days and will not materially interfere with the business of the candidates.

The plan as outlined is to put in operation the system at one point, New Haven, and as soon as possible thereafter to make distribution of schedules of the work to other points. If you will organize at once a local committee and send the names of the committee and its secretary and surgeon to me, your section will be placed upon a list to receive as early as possible the detail of the method, which will be a reasonable course of training, leading with careful graduations to physical fitness. Each section or division will be expected to choose its own leaders, we from here furnishing detail of the work only, all organization plans to be left to local men.

Immediate action is essential in order to expedite the work of distributing the details as to the course of training. As soon as you send the names of the committee your secretary will be put upon the list to receive the forms. Meantime you will not need to delay the work of enrollment and the collection of the following data:

Name of candidate_____
Age_____. Height_____. Weight_____
Birthplace _____
Citizenship _____
Physical condition_____
Address _____
Post-office address_____
Telephone _____

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