

AN T-ÓGLÁC

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THE CRISIS

At the time of our going to Press the issue of peace or war for Ireland hangs in the balance. By the time this issue appears it is possible that event will have occurred which involve the resumption of hostilities. In cases where any doubt exists the counsel of prudence is always to be on the safe side, and in cases such as the present it is wise and necessary for all Volunteers to be prepared for the worse of two alternatives and to act on the assumption of the probable imminence of a fresh enemy attack. The position of the Government of the Irish Republic has been made absolutely clear and it has the hearty support of the whole Irish people; and the Army of the Republic stands loyally and resolutely to its duty of serving the Government and people of Ireland. The right and liberties of the Irish people, which the Volunteers were formed to defend, can never be bartered away and the Government of the Irish Republic will never betray the interests which the people appointed them to promote. We have already warned Volunteers against being misled by newspaper gossip. Not only the English but the Irish newspapers at the present time teem with representations of the national position, of the views of our trusted leaders, and of the progress of negotiations. The Irish daily Press has done a great deal of mischief by its eternal whine of "peace" and "settlements" and its suggestion that a "settlement" was a simple, easy thing that could be easily arrived at as a result of a talk between representatives of Ireland and England. These Press statements are quoted

as representing Irish opinion and they are interpreted as showing that the Irish people wish for "peace at any price" and are prepared to make their national rights, their claim to be a Sovereign State, a matter of bartering and modification, as the price of peace. That is a lie. We stand for an honourable peace, but if our right to free existence as a nation is assailed by the armed might of another nation, we are as ready to fight as before we entered into negotiations. Every Volunteer must hold himself ready to be called again on active service at any moment and be prepared to do his utmost in the fight for freedom.

NEED FOR PHYSICAL TRAINING

1. The coming of winter with its long nights and bad weather brings up the question of Training again in an acute form. How are we to devise a form of training that will maintain the improved smartness and cohesion resulting from the intensive period of summer Training—and a form, too, that can be carried out equally well in war or peace?
2. In the case of many units—especially city and town units—Physical Training to a greatly increased extent will meet the requirements. It can be carried out indoors, in bad weather, and by artificial light: it can also be carried out by small units and for even short periods of time! A squad doing half an hour of physical drill will be all the better for it.
3. There are two outstanding advantages of Physical Training:—(a) It greatly improves the physique and health of men undergoing it—a particularly important matter in the case of men in units in large cities, and (b) next to Close Order Drill it is the best means of giving the men a soldierly set-up and instilling into them the idea of discipline. In one way it is superior to Close Order Drill, because it is naturally more varied and this fact will often interest the men to a great extent.

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Óglach
na hÉireann
DEFENCE FORCES IRELAND

TREATMENT OF ACCIDENTS

General Remarks.—Accidents are so liable to occur, both in camp and on active service, that some short remarks on their general treatment will not be out of place.

Slight injuries may become serious if neglected or wrongly treated, and more serious accidents may end fatally from the same causes.

The following suggestions have been compiled from the "Field Service Pocket Book" and other sources.

They put briefly what to do in case of accidents, but remember they are only intended for emergencies. *In all cases medical aid should be summoned as quickly as possible.*

1. Loss of consciousness.
 - (a) If a man faints, lay him on his back with the head lower than his body, loosen the clothes about the neck. Sprinkle the head and neck with cold water. Give a little stimulant.
 - (b) If a man falls on his head, for example, out of a cart, and becomes unconscious, or if his stomach gets ill after such a fall, he must be treated differently. Give no stimulants. Let him rest his head low and apply warmth to his body.
 - (c) In the case of sunstroke, carry the patient to the coolest place available, and give him plenty of fresh air. Keep the head raised, take the clothes off the upper part of the body and bathe his head, neck and chest with cold water. In bad cases it may be necessary to bathe the whole body. Give no stimulant.
4. Bandage in case of emergency.—In case of emergency a bandage may be made from any clean piece of linen, such as a handkerchief or a sheet. No coloured material should be used or the dye may get into the wound and cause blood poison.

Tear a long strip of the linen, about three or four inches wide. Roll it up in your fingers like a puttee, and starting below the wound, roll it round quite evenly, as if you were winding a putte round your leg. Fasten it above the wound with a safety pin or slit the end of the bandage and tie the ends round the limb.
5. Sore feet.—Cleanliness is the cure for sore feet. Keep your socks clean and darned. Before marching, rub your feet well with soap or oil, and see that your boots fit comfortably. Blisters should be pricked with a clean needle. Cover the part with a small bandage before putting on your sock. One is very liable to blood poison from scratches on the feet.
6. Sprains.—Dip a bandage in cold water and wrap it round the part affected. Keep the bandage wet.
7. Unless you are *absolutely certain* it is only a sprain and not a break or fracture of the bone, bind splints round the injured part before moving the patient. This is most important.
8. Splints.—Splints must always be placed round a

broken or fractured limb before the patient is moved. They can be made from anything that will not yield, such as wood, bayonets, rifles, etc., They should be padded with some soft material to prevent them hurting the injured limb.

9. Simple wounds.—Simple wounds should be well washed and bound in a clean bandage.

10. Bleeding.—If a man cuts or bursts an artery, namely, one of the larger veins in the body, he is in great danger of bleeding to death. *Immediately* place your finger on the spot where the blood is spurting out and keep it pressed until medical aid can be obtained; or, wrap a penny or a small flat stone, in a piece of cloth and fix it in position with a bandage. Place the patient in a lying position, and if the bleeding is from a leg or an arm raise the limb.

Should the bleeding still continue, tie a bandage tightly above the wound; by inserting a piece of stick and twisting it round, the required degree of tightness can be obtained.

11. Poison.—Ptomaine poison is found in decomposing food.

On active service when preserved meat and vegetables form a considerable proportion of the rations issued, soldiers are very liable to suffer from this form of poisoning.

12. The symptoms are violent pains in the stomach, vomiting and diarrhoea.

13. The best treatment is to induce the patient to continue vomiting until the stomach becomes empty. Then give him plenty of milk, if possible, boiled milk.

To induce vomiting give the patient a drink of water mixed with mustard.

Very little mustard will be necessary. If this is not available, open wide the mouth and tickle the throat with a feather, or make the patient press the first two fingers down his throat. The foregoing is the safest treatment in all cases of suspected poisoning.

14. Burns.—Apply oil or flower to the burnt part. Cut off the clothes, don't tear them away, and cover the wound quickly from the air.

15. Frostbite.—In case of frost bite, rub well the part affected with snow or cold water. Avoid taking the patient into a warm room until the part affected has gradually thawed.

16. A frost bite shows itself by a white patch on the skin. The danger is you may not know you have been bitten until too late, as you do not feel any pain at first.

In cold countries like Russia it is no uncommon thing for a complete stranger to rush up to you in the street and commence rubbing your nose with snow. He has noticed that your nose is being frost bitten.

17. Drowning: rescue from.—Before attempting to rescue a drowning person, remove your boots and coat. They greatly impede your movements. Many a man has been drowned by the weight of his boots.

18. The English Life Saving Society recommend the following methods for rescuing a person from drowning,

(a) If the person does not struggle, turn him on his back, place your hands on either side of his head. Swim on your back with a steady kick of the legs, and husband your strenght: as much as possible.

Remember it is most important to keep the person's head above water.

(b) If he struggles, turn him on his back. catch his arms, just above the elbows, with a firm grip, draw his arms upwards at right angles and swim as before on your back.

(c) If he struggles violently, seize him under the arm or round the chest, and swim as before with a steady stroke on your back.

19. Rescuer's Wrists Seized.—"If the drowning person seizes hold of your wrists, turn both arms simultaneously against the drowning person's thumbs, outwards, and bring the arms in at right angles to the body. This will dislocate the thumbs of the drowning person if he does not let go. Then, as before, turn him on his back, and proceed to bring him to shore.

20. Rescuer Clutched Round the Neck.—"If clutched round the neck take a deep breath, lean well over the drowning person, immediately place one hand in the small of his back and pass the other over his face with the thumb and forefinger, pinching the nostrils close; at the same time place the palm of the hand on the chin and press away with all force possible.

21. Method of assisting tired Swimmer.—"An easy method of assisting a tired swimmer or one attacked by cramp as well as others who might be quiet:—The person assisted must place both hands on the shoulders of the rescuer with the arms at full stretch and lie upon the back. The rescuer being uppermost and having the arms and legs free, swims with the breast stroke."

22. To restore animation.—Having got the drowning person to land, there still remains the more difficult task of restoring animation. Don't give stimulants, but send immediately for medical aid, blankets and dry clothing. If you are alone this will be impossible, as you cannot leave the unconscious person. Shout for assistance.

23. Guiding principles.—The chief points to be remembered when restoring animation are:—

1. Restore the breathing.
2. Restore the circulation and heat of the body. If you restore the latter first, you will endanger the life of the patient.

24. To restore the breathing, loosen tight clothing, especially the braces; turn the patient face downwards, clean away any matter such as weeds from the mouth and nostrils, draw forward the tongue beyond the lips, and secure it in that position by passing a strip of hand-

kerchief or piece of tape over the tongue and tying it under the chin.

Turn the patient on his back, place a rolled coat or cushion under his shoulder blades.

Standing behind his head grasp his arms just above the elbows and draw his arms gently but steadily upwards above his head. Keep them stretched upwards for two seconds (This is to draw air into the lungs.)

Now turn down the patient's arms and press them gently but firmly against the sides of his chest for two seconds (This is to press the air out of the lungs.)

Repeat these movements regularly about fifteen times to a minute. Keep on repeating them for many hours until natural breathing is perceived, or a doctor has declared life extinct. If you have been able to send for blankets and dry clothing, the body may be dried and re clothed when they arrive, but this must not interfere with your efforts to restore the breathing.

25. To promote warmth.—When the patient has commenced to breath naturally, promote warmth and circulation by rubbing the limbs upwards towards the heart (This will drive the blood towards the heart.)

Cover the body with dry clothing, if this has not been already done, but keep on energetically rubbing the limbs through the clothing. Carry the patient to a house, put him to bed and apply heat (hot water bottles, hot bricks, etc.) to the soles of the feet, the arm pits, the pit of the stomach and between the thighs.

Give the patient plenty of fresh air.

26. To test if the power to swallow have returned.—When life has been restored, test if the powers of swallowing have returned by giving the patient with a spoon a little warm water. If he succeeds in swallowing it, then give him in small quantities brandy and water, wine or coffee.

Encourage the patient to sleep.

27. Summary.—Put briefly, the points to be remembered are:—

1. Place the body face downwards, draw forward and secure the tongue. Send for medical aid, blankets and dry clothing.
2. Place the body on its back with a cushion under the shoulder blades. Immediately commence to restore breathing.
3. Restore warmth and circulation.

This treatment is known as Dr. Sylvester's method.

IRISH IN THE CAMPS

The following list of Irish rendering of terms taken from the syllabus of one of our training camps has been drawn up by a committee of distinguished Gaelic scholars acting in co-operation with a member of G.H.Q. The publication of this list should facilitate the posting of orders etc. in Irish and the general use of Irish in the training camps.

SCOUTS

The value of the work done by scouts depends to a very great extent on the orders they receive before they are despatched on a particular duty. Every party of scouts sent out must have a particular objective assigned to it, and must be given specific questions to answer. The rôle of scouts is to observe and report, and when engaged on their special duties, they will only use their rifles in self defence.

The commander who despatches parties of Scouts must arrange with them for means of rapidly communicating any intelligence gained.

During peace operations scouts should not be allowed to employ methods which would be impossible in war.

The training of scouts will be carried out principally by means of individual training.

The methods to be adopted in the training of scouts are left to the officers concerned. The standard to be aimed at is that a scout should fulfil the following conditions:

- (i) Know how to observe.
- (ii) Be able to read a map easily.
- (iii) Know what to report on, and how to make a report.
- (iv) Be able to express himself clearly and concisely.
- (v) Possess good sight and know how to use his eyes and ears.
- (vi) Be self-reliant, resourceful, and prepared to take risks.
- (vii) Understand semaphore signalling, and, if possible, be acquainted with all methods of visual signalling.
- (viii) Thoroughly understand the use of ground; be able to move about and see without being seen.
- (ix) Be able to judge distance accurately and estimate numbers correctly.
- (x) Be able to form sound conclusions from signs, such as clouds of dust, footprints, and so on.
- (xi) Understand how to guide himself by compass, by the sun, and by stars.
- (xii) Be of thoroughly sound physique and in good condition.

PHYSICAL TRAINING (Continued from page 1)

4. All units which possess a competent Physical Training Instructor should immediately arrange for a regular, progressive course of Training; and those Units which do not possess Instructors should have detailed two or three of the Officers or N.C.O's for special intensive Training as Instructors with a view to carrying out the Training later on.

Reveille, Gairm Staic.
 First Parade, An cheud Pharad.
 Breakfast, Bricfeast.
 Inspection of Camp, Sgrúdu an Champa.
 Kits, Treamh.
 O.C., Oifigeach Ceannuis.
 Lecture, Léigheacht.
 Squad Drill, Drill Sgaoithe.
 Break, Sos.
 Dinner, Dinneur. Tea, Té
 Census, Aireamh.
 Recreation, Caitheamh Aimsire.
 Mounting Guard, Suidheamh Gàrdaí.
 Orders Posted, Orduithe curtha in áirde.
 Tattoo, Stoc is Drumán.
 Last Post, Post Deirineach.
 Lights Out, Múchtar Soillse.
 Sentry, Fear faire.
 Countersign, Focal faire.
 Musketry, Muscaodacht.
 Bombing, Pleusgántaíocht.
 Revolver, Rothphiostal.
 Automatic, Féinliantóir.
 Firing Positions, Suidheamh i gcóir Lamhachta.
 Scouting, Lorgaireacht.
 Discipline, Smacht.
 Protection, Gardáil.
 Rank, Grád.
 Road Reconnaissance, Breithniú Bóthar.
 Patrol, Bhárda.
 Sniper, Aimsitheóir. Sniping, Aimsitheoireacht.
 Advance Guards, Gàrdaí Tosaigh.
 Rear " " " Deiridhí.
 Connecters, Ceangaláin.
 Files, Diseanna.
 Flankers, Imilleóirí.
 Extended Order Drill, Drill Sgeirmise.
 Night operations, Oibríúchán Oíche.
 Theory, Teoir.
 Aiming, Díriú.
 Physical Culture, Saothrú Colna.
 Bills, Bileidí.
 Dismiss, Sgur.