

## WORTH KNOWING.

**SUMMER DRINK.**—(Lemon Syrup.)  
Slice one ordinary-sized lemon in a jug, add one tea-spoonful of tartaric acid and one pound of loaf sugar, pour one pint of boiling water and stir. Stand till cold. Add little to tumbler of water to suit taste.

### HOT WATER

taken freely half-an-hour before bedtime is helpful in the case of constipation, and has a most soothing effect upon the stomach. A goblet of hot water, taken just after rising, before breakfast, is a simple cure for indigestion, and no remedy is recommended more widely by physicians to dyspeptics.

### WATCH-CASES.

Officers often find that their watches give them a lot of trouble, often through not having a proper watch-pocket. This difficulty can be largely obviated by procuring a horn case, obtainable at almost every watchmaker's; its weight is only the fraction of an ounce, it fits tightly upon the watch so that it does not materially increase the size, does not need to be taken off, or opened to see the time, or in the case of keyless watches, for winding. They protect the glass and prevent dirt from entering. The price varies from fivepence to one shilling.

### BROKEN TAMBOURINE HEADS.

These are replaced by the Social Wing for ninenpence and made almost like new ones. They should be sent to Commissioner Cadman, 101, Queen Victoria Street, E.C.

### CLEANING BARRACKS SEATS AND FLOORS.

These should be washed every month with carbolic soft-soap or carbolic bar soap, which destroys all vermin. Warm water should be used, which should be changed often. Alum dissolved in hot water is also an effectual vermin exterminator.

### DAMP FEET.

Many suppose that unless the shoes are positively wet a change is unnecessary. This is a fallacy. The least dampness in the sole, in its evaporation absorbs the heat from the foot, and in a few minutes the feet will be damp and cold, and perspiration is dangerously checked.

### FRUIT AS MEDICINE.

Tomatoes are perfect liver regulators—they contain a small portion of mercury. Pineapple is a cure for sore throat. Oran-

ges act on the kidneys beneficially. Lemons and grapes are efficacious in preventing cancerous troubles. Watercresses act on the lungs.

### HOW TO WASH GUERNSEYS.

In a pan of tepid water make a lather with common yellow soap, and then wash the guernsey by rubbing lightly with the hands until clean, afterwards rinse in clear tepid water and squeeze the water out without wringing, afterwards hang it to dry. It should not be hung to dry before the fire or in the sun.

### HOW TO ESCAPE SORE THROATS.

Captain Hawkins of Kidderminster writes to say that by drinking a glass of cold water every morning as soon as he gets up, he never suffers from sore throat or loss of voice.

### SORE THROATS.

For the above, and all sorts of throat affections, the *wet compress* is invaluable. This consists of three or four folds of wet cloth wrapped round the throat, and covered with three or four thicknesses of flannel, so as to prevent the air getting in at the edges. The cloth should be re-wetted as soon as dry, and kept on until the inflammation is gone. On removing the *compress*, the throat should be well sponged with cold water to prevent the patient taking cold. In severe cases a gargle composed of a tea-spoonful of Condy's Fluid in a pint of water will be very advantageous.

### REMEDY FOR SEA-SICKNESS.

Staff-Captain Marshall sends the following remedy for sea-sickness, which he states has been tried with success.

Bromide of soda, 60 grains;  
One tablespoonful of water.

Take the above three times a day between meals for two days before sailing, and half the quantity for two days after sailing.

## THE LIFE OF MRS. BOOTH.

The fund available for supplying officers with the above at the seven shillings and sixpenny rate, before advertised, having been completely exhausted, officers must please understand that they can only secure copies of the Life at such rates as may have been fixed for them by their Territorial Commis-

## THE MONTH'S CHANGES.

### FOREIGN STAFF CHANGES.—JUNE, 1893.

#### SOUTH AFRICA.

Adjutant HORAK to Klerksdorp.

#### INDIA.

Adjutant WICKRAMA SINGH to P.-G. Home, Borella Dist.  
DEVASRI to Rambukkana District.  
Ensign YESHWANT to Marlad District.

### BRITISH STAFF CHANGES.—JUNE, 1893.

<p>Majo BAUGH†, D.O. . . . Carlisle Division. S.-C. McKERNON†, J.S. Help. . . Sheffield Division. Adj. CARLETON, A.D.C. . . Southampton Division. SWAIN†, J.S. Helper . . . Manchester Province. " WORTH, J.S. Helper . . . Bristol Province. Ens. HOPPER†, J.S. Helper . . . Liverpool Province.</p>	<p>CAPT. BELL, Helper . . . Sheffield Division. " BROWN, Helper . . . Bristol Division. " FLOWER, Helper . . . Nottingham Division. " NICHTOLLS, J.S. Helper . . . Edinburgh Division. Lieut. BAX, Helper . . . Liverpool Division.</p>
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### BRITISH FIELD CHANGES.—JUNE, 1893.

Corps.	Officers Appointed.	Corps.	Officers Appointed.	Corps.	Officers Appointed.
Aberdeen III.	Annis, Wade	Berkhamptd	McLeer, Short	Chiswick	Kew†
Amman	Parker, Ashly	Biggleswade	March, Collings	Carmaron (W.)	—
Alexandria	Clarke, Lavery	Bradford I.	Cook†	Clyt'n-I-Moor	Spence, Miller
Accrington	Cyathree, Miller	Batley	—	Dundee I.	Gascoigne
Ashton-u-L.	Busby†	Brackley	Hutchins, Tucker	Dairy	—
Aberavon	Necks, Henley	Burford	zoto, Cheesecorth	Darlston	Robey, Robertson
Abergavenny	Bartlett, Cheesecorth	Buckingham	Lotcho, Stokes	Droisden	Abob, Brookorn, Rowe
Alnwick	Southern, Warren	Bieester	Griffith†	Dunstan	Collins, Kennard
Anfield Plain	—	Banbury	—	Derby III.	Singleton, Keen
Aberkenfig	Hyder, Gregg	Barking	Edwards†	Dunstable	Graves, McLean, Whyte
Ashbourne	Spurdens, Baker	Balham	Applin†	Dorking	—
Ashby	Thomas, Patterson	Blackfriars	Cartis, Bradley	Dewsbury	Scull†
Atercliffe	Tuffin†	Burnham Chr.	Parker, Car	Dudley Hill	Studd, Harris
Amphill	Pollard, Cole	Bethel Gt. S.	Sparkman	Dover	Nurse†
Arley	Turner, Turner	Borough Sim.	—	Dedding'n	York, Gent, Bryant
Arley	Davies, Jefferson	Battersea I.	Adj. Greenaway†	Drayton Cir.	Mower, Wilson
Aylesbury	Gibbons, Anderson	Borough	Jordan, Endicott	Dockhead St. Jarvis,	Hicks, West
Acton	Bealany, Carter	Bell Green	Beer, Piper	Drury L. St.	Parkinson, Brackway, Couton
Barrow	—	Bexley Hth.	C Petts, Kenton	Dundee Sim	Greaves, Reed
Broxburn	Eacott, Stratton	Billingboro'	—	Dunoon	Capt. Devlyn, Hinton,
Barhead	Prosser†	Barnstable	—	Edin'bro IV.	Catlin, Waterman, Haines
Baillieston	Brough, Groom-bridge	Cullen Circle	Hearn, Wright	Edin'bro IV.	Catlin, Thompson, Friggins
B. Stortford	Lang, Johnstone	Cowdenbeath	Baneroff, Thompson	Ely	—
Buntingford	Edwards, Giles	Cambridge	—	Elys.	Barton, Gregory
Braughing	Handford	Clee Hills	—	Eastbourne	Wilkinson
Bingham	V. Powell	Cottenham	Rowell, Winn	E. Peckham	Green, Newman
Bedworth	Barrick, Pocock	Cradley H'th.	—	Ealing	Young, Eastland
Bourne Vily.	Clifton, Tierman	Colchester	Qulek, Thornett	Enfield Wash	—
Brixworth	Cook, Thorne	Castle Acre	Roberts, Youngman	Circle	Partner
Bromsgrove	Coot, Curtis	Coltishall	Handy, Bitchenor	Edmonton	—
Beoles	Hopkins, Collins	Carmarth	Fuller, Lone	Falkirk	—
Brightingsea	Hughes†	Carnforth	Morton, Partner	Fauldhouse	Wallace, Hovelsrond
Bungay	Coulson	Church	Barnes, Miles	Farcett	Radley, Fisher
Bry S. Edms.	Payne†	Clitheroe	Blackburn, Churchill	Fakenham	Castle†
Blakeney	Ringrose	Colne	—	Ford'n'bridge	Brown, Beasley
Bristol	Marshall, Kerrison	Callington	Sansom, Contman	Felling	Belton, Hitchcock
Bamber Rye	Goatland, Johnson	Crediton	Stoddard, Cook	Fenbale	Clay, Hodgetts
Blackburn II.	Waker†	Cerne Abbas	Avery, Watson	Folkestone	Doughty†
Blackpool	—	Corfe Castle	Hoydins	Freshwater	Campbell, Cogan
Burnley II.	Stone, French	Carmarthen	Fuller, Lone	Glasgow VI.	Jackson
Bolton I.	Adj. Storey, Craig	Cinderford	Sweet, Swinford	Glasgow V.	Picton
Brixham	Woodbridge, King	Cardiff II.	Hammerton†	Grimsby I.	Adj. Widdowson†
Broadway	—	—	VI. Bennett, Dixon	Galashiels	Duncan†
Bristol II.	Walter†	—	IV. Kent	Glasgow III.	Ashworth†
Bristol II.	Si. Jones, Nobbs	C. Donn'gton	Winterbourne, Buck	—	VII. Evans, Ely
Belfast Slum	Bridge, Jenkins	Clown	Hanson, Ballantyne	—	VII. Arch, Gaze
Ballymccrill I.	Sparling, Davies	Chip-Nort'n.	McCulloch, Bigwood	—	Gunnislake
Bridlington Q.	—	Cirencester	Trinder, Adamson	—	Allery, Thorogood
Beverley	Taylor, Collier	Cricklade	Pride, Greenwood	—	Sutton, Comber
Barry	Williams, White	Charlton	Clayson†	—	—
		Chelsea	Ens. Thomas, Capt. Wright		



Corps.	Officers Appointed.	Corps.	Officers Appointed.	Corps.	Officers Appointed.
Gloster I.	Clayton, Heaton	Moffton	Beaumont	Salisbury	Widgery
Gateshead I.	Newman	Mifford	Beasley	Swansen II.	Stanbury
	II. Towell, Andrews	Middlesbro'	Gardiner, Alcock	Strowd	Davidson, Hyde
Garforth	Armour, Steele		II. White	South Bank	Fraser, Grant
Gawthorpe	Iverson, Dawson	Murton	Retf., Hook	Sp'mny'morl.	Bond
Guisley	Williams	Merthyr	Goss, Robbins	S'd'riand V.	Copeland, Williams
Gt. Marlow	Townley, Mills	Maidstone	Garlick, Franklin	Seaham H bor	Westerman
Grays	Oatway, Taylor	Mitcham Ctr.	Phillips	Seaboro'	Lyne, Crothall
Good Easter	Houghton, Jarvis	Margate	Gaines, Vincent	Selby	Davis
Gravesend	Coles	Maldon Circle	Pugh, Smith	Starpleford	Dudhy, Winfield
Greenwich	Philbrook, Brooks	Manor Park		Sheffield I.	Dudhy, Winfield
Hawick	Smith, Hitchman	Marylebone	Golden, Sales	Shefford	Newbold, Benstead
Holytown	Parkin, Stirling	Newport	Ibbutt, Woodward	Stevenage	Sims, Pickering
Helensburgh	Patterson, Green	Northampton II	Wills, Isherwood	St. Helier	Ebbst
Harborne	Gladwell, Stanton	Norwich II.	Clements, Floekton	S. Peter's Pt.	Shaw, Caistor
Hednesford	Camp	Newlyn	Lord, Poole	Sunninghill	Lambert
Harpole	Joiner	Newton Abbt	Knight, Short	Sandown	Holland, Ball
Hackley	Hack, Brown	North Tawton	Brown, Dudley	Stonesfield	Jones, McCabe
Harleston	Griffiths, Heyburn	Neath	Bradley, Cox	Silvertown	Cotterill, Spicer
Harwich	Waller	Neyland	Kitchen, Titmarsh	Stanford-le-	
Hyde	Sands, Jockinson	Nailsworth	Dalton, Sheath	Hope Cir.	Bookmaster, Ward
Hollinwood	Campbell, Hurst	Northallerton	Hurst, Hurst	S. Mary Cray	Hunt, Washer
Hayle	Sturgess	N. Shields	Dines	Sutt'n-a-Hne	Rayner
Haverf'west	Myers, Gummer	Newcastle III	Yates	Shadwell Sl.	Busby
Hartlep'l	W. Baker, Parsons		Slum Welsh, Hargraves	Southall Cir.	Dennis, Gover
Hull V.		New Lenton	Double	Staines Cir.	Robins
Hylton	Broughton, Eatwistle	Notts. III.	Treby	S. Newing'n	Ens. Williams, Lever, Clark
Hexham	Coleman, Stevenson		I. Aaby, Howcroft	S. Hornsey	Ens. Slater, Capt. Smith
Heeley	Smith	New Haven	Poulson, Henley	Stourbridge	Jones, Marsh
Hoddesden	Fassam	N. Leach	Kellick, Kirby	S. Andrews	Airey, Proctor
H. Hempsted	Murray, Ellis	Nunhead	Maclanven, Chippendale	Salford III.	Barber
Hitchin	Bennett, Mann	Nine Elms Sl.	Williams, Pannams, Hollins	S. Harbor	Poore
Harpenden	Knight, Baldock	N. Wales	Jones, Lloyd	Tillcottery	Woodman, Butcher
Hastings III.	Veal, Procter	Olney	Hobbs	Tranent	Davidson, Yarn
	IV. Green, Cardy	Ovenden	Truman, Green	Tolleross	Truman, Green
Hallfax I.	Smith, Aspinall	Old Basford	Birchfield, Fairvoe	Tanworth	Eva, Salkeld
Hoo	Sainsbury, Brooks	Oxford II.	Watling	Thetford	Stanton
H'tfield P'v'ril	Gillett, Brooks	Owston Ferry	Light, Hill	Tavistock	Murdock
Hackn'y W'rk	Slum Fleming, Garner, Sanderson	Peebles	Lumsden, Hill	Tunton	Clark, Stubbings
	House, Rowley, Poulton	Portsmouth	Bendy, Coeling	Torquay	Dunmore
Hoxton Sl'm		Portobello	Probert, Coeling	Torrington	Durman
Holloway II.	Booker	Parkhead	Baaham	Topsham	Jones, Marshall
Hendon	Allen	Partick	Watson	Tenby	Snook, Pugh
Harrow Cir.	Morris, Miller	Princes End	Clark	Tredegar	Lees
Homerton	Maudry, Stone	Preston I.	Mulholland	Tir-Phill	Goodall
Huntly	Weller, Evans		II. Carter, Stevens	Thirsk	Rayner, White
Inverness	Rowe, Baker	Padilham	Tunstall	Trelaw	Goddard
Lang'riethen	Mathews, Payne	Penrith	Freeman	Treherbert	Baker, McDonald
Kingstowen	Ferguson	Plympton	Shaw, Vickery	Tring	Davis, Brothwell
Kirkcaldy I.	Ulph	Plymouth I.	York	Todmorden	Gaborne, Hopwood
Kelso	Stanley	Playton	Fyche, Haywood	Teddington C	Flowers, Coates
Kilm'ruck II.	Earland, Searle	Pwbell	Cox	Uphall	McAdde, Thom
Kilwinning	Laird, Boswell	Pembroke	Dyball, Foster	Uppell	Ludford, Haigh
Kingstanly	Humphrey		Dock Patman, White	Ulverstone	Walkley
Kimberley	Stillacean, Sharpe	Pontardulais	Hamilton	Undercliff	Day, Hall
Kingston	Anderson, Richards	Prattington	Jacques, Payne	Uxbridge Cir.	Halls, Hall
L'pool I. Sm.	Denne, Greenslade	Porth	Greig	Wednesfield	Heath, Easton
	II. Greenfield, Swave	Potton	Whitlam, Rayner	Wellington	Sutton, Woolham
	III. Laverick, Sandwell	Portsea	Atrill, Leach	Wollaston	Homer, Musgrove
Loss'mo'th	Monat, Cox	Penge	Irwin	Wickham Mt.	Corlyon
Leslie	Wylbe, McCullum	Plat-stow	Halsey	Wadebridge	Chapman, Pearce
Lockerbie	Bullock, Patrick	Preston III.	Wits, Weedon	Watchet	Davis, Chiddel
Larkhall	Middleton, Patrick	Ramsey	Mercer, Cousins	Wiveliscombe	Weston, Harrison
Leominster	Temple, Spatin	Ravensthorpe	Cousins	Weymouth	Balley, Edwards
Lowestoft II.	Clarke, Thomas	Ripon	Hyam	Wimbome	Perkins
	I. Price	Rotherhithe	Ensign Hessey, Capt. Lyons, Westwood	Wotton-u-Eg.	Windybank
Long Sutt'n.	Jaine, Driver	Rye	Gatrrall, Halliday	Weston-s-Mr	Skinner
Lancaster	Neate, Neate	Rhyl	Potter	Washington C.	Dundas, Smith
Littleboro'	Shipley, Baker	Swinton	Stephens, Chappell	Walsend	Salter, Entwistle
Lower Ince	Neims		Bailey	Wath	Lidbetter, Patten
Longtown	Fraser, Edwards	Southport	Munns	Woodhouse	Ayllott, Grant
Lanely	Ellison, Hartley	Seaton Del.	Price, Dear	Worwasp	Watts
Loughboro'	Sellick	Saltcoats	Ridgway, Mobley	Wt. Brighton	Lofly, Jones
Leicester V.	Cotton, Cooper	Springburn	Staff-Capt. Fenner	Winchester	Watson, Forbes
Leeds Slum				Wilsden	Scuse
Loose	Pitcock, Wetherhead	Soham	Hall, Ferriss	Wyke	Wardle, Dorer
Leyton Cir.	Crown, Jackson	Strfd-o-Avn.	Shapcott, Vost	Watlington	Histon, Dalnam
Loughb'ro J.	Paul, Fowler	Stourbridge	Millington, Rutherford	Whitechurch	Pringle, Taylor
Laxey	Leeding	Stowmarket	Gilroy	Whitney	Mayor, Friend
Laisterdyke	Bawden, Dingley	Saxm'dhm.	Guy, Wood	Wootton B.	Howard
Loanhead	Smith, Hartley	Sleaford	Bondfield, Cotnam	Wt. Norwood	Epps, Hackett
Middlewich	Foden, Bayliss	Swanton M.	Marshall, Angling	Walworth Sl.	Barton
Monifieth	Upchurch	Settle	Dunn, Scott	Whitechapel	Allen, Worthington, Franc
Melbourne	Gough, Beavis	Southport	Scott		
March	Holder, Hinks	Shaw	Morgan	Woolwich	En. Howard
Markt. Hrbro	Brownlie, Groom	Salford I.	Barnes, Hollins	Wlthm Abby	Saukey
Morecambe	Davis, McVarragh		II. Robinson, Sheard	W. Bromwel.	Lee
Maryport	Ploot, Whiteley	St. Austrell	Cornwell, Hall	W. Moor	Peritt
Manchester VI	Allett, Geal	S. Moltou	Gregory, Boon	Wroxall	Perry
Middleton Jc.	Ward	Somerton	Chifford, Filmer, Shelly	Ystalyfira	Dyball, Foster
Mousehole	Smith, Chard				