

CREDO

I believe

In my country and her destiny,
In the great dream of her founders,
In her place among the nations,
In her ideals;

I believe

That her democracy must be protected
Her privileges cherished,
Her freedom defended.

I believe

That, humbly before the Almighty,
But proudly before all mankind,
We must safeguard her standard,
The vision of her Washington,
The martyrdom of her Lincoln,
With the patriotic ardor
Of the minute men
And the boys in blue
Of her glorious past.

I believe

In loyalty to my country,
Utter, irrevocable, inviolate.

Thou in whose sight

A thousand years are but as yesterday
And as a watch in the night,

Help me

In my frailty

To make real

What I believe.

—New York Times.

The FIGHTER

IDENTIFICATION

My name is

My home address is

My position in the service of the U.S. (company,
corps, regiment, ship, etc.)

In case of accident or serious illness please notify

How easy it is to forget

Watch No..... Works.....

My weight was..... and my height.....

on..... 191.....

Size of hat..... Gloves.....

Shirt..... Collar.....

Shoes..... Hosiery.....

Coat..... Trousers.....

Underwear.....

THE FIGHTER

*A manual for the
Soldier and Sailor*

*“Clean hands and clean lives given
without rancor for a clean cause.”*

Presented to

The Boys Who Will Fight

The United Committee on War Temperance

289 Fourth Avenue
New York City, New York

WHAT GENERAL PERSHING SAYS

"The man who loves a clean life regardless of what others do or think, is the man who inspires confidence in his fellowmen.

There was a time when it was a natural part of a soldier's existence to drink and carouse. That day is past with the soldier sworn to defend his country's flag and representing the power and dignity of the nation.

Strong muscles, clear brains, high ideals in the soldier, increase the fighting efficiency of the army, and these qualities of the citizen insure the permanency of our institutions.

The army is looked upon as representing the common people from which it springs, and the people here watch our conduct and study the character of every one of us. This thought should be an inspiration to patriotism, to manliness, and to righteousness." (From an address at Ft. McKinley at the laying of the cornerstone of the Y. M. C. A. building.—Association News, July, 1917.)

The loyal fighter will join the Minnesota Engineering Corps in the spirit of their resolution. "Aware of the temptations incident to camp life and of the moral and social wreckage involved, we covenant together to live the clean life, and to seek to establish the American uniform as a symbol and guarantee of real manhood."

ADDRESSES

Name

Street

City and State

Give me a teetotal army and I will lead it anywhere."

—FIELD MARSHAL LORD ROBERTS.

THE FIGHTER AND HIS FITNESS

The struggle in which we are now engaged demands that every man shall be at his best, and that every resource shall be summoned in order to insure victory.

In earlier wars physical strength and a reckless dash were perhaps the chief qualities required, but modern scientific warfare demands in a special degree moral fitness. Brain power will win the war.

The real fighter possesses iron endurance, keen alertness, calm judgment, unflinching courage and a grim determination. He is first of all a master of himself—body, mind and spirit.

Heretofore in peace times, the fighting qualities have been developed chiefly by athletic contests. The football team fought for the college and the baseball team strove to win the penant for the home city. But in the world contest in which we are now engaged, it is not merely the prestige of a college or of a city which is at stake, but the future of the nation, and of democracy.

The Fighter must be fit. The football player keeps in trim for a game which occurs only once a week. The Fighter in this war must be continuously prepared for physical and mental tests to which football is child's play. If the athlete needs to be at his best, how much more does the Fighter, who holds the hope and future of civilization.

FITNESS FIRST FOR THE FIGHTER

ADDRESSES

Na me.....

Stree t.....

City a ndSta te.....

Na me.....

Stree t.....

City and Sta te.....

Na me.....

Stree t.....

City and Sta te.....

Na me.....

Stree t.....

City and State

Na me

Street

City a ndSta te.....

"We are fighting Germany, Austria and Drink; and as far as I can see, the greatest of these deadly foes is Drink."—DAVID LLOYD GEORGE, Premier of Great Britain.

ATHLETICS

Athletics and booze don't mix. In training for great athletic contests, one of the first requisites is abstinence from alcoholic drinks of all kinds.

Ty Cobb hit it right when he said, "No nips for me, they dim my batting eye."

Mr. Hugh Fullerton, the baseball writer, studied the record of 60 major league ball players from the years 1904 to 1914.

He divided them into two classes of equal number, 30 abstainers and 30 moderate drinkers. He found that the drinkers did not last as long in the game. At the end of ten years only two drinkers remained in the game, and one of them had quit drinking while there were nine of the total abstainers. In base hits, although the drinkers were the better hitters at the start, they declined steadily in batting while the non-drinkers not only held their pace but improved.

The non-drinkers made more consistent records, played more games and showed more speed. At the close of the period nine of the drinkers were dead and eight down and out, while of the abstainers only two were dead and one down and out.

In football, track, swimming and other contests, drink is recognized as a handicap. Speed, agility, quick-wittedness, strength, endurance—all these are needed by the successful athlete, and experience shows that alcohol may impair any one or all of these faculties.

ADDRESSES

Name

Street

City and State

"The day of the battle-scarred hero is gone. The first question the student body now asks about a foot-ball hero is, Does he drink?"—COACH "HURRY UP" YOST, Univ. of Mich. (1916).

"Because constant moderate drinking gets a ball player just as sure as boozing, I don't bother with youngsters that drink."—CONNIE MACK.

MAJOR GENERAL JOHN F. O'RYAN.

In a letter to 37,000 troops, says:

"This letter is a personal appeal to your intelligence and better self to refrain from using liquor in any form throughout the period of your service. The plea contained in this letter is based upon principles of scientific military management. Our job is to whip the enemy hard and with the least loss to ourselves. In training our military machine to do this we must eliminate backlash, rattles and useless loads. We must have every part healthy and strong, and dependable, not part defective, diseased or obsolete.

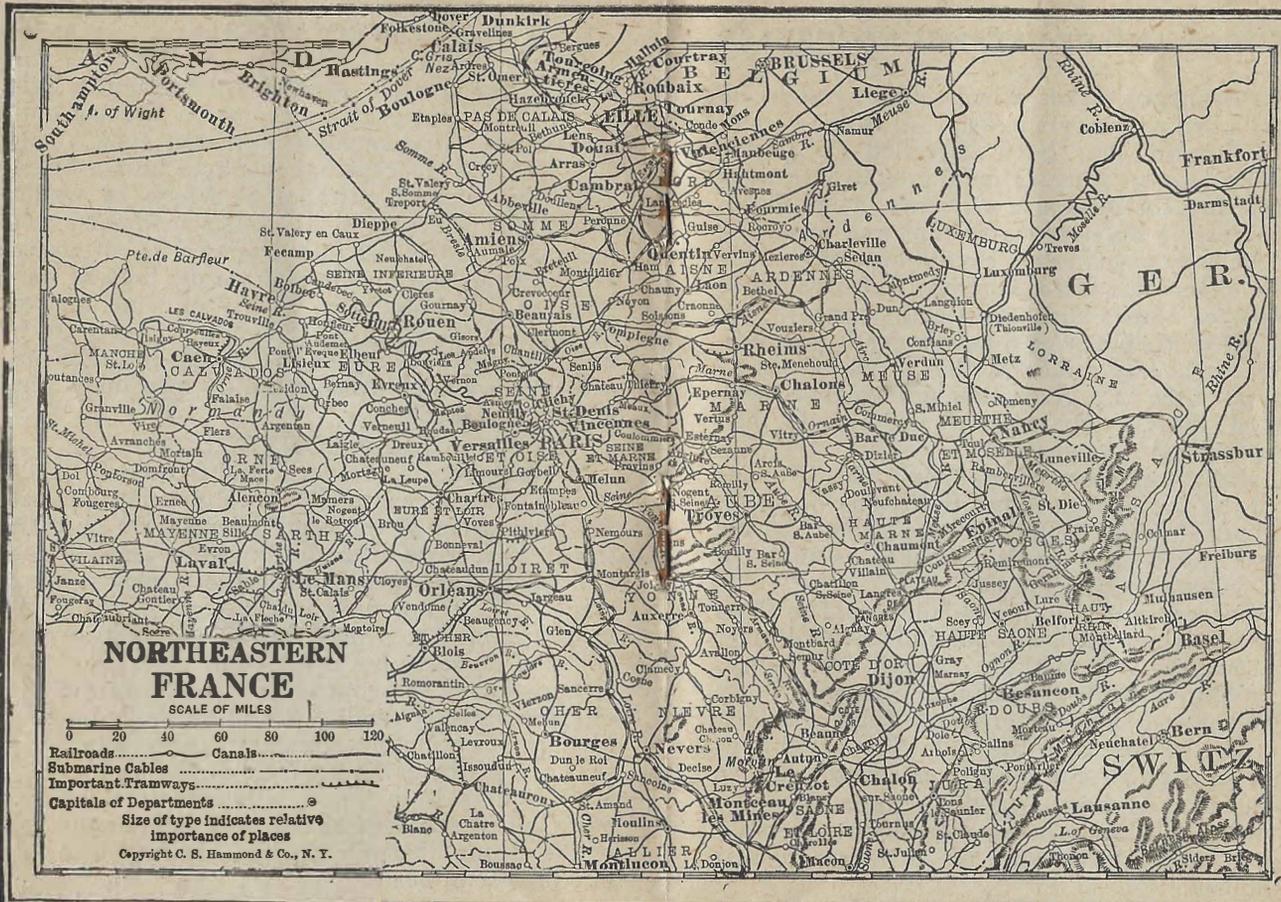
This cannot be if we are to permit 'Booze' in any form into our military machine. Alcohol, whether you call it beer, wine, whisky or by any other name, is a breeder of inefficiency. While it affects men differently the results are the same, in that all affected by it cease for the time to be normal. Some become forgetful, others quarrelsome. Some become noisy, some get sick, some get sleepy; others have their passions greatly stimulated. When you stop to consider the thousands in a division, do you not see how vital to efficiency is the elimination of liquor? How can a division of troops be ever ready—ever up on the bit to drive ahead or to thrust back the enemy's drive, if through the presence of this insidious evil some soldiers forget their orders, or become noisy when silence is essential, fall asleep when every faculty should be alert?"

ATROCITIES

Drink is now considered to be responsible for many of the horrible atrocities committed in Belgium. The famous Bryce report on German outrages says, "Drunkenness may turn even a soldier who has no criminal instincts into a brute who may commit outrages at which he would himself be shocked in his sober moments, and there is evidence that intoxication was extremely prevalent among the German Army, both in Belgium and in France, for plenty of wine was to be found in the villages and country houses which were pillaged. Many of the worst outrages appear to have been perpetrated by men under the influence of drink."

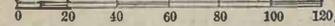
SELF-CONTROL

Drink lessens self-control and frequently leads to unspeakable excesses. In a petition against the restoration of the army beer saloon in 1912, signed by a score of the leading physicians of the United States, the following statements were made: "It is not only in the state of drunkenness that men step into the danger of incurring venereal diseases, but in the state of exhilaration and weakened self-control which follows the use of comparatively small doses of alcoholic liquors. Modern scientific investigation has shown clearly that one of the earliest effects of the use of alcoholic liquors is impaired self-control. This impairment of self-control not only follows the use of the strong alcoholic liquors, but may also follow the use of beer."



NORTHEASTERN FRANCE

SCALE OF MILES



- Railroads
- Submarine Cables
- Important Tramways
- Capitals of Departments

Size of type indicates relative importance of places

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ALCOHOL AND RESISTANCE TO DISEASE

The drunkard makes a bad soldier, just as he makes a bad pneumonia patient. It is not so generally known that even so-called "moderate drinking" lowers a man's resistance to infections by injuring the defensive elements in his blood, by depressing his nervous system, and impairing the efficiency of his heart, circulation and liver.

The experience of 43 American Life Insurance Companies shows that the steady drinkers not drinking to visible excess, have a death rate 86% above the average, that is, that nearly twice as many men die in a given time among those who drink, as most steady moderate drinkers do, than among insured risks generally.

A soldier may escape wounds and still come out of the war broken in health because of inability to stand up under the nervous strain, and the exposure of disease infections, such as tuberculosis, pneumonia and the like.

The susceptibility to nerve failure and to these diseases is increased by alcohol, and when a drinker is once in the grip of these diseases, his chances for pulling through are definitely lowered.

The International Congress on Tuberculosis at Paris in 1905 adopted the following resolution: "That in view of the close connection between alcoholism and tuberculosis this congress strongly emphasizes the importance of combining the fight against tuberculosis with the struggle against alcoholism."

LIST OF INSURANCE POLICIES CARRIED

Name of company	Number of policy	Amount of premium	Date when due
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"It (alcohol) is without question a substance which does not nourish the body, build tissue, or repair waste." —HARVEY W. WILEY, Pure Food Expert.

"When you take alcohol you poison the cells of your body."

—METCHINIKOFF.

LOYALTY TO THE FLAG

Every Fighter for Uncle Sam, whether on sea or land, is loyal to the Stars and Stripes, or he would not be a Fighter! This has been proven by the willingness to set aside plans for the future and to sever the home ties. It will be proven again and again on the field of battle, both by brilliant deeds and by arduous, tedious toil when the inspiration of cavalry charge and blare of music is missing.

It will be proved whenever the Fighter keeps a good grip on himself, even though all about him are losing theirs, for loyalty demands that a man shall represent his country AT ITS BEST.

The loyal fighter will remember that upon his return home after the war, he will be a hero, and his habits and conduct will be patterned after by the boys of the community. As goes the Fighter today, so goes the Nation tomorrow.

The man who drinks may unintentionally cause damage which would brand him as a traitor. On Dec. 8, 1916, the captain of a British vessel, while under the influence of liquor, commanded his crew to fire upon a British hospital ship. On being reminded that it was their own hospital ship, he ordered them to fire anyway. The chief gunner refused to obey, and the captain was put in chains, fed through the porthole of his cabin, and brought before the Admiralty on the charge of treason on the word of nine witnesses.

Loyalty to Uncle Sam demands that John Barleycorn be court-martialed.

1918							1918						
Sun.	Mon.	Tue.	Wed.	Thu.	Fri.	Sat.	Sun.	Mon.	Tue.	Wed.	Thu.	Fri.	Sat.
Jan.							July						
..	..	1	2	3	4	5	..	1	2	3	4	5	6
6	7	8	9	10	11	12	7	8	9	10	11	12	13
13	14	15	16	17	18	19	14	15	16	17	18	19	20
20	21	22	23	24	25	26	21	22	23	24	25	26	27
27	28	29	30	31	28	29	30	31
..	1	2	1	2	3
Feb.							Aug.						
3	4	5	6	7	8	9	4	5	6	7	8	9	10
10	11	12	13	14	15	16	11	12	13	14	15	16	17
17	18	19	20	21	22	23	18	19	20	21	22	23	24
24	25	26	27	28	25	26	27	28	29	30	31
..	1	2
Mar.							Sept.						
3	4	5	6	7	8	9	1	2	3	4	5	6	7
10	11	12	13	14	15	16	8	9	10	11	12	13	14
17	18	19	20	21	22	23	15	16	17	18	19	20	21
24	25	26	27	28	29	30	22	23	24	25	26	27	28
31	29	30
April							Oct.						
..	1	2	3	4	5	6	1	2	3	4	5
7	8	9	10	11	12	13	6	7	8	9	10	11	12
14	15	16	17	18	19	20	13	14	15	16	17	18	19
21	22	23	24	25	26	27	20	21	22	23	24	25	26
28	29	30	27	28	29	30	31
..	1	2	1	2
May							Nov.						
5	6	7	8	9	10	11	3	4	5	6	7	8	9
12	13	14	15	16	17	18	10	11	12	13	14	15	16
19	20	21	22	23	24	25	17	18	19	20	21	22	23
26	27	28	29	30	31	..	24	25	26	27	28	29	30
..	1
June							Dec.						
2	3	4	5	6	7	8	1	2	3	4	5	6	7
9	10	11	12	13	14	15	8	9	10	11	12	13	14
16	17	18	19	20	21	22	15	16	17	18	19	20	21
23	24	25	26	27	28	29	22	23	24	25	26	27	28
30	29	30	31

HOW ABOUT BEER AND WINE

There exists a widely mistaken impression that the use of beer and wine are not harmful. Whisky contains from seven to ten times as much alcohol as beer in a given volume, but the beer drinker uses about ten times as much volume of his liquor as the whisky drinker does, consequently the amount of alcohol taken into the system is just about the same. "Beer alcoholism in Germany at the present time is 31% greater than the alcoholism from whisky," says Dr. Hugo Hoppe of Konigsburg. He is ably seconded by Prof. Strumpel of Breslau, who says, "Nothing is more erroneous than to think of diminishing the destructive effects of alcoholism by substituting beer for other alcoholic drinks."

Light dry wines contain about twice as much alcohol as beer, and the sweet wines have about four times as much, and like beer, are more freely drunk than whisky. In the face of these facts, all attempts to establish wine as a temperance drink fail. In 1915 the writer saw in a California town 13 men beastly drunk, besmeared with unspeakable filth, and thrown together into one prison cell. They had had only wine to drink.

Beer drinkers are subject to delirium tremens quite as much as those addicted to the whisky habit. In the medical clinic of Dr. Brihan of Prague out of 483 beer drinkers, 39 or 8% had delirium tremens while of 521 whisky drinkers, only 21 or 4% were victims of this dreaded disease.

MEMORANDA

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Resolution adopted by the House of Delegates, at the recent annual meeting of the American Medical Association, representing 81,000 physicians of the United States:

"Whereas, We believe that the use of alcohol is detrimental to the human economy, and whereas, its use in therapeutics as a tonic or stimulant or for food has no scientific value; therefore,

Be it Resolved, That the American Medical Association is opposed to the use of alcohol as a beverage; and,

Be it further Resolved, That the use of alcohol as a therapeutic agent should be further discouraged."

SOME USEFUL FRENCH WORDS AND PHRASES WITH THEIR PRONUNCIATION AND MEANING

THE CHALLENGE: Halte! qui va là? (*awlt kee vah lah?*) Halt! who goes there? Reply: Un ami (*ern am ee*) A friend. Avance à l'ordre! (*ahv ahnss ah lordr*) Give the pass word. C'est bien, passez (*seh bee ang, pas say*) All right, pass. Ou est l'ennemi? (*Oo eh len mee?*) Where is the enemy? Je ne sais pas (*chuh nuh say pah*) I do not know.

GREETINGS: Bonjour, monsieur (*bong zhoor, muh see uh*) Good day (morning, afternoon), sir. Comment ça va(t-il)? (*Komawng sah vah(teel)*) How are you? Très bien, merci, et vous? (*treh bee ang, mair see, ay voo?*) Very well, thank you, and you? Au revoir (*o ruh vwar*) Good bye (Lit., Till we meet again). Adieu (*ah dee ur*) Farewell.

REQUESTS: S'il vous plait (*see voo play*) If you please. Merci (*mair see*) Thank you. Pas de quoi (*pah duh kwa*) You are welcome. Donnez-moi (*donn ay muwa*) Give me. Prêtez moi (*pray tay muwa*) Lend me. Du pain (*dee pang*) Some bread. De la viande (*duh lah vee ahnd*) Some meat. De l'eau (*duh lo*) Some water. Du lait (*dee lay*) Some milk. Du café (*dee kah fay*) Some coffee. Une alumette (*een ah lee met*) A match. Une lettre (*een letr*) A letter. Du papier (*dee pap yay*) Some paper. Une enveloppe (*een ahng vlop*) An envelope. Une plume (*een pleem*) A pen. De l'encre (*duh lawnr*) Some ink. Un crayon (*ern kray ong*) A pencil. Un timbre (*ern tangbr*) A stamp. Un timbre de vingt-cinq centimes (*ern tangbr duh vangt-sank sawng teem*) A five-cent stamp. Du savon (*dee sah vong*) Some soap. Une serviette (*een sair vee et*) A towel. Avez-vous? (*ah vay voo?*) Have you? Le journal d'aujourd'hui (*luh zhoor nal do zhoor dwee*) Today's paper (the paper of today).

WEATHER: Quel temps fait-il? (*kel tahng feht-eel?*) What kind of weather is it? Il fait beau temps (*eel feh bo tahng*) It is fine weather. Il fait chaud (froid) (*eel feh show (frwa)*) It is warm (cold). Il pleut (*eel pler*) It's raining. Il neige (*eel nayzh*) It's snowing.

TIME: Quelle heure est-il? (*kel er et eel?*) What time is it? Il est cinq heures (*eel eh sang ker*) It is five o'clock. Il est une heure et demie (*eel eh teen er ay duh mee*) It is 1.30. Il est trois heures moins un quart (*eel eh trwa zer muwang zern kar*) It is quarter to three. Neuf heures dix du matin (*ner ver dees dee mat ang*) 9.30 A. M. Il est quinze heures (*eel eh kan zer*) It is 3 P. M. (Lit., It is fifteen o'clock), official time is given from one to twenty-four.

NUMBERS AND DATES: Un (*f.une*) (*ern, een*) one; deux (*der*) two; trois (*trwa*) three; quatre (*katr*) four; cinq (*sank*) five; six (*sees*) six; sept (*set*) seven; huit (*weet*) eight; neuf (*nerf*) nine; dix (*dee mahngsh*) ten. Dimanche (*dee mahngsh*) Sunday; lundi (*lern dee*) Monday; mardi (*mar dee*) Tuesday; mercredi (*mair kruh dee*) Wednesday; jeudi (*zher dee*) Thursday; vendredi (*vahn druh dee*) Friday; samedi (*sam dee*) Saturday. Janvier (*zhaung vee ay*) January; février (*fay vree ay*) February; mars (*marss*) March; avril (*ah vreeel*) April; mai (*meh*) May; juin (*zhwang*) June; juillet (*zhwee yay*) July; août (*oo*) August; septembre (*sep lahngbr*) September; octobre (*ok tobr*) October; novembre (*no vahngbr*) November; décembre (*day zhangbr*) December. Quelle est la date? (*kel eh lah dahit?*) What is the date? C'est le 24 octobre 1917 (*Seh luh vangt-katr ok tobr dee-nerf cent dee set*) It is Oct. 24, 1917. Lundi (le) 10 aout 1918 (*lern dee (luh) dee zoo mil nerf cent dee set*) Monday, Aug. 10, 1918.

COINAGE, WEIGHTS AND MEASURES: Une franc (*ern frahng*) a franc (20 cents); un sou (*ern soo*) a sou (1 cent); un centime (*ern sahng teem*) a centime (one-fifth of a cent); cinq francs (*sang frahng*) 5 francs (\$1.00); 6 francs 50 (*see frahng sang kahnt*) six francs and fifty centimes, or six francs fifty (\$1.30). (You multiply American money by five to get French money, and divide French money by five to get American money.) Un kilo (*ern kee lo*) a kilo (2 lbs. 3 oz.). Un litre (*ern leetr*), a liter (one and three-quarters pints). Un metre (*ern metr*) a meter (3 ft. 4 in.). Un kilometre (*ern kee lo metr*) a kilometer (five-eighths of a mile). Une lieue (*een lee er*) a league (two and one-half miles). Combien coûte cela? (*kong bee ang koot sla?*) How much is that? Un franc vingt la livre (*ern frahng vang lah leevr*) one franc twenty (24 cents) a pound.

INJURIES: Cherchez le médecin (*ohirgien*) (*shair shay luh mayd sang*) (*shee reer zhee ang*) get the doctor (surgeon). Ou est le blessé? (*Oo eh luh bles say?*) Where is the wounded man? Portez-le à l'ambulance (*por tay luh ah lahng bee lahrr*) Carry him to the ambulance. Apportez le brancard (*ap por tay luh brahng*) Bring the stretcher. Qu'a-t-il (*kah teel?*) What is the matter with him? Levez ma sa (*sa*) (*luh vay mah (sah) tayt*) Raise my (his) head. Le Bon Dieu vous bénisse (*luh bong dee er voo bay nees*) God bless you!

LOYALTY: L'Amérique (*L'ah may reek*) America; les Etats-Unis (*lez ay tah see nee*) The United States; la France (*lah Frahns*) France; l'Angleterre (*lahngl tair*) England; l'Italie (*lee tah lee*) Italy; la Belgique (*lah bel zheek*) Belgium; la Russie (*lah ree see*) Russia. Je suis américain (*chuh swee sah may ree kang*) I am an American. Il parle anglais (*eel parl ahng leh*) He speaks English. Je ne parle pas français (*chuh nuh parl pah frahng seh*) I do not speak French. Vivent les Etats-Unis (*veev lez ay tah see nee*) Hurrah for the United States! Vive le drapeau étoilé (*veev luh drah po ay twa lay*) Three cheers for the stars and stripes! Vive le Président Wilson (*veev pray see dahng Wilson*) Hurrah for President Wilson! Voilà le drapeau tricolore (*vwa lah luh drah po tree kol or*) There is the tri-colored (French) flag.