

The total dead weight carried by the men was 54 lbs. on the first march and 42 lbs. on second march (no ammunition carried on second march).

The men were weighed, examined, and measured daily at 8 a.m.; circumference of chest, abdomen at navel, and of right calf being noted.

The average distance marched was $12\frac{1}{2}$ miles in 1909, and $14\frac{1}{2}$ miles in 1910, and the time occupied was, in each case, 12 days.

It was found in 1909 that the average energy value of the ration, viz.: 3,465 calories was insufficient, so it was increased in 1910 to 4,511 calories, which appears to be satisfactory.

Internal work was estimated at 3,000 calories per man per diem.

It may be noted that the personnel of the parties was not selected, all members being volunteers.

The scale of rations was varied and consisted of:—

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| Fresh or Corned Meat, | $\frac{3}{4}$ lb. to $1\frac{1}{2}$ lbs. |
| Bread or | 1 lb. to $1\frac{1}{2}$ lbs. |
| Biscuits, | $\frac{3}{4}$ lb. to 1 lb. |

Sugar, $2\frac{1}{4}$ oz. to $2\frac{1}{2}$ oz.; Jam, 5 oz.; Oatmeal, 2 to 4 oz.; Bacon, 2 to 6 oz.; Cheese, 2 to 4 oz.; Fresh Vegetables, 8 oz., or dried Peas, 2 oz., and dried Potatoes, 2 oz. in lieu; Mustard, $1\frac{1}{20}$ oz.; Tea, $2\frac{1}{4}$ oz.; Pickles, 1 oz.; Tobacco—free issue to those who desired it; Spirits, $2\frac{1}{2}$ oz. per man on recommendation of Principal Medical Officer.

The differences in weights of articles of food were due to the fact that on some occasions more meat and less biscuit was issued, and vice versa, in order to obtain a net result in protein, fat, carbohydrates and total energies.