

The ability to think clearly, ride comfortably and do efficient work in the warm weather comes when one's dietary is composed of light foods, as milk, eggs, greens, vegetables and chocolate.

Profuse sweating, early fatigue, strained and sore muscles disappear, almost as soon as meat is cut from the diet.

At noon time on hot days, even though one has ridden a considerable distance, a cake of chocolate with a cup of water, coffee or tea, will prove all that one requires and will enable him to ride or march well into the evening without excessive hunger or fatigue. Discomfort may be almost done away with when one practises moderation in eating at these times.

The cool of the evening gives the opportunity of eating more heartily and of greater variety, but this meal will prove most beneficial when one has rested an hour or so after work. To indulge the appetite before getting well rested will result in a feeling of excessive fatigue and so prevent the work which is usually the summing up of a day's ride, and therefore of great importance, being efficiently done. A Guide possessing some knowledge of food values should have little difficulty in solving the problem of sustenance on the march or in the field.

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EDITOR'S NOTE.

In connection with the above paper, it may be interesting to note that in 1909 and 1910, two experimental marches were carried out under the orders of the Army Council with a view to furnishing material for the purpose of deciding on a satisfactory scale of Field Service Rations.

The Council approved that the proposed Field Service Ration should be of a 3 lb. weight and of 4,500 calories.

The parties consisted of 30 of all ranks in each case.