

DIAGNOSIS OF THE CAUSES OF THE FEELINGS OF DISCOMFORT.

A man is said to have perfect digestion when he is minus feelings which would indicate that he is possessed of a stomach. There are, of course, various kinds of discomfort, but we will consider only those resulting through error in diet or habits of eating and drinking.

The feeling of heaviness and the desire to sleep after a meal is usually the result of overeating, eating of foods difficult of digestion, or eating too hastily. This is a condition to be avoided by the man who desires to be in a high state of efficiency. Needless to say that of all men, a Guide should be the last man to go asleep on his job.

The incapacity for action and feeling of uneasiness, persisting for sometime after a meal, indicates digestive disturbance. This may be termed indigestion, and is rarely a disease in any sense of the word, but merely the natural result of error in diet. In most cases this condition is brought on not so much by the quality as by the quantity. More material is taken into the system than it can efficiently care for.

The common and frequent pain on the right or left side of the abdomen, which so often comes when one walks rapidly, or rides soon after a meal, is said to be due to an internal muscular cramp or an excess of fluid in one section of the digestive tract. This painful and so often annoying trouble may be relieved by pressing the closed fist against the spot and kneading the abdomen for a few minutes, thus forcing the fluid on its way.

In warm weather, one who overeats and drinks will suffer considerably from heat and perspire profusely. This will lead to much discomfort and very often to saddle scalds or blistering. On hot days the very lightest of foods should be taken, and fluid in small quantities only. Blistering between the toes during a ride or long march, is attributed to the consumption of too much salt in one's diet.

On a ride of 100 miles performed by the writer and his C. O. a few years ago, in hot weather, without any special preliminary training or preparation in the saddle, it was found that the usual heavy breakfast had to be dispensed with, as also a hearty mid-day meal, in order to ride in comfort and accomplish serious work.