

SUSTENANCE ON THE MARCH AND IN THE FIELD.

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The object of this paper is not an historical review of foods used by armies, or to discuss the feeding of an army in the field, but a consideration of the best means of sustenance, whether in the field or on the march, for men who have to perform duties likely to be carried out by the Corps of Guides and kindred officers.

Particular stress will also be given to the study of foods and means of sustenance of men who may be called upon suddenly to perform hardship, for which their previous training and mode of living makes them ill-prepared.

The writer's analysis of the subject requires a consideration of:—

- (a) The build or physique of the man.
- (b) The country he is operating in.
- (c) The time of the year—the warm or cold season.
- (d) The diagnosis of the causes of the feelings of discomfort.

Sustenance, to be all that it implies, must furnish the individual with the maximum amount of energy and endurance.

Because of the fact that "what is one man's food is another man's poison," strict rules as to what one person should eat to gain greatest efficiency, cannot be laid down, but general information can be given which will enable the individual to gain some idea as to what choice to make.

A guide's work is of such a nature, that he must at all times keep himself in the pink of condition; his most vital need is not great strength but great endurance. That strength and endurance are not identical is only partially recognized. The strength of a muscle is measured by the utmost force that it can exert once; its endurance by the number of times it can repeat a given exertion within its strength. This endurance may be expressed in terms of loss of strength. It is related to fatigue. Fatigue applies to brain, spinal chord,