

will be called into use, and he will be enabled to perform the work on much less food than his tall, thin comrade in arms, who does not carry a "bread basket" beneath his serge.

While not able to lay down strict rules governing the diet of these types, we are, however, able to realize the necessity for more food for the individual expending the most energy. The two chief factors in estimating the quantity of food necessary are: Bodily weight and exercise.

THE COUNTRY HE IS OPERATING IN.

The character of the country in which he is operating will play a large part in food requirements. In mountainous countries, tremendous calls are made upon the body, and upon these calls will depend both the quality and quantity of food required for efficient work. A level country through which travelling is not difficult, will call for much less arduous labour and thus will result in a greatly lessened expenditure of energy and so call for less food.

In the Russo-Japanese war were two nations almost the opposite as regards diet. The Russians being fed very largely on a heavy meat diet, rich in proteins, while the Japanese Commisariat handed out rice and fish, and that in meagre quantities, compared to their antagonists. It was practically a war between the meat eater and the non-meat eater. The results are too well known to need mentioning here.

In the early Roman days, history records the herculean tasks performed by the Roman troops; their arduous marches over mountain and through swollen and icy torrents, and this work on rations consisting of a handful of raw wheat per deim.

In Maxwell's *Life of Wellington*, Vol. I, page 122, writing of the advance on Poonah in the campaign in India, the author, quoting Wellington's despatches, writes: "The infantry will be here the day after to-morrow, and on the next day I shall move towards the Ghauts. We have marched 60 miles since yesterday morning."

The rations served through that portion of the country consisted very largely of grains and rice, meat being obtained only on rare occasions.