



UNITED STATES ARMY

particular make up I don't think the salt will be required. Two months in southern Utah, and without salt, is proof enough for me that my body does not require additional salt for the compensating salt balance. When we take our 10 minute break I take full advantage of the rest period. I have my own system for relaxation. First lie on your back, arms outstretched and feet elevated on pack. Then commence with a wifful relaxing of all muscles beginning with the forehead and working progressively down the body. Next relax your eyes, then set jaw, cheeks and nose at ease, followed by the mouth, chin, throat, arms etc. Finally you have set yourself in a state of complete relaxation that could never have been accomplished except by wifful choice. Try it some time. This system is not to be confused with and psychical or Christian Science method but is simply a method with a logical foundation. The cloud formations are so regularly spaced in their march across the sky that you can almost judge within a few seconds the time of their arrival. The protection offered ^{is} as refreshing as a drink of cold water. As we near site of camp the numbed feeling of life returns. The fellows are so thankful and anxious that I swear they step on both your heels at the same time.

According to the schedule we have arrived just in time for our organized sports. We generally feel about as much like playing ball as walking over a hot