

cruelty and degrading influence. However, if one realizes that war is a reality and then willfully divorce its influence as far from the mind as possible, it becomes at least bearable. Then if one recognizes that happiness must be found within oneself and is impossible to find it elsewhere he can experience a great deal of happiness even under war conditions. Making myself contented is the first thing - its example then follows as an epidemic. I frequently try living one day at a time as if my whole life had to be crowded into 24 hours! It is surprising how many things can be accomplished and how inspirational the idea is as a motivating factor. With all these new things to do and see and the many fine friends to stabilize ones existence, one cannot but help to change and while I do recognize a turn it is in the most favorable direction.

The food is excellent both in quality and quantity. If there is a lack of completeness it is to be found in fresh vegetables and fruits. It is of no fault of the army because it becomes nearly impossible to bring in this type of perishable food. An ample assortment of vitamin pills are supplied as a substitute. I cannot think of anything that would taste better to my army appetite than a bite from a cold and crisp winesap apple. I also am beginning to appreciate