pensions. The pay of the head maiestries was fixed at four pagodas, that of the second maiestries at three pagodas, and that of the men at one pagoda thirty-four fanams. In the currency of that day forty-two fanams went to a pagoda, and the pagoda was equivalent to three and a half rupees.

This order appears to me to be of unusual interest, not only historically, but as indicating the existence of official appreciation of the need in 1806 of an organized cadre to deal with the sick and wounded transport problem. With India, in 1912, practically devoid of any such cadres to face the same problem, a knowledge of this historical fact seems to me of the first importance. A reference to this order is made by Wilson, in his "History of the Madras Army" (vol. iii, p. 167). I have verified the reference and seen a copy of the original order.

Simla,
October 24, 1912.

R. H. FIRTH,
Colonel.

"THE SIMPLE LIFE."

TO THE EDITOR OF "THE JOURNAL OF THE ROYAL ARMY MEDICAL CORPS."

Sir,—May I be permitted the opportunity of making a mild reply to the critics of my article under the above heading? The authors have adopted a nom de plume, and therefore are unknown to me, but on reading their communication some obvious deductions may be made.

From the levity with which they have approached the subject I feel sure that they are young and enthusiastic; their communication shows signs of the exhilaration produced by the stimulus of uric acid on organs, the tissues of which have not yet started those degenerative processes from the dire effects of which it was my hope to defend them.

Secondly, their "optimistic outlook on life" is, at present, in a state of unnatural activity; but let them remember that stimulation is followed by depression. Their present enviable state of mind is to be deduced from their euphemistic synonym "moderate eaters," unless it be that the printer left out the syllable "im" before the adjective.

But the most serious sign, that I note in the letter, is the advice to take exercise and purgatives. My contention was that the excessive use of these artificial palliatives of their gustatory excesses, among army officers, was to be deprecated as causing a loss of energy to the State. A failure on the part of my critics to grasp this fact appears to be an indication that their cerebration, at any rate, is already becoming lethargic; might it be suggested that they are becoming less discreet
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than they think in partaking of "the absurdities" which we mutually deplore?

These are evidences that they are becoming susceptible to the tempta­tions of "the shop window." Before their account at the bank of indulgence is overdrawn let me remind them *Gutta cavat lapidem non vi sed sape cadendo.*

Since they talk lightly of matrimony they are distinguishable as bachelors.

For my personal health let them rest assured; at the College we have a beverage that so lubricates our nitrogen cycles that their good running is certain.

In conclusion, I am confident that many officers will agree, that dinner as a parade should only be taken seriously once a week, and that a meal similar to that usual on Sunday night (perhaps it might be hotter) would be very popular on six of the nights. Guest night would then again be guest night, and not an aggregation of dyspeptics watching, and mentally measuring, every mouthful, in fear of exceeding the limit. I appeal to "the few moderate over-eaters" who have done me the honour to criticize my contribution to start this hygienic reform.

I am, &c.,

*Millbank,*

*November 14, 1912.*

M. C. WETHERELL,

*Captain R.A.M.C.*