

TABLE I

Group	Length of Training Period	Original Weight Lbs.	Weight After Training, Lbs.	Gain, Lbs.	Motility at Enlistment, Inches	Motility After Training, Inches	Gain, Inches
Peace time recruits to Regular Army at Columbus Barracks.....	3½ mos.	145.07	147.88	2.81	2.804	3.410	0.606
Civilians (men 68" tall and 25 years old).....	—	139					
523 men of 303 F. A.	6 mos.	139.3	145.9	6.6	3.00	3.70	0.700
99 men (colored) Co. A, 366 Inf., Camp Dodge..	4 mos.	148.5	151.1	2.6			
100 white men, 331 Mch. Gun Bn., Camp Grant.	4 mos.	141.5	145.5	4.0			
107 men (white) Co. E, 356 Inf., Camp Funston.	4 mos.	138.3	149.0	10.7			
Class "A" Recruits, 134 men, Camp Pike.....	5 wks.	139.54	140.94	1.40			
Class "B" Recruits, 123 men, Camp Pike.....	4 wks.	139.50	142.07	2.57			

group of regular army recruits mentioned by Munson, whose motility at enlistment averaged 2.8 inches. The regular army recruits increased 0.6 inches in motility as a result of three and a half months' training, while the 523 men of the 303d Field Artillery showed an average increase of 0.7 inch in five months.

The recruit study at Camp Pike indicates the relation between gain in weight and food consumption. It is of course obvious that without proper feeding physical improvement of the men is greatly retarded no matter how favorable other conditions are. It is possible, however, with conditions as they exist in the army, to feed men very satisfactorily from a nutritional point of view and at the same time very economically. A consideration of the remarkable physical gain outlined above of men in the 303d Field Artillery, taken in conjunction with the regimental waste record, shows this very conclusively. During the week of the survey made in order to determine the food consumption of the men of the regiment there was no waste of edible food. This means that every man left the table with an empty mess kit, and that all left-overs from the kitchen were utilized in subsequent meals. While such a remarkable record is exceptional, mess economy in this regiment was at all times of a high order. The beneficial effects of the discipline necessary to secure such results will probably never be lost by the men who were in the organization. The average energy value of the food consumed per man per day in the 303d Field Artillery was 3,699 calories, a figure typical of the consumption found in army messes generally.

RECRUITS, CAMP PIKE

Class	Weight, Average					
	July 1	July 7	July 13	July 20	July 28	Aug. 4
A (134 men)	139.54	137.69	138.93	140.02	141.46	140.94
B (123 men)	139.50	137.78	139.20	139.55	142.07	—
	Food Consumption, Calories per Man per Day					
	July 1-7	July 7-13	July 13-20	July 20-28	July 28-Aug. 4	
Class A	2,640	2,931	3,085	3,227	3,715	
Class B	2,640	2,931	3,085	3,675	—	

The material discussed in the above paragraphs is summarized in Table I. It should be said in closing this article that the *typical* army mess furnishes a sufficient amount of nutritious well-cooked food to meet the requirements of the average soldiers. This is supported by such evidence as has been adduced above and obviously also by the fine army turned out in the training camps of this country for service overseas.

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