speed of passage approaches the infinite. Youth looks forward and would "hasten the day"—of a party, of marriage, of economic competence. Age also looks forward, but to a constantly closer door never willingly approached. The apparent speed of time is warped in a direction opposite to that preferred. To youth it seems to move slowly, because youth would have it move rapidly. To age it seems to move rapidly because age would wish it to move slowly.

Or, to suggest another theory, we tend to measure the speed of time in terms of activity. Youth, on the average, is a period of limited interests and few internal resources. For the child, occupation must be found by some one else. He is easily and often bored. Time goes slowly with him. The adult has so much to do and think that time is never sufficient. It gallops away. Even the senile are fully occupied with issues of comfort and repose which are increasingly of concern to them. Thus time slips by with invisible swiftness.

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FURTHER NOTE ON RUSSIAN NAMES

THE scientific worker with the problem of transliterating Russian names or identifying those transliterated by others will have been gratified by the recent attempts of Drs. Hrdlička (SCIENCE, 97: 243) and Dunlap (SCIENCE, 97: 400) to secure the adoption of a uniform method of transliteration. Certain points, however, need further clarification.

Dr. Dunlap's suggestion that we should be sensible and write "Павлов" as Pavloff" conforms neither with Dr. Hrdlička's recommendations nor with the accepted practice of transliterating into English letters most nearly representing the sounds of the Russian letters. In this case the final consonant in each syllable is the Russian "B," which equals the English "v," and "Pavlov" is the only correct English rendition possible.

When the initial of a Russian name is incorrectly transliterated in a bibliography or file, the reference appears at an incorrect position in the alphabetical arrangement and may be all but lost. "Vavilov" may be found misplaced as "Wawilow," or "Yarkina" as "I͡arkina" or "Jarkina."

The other Russian letters which are most frequently transliterated with confusing results are: "E," equal to the English "ye," as in "yet," with the English "e" reserved for "э"; "Ж," transliterated "zh" and pronounced as the "s" in "measure"; "И," equal to the English "i" and not "y"; "Ц," equal to the English "ts" and not to the German "z"; "Ю," equal to the English "yu" as in "yule"; and "Я" equal to the English "ya" and not the awkward "i͡a" nor the German "j." For the Russian "Ц," the English "ch" as in "cherry" is adequate, is in customary use and retains English characters, available in all printing establishments, in contrast to the Slavic "č." (This note is restricted to Russian transliteration to avoid the dilemma of inconsistency on the one hand or, on the other, questioning of the right of so eminent an authority as Dr. Aleš Hrdlička to his preferred and long-established spelling of his own name.) There seems to be no alternative but that "Щ" be rendered as "shch," clumsy as that may seem, while the Russian "Х" is best transliterated as "kh" and aspirated as the German "ch" in "Bach." Had the Waterloo of this summer's Eastern front been properly rendered as "Oryol," we might have been spared some of the heroic but painful linguistic struggles of our radio commentators.

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THE DIET OF CHINESE SOLDIERS AND COLLEGE STUDENTS IN WARTIME

A BRIEF account of the monotonous and simple diet of Chinese soldiers, with the diet of Chinese college students for comparison, will be given in these notes. The information may be useful for those working for practical nutrition and provoke thoughts of those who are interested in the science of human nutrition.

Based upon the 1,178 rations issued in 124 messes in South China in the spring of 1940 and the food consumption data of 11,338 soldiers for a month, a basic ration has been formulated. It consists of 953 grams of rice, 274 grams of leafy vegetables, 10 grams of fat and 13 grams of salt.

The ration provides probably enough calories for an adult having physical work, enough protein, nearly all from rice, and a very small amount of fat, which furnishes less than 3 per cent. of the total calories of the diet. It supplies sufficient iron, barely enough calcium and too much phosphorus from rice, thus with a Ca : P wider than 1 : 4. In regard to vitamins, it is worthy of note that practically only from the 274 grams of leafy vegetables the soldier gets his vitamin A in the form of carotene and vitamin C; and from the rice bran left on the low-grade rice he gets his antiberiberi vitamin. The actual vitamin intake can not be estimated correctly because of lack of analytical data and loss of vitamins through cooking.

The efficacy of this ration has been reflected on the nutritional state of soldiers based upon the measurements of 3,298 of them. Their height-weight relationship is just about normal for the average southern Chinese. According to medical examinations of the soldiers, the incidences of vitamin B deficiency are higher in those groups where polished rice is used or the rice water is wasted. It has been found that new