

Martin McLane**Food and Water in India**

The food was Indian food, it was entirely different to what we were used to. Not badly fed but we got some strange vegetables and things like that, they were just supplied by the Indian Army. Everybody started taking a fancy to curry. The cooks were making curry for us, of maybe of meat that was unpalatable they were just mixing curry powder and we used to enjoy it. There was once where all the battalion was due to go on an exercise and somebody chlorinated the water two or three times – put three times the dose in. Well we were all drinking out of the water carts. All our drinking water had to be through the water carts, filling water bottles, cups of water. All our cookhouse stuff came through there. There was no work done that way because everybody had diarrhoea right, left and centre. The whole battalion laid off through this incident. On the subject of water, from there on they found that people were suffering from heat exhaustion with this sweat coming out of you with all the marching, all the exercises, and people were collapsing through heat exhaustion. I did once, and what a funny thing it is. Your hands swell, your body stops sweating, you seem as if you're bursting inside and then all of a sudden you're down. And they cool you off putting water on you and what have you and letting you rest in the shade. But they found, an idea somebody struck upon, and I thought it was a brilliant idea, but a horrible idea at the same time. Every drop of water we got, whether it was in tea or whatever it may be, was salted. Even the big containers they brought in before it left the assembly points for distribution had to be salted with an amount of salts, and you could taste the salt strongly. Well it revitalised the body and it kept us going, and we had this all through Burma as well. But to have a cup of tea – have you ever had a pot of tea with salt in it?