

Monday 22nd Sept.

Up at 5 A.M. Blowing a gale from S.W. Boats slowed up. Aquitania plunged quite a bit. Fatigues from 9-10. Read book "Dominion Log" (Neill) Company parade at 2 P.M. on B deck. Played games. After tea, did some washing.

Blowing from S.W. all day. Heavy sea running. Conroy doing only about 4 knots. Great sight to see the washup "Sydney", plunging in the waves. To bed 9.30 P.M.

Tuesday, 23rd Sept.

Up at 5 A.M. Strong wind still blowing, sea moderated a little since yesterday. Sun trying to break through. Fatigues from 9-10.

Parade at 2 p.m. Got new book at library "Exiles" (Warwick DeFry) Route march on deck. Great fun as vessel pitched. Went to talkies with Bob & Colin. On deck for half-an-hour before going below. Supper - Bob, Colin & I. (Peanuts, fruit - apple & biscuits) Bed 10 P.M. (Put watch back  $\frac{1}{2}$  hour.)