

Sunday, 5th. Oct.

Up at 5.15. Shave + cold bath. No parade today. Very hot - covered in perspiration.

Read book "The Anxious Days" by Philip Gibbs.

Sunbathed on A deck. Saw small bird fluttering about deck - much like a swallow. Cold bath before dinner.

Sunbathed on boat-deck (aft) with Colin in afternoon.

Evening; retarded watch half-an-hour.

Slept on deck (A.)

Monday 6th. Oct.

Up at 5.15 A.M. Passed equator during the night. Cloudless day - sea calm. Perspired freely all day. A.A. gunners on Aquitania given practice in shooting at a kite towed behind H.M.S. Glasgow which drew up alongside. In afternoon gunnery practice 2 two 4" guns on stern of ship. Shots fired at smoke target laid by H.M. S. Glasgow. Guns shook ship, terrific blast. Had swim in baths.