

Sun - bathed before lunch.  
hot legs burned.

Evening - swotted up lecture  
for tomorrow (Gas & protect-  
ion against it)

Slept on deck.

Saturday, 11th Oct., 1941.

Up at 5.30 A.M. Sea beauti-  
- fully calm. Breezy, making  
good speed (15 knots.)  
Gave lecture to No. 4 Platoon  
on "Gas in Warfare" at 10.10.  
Air-raid alarm at 10.45.  
Swim in baths also in  
morning.

In afternoon, had games  
& running on deck. Issue  
of lined juice. Our Com-  
-dant had  $\frac{1}{2}$  hour's  
boxing. I boxed Tom  
Duffey (2 rounds). Very  
hot work.

Slept on deck. Retarded  
watch half-an-hour.