

3rd ascent, by Ewen and Paterson	September 16, 1928
4th ascent, by Cheyne, Gordon, and Yunnie	August 30, 1931
5th ascent, by Ewen, McCoss, and Booth	August 30, 1931
6th ascent, by Yunnie, Cheyne, and Brockie	September 6, 1931
1st descent, by Maxwell, Miss Robert- son, Miss Roy, and Forrest	September 13, 1931

THE IDEAL DIET.

I do not look for luxury ; I envy no man's wealth,
I've got a fair philosophy and rude robustious health,
So give me but a mountain, and that's all ambition begs,
With a day to spend upon it and, returning, ham and eggs !

Be the weather ne'er so wicked, rain and mist or sleet and snow,
Better far be up amongst it than disgruntled down below ;
The gale will air your grievances and blow away the dregs,
And life be sanely simplified to need for ham and eggs.

Oh, bless the streams and bless the ice, the tools of tireless time
Who quaintly carved the patient hills, for me at last to climb
With buoyant heart and armoured boots and self-reliant legs,
That bring me back at evening to my bath and ham and eggs !

[This poem appeared originally in *The Glasgow Herald*, and we are indebted to the editor for permission, most readily granted, to print it.—ED., C.C.J.]