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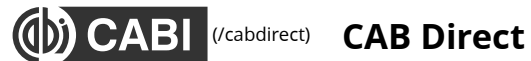
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## Fatigue in Soldiers due to Chloride Losses. Replacement through the Use of Sodium Chloride in Drinking Water.

**Author(s)** : [MCCORD, C. P. \(/cabdirect/search/?q=au%3a%22MCCORD%2c+C.+P.%22\)](#); [FERENBAUGH, T. L. \(/cabdirect/search/?q=au%3a%22FERENBAUGH%2c+T.+L.%22\)](#)

**Journal article** : [Military Surgeon \(/cabdirect/search/?q=do%3a%22Military+Surgeon%22\)](#) 1931 Vol.69 pp.608-14 ref.22

**Abstract** : Prolonged sweating leads to dehydration of the tissues, fatigue, cramps and acidosis, etc. Conditions under which military training is carried out are often conducive to gross losses of body fluid through sweating. Comparable situations exist in industry, particularly in the case of men working in hot mines and stokers. In these cases the addition of salts to the drinking water to replace those lost during sweating is beneficial. There are numerous scientific papers which show the value of this treatment. Concentration of salt solutions varying from 0.25 to 1 per cent. have been advocated, and in some cases a mixture of salts is thought better than sodium chloride alone. It is estimated that 3 to 6 litres of sweat may be lost per 24 hours by soldiers taking part in military manoeuvres with a consequent loss of chloride of approximately 20 to 40 gm. Pending an actual trial, the authors suggest that the use of 0.5 per cent. sodium chloride

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as a drink instead of water would help to lessen fatigue and reduce cramps. The method now employed in several industries of adding tablets of salt to the water when the latter is to be drunk is not so satisfactory as drinking prepared solutions, as it may lead to local salt concentration in the stomach with resulting irritation. M. Hetherington.

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