

Charles Turnbull**Mail, Cigarettes and Hot Meals**

Well, mail was very, very important. Naturally one wanted news from your families on what things were like at home, and it tended to boost the morale of the soldier. So it was eagerly looked forward to that as soon as the mail arrived the men were looking for letters. The mail was a great booster and one could see on one's face how the mail seemed to uplift people. And it was great encouragement really. Also when, if we can enlarge further, when probably cigarette rations were issued men liked to receive the issue of cigarettes. They tended to boost people up if he had his cigarette ration. Meself, who was a non smoker, that when I received my ration I used to split it up and hand it round to the men who were avid smokers. But that cigarette seemed to make a huge difference. And also should I say that really in the evening when hot food was brought up, when a hot meal was issued that tended to cheer everybody up and was looked forward to. If one was receiving an adequate supply of food.