Number of cravings during trek to base camp and while at base camp or above

<i>Craving</i>	<i>Trek</i>	<i>Base camp and climb</i>
Food		
Cheese/yogurt	1	19
Fresh fruits/vegetables	...	16
Better food	10	15
Fast foods	...	8
Beer/wine	...	7
Sweets/desserts	4	5
Good coffee	...	3
High-carbohydrate foods	3	2
Sauerkraut/sausage	...	1
Total	18	71
Physical comforts		
Home/family	1	16
Clean body	6	14
Warmth	3	14
Warm bed	2	6
Sleep/rest	4	2
Miscellaneous	1	4
Total	17	56
Sex	1	24
Health		
No pain	...	5
Good health	...	4
Dry sinus/lungs	1	2
More strength/energy	...	2
Relief of headache	2	1
Oxygen	...	1
Total	3	15
Miscellaneous		
Weather/environment	1	19
Mail/newspapers	...	4
Good video	...	1
Harmony	...	1
Dancing	...	1
Total	1	26

These observations support Askew's statement that Pugh's report on increasing desire for sweets with increasing altitude "has not been convincingly documented." In fact, during our 1989 expedition, we found that actual intake of carbohydrates stayed nearly the same as altitude increased,³ thus casting doubt on the long-held assumption that increasing carbohydrates is beneficial as one achieves higher altitudes. Because of greater energy content of fats compared with that of carbohydrates, as well as the wide swings in blood glucose levels follow-

ing carbohydrate intake, perhaps it is time to discard the "high altitude-high carb" mantra and strive for a more balanced intake of macronutrients, especially without restricting intake of fats.

Perhaps Pugh did not quite get it right, as discussed by Askew.

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Pacemakers and Avalanche Transceivers: A Cautionary Tale

To the Editor:

My climbing companions and I made good use of a bad weather day in the Swiss Alps with an avalanche transceiver search-and-rescue exercise. This provided an unexpected finding. While testing the "search" range of several transceiver models with a buried transceiver in "transmit" mode, I was surprised to continue receiving a signal upon moving beyond the conventional detection range of 80 m. It then became apparent that my transceiver (Ortovox M2) was detecting interference from my pacemaker (Medtronic KDR701) rather than the buried device. I also noted similar interference with the Tracker DTS and Ortovox F1 focus avalanche transceivers when I held them in the conventional "search" position at waist height close to my body. When held at three-quarters arms length, there was no interference from the

pacemaker, and I was able to successfully resume the search for the buried transceiver.

It is well documented that electromagnetic fields, such as those generated by mobile phones and metal detectors, can cause interference with normal pacemaker function.¹ However, pacemakers as the cause of interference with other electronic devices is less common, and their effects on avalanche transceivers have not been reported previously.

The most important determinant of survival in avalanche victims is time taken to extrication. Avalanche transceivers have been shown to significantly reduce burial time and mortality.²

With the increasing potential for people with pacemakers to participate in mountaineering activities requiring avalanche transceivers, we believe it is important that the potential for pacemakers to affect the search capabilities of avalanche transceivers is recognized.

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