latest tests in bacteriological diagnosis are carried out here. They employ the finest Leitz microscope. There is practically no typhoid in the Japanese Army and consequently inoculation is not practised. A very few cases of paratyphoid A occur, but many cases of paratyphoid B. The scarcity of cases of paratyphoid A appears extraordinary considering the system of sanitation throughout the country, which is most primitive. Attached to the laboratory is a separate building for the housing of monkeys, rabbits, etc., for use in experimental inoculation.

The X-ray rooms are very up to date, and the high standard of excellence shown by an examination of the plates and prints points to that same thoroughness of technique which characterizes all their work.

Besides X-ray equipment they also employ the electric current in the most modern electric bath treatment of rheumatic and allied diseases.

They also have a dental room, with a qualified dentist, and their venereal wards are the model of perfection. As venereal disease is fairly prevalent in the army the administration of neosalvarsan is their routine method of treatment. In the administrative block I was shown a well-stocked and up-to-date library containing medical works all of which were printed in German. Practically all the military medical officers can speak German more or less fluently, as after their medical training in Japan they complete their education by studying for a period of two years in the German universities.

OUTFIT FOR SIERRA LEONE.

[By Major C. E. Pollock.]

Royal Army Medical Corps.

Officers ordered to this station are frequently at a loss to know what outfit should be taken. It is hoped that the following notes, based on the at present prevailing fashions, may be of some assistance to those about to make their first trip to the Coast.

General Notes.

In general the climate is hot, damp, and depressing, life is somewhat monotonous, and the station should, therefore, be avoided by the neurotic or weakly individual who is not prepared to make
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the best of things. There is a very considerable temptation to absorb alcohol in various forms, but especially in the guise of cocktails, with the result of lowering one's vitality and of adding to the already considerable risks to health during the tour of service here.

Practically, all officers live in quarters, and furniture can be obtained on hire from the Barrack Stores. There are no married quarters for Royal Army Medical Corps and only one very poor house which can be rented for £6 a month. The native of West Africa makes a fair servant provided you do not vary your routine, but is a long way behind the Indian bearer. "Boys" are paid one shilling a day and feed themselves.

From October to April there is little rain and a certain number of games are possible. Chief of these is tennis in asphalte courts. There is one squash court at Lower Hill and a rather poor 9-hole golf course about a mile and a half from Lower Hill, and a swimming bath at Lower Hill. Hockey is played during the rains at King Tom. There are a certain number of beautiful walks, almost all of which involve a climb of five hundred to a thousand feet or more. Fishing for barracouta and tarpon is also indulged in with much hope and little success. Butterflies and birds are plentiful and beautiful, and collectors can easily fill up much spare time in their pursuit.

Photography is seriously handicapped by the damp, as paper and films deteriorate very rapidly, while the water being usually about 80° F. makes development dependent on a supply of ice and the use of hardening agents. There is a fair garrison library from which books can be obtained on loan.

Most of the Royal Army Medical Corps officers are in one of the three stations at Freetown; three of the Captains are always in the Bush Stations. Round Freetown there is little or no shooting. In the Bush stations, Bush fowl (a kind of partridge) may be shot. Big game shooting—elephant, Bush cow (buffalo), hippopotamus—involves an expedition into the interior, and the results are often very poor in comparison to the expense, trouble, and risk to health.

As to outfit all Captains must expect to do a tour in a Bush station; they should, therefore, bring out at least a couple of air-tight metal cases weighing not more than 50 lb. when packed. All carriage is on carrier's heads. Heavy packages can be moved by slinging them from poles, but this is not always possible on paths and is not liked by natives. Every Captain should bring out a good camp-bed, fitted with mosquito curtains, mattress, and
C. E. Pollock

pillow, unless he knows he can get one from some one going home. Other articles of camp equipment can be picked up locally or improvised, but it would be suicidal to venture into the Bush without a proper mosquito curtain. White is a better colour than green as mosquitoes are more easily seen against a white background. The general opinion is against mosquito rooms. It is impossible to ensure that no mosquito is inside, this involves a prolonged search before making use of the room, the sides rarely rest closely on the ground and in Bush stations the roof is a favourite nesting place for ticks.

Uniform.—In Freetown most corps wear Bush shirts, short gaiters or putties, and a Cawnpore topee. Medical officers wear the khaki jacket, slacks, and helmet, with khaki shirt and tie. In Bush stations all officers wear the Bush shirt and shorts. In drill order khaki breeches, jacket, gaiters, and Sam Brown belt are worn.

Full dress, white with gold belt, is required for funerals and for an occasional ceremonial parade. At mess in Freetown, officers wear blue overalls, Wellingtons, cummerbund or white waistcoat and white jacket. In the Bush, white jacket, tennis shirt and black tie, cummerbund and white flannel trousers tucked into mosquito boots.

OUTFIT TO BE BROUGHT OUT.

Uniform.—Helmets: white with badge, and khaki field service cap, for the voyage out. Jackets: 2 white mess, 1 white patrol, 2 khaki with corps badges on the collar (not "R.A.M.C." on shoulder- straps); 2 pairs slacks, 1 pair breeches, 2 pairs khaki shorts1, 1 pair white overalls, 2 pairs putties or putty stockings, 1 pair gaiters, 2 pair brown lace boots, mess and ordinary Wellingtons; 3 Bush shirts with collars and spine pads, 2 khaki ties, Sam Brown belt and sword, gold belts and steel scabbard for sword, 2 white waistcoats for mess, 1 cummerbund, 1 thin waterproof (khaki), gum boots (for the Bush), waterproof cover for topee (for the Bush), khaki umbrella1, mosquito boots1, 2 black dinner ties, 4 khaki thin cotton or taffeta shirts, 6 khaki collars, tennis pattern, half-size larger than usually worn.

With the exception of mess overalls, no blue uniform and no service serge is worn in the command.

Plain Clothes.—Evening dress, 6 soft-fronted dinner shirts, 3 stiff-fronted dinner shirts, black shoes, a cheap thin flannel suit

1 Articles marked thus can be obtained locally.
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for visiting; sun hat, Cawnpore topee is most useful all round, Panama or soft felt hat for afternoons.

Four tennis shirts, for tennis players; 2 woollen shirts for walking; 3 pairs of white trousers, ordinary flannel is not satisfactory as it will not stand local washing; 2 pairs tennis shoes with thick soles; Admiralty rubber or balata soles wear best. Spare soles should be brought out as the courts are very hard on them.

For walking at least 2 pairs of strong boots having thick soles and nails round the edges of the sole should be brought out. One pair of brown shoes for calling. When walking shorts and stockings, or gaiters, or putties may be worn, or flannel trousers. For six months of the year the roads are deep in brown dust which penetrates the material of the trousers and refuses to be removed. If trousers are to be worn for walking they should be of some dark coloured flannel. At least 12 pairs of socks should be brought out. All should be woollen and not too thin. Soldiers’ regulation socks are worn by many officers. A sweater or knitted woollen waistcoat is most useful to put on after playing any game.

A light dressing-gown of washable material is a great comfort. An electric torch, with refills is well worth bringing.

Bedding and Linen.—Two pairs cotton sheets, 1 blanket and 1 pair of thin woollen sheets, 4 pillow cases, 4 bath towels, 4 hand towels, 4 sets of thin woollen pyjamas, 2 thin flannel cummerbunds.

Needless to say that the officer should provide himself with the necessary implements for whatever form of amusement he means to take up. Except household necessaries little can be purchased here and if sent for to England it takes five weeks to obtain any article.

Owing to the damp heat, insect life, and local methods of washing, everything deteriorates very rapidly. With moderate luck and great care the kit enumerated above should last for the first year of the tour.