

interest, which are intensified by the new development of Canada, and recent immigration of the farming classes in considerable numbers from the United States. The latter also are welcomed from their superior knowledge of the country and western methods, not to mention importation of capital, which Canada wants. At the present time the habits of life, railway travelling and hotel accommodation are similar in the two countries, so that a person passes from one to the other without any very perceptible change in his surroundings.

A general sobriety was noticeable among Canadians, which, with their proved industrial habits, and the accession of a good class of immigrants, bodes well for the future of the Dominion.

NOTES ON SIERRA LEONE.

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AMONGST the various ranks of our Corps little is known of this West African Colony, so that the following notes on Sierra Leone as a garrison may be of some interest, at any rate to intending West Coasters.

The voyage out occupies eleven or twelve days. Embarking at Liverpool on one of the Elder Dempster liners, which leave Princes Dock every Saturday, Las Palmas is reached in five days; here a short stay of five or six hours is usually made, and a pleasant afternoon can be spent visiting the Island. Conakry, the next port of call, is seen on the tenth day, and the morning of the following day the coast of Sierra Leone is within sight. While on the subject of the voyage out it is as well to mention that one's baggage should be insured, as the method of unshipping it at Freetown, by lighter, is far from safe; this I learned from personal experience.

The general appearance of the Colony, viewing it from the sea, is distinctly impressive and altogether different from one's preconceived ideas. A mountainous peninsula, about 26 miles long and 12 broad, standing out to sea from a perfectly flat coast-line, forms a striking feature. (This impression usually lasts from four to five days, to be renewed with pleasure when seen from the stern of an homeward bound steamer.) The whole face of the country is well wooded; large trees, low shrub and thick underwood, abound everywhere.

The climate, although far from being a desirable one, is not so bad as it is painted. From January till May it is hot and humid and one usually suffers from that "tired feeling." In May the rains commence and continue until November, ending with severe tornadoes. The Manhattan winds, hot and dry, then blow from the interior for a period of about six weeks. The synonym, "The white man's grave," does not hold good now. The high death-rate of the Colony was said to be caused chiefly by the changeable climate, but doubtless the wily mosquito has a lot to answer for.

Freetown, the capital, lies along the northern slope of the Sierra Leone mountains, facing the large natural harbour, said to be one of the finest on the African coast. Tower Hill, a mound rising 400 feet in the centre of the city, is the headquarters of the garrison. Mount Aureol and Wilberforce are other stations in the Colony. In the Protectorate troops are stationed at Port Lokkoh, Mabanta and Batkanu. Tower Hill garrison is composed of one European and two non-European companies of Royal Garrison Artillery; one company Royal Engineers; two companies West India Regiment, and detachments of Royal Army Medical Corps, Army Pay Corps and Army Ordnance Corps.

The hospital is situated some 200 feet up the northern slope of the hill. It is equipped for seventy-eight beds, two wards being set apart for Europeans. There are three medical officers doing duty at the hospital, and one as Sanitary Officer at the District Laboratory about 50 yards away. The Royal Army Medical Corps detachment consists of two non-commissioned officers, a compounder and a laboratory assistant, and one private, who is in charge of the European wards. There are also two corporals and seven men of the Fixed Hospital Establishment, West Indian soldiers, doing duty in the other wards. The sick from Murray Town, King Tom, Falcon Bridge and Farren Point batteries are treated at this hospital.

At Mount Aureol and Kortright are quartered the 1st Battalion West India Regiment. Mount Aureol is 800 feet high, and about $1\frac{1}{2}$ miles to the East of Tower Hill; Kortright is a plateau 200 feet above it. The hospital is in an ideal situation, just below the barracks. It is equipped for sixty-four beds; there is also an officers' ward nearing completion. The staff is made up of two medical officers, one non-commissioned officer (compounder) and two privates, Royal Army Medical Corps, two corporals and four men of the Fixed Hospital Establishment.

Wilberforce, a plateau 900 feet high, and 3 miles to the west

of Freetown, is the headquarters of the West African Regiment, which is recruited locally. There is one medical officer in charge of the hospital, which is about $\frac{1}{2}$ mile from the barracks. The staff consists of one non-commissioned officer and four men of the Fixed Hospital Establishment.

At Port Lokkoh, Mabanta and Batkanu, companies of the West African Regiment are stationed, one medical officer being in charge of each.

The chief diseases are malaria and blackwater fever; enteric fever is unknown here: possibly this is due to the pure water supply.

The Senior Medical Officer's quarters are at Tower Hill, but quarters for other medical officers are not always available. If there are no quarters vacant for a new arrival, a system of "doubling up" is in vogue. At Hill Station, $\frac{1}{2}$ a mile beyond Wilberforce, are bungalows for senior officers and colonial officials. They are usually occupied by married officials, who bring out their wives during the dry season. There are no arrangements for the education of European children.

Native servants are easily obtained, but require a lot of training. They are paid from 20s. to 25s. per month.

Officers of the Royal Army Medical Corps receive double rates of pay, also hammock allowance at 3s. per day. Rebate is drawn at the following rates: Lieutenant-Colonel, 1s.; Major, 11d.; Captain 10d. and Lieutenant 9d. per day.

Extra pay is drawn by non-commissioned officers and men as follows:—

	Staff-Sergeant.	Sergeant.	Corporal.	Private.
Coast pay	1s. 9d. ..	1s. 6d. ..	1s. 3d. ..	6d. per day.
Colonial allowance..	1s. ..	1s. ..	6d. ..	6d. ,,
Rebate	1d. ..	1d. ..	$\frac{1}{2}$ d. ..	$\frac{1}{2}$ d. ,,

Khaki-drill uniform is generally worn on duty. Mufti, underwear, &c., should be brought out from home, as they are expensive here owing to the heavy import duty. A solar topee, mackintosh and gum boots are indispensable.

There is plenty of sport amongst the various corps in the garrison; football, cricket, hockey, golf, tennis and croquet, are played at different times of the year. Racquets, clubs, &c., should of course be brought from home. There is no opportunity for cycling or motoring; the roads are hilly, uneven and intersected with ditches. Horses do not thrive here, and are seldom seen. A hammock, slung on a framework, and "toted" on the heads of four natives, is the general mode of conveyance.

Two months' leave to England or the Canaries can be had during the year's tour. Many take advantage of this; others spend their leave in the Protectorate. The source of the River Niger can be reached in seven or eight days from the rail-head, where good shooting is always to be had, as bush-fowl, guinea-fowl, buck, &c., abound in the rice fields. During a trip I had in the bush, numerous leopard traps, set by natives, were seen, and although no leopards were noticed along the route traversed, I was assured that they were to be got, as evidenced by the skins in the villages, which are readily bought by traders. A great number of officers and men spend their leisure in butterfly catching; many valuable specimens are seen in the various collections.

Others add to their linguistic abilities, there being over forty different languages spoken throughout the Colony and Protectorate.

In conclusion, no description of Sierra Leone is complete without the "Coasters chorus," which runs:—

Our time on the Coast is getting shorter every day.
Four months' furlough, lodging allowance and pay.
Some are getting six months,—others have to stay,
But our time on the Coast is getting shorter every day.

Extracts, &c.

AN EPITOME OF THE MIDWIVES ACT, 1902.

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THE MIDWIVES ACT, 1902.

As one of the questions asked at the last examination for the Diploma of Public Health at Cambridge was "Epitomise the Midwives Act, 1902," and a similar question was asked at Oxford a year ago, it has occurred to me that, as this Act has not yet found its way into Hamer, Parkes and Kenwood, Whitelegge, or any of the other standard books, except Robertson and Porter's "Sanitary Law," the following epitome, which I prepared when reading for my D.P.H., might be of interest to readers of the Journal. Apart, however, from candidates for Diplomas in Public Health, the statute has special interest to those of us who are engaged in instructing or examining Army midwives, as some familiarity with the provisions of the Act is essential in order to appreciate the reason for the important amendments to the regulations for the training of Army midwives introduced by Army Order 178, dated October 1st, 1904. The