Here also the Armed Forces Medical Services were well represented, the
Walter Reed Army Hospitals staging 4 exhibits, the Navy 2 and the Air Force
and the Armed Forces Institute of Pathology one each.

As part of the Scientific Exhibit medical films were run continuously in two
rooms throughout the week, Major Lewis and Colonel Kimbrough of the
Walter Reed Army Hospital showing “Operative Procedure for Polycystic
Disease Rovsing” and Hugh Smith of the Department of the Army showing
“Intramedullary Fixation of the Femur.” In many cases the authors were
present to discuss their films.

In another room some 40 television screens presented, in colour, operations
and demonstrations from the Atlantic City Hospital where special cases had
been concentrated. The great future for this medium in the teaching world
was amply demonstrated as procedures were seen more clearly than is possible
when stretching the neck as a spectator in a theatre. It was estimated that over
1,000 viewers were present on occasions.

THE TECHNICAL EXPOSITION

This covered the Main Arena floor of the Convention Hall auditorium with
over 355 firms showing thousands of Products. Various brands of soft drinks
and cigarettes were given away daily and helped one to cover the ground
without exhaustion. A lens hysteroscope for viewing and photographing the
interior of the uterus and for doing biopsies, and the Land method of X-ray
film processing whereby a dry positive print is available within one minute of
exposure, were noteworthy.

THE 1950 EXPEDITION,
BRITISH SCHOOLS EXPLORING SOCIETY

BY
Captain R. E. RICHARDSON
Royal Army Medical Corps (N.S.L.)

The Public Schools Exploring Society was founded in 1932 by Surgeon
Commander Murray-Levick, R.N., who was in Scott’s last expedition. In 1947
the Society widened its scope and at the same time changed its name to the
British Schools Exploring Society. Boys are selected after a personal inter­
view and a recommendation from their headmaster. The choice is not
influenced by financial considerations; and when necessary suitable candidates
are subsidized. The individual cost of equipping and sending out each person
on an expedition being in the region of £110; most people are to some extent
subsidized, a heavy drain on the resources of the Society, which is an honorary
one, registered with the Charity Commissioners, and dependent upon donations
from many organizations and individuals.
The Society's object is to take each year a party of 60 to 70 boys with seven or eight leaders to some remote region abroad and there to train them in the fundamentals of exploration. Amongst the countries so far visited are Iceland, Finland, Canada and Norway. Now, because in an expedition the furtherance of knowledge is the main goal, and because the endurance of hardships and the conquest of geographical landmarks are only means to that end, the Society lays considerable importance on a training in Biology, Geology, Survey, etc. Thus a detailed scientific survey is made of a given area, a map is prepared, specimens of animal and plant life are collected for the British Museum, Geological and Glaciological surveys are made and many other records kept. The map is very often an improvement on existing ones, and the biological specimens are of great value. Nevertheless, the ability to live "hard" and to look after oneself under adverse conditions is an essential part of the equipment of anyone hoping to explore and there is plenty of scope for the development of "toughness" and initiative. To this end a series of "marches" are organized, some are seven and others are of fourteen days' duration. On these marches one carries all one's equipment, bedding, rations, etc. Sometimes, however, food is cached while on the march in order to lighten the load, a load which otherwise may amount to 80 lb., and which in mountainous country is a grim proposition. During these marches living is often very hard, cold and wet, and it is obviously training of the highest value. Even on the march, however, the scientific aspect is not forgotten and records of any points of interest are maintained.

THE 1950 EXPEDITION

The country selected for exploration in 1950 was Northern Norway. An area well within the Arctic Circle was chosen. It was wild and uninhabited country about 150 miles north of Bode, which was our port of disembarkation. The Base Camp was seven miles from the main Narvik Road, if such it could be called, for it was little more than a track, used by scarcely a dozen vehicles a day. The camp was admirably sited in glorious mountainous country beside one of the numerous Norwegian lakes and surrounded by plenty of wood for making fires and log cabins and other camp necessities. Seven miles westward was the Narvik Road, while Eastward to the Swedish border lay wild uninhabited country. North and South the country was again wild except for an occasional Lapp settlement, until one met one of the large and beautiful fiords, which bite into the mainland, at times reducing the country to a few miles in depth and which have on their shore isolated fishing settlements.

The main party reached Base Camp, in these surroundings, at 2 o'clock on an August morning, when by the light of the midnight sun, it was still possible to see one's way into camp.

The first day was spent in the organization of the Base Camp and diverse were the activities. A large store tent was erected and a medical tent was put up, complete with equipment for an appendicectomy, if necessary. A reconnaissance was made to find a suitable site for the research party. The site had
to be near the area which they were to map and also as near to the Base Camp as possible, in order to minimize the portage of supplies. Eventually the site was chosen about 2,000 feet higher than the camp and approximately five to six miles away. The next few days were useful, preliminary training being spent “humping” food, equipment, and tents to the new camping ground. This entailed a hard climb with a pack of between 40–60 lb. However, one soon forgot the steep ascent on reaching the top, for a wonderful panorama of bleak, bare, rocky mountains arising from lakes with tree-clad shores far below was certain to catch the imagination of everyone. Here, too, were occasional reindeer wandering about on the high ground as they do in summer, until the winter snow drives them down to lower ground, where food is more plentiful and they have some protection against the weather. The journey to the survey camp was then completed by a downhill walk along a typical glacial valley.

As soon as the survey party had become established, “seven-day” marches were put out to study the biological and geographical features and also to make a reconnaissance for the “fourteen-day” march, or the “long march” which was to scale Bjorntoppen, a large glacier to the north of the Base Camp.

While these parties were out, those remaining in the Base Camp made a detailed survey of the area and generally improved living conditions in the camp. Small huts were put up, birch trees being used as a framework and roofed with branches, turf and leaves. The result was a surprisingly waterproof and useful hut, which enabled people to congregate in small groups instead of resting in their tents. A bridge was also thrown across a rivulet which was to save much time, as otherwise all people and stores leaving the base had to be ferried across in a rubber dingy. In this way the first few weeks were spent, while preparations were made for the “long marches” and their routes discussed, as more and more information became available from returning parties.

At last two “long marches” were sent out, one to Bjorntoppen and the other to make a detour round some glaciers near the Swedish Border. Each party was to have a doctor, but owing to blisters which had developed on my feet, it was not possible for me to go, and the Bjorntoppen party was the only one to have a medical officer. A casualty in these regions would have been a serious proposition. To carry a stretcher for any distance in the rough country would have been impossible for a small party. The alternative would be to find a Lapp settlement and to send a party to the Base Camp, to arrange an evacuation, possibly by seaplane. However, both parties achieved their objective, without any such eventuality and in fact returned ahead of schedule, pleased to be back after an arduous ordeal, but equally pleased to have been picked men for what were the two most difficult marches.

The only party to see any sign of humanity was that which asailed Bjorntoppen, for they saw a few fishing huts on the shore of a fiord; the other party having gone inland in an easterly direction saw neither people nor signs of a Lapp settlement.
With these marches over, the evacuation of the camp was started. The equipment was taken by boat across two lakes. This was done in two stages, a temporary camp being made between the adjacent lakes, known as lakes Six and Seven. The first stage was made under difficult conditions, with very strong winds and rain. To make matters worse, the outboard motor attached to the boat decided that it had done enough and ceased to fire. No amount of coaxing could induce it to co-operate for the last few days of evacuation.

However, having carried the supplies round lake Seven, it was possible to row across lake Six, as this lake was several feet lower and was sheltered from the prevailing winds, which had caused much trouble on the first stage. After this had been accomplished it was a simple matter to move everything to a cart track a few hundred yards from the lake. Here, the equipment was loaded into a lorry and moved to the Narvik Road.

It was interesting to note from a medical viewpoint how fit people were throughout the whole expedition. There was a case of acute bronchitis, and that was the only serious illness we had. On arrival there were a large number of people who complained of stuffy noses and colds, but they were in all probability cases of allergic rhinitis as the condition was not associated with pyrexia, headache or sinusitis. The weather may have helped, as it rained remarkably little and we often had temperatures which reached 80° F. The lowest temperature reached was only 3° F. of frost, which contrasted with 15° F. frost as met by the previous expedition, slightly further south.

The Marching Rations consisted of:

<table>
<thead>
<tr>
<th>Item</th>
<th>Quantity</th>
</tr>
</thead>
<tbody>
<tr>
<td>Biscuits</td>
<td>12 oz.</td>
</tr>
<tr>
<td>Pemmican (40 per cent fat)</td>
<td>2 oz.</td>
</tr>
<tr>
<td>Cheese</td>
<td>4 oz.</td>
</tr>
<tr>
<td>Margarine</td>
<td>2 oz.</td>
</tr>
<tr>
<td>Sugar</td>
<td>2 oz.</td>
</tr>
<tr>
<td>Dried peas or cereals</td>
<td>2 oz.</td>
</tr>
<tr>
<td>Chocolate</td>
<td>2 oz.</td>
</tr>
<tr>
<td>Oatmeal</td>
<td>2 oz.</td>
</tr>
<tr>
<td>Raisins</td>
<td>1 oz.</td>
</tr>
<tr>
<td>Onions</td>
<td>2 oz.</td>
</tr>
<tr>
<td>Carrots</td>
<td>2 oz.</td>
</tr>
<tr>
<td>Salt</td>
<td>½ oz.</td>
</tr>
<tr>
<td>Tea</td>
<td>½ oz.</td>
</tr>
<tr>
<td>Ascorbic acid tablets</td>
<td></td>
</tr>
<tr>
<td>Total fats</td>
<td>142·0 grammes</td>
</tr>
<tr>
<td>Proteins</td>
<td>137·5 grammes</td>
</tr>
<tr>
<td>Carbohydrates</td>
<td>443·7 grammes</td>
</tr>
<tr>
<td>Total calories</td>
<td>3,638</td>
</tr>
</tbody>
</table>

By using initiative it was possible to make considerable variations in the meals served. Many excellent stews could be made with Pemmican as a basis, and several cheese dishes were made combining the cheese with crushed biscuits and adding other ingredients. The cheese was then fried and some good rissoles were produced. Occasionally, too, there was an issue of base camp rations, which contained jam, dried milk, prunes, suet, corned beef and tea. This ration could be supplemented with any fish that were caught or any available fruit. We were fortunate in discovering near the Base Camp a large supply of bilberries, which made a very good "sweet" when stewed. They
Travel and History

were especially good when eaten cold, as this seemed to increase their flavour. It can be seen that these rations fulfilled the main requirements for such an expedition, which are that the food must be light of weight and small in bulk, of reasonable variety and as far as possible immune to the effects of water.

The rations were kept in a store tent and issued as required to the marchers leaving base camp, to the survey party and to those remaining in camp. The proper storage and issuing of rations was organized by a leader and two or three storemen. The whole system worked perfectly and at the end of the expedition only enough food remained for a final issue of base camp rations.

It was then as we partook of our final Base Camp rations, while discussing the past few weeks that we realized how much planning such an expedition necessitates. Already one or two leaders were turning their minds to the 1952 expedition, for by careful planning and anticipation the hazards of such an undertaking can be reduced. The necessity to think ahead was one of the lessons of the expedition, for if the old adage "look before you leap" is true of life it is doubly so of expeditions.

THE ROYAL VICTORIA HOSPITAL, NETLEY
BY
Colonel J. W. HYATT

The Royal Victoria Hospital at Netley will soon be one hundred years old. The inscription on a brass plate surmounted by the Royal Arms is:

This Stone was laid on the 19th day of May in the year of our Lord 1856 by Her Most Gracious Majesty Victoria I Queen of Great Britain and Ireland as the foundation stone of the Victoria Military Hospital, intended for the reception of the Sick and invalided Soldiers of Her Army.

For the ceremony, the first public act of Her Majesty after the conclusion of peace the Queen arrived in the Royal Yacht, the route from the foreshore was lined by troops, and the Mayor of Southampton with all the local dignitaries attended.

The original water colour plan for this ceremony from the papers of General Sir A. Nelson was presented to the hospital by his grand-daughter Lady Burnett-Stuart in 1928. A drawing of the ceremony from the Illustrated London News has recently been presented by J. C. Crisp, Esq., of Bournemouth.

The hospital was expected to be the first of its class in Europe and to be completed in three years and accommodate 1,000 patients.

It was designed by Mr. Mennie, architect to the War Department, the cost was to be about £200,000. The site of originally 109 acres was purchased in August 1855 for £15,000.

The main hospital building presents a fine façade towards Southampton Water of red brick faced with Portland Stone and a granite base. The three blocks connected by corridors have a frontage of 468 yards with very extensive