

SECTION VIII

IN TOWN AND AROUND

INFORMATION ABOUT SINGAPORE

A very good Street Directory and Guide to Singapore is published by the Survey Department and is obtainable at most book sellers. You are strongly advised to buy a copy as soon as possible after your arrival. The cost is \$5. In it you will find sectional and street maps, the names of hotels, cinemas and various other places of local interest.

HINTS ON SHOPPING IN SINGAPORE & JOHORE BAHRU

On your very first shopping list there are certain items which should be included namely:-

- (a) Mosquito coils. These are burned in the bedroom at night to keep mosquitoes away.
- (b) Prickly heat powder. Some of you will suffer from prickly heat at some time or other, so you are well advised to keep prickly heat powder available in the house. The two best known brands are Agnesia and Johnsons.
- (c) A Flit Gun. Any of the proprietary brands are suitable, but Shelltox seems to be most potent.

In most village shops and small shops bargaining is the accepted way of agreeing a price. This may seem tedious and even annoying. You should however remember that bargaining is all part of the game out here and you should treat the vendor accordingly and not as someone who is trying to rob you! Prices and quality vary tremendously from shop to shop, and you are advised to inspect closely any item you buy and make sure that you obtain a reasonable bargain by comparing prices in a number of shops before making your purchase.

The following establishments are worth an early visit :-

- (i) C. K. Tang in Orchard Road, Singapore.
- (ii) Robinson's in Raffles Place, Singapore.
- (iii) Singapore Cold Storage in Orchard Road.
- (iv) Fitzpatrick's Supermarket in Orchard Road.
- (v) Little's in Raffles Place.
- (vi) Change Alley (running between Collyer Quay and Raffles Place) provides quite an amusing diversion besides very good bargains if you are in the mood.

While bargaining for goods in such places as Change Alley can be highly entertaining, you are advised to check prices beforehand in such reputable stores as C. K. Tang's as otherwise you will probably pay far too much. Remember that the guiding principle of the dealers who are willing to bargain is to extract the highest price possible from the unwary.

Robinsons, in Raffles Place, mark the prices of articles on them and there is no question of bargaining. This applies to most of the bigger shops in the main shopping areas of the city. There are two very good supermarkets in Orchard Road, namely Cold Storage and Fitzpatrick's. They both stock imported food from the United Kingdom, United States of America, Australia, New Zealand

and Holland. These products include frozen meat and poultry and a wide range of tinned vegetables. Fresh vegetables, and fruit from the Cameron Highlands can also be bought and there is a large selection of these of good quality to be bought at the Orchard Road market on the corner of Cuppage Road opposite to Cold Storage.

Further along Orchard Road there is a large general Store, C. K. Tangs, which sells a multiplicity of Eastern made goods. It is well worth a visit.

In the High Street there are many shops of interest to the housewife. Metro is the largest and here they have an excellent variety of materials for all occasions. They also sell shoes, ladies and childrens clothing, handbags and perfume. Material shops abound in Arab Street while Victoria Street is renowned for its furniture shops.

It is advisable not to buy from door to door salesman until you have had a change to check prices at reputable stores. You will find that as soon as you move into a private house you will be beset by such salesmen.

The following villages are generally favoured by European people:-

- Sembawang Village.
- Nee Soon Village.
- Changi Village.
- Selectar Village.

The C.C.C. Junk Store, 22 Newton Road, Singapore is worth a visit if you wish to buy second hand articles such as Mah Jong sets, bicycles, prams etc. cheap.

PLACE OF INTEREST TO VISIT

There are many places of interest in and around the city of Singapore. These include the National Museum, the Botanic Gardens, Haw Par Villa Gardens, the Van Kleef Aquarium and many more.

The Botanic Gardens is a very popular park with everyone on the Island, and it is also the centre of research for botany and tropical horticulture in Malaya. The gardens have specialised collections of certain families of plants, notably palms, bamboos, ferns and orchids.

Everyone at some time during their tour visits the Haw Par Villa Gardens, generally known as Tiger Balm Gardens. They are situated on a hill overlooking the sea at Pasir Panjang on the west coast of the island. Throughout the gardens you can see concrete figures illustrating Chinese mythology and Chinese purgatory with all its tortures depicted in horrifying detail. The gardens which were completed in 1937 were designed by two brothers who also made their name famous by making Tiger Balm Oil and Ointment.

The brothers also had a priceless collection of jade. The jade represents every important dynasty of China and can be seen in the House of Jade in Nassim Road.

On the mainland, at Johore Bahru, the Sultan's Gardens is a popular place to take the children. There is a playground with swings, slides etc., to keep them amused. Nearby is the Johore Zoo, with an interesting collection of birds and animals just waiting to be fed.

These are just a few places, your Singapore Street Directory & Guide will tell you of many more.

RESTAURANTS AND EATING HOUSES

There are numerous restaurants and eating houses, and you find that standards and prices vary considerably. Certain establishments display the sign "Recommended for the Forces," but in many cases it is the proprietor who is doing the recommending with no official backing of authority. Officially approved premises display a note signed by the Provost Officers of all three services. These establishments have been carefully examined by the Medical and Provost authorities and are under constant supervision. You may be certain that the kitchens are clean and the establishment generally well conducted. In addition, the management welcome your custom. Places not displaying this note are doing so for a variety of reasons: they may be unhygienic, the haunts of undesirable characters, or it may well be that the management wish to maintain their purely local custom.

You will find that the recommended premises are satisfactory, but as regards all others, taste, judgement and experience must be your guide.

There are excellent cinemas in Singapore and in Johore. Most of them are air-conditioned and show the latest films. Singapore is a great place for sport of all kinds and although there is practically no variation in temperature, the sports year is divided into a cricket season and a football season. The Singapore Cricket Club is in the centre of the town and provides not only for cricket but for rugby, football, hockey and tennis as well. The club ground lies a little back from the sea front and has a pleasant lounge, bar, billiard room and a restaurant.

Swimming is the most popular recreation, the weather being ideal for this throughout the year. Sea bathing round the coast is dangerous due to strong currents but there are many excellent swimming pools. The Singapore Swimming Club is situated about 6 miles from the centre of the town (about 18 miles from the Naval Base) and has the largest sea water swimming Pool on the Island. There are two indoor Badminton Courts, Billiards room and an excellent Steak bar. Dances are held regularly and there is a pleasant lounge and bar.

For people interested in golf the Singapore Island Country Club has the best to offer. The club is near the 6.5 milestone Thomson Road and has an 18 hole golf course. There is also a swimming pool and bowling alley and the Club House serves drinks and main meals.

In Johore there is the International Club which offers Golf. Tennis and the usual social events. There are various other clubs in Singapore which provide a wide range of facilities but usually at fairly heavy subscription rates.

TRANSPORTATION

Singapore Taxis. There are numerous taxis in Singapore they can be easily recognised by the index letters "SH" on their number plates. The meters start at 40 cts. and go up in jumps of 20 cts. The tariff is 40 cts. a mile, which works out at about one shilling. Tips are optional. Between the hours of 0100-0600 the rates go up to 60 cents and 30 cents. Additional charges are; waiting time-20 cents for 8 minutes or part thereof. Number of persons carried - 10 cents for each passenger in excess of two.

There are two taxi garages in the Naval Base. They provide the following facilities:-

The Singapore Malaya Road Transport Company. Tel. N.B. 51394.

Situated within 'Caltex' garage on Admiralty Road. West.

Meter taxis, self-hire cars syce-driven large cars available for official functions etc.

Kutty's Garage

(N.B. Telephone Number 51584).

Situated at Sembawang Gate.

Meter taxis, self hire cars, syce-driven large cars available for official functions etc.

Maximum Permitted Rates for Non-Meter (SZ) Taxis operating from Naval Base.

Tables of Distances (within Base) Miles Day fare

Sembawang Gate to Kloof Road, Rimau	3.2	\$1.40
Sembawang Gate to Pilot House,	1.4	\$0.70
Sembawang Gate to Kenya Crescent	0.8	\$0.40

Table of Distance (Outside Base) Miles Day Fare

Sembawang Gate to Singapore (G. P. O.)	15.0	\$5.00
Sembawang Gate to (Cold Storage, Orchard Road	13.00	\$5.20
Sembawang Gate to Johore (Rest House)	8.1	\$3.40

Table of Rates per mile

Date-0600-0100	\$0.40 first mile
Night-0100-0600	\$0.60 first mile
	\$0.30 each subsequent half mile

Additional Charges

Waiting Time 20 cents for 8 mins. or part thereof. No. of persons carried-10 cents for each passenger in excess of 2.

Surcharge on Flat Rate (all hours)

For the journeys which involve the taxi travelling empty from the garage (at Sembawang Gate to places/or residences to the West of H.M.S. TERROR an additional charge of 50 cents shall be made to the meter/mileage fare.

Charges for hiring of cars from the above garages

For 1 hours	=	\$ 1.00
For 24 hours	=	\$18.00
For each 24 hours when period of hire exceeds one week	=	\$15.00

J.B. Taxis. Again these are numerous and can be recognised by their number plates-BLACK LETTERS and FIGURES on WHITE BACKGROUND (you may note that this is opposite to what you are accustomed to).

Tarrif as for Singapore Taxis

WARNING

It is a punishable offence for other than official taxis (recognised as above) to ply for hire. It is also a punishable offence for you to engage on the HIGHWAY a 'PIRATE TAX' as they are called.

Buses. There are several bus companies, the main one being the Singapore Traction Company with green and aluminium buses, and a number of Chinese companies. The main company serving the naval base area is the Tay Koh Yat 'Bus Company' (Red Buses).

Fares range from 5 cts. to 85 cts. according to the company and to distance.

Naval Base/Singapore Bus Service

Civilian Bus Service. The bus service listed below is run by the Tay Koh Yat Bus Company Ltd. (Red Buses). Hoi How Road is situated off Beach Road about 400 yards from the Britannia Club, Singapore, Sembawang Village is just outside the Naval Base.

Route 2

Hoi How Road (Beach Road)-Rotherham Gate (Naval Base) (via Thomson Road, Sembawang Village and Rimau).

Monday to Friday 0520-2359 at 60 minute intervals-last bus leaves Hoi How Road at midnight.

Saturday-0520-1200 at 25 minute intervals
1200-1800 at 20 minute intervals
1800-2359 at 30 minute intervals

Last bus leaves Hoi How Road at 0030.

Route 3

Hoi How Road-Mata Gate (Naval Base) 15th Milestone (via Thomson Road)

Weekdays, Sundays & Public Holidays
0520-2359 at 60 minutes intervals.

Route

Hoi How Road-Africa Gate (Naval Base), 14th Milestone (via Thomson Road)

Weekdays and Public Holidays
5020-2350 at 60 minutes intervals.

Last bus leave Hoi How Road at Midnight.

Hospital & Recreational Buses

R.N. Buses run from the Naval Base and Johore Bahru to B.M.H. for the benefit of non ambulance patients, service and U.K. based civilians, who are required to attend B.M.H. for treatment. The buses may also be used by service families and U.K. based civilians who wish to shop in Singapore city.

The bus schedules are as follows:-
Naval Base - B.M.H.

	Monday to Saturday	Monday to Friday
Rotherham Gate View Road	0800	1300
Ratus Road (East arm) HMS TERROR Gate	0808	1308
Dockyard Main Gate Naval Base Cinema St. Peter's Church Sembawang Gate	0812	1312
Jalan Kemuning (Sembawang Springs) Jalan Lengkok Dieppe Gate (Simbang)	0820	1320
Sembawang Hills Shell Station Adelphi Park Yew Lian Park	0830 1242	1330 1712
Jalan Todak (Thomas Rise) Chequers Hotel	0836	1336
Hotel Singapura (De bussing point for persons not proceeding to B.M.H.)	0845	1345
B.M.H.	0855	1355
B.M.H. (depart)	1200	1630
Hotel, Singapura (depart)	1210	1640

(Boarding point for persons not coming from B.M.H.) returning to

Sembawang Gate (arr. approx)	1242	1712
Rotherham Gate (arr. approx)	1255	1725

Stopping en route at any of the scheduled places as as required.

Johore Bahru - B.M.H.

	Monday to Saturday	Monday to Friday
Kebun teh N.A.A.F.I.	0750	1250
Johore Bahru Railway Station	0800	1300
Jalan Bunbong	0813	1315
Kranji W/T Road	0818	1318
B.M.H.	0835	1335
Napier Road opposite Gleneagles Hospital (for City)	0850	1350
B.M.H. (depart)	1200	1600
Napier Road opposite Gleneagles Hospital	1210	1610
Kranji W/T Road	1277	1627
Jalan Bunbong	1232	1632
Johore Bahru Railway Station	1245	1645
Kebun teh N.A.A.F.I.	1255	1655

Visitors to B.M.H. and Shoppers are asked to give every consideration to patients using the service and should not expect them to give up their seats.

B.M.H. - Evening Visits

A vehicle is laid on every night of the week leaving ROTHERHAM GATE at 1815, following the same route as the B.M.H. bus above and returning at the completion of the visiting period.

Personnel requiring this transport are SPECIFICALLY asked to ring Singapore 591141 exts. 51256 or 51257 before 1600 on the day, stating the names of those travelling and the pick up point.

This is very necessary in order that the requisite sized vehicle may be laid on.

Naval Base/Johore Bahru Bus Service. This service is run by the Singapore/Johore Express Ltd., Company (red and aluminium) and operates between Sembawang Gate - Rotherham Gate and Johore Bahru Bus Station (Route No. 2). Buses leave Sembawang Gate on the hour from 0700 to 2300 Mondays to Fridays and from 0700 to 2359 Saturdays and Sundays.

Buses leave Johore Bahru Bus Station at half past each hour from 0630 to 2230 Mondays to Fridays and from 0630 to 2230 Mondays to Fridays and from 0630 to 2330 Saturdays and Sundays.

Naval Base 'Bus Service'. This service is run by a private company.

Detailed bus timetables are posted up in bus shelters but the outline schedules are:

Main Service

Rotherham Gate-Canberra Gate - Mata Gate
Runs between 0616 and 2359 at varying intervals of up to 25 minutes until 2135 and then hourly.

Route 7

Rotherham Gate-No. 1 Mess (Sembawang Gate)
Buses leave Rotherham Gate on the hour from 0800-2200 and then at 2330 and 0025. Buses leave No. 1 Mess at half past each hour from 0730-2230 and lastly at midnight.

Bicycles. Some people use bicycles for short journeys: prices range from \$58 for locally made bicycles to \$120 for English brands.

LEAVE

A useful map of Western Malaysia showing the location of the main towns is produced by the Esso and Shell Companies. They can be obtained from the Garages or Book Stalls within the Naval Base.

All the large towns in the Western Malaysia have Rest Houses but the standards of food and comfort vary a great deal. They are usually clean and offer the traveller reasonable food and comfort at cheap prices. The best hotels may charge up to \$30 for a double room and breakfast. However there are a number of perfectly adequate Chinese Hotels in the large towns. The entrance to these are often disconcerting and may vary between cafes, milk bars and even bicycle shops, but are clean and well furnished. An air-conditioned room with a private bathroom can usually be obtained for about \$12.

The main tourist attractions are Malacca, Port Dickson, Penang, Frasers Hill and the Cameron Highlands. All of these give a change of air from Singapore and have facilities for various sports and recreational activities.

Malacca is of considerable historical interest and possesses many buildings of great age. Certain Singapore Clubs provide reciprocal facilities

with the Clubs in Malacca. The Rest House is situated in Bandar Hilir Road, Malacca, and serves good plain English food. There are several Guest Houses along the coast where you can stay at a low cost. The beaches are mostly clean and you can swim in the Sea.

Port Dickson. The best beaches in Malaya are to be found at Port Dickson. Here you can spend a quiet holiday with plenty of swimming as the sea is quite safe. There are several Government Bungalows which are highly recommended. The supervisor of Bungalows, Port Dickson will answer your queries.

Penang. Is off the North West coast and is a small hilly island. There is a wide range of beautiful scenery and where once again there are clean beaches and the water is ideal for swimming. Although it is hot by day, Penang is less humid than Singapore and the temperature drops to a lower degree at night. For energetic people there are several hills to climb, the highest being 2,000 ft. There is also an excellent golf course where visitors are permitted to play for a small "Green Fee". There are six Government Bungalows at Penang Hill and application for these should be addressed to the Supervisor, Penang Hill Bungalows, State Secretariat Penang.

Cameron Highlands. The main attraction of the Cameron Highlands is the cool climate, which is a welcome change from the moist heat of Singapore. There is a nine hole golf course and many pleasant walks in the area. Facilities for tennis at the local Rest House.

Frasers Hill. Like the Cameron Highlands, Frasers Hill has the attraction of a cool climate. There is a nine hole golf course and there are pleasant walks with views across the jungle clad mountains on Pahang. There is also a very pleasant local "Club", with a log fire and darts just like "back home".

The Ministry of Defence (Navy) have a bungalow at Frasers Hill held on long lease from the Government and provides holiday accommodation at a reasonable cost. The Bungalow is built of granite and from the front windows there are picturesque views of distant jungle hills. It is roomy and well furnished. There are five bedrooms, each having two single beds and a bathroom attached. Camp beds and cots can be provided additionally in each of the five rooms to accommodate children up to the age of 11 years. There is a large dining room and a pleasant lounge in which a log fire is lit every evening.

The food is of high standard, excellently cooked and it includes fresh fruit salads and vegetables produced locally which taste much more like the U.K. article than normally found in Singapore.

Applications for booking for accommodation are accepted up to 12 months in advance. All bookings are made by the Civil Secretary's Office (Naval Base Extension 5385) from whom application forms can be obtained. The completed forms should be sent to the Civil Secretary's Office who will confirm whether accommodation is available. A brochure giving more details about the bungalow, together with price list, can be obtained from the Civil Secretary's Office on demand.

There are other Bungalows at Frasers Hill run by the Government but they are more expensive. Applications for accommodation at these bungalows should be made to the Superintendent, Government Hill Station, Frasers Hill, Pahang.

CHANGES OF ADDRESS MUST BE NOTIFIED-FORM SRO 01

SECTION IX

HEALTH AND WELFARE

A GUIDE TO HEALTH

Introduction. This section is intended to give you advice on how to live a healthy life in the Tropics. It is meant to be read chiefly by those who have come out to live in Singapore and Johore Bahru for the first time, but it is hoped that even the 'old hands' will refresh their memory of the simple precautions which must be taken in order to keep fit.

You may have heard tales of the terrible diseases, of the awful climate and a host of fearsome insects which you will find there. A great deal of this is nonsense, but to those of you who have never been out East before, there are certain Health precautions which must be taken owing to the different climate and the prevalence of certain diseases that are not often met with at home. The precautions which you should take are mentioned under different headings such as Food, Personal Hygiene, etc. They may appear tiresome and after a time when familiarity breeds contempt, you may feel very inclined to ignore them. Preventative Hygiene, that is the prevention of diseases by good hygiene, is never spectacular, and sometimes it is hard to persuade even the most intelligent of its necessity. But it is only by getting into the habit of observing simple and sensible precaution that disease can be avoided.

Most of the precautions necessary to safeguard the health of the community are carried out either directly or indirectly by the various departments whether of the municipal, rural or naval authorities. A very high standard of control is exercised, but there are many things the authorities cannot do, and much depends on yourself, and the care with which you order your lives.

The climate of Singapore Island is much maligned and you will probably be agreeably surprised at the contrast to the tales of horror which you may have heard before coming out. Nights are usually cool and temperatures never excessive. There is virtually no alteration of seasons. The thermometer rarely falls below 75F or rises above 90F. There is a high rainfall of some 90 inches or more during the year as an offset to this however the rain falls in heavy showers which are over fairly soon. There is a drier season usually from May to September, and a wetter (and cooler) season from October to April though there are considerable variations from year to year. Long dry spells are however rare and humidity is generally high. It may take you a few weeks to acclimatise yourself to the difference of climate.

Excess, whether eating, drinking or exercise is always harmful in hot climates and the old saying 'moderation in all things' is truer than usual. Life has to be geared at a somewhat slower rate than in the bracing and seasonable climate of the west. Adequate rest is essential.

Much has been written on what is called 'tropical lethargy' which is said to assail everyone sooner or later. A feeling of slackness both mental and physical does undoubtedly occur.

The newcomer, anxious to sweep clean with a new broom is sometimes intolerant of what he considers the 'laissez faire' of the older inhabitants. This may be true but the experienced person finds a need to adjust life to a somewhat slower tempo. Recreation in moderation and hobbies are essential and there are many subjects in which a newcomer to the Far East can interest himself.

Diseases which occur in Singapore fall naturally into two groups. The first includes those which are well known in the United Kingdom - Tuberculosis, the infectious fevers (like measles, chickenpox, mumps, diphtheria) and so on. All these can be found in Singapore just as they are at home but the incidence among Europeans is not high. The second group includes those diseases which would be common in Great Britain were it not for the precautions observed by the Public Health Authorities. Smallpox, typhoid and cholera are examples. Smallpox is rare but occurs more often than at home; cholera and typhoid do occur occasionally. Malaria is rarely contracted within the base because the mosquitoes which carry it are rigidly controlled, but it can be contracted in Johore or the rest of Malaysia unless adequate personal precautions are taken.

Water. Plenty of good water is the first essential for healthy life in hot climates.

How much water you require for drinking each day will depend greatly on the work you do and the conditions in which it is done. The normal requirements is 4- 5 pints a day but when heavy work is done a gallon or more may well be needed.

Water in the tropics is liable to, contamination with sewage and can therefore carry the germs of dangerous diseases such as Typhoid and Cholera. Unless the water comes from the main water supply it must never be drunk or used for washing purposes unless it is boiled. Never drink unboiled water in the villages, or from wells or streams no matter how far they seem to be from human habitation.

Only minerals and fruit drinks from a reliable and reputable source such as 'Fraser and Neave', 'Magnolia' or 'Schweppes' are considered safe for consumption.

Ice. Ice in a hot country may be a great source of danger.

Freezing bad water makes bad ice and the microbes in the water merely rest awhile till they thaw out again. Ice is often carted about like so much coal. Wrapped in sawdust, it is likely to be a powerful poison at the end of its journey. Unless from an unimpeachable source, and prepared with full hygienic precautions, ice should never be used in drinks or placed in contact with food.

Ice made in the domestic refrigerator from pure water supply is safe.

Large amounts of iced drinks tend to upset the stomach, and cause diarrhoea.

Salt. More is required in proportion to the increased amount of water taken.

Liberal amounts of salt should be used in cooking, and taken with meals.

Food. In hot climates less food is required than in cold climates, as the extra used in supplying body warmth is not required. Apart from this, diet in the Tropics is much the same as at home.

Cold storage and the tin can have got over most of the difficulties about meat (local pork is not reliable).

Food can be a potent source of trouble in the tropics, but with care disease can be avoided easily.

Strict supervision and cleanliness in the kitchen is essential. Insistence on frequent washing of hands by cooks is very important. Freshly cooked food is the safest, as thorough cooking will kill all germs. All cold or uneaten food should be kept under fly-proof covers, in clean containers or in a refrigerator.

Do not buy or eat food from hawkers or native shops.

Vegetables. It is a universal custom among Asians to use night soil on vegetable gardens and as a result vegetables are likely to be contaminated with the germs of Dysentery, Typhoid, etc., and also with worms.

Only fresh vegetables which have been well washed and thoroughly cooked can be considered absolutely safe for eating.

Salad vegetables such as lettuce, water cress and spring onions are particularly likely to be contaminated and should not be eaten, unless you are sure of the source. Australian lettuce is usually considered safe but ALL vegetables should be very carefully washed in running water and should never be eaten over-ripe or if the skin is damaged in any way.

If in doubt salad foodstuffs should be treated as follows:-

Soak for 15 minutes in a solution of ONE tablespoonful of MILTON to ONE QUART of water.

Canned vegetables are safe if produced by a reputable manufacturer.

Fruit. Fruit may be divided into those with thick skins and those with thin skins. The thick skinned variety (i.e. oranges, pineapples and bananas) which are peeled before eating are consequently safe. Thin skinned fruit must first be washed and then peeled before eating.

Any fruit which is over-ripe, bruised or damaged should not be eaten.

Melons, pumpkins, etc. can be dangerous as it is a practice to soak them in water (often polluted) to increase their weight. Australian fruits bought from reputable dealers, are safe.

Ice Cream. Ice cream carts and vendors are strictly controlled inside the Naval Base. Ice cream can contain all the dangers of ice itself and therefore must be obtained from a guaranteed source. In the Base, only ice cream whose manufacture has been approved by the Singapore Health Authority is sold. In the city of Singapore Ice cream should only be eaten in a really good restaurant and never off a cart from an itinerant vendor, except from one of the reputable manufacturers licensed to produce ice cream-"Walls", "Magnolia" etc.

Milk. Fresh milk, reconstituted milk and the varieties of flavoured milk drinks sold in bottles and cartons should only be purchased from reputable

firms, as such milk is pasteurised and safe. Milk that has not been pasteurised should not be consumed.

Kitchen Refuse Disposal. Dust bins at residences are emptied regularly but this system only works properly when the refuse is put in the bin, and the lid replaced.

There are two important varieties of refuse; (i) food scraps, and (ii) tins and jars.

If left scattered around, food scraps will soon attract flies and rats, while tins and jars collect water and breed mosquitoes. Besides being a nuisance,

flies, rats and mosquitoes are dangerous enemies.

MONSOON DRAINS

If you have not been abroad before you may be surprised to see an elaborate system of open concrete drains around your house and garden and indeed all over the island. These drains are there to lead off the storm water which accumulates from the heavy showers. MONSOON DRAINS ARE PARTICULARLY DANGEROUS FOR CHILDREN in two ways; firstly it is easy to fall into them and receive a nasty bruise or cut and even to break an arm: secondly and more serious-the larger drains can after rain become full of fast moving storm water so much so that a small child falling in can easily be swept away with fatal consequence. Please educate your children not to play about in these drains and to keep well clear of them as a matter of habit.

PERSONAL HYGIENE

Clothing. Clothing in the tropics protects the wearer against light, heat and the bites of insects. Although the day of the solar topee is gone, the sun should still be treated with respect, especially by people new to the district.

Different people vary much in their reaction to sunlight, and the fair and the red-headed should be especially wary. A tan should be acquired by gentle stages, increasing exposure gradually by a few minutes a day. If you rush it, you will probably end up with a severe sunburn, which may make you very ill for some days. *Severe sunburn may be acquired on cloudy days.* Clothes should be loose and light and until you get acclimatised should include a hat.

In the evening a bath and change into fresh clothes is both healthy and pleasant. The mosquitoes begin their chief activity with the sunset, and it is wise, where they are bad, to put on clothes with long sleeves so that as little skin as possible is left for them to bite.

Mosquito nets. Mosquito nets are required in some areas. They should be rigged before sunset when the mosquitoes come out, and they should be rolled up in daytime to prevent the mosquitoes lodging inside ready for the night. Obviously a net with holes in it, is of little use, and the end should be tucked under mattress. If you lie touching the net the mosquitoes will bite you through the mesh.

Nets restrict air circulation but they do keep off not only mosquitoes but other pests that fly by night.

Washing. It is a good thing to wash often in hot climates. One should dry oneself well afterwards. Wearing sweat-soaked clothes tends to bring on prickly heat, and the so called Dhubie itch.

Bowels. Constipation occurs frequently in hot climates even amongst those of regular habits. To help counteract this, drink plenty of water. Do not take purgatives and laxatives unless advised to do so by the Doctor.

Rest and Exercise. You need your usual quota of rest in the tropics and also exercise in moderation. The middle of the day is not the best time of the day to take exercise; later on when the sun is lower is better. Children need more rest and sleep here than at home. Therefore for an hour after lunch they should be put to bed *and kept there.*

The more variety and interest put into your life the better for your general health. This will prevent the onset of 'tropical lethargy'.

Bathing. If you have any history of ear trouble you should not bathe before you consult a Medical Officer.

You should only bathe in official pools or pagars.

Do not dive into any pool unless you are quite certain that there is a sufficient depth of water.

Before you commence bathing it is advisable to make sure that there is no large collection of wax in the ear canal. Ask the Medical Officer to examine your ears periodically. If there is a large amount of wax present, he will arrange to have it removed by syringing.

Never pick your ears with a hairpin or match-stick.

Unless the wax is removed there is the danger that water will be trapped between the drum and the wax. This will lead to an inflammation of the ear, no matter how pure the water may be.

Dry your ears with a *clean* handkerchief after bathing.

If you have any trouble with your ears you should consult the Medical Officer as soon as possible.

Sunglasses. Many people purchase dark tinted glasses with the idea of safe-guarding their eyes from damage to glare. Rarely is this necessary even in the tropics, and the healthy eye is quite able to accommodate itself to sunlight. If dark glasses are worn as routine, the eye does not get a chance to develop this tolerance and it may even be harmful as few types are quite optically inert-that is to say, do not act as a weak form of lens. Dark glasses need not be worn as a routine except on the advice of an eye specialist, but if you are in any doubt consult the Families Medical Officer.

Alcohol. Alcohol is best left till evening. It interferes with the heat regulating mechanisms of the body, and while a cheerful party with your friends is a welcome break the persistent imbibing of alcohol to ward off boredom is liable to lead to unfortunate consequences.

Flies. The fly is an insect with filthy habits. It begins life as an egg laid on a heap of refuse, grows into a maggot feeding on the refuse, and when full-grown it crawls into a cranny in the ground to emerge a little later as an adult fly. It spreads diseases, especially dysentery, this it does in two ways, by walking around in filth and then on food and by its unpleasant habit of spitting on its food to soften it. The cure to prevent flies breeding is by putting refuse into covered bins, covering all food and drink and waging incessant war with insecticides and fly swats.

Mosquitoes. The female mosquito lays her eggs in water, and it is the prevention of this possibility that

is the main aim in mosquito control. Drains and ditches are dug, streams are canalised, pools are filled in, pits and hollows closed. Every possible receptacle for water must be dealt with.

There are a number of different varieties of mosquito found in this Island but the main division is into those that convey malaria and those that do not. Of the former, two types are found here -

- *Anopheles maculatus* and *Anopheles sundaicus*. *A. maculatus* breeds in clean sunlit waters, hill streams, pools, wells and seepages along the foot of banks. *A. sundaicus* likes brackish pools along the high water mark but it is not found among the mangrove swamps unless the tidal flow is interfered with.

To control these, work must go on continually, and you will see squads of men from the Naval Health Department, strangely garbed and equipped with formidable apparatus, going around the Base oiling waters, clearing ditches and spraying. These are the most effective methods by which to remove as many breeding places as possible and to destroy the larvae breeding in the remainder.

Other varieties of mosquito are the black and white tiger striped *Stegomyia* which bite by day, and the *Culicine* which bite in the evening. Neither of these carry the malaria parasites, though the tiger mosquitoes carry the Dengue Fever and both are capable of spreading Yellow Fever should it ever be introduced over here.

Malaria was for a long time the most important disease found in Malaya and many schemes have come to grief solely on account of malaria rendering an area uninhabitable.

The building of the Base was only possible because wide spread precautions were taken against malaria, and only constant work keeps the base free.

To spread malaria three things are required:-

1. A source of malaria parasites which is usually to be found among the local population infected by malaria.
2. People susceptible to malaria.
3. The right sort of mosquito to transfer the parasites from (1) to (2).

The third requirement is the right sort of mosquito and the practical aim of anti-malaria work is to reduce the mosquito population to a minimum and to prevent the few mosquitoes left, from biting even the fit or those *with Malaria*. A mosquito that has not bitten somebody with malaria parasites in his blood, cannot spread malaria. This is why anyone who has had malaria is a potential danger and should always sleep under a net.

The other mosquitoes relatively disregarded, have been classed only as 'nuisance mosquitoes', and well deserve this term. They breed in anything that can water, pits and tyre ruts in soft ground, tins and jars, half coconut shells, gutters and even in vegetation and trees, as in the 'Pitcher Plant' and Travellers Plams'. As one small tin may easily hatch out 30 mosquitoes and as it only requires 7-10 days to develop from the egg to the adult stage hundreds of mosquitoes may appear very quickly and render life unbearable by their bites.

ANTI MALARIA PRECAUTIONS

You can do a very great deal to make yourselves more comfortable and help the work of the Naval Health Department by making certain that the following actions are carried out in and around your premises *every week*:

Inside the House: Empty all jars, flower vases and ant traps under the legs of tables once a week: Cisterns of unused W.C.s should be emptied by flushing at regular intervals:

- (a) Wash the surface drains round the house frequently and see that they do not become blocked with rubbish: Search every corner of the premises and gardens at weekly intervals for old tins, empty coconut shells, bottles or other receptacles, and dispose of them in the refuse bins: See that the bins are drained of water after they have been emptied:
- (b) Keep the grass cut short and hedges well trimmed. Hedges which are allowed to get overgrown are favourite hiding places for old tins and serve as resting places for adult mosquitoes: Search these areas thoroughly once a week:
- (c) Stumps of bamboo and holes in trees should be filled with earth: The lower leaves of the Travellers' Palm, when they begin to drop allow water to collect and breed mosquitoes, these should be cut off or drained by boring a large hole at the base of the stem: If there are any 'Pitcher Plants' growing in the hedges they should be rooted out.
- (d) Inspect servants quarters carefully for rubbish and old tins: Receptacles for drinking water for pets should be refilled daily: Other anti-Malaria measures which must be taken in a Malaria's area include:-
 - (a) Sleeping under mosquito nets:
 - (b) Protective clothing-long sleeved shirt and long trousers from sun-down to sun-up.
 - (c) Use of insect repellent on exposed skin surfaces face and hands:

Paludrine. This is a Synthetic anti-malaria drug which will prevent anyone from contracting malignant tertian malaria, the most dangerous form of the disease-and will suppress other forms of malaria so long as the drug is being taken:

You will not usually need paludrine in Singapore. You must, however, take it if you reside in or stay overnight in the Federation of Malaya: Advice on this can be obtained from your Family Doctor:

Rats. Rats are wily, agile rodents:

They spread food poisoning and other diseases.

They are extremely destructive, gnawing books and workwood and destroying clothing: They eat and defile foodstuffs and generally make themselves obnoxious:

They can climb nimbly and are as likely to be found in roofs as anywhere else: Besides these abilities they can multiply astonishingly:

To prevent infestation make all food and food scraps inaccessible to them: Food should be kept in cupboards and under covers and refuse in bins: Scraps should be kept out of the drains:

If there is no food or water available rats will not set up home: The odd ones that may appear in transit can be trapped fairly easily:

The Naval Health Department will deal with any infestations of rats in residences and buildings in the Naval Base, but outside, the aid of the local Health Board should be sought:

Snakes: Newcomers to this area usually express great fear of snakes, which in the majority of cases is excessive: Snakes avoid towns and other heavily populated areas and are more numerous in villages, hills and jungles: They are usually timid and nervous and try to escape or seek cover when disturbed. A snake attacks man only when brought to bay or cannot escape, or when a person treads on it: In any case the majority of snakes in this neighbourhood are non-poisonous - while the bites of others are inadequate, glancing or kept clear by the clothing:

First Aid for Snake Bites

- 1: Kill the snake and handle the body only by the tail: Keep it.
- 2: The commonest symptoms are fright and fear of death: Convincing re-assurance is vital at all stages: Death from snake bite is rare:
- 3: Keep the patient at rest:
- 4: Apply a light constricting ligature: Use a handkerchief or a piece of cloth to constrict veins and lymphatics draining the bitten area but not the arteries): This must be released one minute in every thirty:
- 5: Wash the bitten surface with plain water without rubbing:
- 6: Immobilise the bitten part as for a fracture, but if possible keep it in a dependent position:
- 7: Administer analgesics (e.g.) Aspirin or Codeine Tablets) but NOT Morphia.
- 8: Call a doctor or transfer to hospital (with the dead snake, if available: If the transfer involves great fatigue or exhaustion for the patient, it must be weighed up against the advantage of keeping the patient at rest:

Torches should be used when walking at night in the country and people should not put their hands into hollow logs or animal burrows:

OTHER VENOMOUS OR PESTS

Ants -Their bites may cause irritation or in some cases pain: Bathe bitten area in diluted ammonia or other weak alkaline solution:

Bees, Wasps or Hornets -The sting is painful, and may rarely lead to severe symptoms in those who have been bitten before: The sting of the honey bees may be left in the wound with the poison gland attached - if so, lift gently out by pressing a hollow key around the sting, taking care not to squeeze the venom into the wound: Treat with an alkaline powder or solution:

Spiders-The common species do not as a rule bite man; if they do, the bite amounts to no more than a pin prick: Rarely one meets the large 'tarantula' whose appearance is loathsome, but whose bite, while severe, is not dangerous: With these, wash the area and apply suction:

Centipedes - They appear to possess a pair of legs to each segment of the body, but the first pair is modified to form poison claws: The bite of the small centipede gives mild local inflammation, but those of the large variety can be painful and give general reactions: Treat with a solution of ammonia as a FIRST AID measure:

Scorpions-They vary in size from 1 to 8 inches and spend the day under stones, branches or in burrows. only coming out at night in search of food: They are harmless unless molested, though in the jungle boots and slippers should always be examined for their presence before putting on the feet. Their bite is painful but no more dangerous than those of bees or

wasps. With severe bites apply a ligature and suction, but in mild cases, dressing with a strong solution of ammonia will be enough.

Bed Bugs - Small flat wingless insects, 1/5" long and of a dull reddish brown colour. Once introduced they can thrive in almost any building, hiding by day in cracks or crevices of cupboards, wainscoting, walls or ceilings, folds of mosquito curtains or seams of the mattresses. At night they go out for food, to return to their hiding place when satisfied. They live on blood but can survive 9 months without food. Their bites cause irritation inflammation or loss of sleep.

Any infestation should be reported to the Naval Health Office.

Insecticides. There are many proprietary insecticides on the market. They have their limitations but are safe, generally.

Do not buy any loose insecticides from local shops as they may be useless or even dangerous.

The Naval Health Department is available for advice on the use and type of insecticides.

Remember-Insecticides should supplement Personal Hygiene and not supplant, it.

INOCULATIONS AND VACCINATIONS

1. One of your first acts on coming into the Area should be to go and see the Doctor at your district Surgery. Give him particulars about yourself and family and let him see your certificates of inoculation and vaccination. He will tell you when you should next attend and you should make a note of the dates. In any case, you should come up if you think you are due.

2. Whilst living in Singapore adults should keep in date their vaccinations and inoculations against the following disease:-

- (a) Smallpox.
- (b) Cholera.
- (c) Typhoid group of Fevers.
- (d) Poliomyelitis.

3. The responsibility for keeping "in date" with inoculations and vaccinations rests with the person concerned.

4. Attention is drawn to the fact that apart from the advisability of maintaining a high degree of protective immunity against disease the following international Certificates are required for most forms of travel:

Smallpox
Cholera

and failure to keep them in date may cause unnecessary delay at the most inopportune moments e.g. compassionate flights to U.K. etc.

5. Depending on destination and prior stopping places an International Yellow Fever Certificate may sometimes be required. Immunity following Yellow Fever inoculations last for ten years and the inoculation is only done when circumstances so warrant.

6. In particular circumstances such as ill health and pregnancy (particularly in the early months) certain vaccinations and inoculations may not be advisable, and such circumstances should be discussed with a Medical Officer and direction sought.

7. The listing of any unusual reactions which may have followed immunisation in the past should also be reported to the Medical Officer *before* receiving further injections.

8. Infants and young children require additional inoculations and the following is the advisable schedule.

Schedule advised for the Immunisation of Children.

Age	Vaccine	Dosage and Interval
2 months	Diphtheria-Tetanus Penicillins (Triple Vaccine)	3 Dose at 4 - 8 week intervals Booster dose at school entry age.
6 months	Oral Poliomyelitis	3 Doses at 4 to 6 week interval.
1 to 2 years (after 3rd month in cases of special risk or for International Certificate).	Smallpox	1 Vaccination (may have to be repeated if not successful). Booster every 3 years.
School Entry	Diphtheria-Tetanus	If no primary immunisation, 3 doses at 4-8 week interval. if primary immunisation 1 dose at school at 8 - 10 years.
1 year	Typhoid (TAB-Dilute)	3 injections, 1 & 2 at 4 to 6 week. Followed by Booster dose every 12 months.
1 year	Cholera	1 injection Booster every 6 months

9. Yellow Fever Inoculation when required may be given from age 2 months upwards.

(DIPHTHERIA IMMUNISATION ORDINANCE 1961)

10. It should be noted that immunisation against Diphtheria is compulsory by law in Singapore for every child:

- (a) within 12 months of birth or
- (b) who is under the age of seven years and who has not been previously immunised against Diphtheria.

11. Parents who are bringing children to Singapore for the first time should report to the Families Medical clinic within 7 days of arrival with documentary proof of the Children's Diphtheria immunisation state. This information is required for returns by the clinics to the Singapore Government.

The responsibility for keeping 'in date' with these vaccinations and inoculations and for complying with the varying regulations lies with the person concerned.

If in doubt consult a Medical Officer.

Local arrangements for Vaccination: see Medical Authorities in Singapore and Johore Bahru.

FOOD HANDLERS

There is a scheme for medical examination of all Asian food handlers in the Base. It consists of a physical examination, X-ray of chest and inoculation with typhoid vaccine. To safeguard yourself and your family you should see that your cooks and amahs have this examination. You can obtain details of the scheme from the Naval Base Hospital.

CHILDREN

The same health precaution for adults apply to children. In addition the following points are emphasised.

- (a) Children require little clothing once acclimatised to the sun, but should wear hats around midday. Shoes or sandals should always be worn to avoid cuts, scratches and infection through the skin. Hookworm diseases is contracted by walking barefoot on infected ground.
- (b) Infants as well as others are susceptible to heat and should never be left in the open unprotected even on sunless days, after 0830 in the morning or before 1630 in the afternoon, as heat stroke may follow.
- (c) Proper hours of rest are essential.
- (d) Oral hygiene is particularly important.
- (e) Infants are easily upset by unsuitable and tainted food, and special care should be taken in preparing their food. Bottles, teats, etc. must be sterilised and made-up feeds protected from flies.
- (f) 'Comforters' are harmful as they collect germs.

MINOR DISORDERS

1. *Cuts and Scratches* - in temperate climates people often content themselves with wrapping a bit of bandage around the cut and then leaving it to its own devices. Usually it heals up without any bother. In hot climates however, cuts and scratches are very liable to go septic and blood poisoning may follow. Wash the injured place well to remove all the dirt and cover it with a sterile or mild anti-septic dressing. If you have any doubt, or the cut looks red and angry, or throbs or discharges pus, see the Medical Officer about it.

2. *Insect Bites* - If you get bitten don't scratch the bites however much they itch. A good scratch relieves the feelings but it usually means that the bites become infected and take several days' treatment to clear up again. Instead apply Calamine lotion or spirit.

3. *Prickly Heat* - This is an irritable condition of the skin associated with excessive sweating. It usually begins where clothing fits closely, e.g. around the waist, and shows as minute red spots and blisters. It gets its name from the intense, prickly, itchy feeling which it causes. Prevention is better than cure, so dry well after washing, avoid the use of a strong or antiseptic soap, tight clothing and sweat-soaked clothes, and gradually sun-brown the body.

If neglected prickly heat and insect bites can both progress to "Monsoon Blisters." These result from infection introduced into the skin by scratching and occur mainly in children. Prevention is easy compared with treatment which often takes a long time; Insect bites in children, if they are allowed to occur, should be treated with an anti-allergic cream to prevent itching and thus scratching, (e.g. Anthisan cream which can be bought from N.A.A.F.I. and other shops without prescription). On the first sign of prickly heat a reliable powder (Agnesia is the best), should be applied liberally after washing and thorough drying.

If monsoon blisters do develop, see your doctor at the earliest opportunity.

4. *Boils* - Are fairly common and some people are prone to get them soon after coming here. They are persistent in hot climates but do not differ other from those found in England. They are common in hairy parts, especially in the arm pits, the part should be shaved and kept dry.

Little blind boils should be treated with respect. Boils are far easier to cure if treatment is begun early so do not hesitate to get medical advice even for 'only a boil'.

5. *Foot-Rot or Athlete's Foot* - is due to a fungus infection of the outer layers of the skin. It begins as an area of white damp skin between the toes and later small painful cracks form. It is spread by the floors of bathing rooms, duck-boards in showers and any other surface on which people walk barefoot in the wet. Often it is a very minor complaint till heat and damp make it flare up. To prevent it - dry well and powder between the toes, do not walk about bare-foot, change socks and stocking frequently and wear sandals when possible.

6. *Dhobie Itch* - is also a fungus infection of the skin between the legs. It shows as a red rash with a sharp edge which itches especially when it is hot.

The term is a misnomer as it was at one time thought that the infection was spread by clothing from dirty laundries. Clothing from the dhobie firms will not cause this disease.

Treatment in early stages is quite simple, and it should not be left to spread.

Report these trouble (5 & 6) to the doctor as soon as you notice them.

MEDICAL CARE

Full medical care is provided for families living in Singapore and Johore Bahru. These facilities are provided at clinics or sick quarters according to the specific (postal) district in which they live. Families residing in Naval Base and postal district 27 must attend at the Naval Base Families Clinic, and if resident in Johore Bahru must attend at the Families Clinic, at 9 Jalan Ru. These clinics are staffed by Naval Officers, Queen Alexandra's Royal Naval Nursing Sisters and Service Medical Attendants.

Details of medical arrangements, according to postal district, not covered by Naval Medical Officers is given on page 31.

Registration. You must register with the appropriate clinic (according to postal district) within one week of having settled your permanent address. Clear directions, including a sketch map when applicable, should be provided to ensure there is no delay in reaching you in an emergency. During occupation of temporary accommodation, you should ascertain where the nearest clinic is situated and how to contact it. Details of the various clinics, according to postal areas is on page 39. When registering, you must bring all the family inoculation certificates with you, particularly those referring to Diphtheria for all children under 7 years. This initial visit gives you an opportunity of seeing the clinic and meeting some of the staff who will be looking after you.

Change of address. A change of address may necessitate a change in your clinic as well. You must inform your current clinic of the change so that all medical documents can be transferred to the new clinic, with whom reregistration will then be required.

Attendance and emergency requirements. Attendance at the clinics is based mainly on an appointment system, aimed at reducing waiting time to the minimum. Times for the various clinics are given below and every effort should be made to attend promptly for the appointment or clinic. This will help specifically in utilising to the best advantage the time of the professional staff.

Home Visiting. Please do not ask for a home visit unless it is absolutely necessary. Considerable time is expended by the Medical Officer purely in travelling during which time he is not available to provide medical cover. When a home visit is required, please contact the clinic before 1000, except in emergency, to allow the medical Officer to plan his rounds.

Maternity Cases. Maternity cases should report to their appropriate clinic for confirmation of pregnancy at the normal attendance time. On confirmation of pregnancy, appointments are made for antenatal care which for residents in Postal District 27 and Johore Bahru is carried out at the Families Clinic in the Naval Base, clinic times are given below.

Infant Welfare Clinic. S.S.A.F.A. Sisters attend at the Naval Base and Johore Bahru Clinic on various days to weigh babies and give advice to mothers. There is no charge for this service, which is not intended for sickness, skin troubles etc. for which the advice of the Families Doctor should be sought. Residents in all other areas may attend the Infant Welfare Clinics at the appropriate Medical Centres.

Clinic times. -Naval Base Families Clinic.

<i>Consultations:</i>	School Children	0800 - 0900 Daily Monday to Saturday.
	Adults	0900 - 1100 Daily Monday to Friday.
<i>Special Clinics:</i>	Adults (Urgent Cases only)	0800 - 1100 Saturdays.
<i>SSAFA Sister</i>		1330-1500 Mondays ONLY.
<i>Infant Clinic:</i>		
(No appointment required)		
<i>Vaccination &</i>	Families	1330-1500 Tuesdays ONLY.
<i>Inoculation:</i>	School Children	0800 - 0900 Saturdays ONLY.
	Dockyard Personnel	1100 - 1130 Any morning
<i>Antenatal Clinics:</i>	(By appointment only)	1330 - 1500 Monday, Thursday and Friday.
<i>Dental Treatment</i>	If you require Dental Treatment please apply to the Office of the Fleet Dental Surgeon, Hobart Road, H.M. Naval Base (Tel. Singapore 591141 Ext. 5523).	

Further details of S.S.A.F.A. Services are given on Page 32.

CLINICS FOR POSTAL DISTRICT 25, 27 AND JOHORE BAHRU.

Families Resident in Postal District 25 and 27 including Naval Base

This area is covered by the Naval Base Families Clinic which is situated in Canberra Road a quarter of a mile from the Main Gate. The clinic provides medical facilities for all families in this area, and is under the charge of the Senior Medical Officer, H.M. Naval Base.

For Appointments and Home Visits:
 Mon.-Fri. between 0800 and 1600
 Sat. 0800 -1100
 Telephone: Singapore 591141
 Ext. 5375 or 5412.

For Urgent Cases at other times, including Sundays and holidays, the Duty Medical Officer can be contacted at Singapore 591141 Ext. 51354.

IF YOU LIVE IN JOHORE BAHRU - TAKE PALUDRINE DAILY

Families resident in Johore Bahru

Families resident in Johore Bahru receive medical care at the Families Clinic, 9 Jalan Ru (Off Jalan Kebun Teh) KEBUN TEH PARK.

Telephone: Johore Bahru 4096 4096-Office		
<i>Clinic Times</i>	<i>School Children</i>	Monday 0830 - 1000
<i>Consultations:</i>	(No. appointment required)	Tuesday to Friday 0830-0930
	<i>Adults</i>	
	(By appointment only)	Monday to Friday 0830-1200
	<i>Urgent Cases</i>	
	(By appointment only)	Monday to Friday 1800 - 1900
		Saturday 0900 - 1030
		Sunday & Public Holidays 0930 - 1030
		1800 - 1900
		1800 - 1900
	<i>Gynaecology Clinic</i>	
	(By appointment only)	
	<i>Vaccination & Inoculation Clinic</i>	Monday, Tuesday, Thursday & Friday 1400 - 1600
	Secondary school children can be seen afternoon or evening	Surgery by appointment only.
<i>Home Visits:</i>	Should be requested not later than 1000 hours	
<i>Emergency Cases</i>	will be seen at all times.	
<u>S.S.A.F.A.A. Children Health Clinic</u>		Monday, Wednesday & Friday 0900 - 1030
(By appointment only)		
(Telephone J.B. 3731.)		

DENTAL Clinic

Monday to Friday 0830 - 1600

FURTHER INFORMATION:

Hospital Accommodation. There is no hospital accommodation for families in the Naval Base neither are private nurses available. Unless the illness is serious they must be treated in their own homes. Serious cases of illness are sent to the British Military Hospital, Singapore. Maternity Cases

are also sent to B.M.H. for delivery by arrangement with the Medical Officer.

Certain Limitations. Service medical facilities do not cater for the chronically sick. Dependants requiring constant medical attention, such as daily physiotherapy, should not be brought out to Singapore.

If any member of your family is receiving, in the U.K., a course of treatment involving unusual drugs it is important that you bring a good supply with you. Certain drugs are unobtainable and others may not readily be available.