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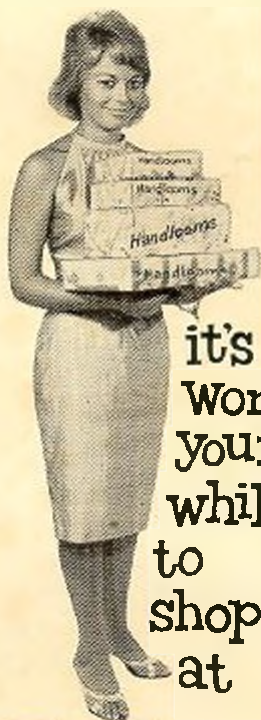


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AN INTRODUCTION TO SINGAPORE AND JOHORE BAHRU FOR NAVAL FAMILIES

PREFACE

We hope that you have had a pleasant trip to the Orient — may we now extend to you Welcome and a happy and enjoyable stay!

Some of you will not have served overseas before; some of you may actually have been to this part of the world before. Whichever is the case, it would be as well to appreciate that we serving personnel and our dependents, residing in Singapore and Johore Bahru are subject to local laws and customs. It is therefore incumbent on each one of us to act in our relations with the local population with a bearing befitting a member of the Royal Navy and a citizen of the Commonwealth.

This pamphlet is intended as a continuation of the one that you received before leaving the United Kingdom; however you will find, for your convenience, some information repeated herein.

This pamphlet is also intended for those of you who are visiting Singapore under the prepayment charter flight scheme or have arrived by R.A.F. indulgence flights. Mrs. GUERITZ, wife of the Captain of the Fleet will be glad to hear of your arrival and to arrange help, advice and contacts for you. Her telephone number is Singapore 39141 ext. 5449.

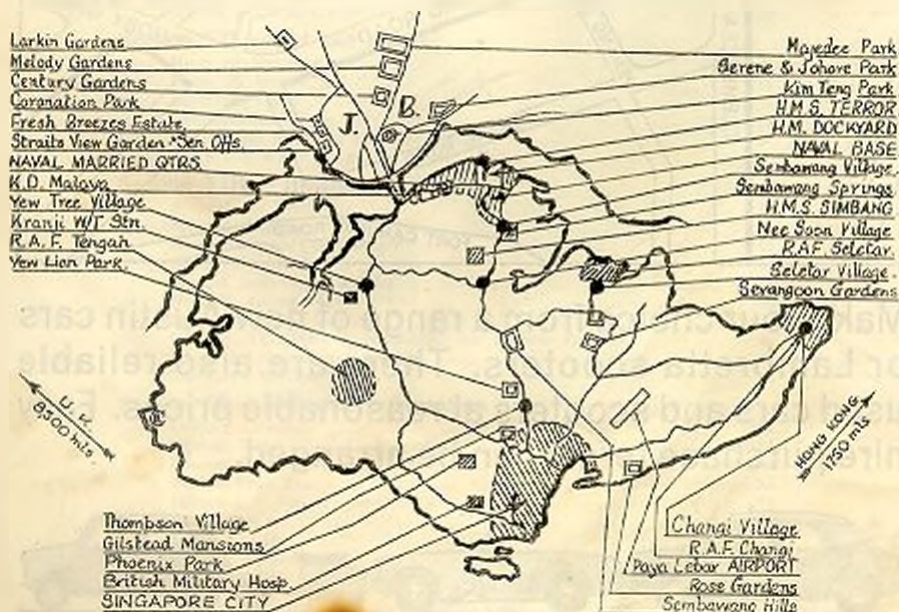
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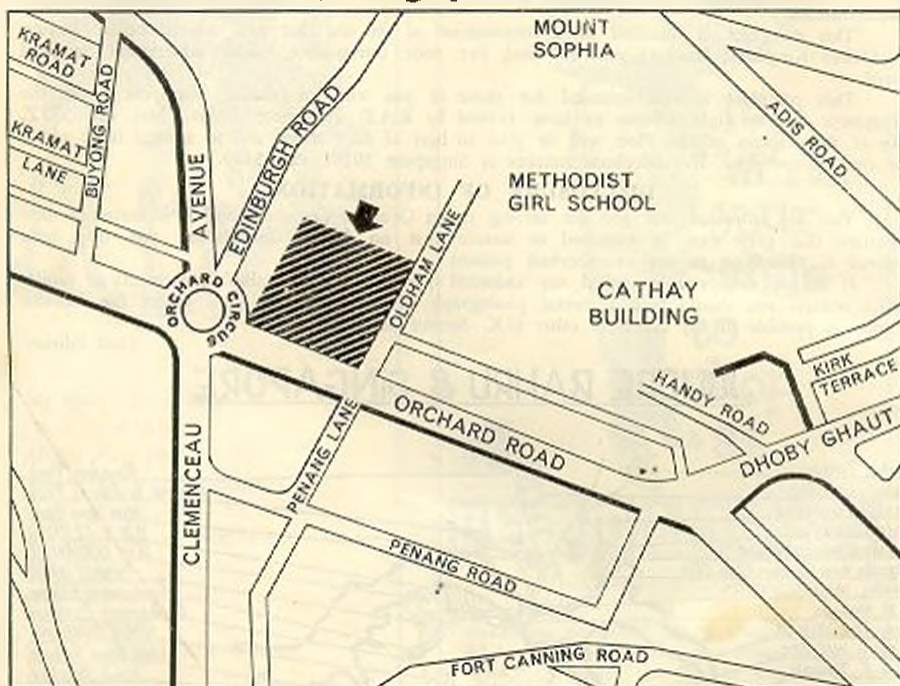
JOHORE BAHRU & SINGAPORE



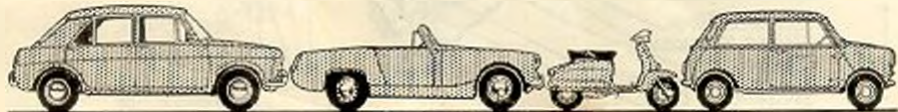
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SECTION I

INTRODUCING SINGAPORE

The history of the State dates back into the distant past for it is believed that 6,000 years before Christ the ancestors of the Australian aborigines passed through the Island in search for new homes. In the thirteenth century Singapore became the headquarters of a powerful Malay Buddhist principedom, which was overthrown by the Javanese invasion in 1377. The Malays fled north to Malacca where they flourished for a hundred years. During this time Indian and Arab missionaries used Malacca as a base from which to spread the Religion of Islam to the neighbouring islands.

In 1819 Sir Stamford Raffles founded the Settlement of Singapore and set up a trading post. He created a port, free from the piracy of the surrounding waters, where all could come and trade. Sir Stamford Raffles was in the service of the East India Company, and in 1824 the whole island was ceded to the Company, together with the small islands within 10 miles of its coast, except for those in the Straits of Johore.

The Island of Singapore was incorporated with Penang and Malacca to form the Straits Settlements in 1836. During the Second World War Singapore fell to the Japanese, in 1942, and was occupied by them until 1945. In 1946 it was made a Crown Colony, separate from the mainland of Malaya.

From 1946 the pressure for independence steadily increased, until, in 1959, Singapore ceased to be a Crown Colony and became the self-governing State of Singapore. In September 1963 Singapore merged with the eleven states of the Federation of Malaya, North Borneo and Sarawak to form a new territory, the "Federation of Malaysia" but seceded from the Federation in August 1965 becoming an independent sovereign state. Britain has now relinquished to the Federal Government her former responsibilities for defence and internal security, but she retains her military bases in Singapore under defence agreements.

When we are appointed to Singapore, we are in fact being appointed to a foreign country. We are here as guests and we have no privileged position. From a U.K. family point of view this means in practice that our attitude to the local people must be such as it would if appointed to a comparable city in the United Kingdom. We are subject to the law of the land, we need local identity cards and driving licences, we take our place in queues, just like everybody else. Also

we must be careful to respect the religious customs and traditions of the Singaporeans, some of which seem very strange on first arrival.

So too, the need for courtesy: the Asians are courteous to us and they expect us to behave likewise. This is particularly important in the relationship between the housewife and her amah.

SOME FACTS ABOUT MALAYSIA

The TERRITORIES which have merged into the new state of Malaysia share the same geographical characteristics of a hot, wet equatorial climate, a nature which yields abundantly for little labour, a soil rich in mineral wealth and a terrain covered with virgin jungle where it has not been fashioned by the hand of a man. These lands lie in the path of the monsoons.

The physical features of Malaysia stem from the Himalayas which thrust down from the Yunnan Plateau through Thailand into the Malay Peninsula, then on into the Indonesian islands and the island of Borneo.

The result is a landscape of almost continuous green jungle clad mountains, sidelined with foothills, beautiful valleys, and riverine settlements hugging the foothills.

Malaysia and Singapore embrace a total area of almost 127,500 square miles and consist of the Federation's 50,599 square miles, Sarawak's, 47,071 square miles, North Borneo's 29,387 square miles, and Singapore's 224 square miles. Malaysia and Singapore have about 9,500,000 people.

About 300 miles to the East of Singapore lies the island of Borneo, five times as large as Malaya. The southern section of the island is part of Indonesia. The states of Sarawak, and North Borneo or Sabah, which lie in the northern section of the island are the Borneo partners of Malaysia.

SARAWAK

You can fly in three hours from Singapore to Kuching, the capital of SARAWAK. Kuching looks very much like any Malayan town. There are several large Malay kampongs around it. On the streets can be seen Malays, Dayaks and Chinese. The Dayaks are in a majority among the population of Sarawak which numbers less than that of Singapore. The territory of Sarawak however is nearly as big as that of the whole of Malaya.

Most of Sarawak is still covered with jungle with the cultivated areas lying along the coast or along the main rivers. The Rehang is the largest and the most important of Sarawak's rivers. As there are few roads, the rivers are the highway of Sarawak.

Sarawak like all the rest of Malaysia is a big exporter of rubber. Her other main export is oil. Other important exports are sago, pepper, timber and jelutong. Oil is mined at Miri and refined at Lutong which lies north of Miri. A little gold and some good quality coal are also found in Sarawak.

But in economic development, it may be safely said that Sarawak is about a hundred years behind Malaya.

NORTH BORNEO OR SABAH

To the north of Sarawak lies NORTH BORNEO or SABAH. The little island of Labuan lying in Brunei Bay is part of North Borneo. The deep water port of Victoria in Labuan is an important port for both North Borneo and Brunei. Most of the North Borneo coast is inaccessible to ocean-going ships because of swamps and shallows.

North Borneo is about three-fifths the size of Malaya but the population is about the same as that of Penang Island. (Area 29,388 square miles. Population 450,000).

The Dusuns constitute the majority of the people and live near the coast where they cultivate padi, rubber, coconuts, tobacco, sago and manilla-hemp. The chief export is rubber. North Borneo has been trying to find oil and probably will some day, given the impetus of Malaysia.

The other peoples of North Borneo are the Chinese and the Muruts, the latter mostly living in the jungles like the aborigines of Malaya.

North Borneo, like Sarawak is largely jungle-covered and still undeveloped. It has, however, the only railway in the Borneo territories. The railway runs from Jesselton to Weston on Brunei Bay.

Jesselton, the capital, has a fair harbour and Sandakan on the East Coast is another port of some importance. North Borneo's timber is exported from here. The territory has high mountains and in fact most of the terrain is mountainous. Mount Kinabalu is 13,000 feet high, twice the height of Malaya's highest peak, Gunung Tahan.

MALAYA

Malaya, lying to the South of Thailand, is a peninsula which thrusts into the Indonesian Archi-

pelago. The country is about 165 miles long and about 200 miles across at its widest point.

Down the middle of the peninsula runs a backbone of mountains, on the eastern slopes of which the jungle is still supreme. The western half of the country is highly developed, dotted with fine cities and towns like Penang, Ipoh, Kuala Lumpur the capital, Malacca, and Johore Bahru at the southern end. This half of the country is crisscrossed by one of the finest road networks in Asia and traversed by a modern railway system.

Malaya is one of the world's biggest producers of rubber. Rubber estates cover the hills and undulating country-side right down to the coastal plains.

Malaya is also one of the world's principal tin producers. Rice, copra, palm oil and pineapple are important crops. Timber is a significant export. Industries are now fast growing up around the towns and cities, notably around Kuala Lumpur.

The Federation of Malaya consists of eleven states, from south to north, Johore, Malacca, Pahang, Negri Sembilan, Selangor, Perak, Trengganu, Kelantan, Penang (including Province Wellesley), Kedah and Perlis.

The people of Malaya consist of some 5,200,000 Malays, 2,300,000 Chinese, 700,000 Indians and Pakistanis, and 150,000 others.

SINGAPORE

Situated eighty-five miles North of the Equator, Singapore lies at the centre of the rich lands of South-East Asia, formerly the source of spices, but primarily today of the rubber and tin essential to modern industry. These primary products and the provision of ship-building, docking and ship facilities, light engineering works and motor assembly plants have been supplemented in recent years by a growing range of consumer goods such as dry cell batteries, glass products, edible oils, paper products, poultry feed, paints, metal boxes, shoe polish, soap, cement, etc. The manufacture of cigarettes from imported tobacco is also being fairly extensively developed. Although by tradition a city of commerce, Singapore is now fast becoming an important industrial city.

The Island stands at the Southern end of the Straits of Malacca, Asia's most crowded sea route, and the link between the Indian Ocean and the South China Seas. On the air routes of the world it lies on the main aerial highway from Europe and Asia to Australia and New Zealand. Singapore is separated from the Malay Peninsula by the

narrow Johore Straits which is crossed by a rail and road causeway. The island is 35 miles from East to West and 14 miles from North to South. The highest point is 581 feet above sea level.

The climate is hot and humid. The average maximum temperature is 90°F at about 1.30 p.m. and the average minimum is 74°F at about 3 a.m. Some days are hotter than others and the greatest annual temperature range is from 94°F to 70°F. The annual rainfall is 94 inches; rain falls in light showers or in torrential downpours. There is no cool season, and the prevailing winds blow from the north or north-east from October to April, and from the south-west from May to September.

The time is 7½ hours ahead of GMT: when it is noon in the United Kingdom, it is 7.30 p.m. in Singapore. British summer time at home reduces this difference by one hour.

PEOPLES OF SINGAPORE

The island has an estimated population of two million people, made up as follows:—

(a) Chinese	77 %
(b) Malays	12½ %
(c) Indians	8 %
(d) Europeans	1½ %
(e) Eurasians	1 %

Chinese. The peoples of China, although one race, are just as varied in tongue and temperament as Europeans. Cantonese, Hokkien, Teochew and many others have settled in Singapore and most have preserved their own dialects and customs. They are to be found in every walk of life on the island, and are the most influential group. The men normally wear European dress, while the women wear European dress, or cheongsams (sheath dresses with slits up the side of the skirt) or samcoos (cotton tunic and trousers which look rather like European pyjamas).

Malays. The Malays are the oldest of the inhabitants of Singapore, and their language is Singapore's national language. They are Muslims by religion and are by tradition an agricultural and fishing people. In competition with other races with more commercial traditions and background, they have lagged behind and are not therefore to the fore in the world of commerce. Instead they are to be found in the police and armed forces, and as fishermen, drivers and gardeners. Their traditional dress is the songkok and sarong.

Indians. Many Indians arrived in Singapore in search of work, and having found it, settled here. They have retained their own language. Many of

the professional men in the city are Tamils. They are also shopkeepers and merchants and while the majority of the men dress in European fashion, sikhs in turbans are a common sight, as are many women in saris.

Eurasians. The Eurasians are of mixed European and Asian blood, and are mostly white-collar workers and Government employees.

TRADITIONS AND RELIGIOUS CUSTOMS

Singapore's various communities each celebrate their own traditional festivals. Most of them are religious, all of them are colourful and interesting. The exact dates cannot be given as they are calculated according to a Lunar Calendar, and differ slightly each year. Some of the principal festivals are described below. All these days are Public Holidays for us and they replace many of our familiar English Bank Holidays.

Ramadan or Malayan Fasting Month (usually January/February)

Ramadan is the Muslim or Islamic adaptation of the Jewish or early Christian beliefs and is similar to Lent. It occurs during the ninth month of the Muslim Lunar Year. In Singapore it is announced to the public over the radio.

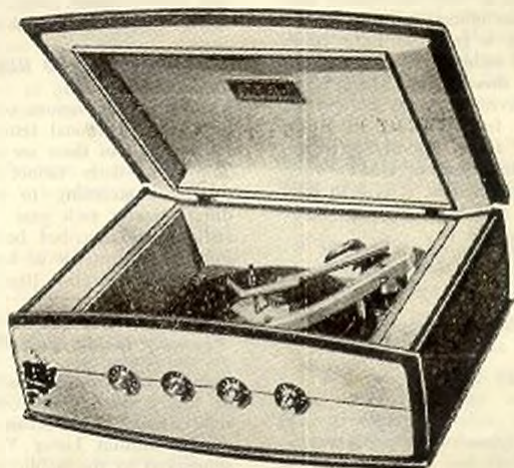
The objects of Ramadan are to instil into all Muslims self-discipline, to realise by experience the hardships endured by the less fortunate, and to make them know God's bounty in giving them food and drink. During Ramadan a Muslim fasts from dawn to dusk every day. He must also abstain from anger, unkindness or envy. In fact he must think of almost nothing but Allah his God.

Hari Raya Puasa (usually February)

On the sighting of the next new moon the end of the fasting period is announced by the Chief Kathi. This is known as *Hari Raya Puasa* and on this day all Muslims offer special prayers from dawn to noon to thank the Almighty for having seen them through the Ramadan. Before the mid-day prayers are completed, the head of each Muslim family attends to the compulsory alms-giving for himself and his family. During this day Muslim families, friends and acquaintances are greeted, blessings bestowed and forgiveness asked and given for all past sins.

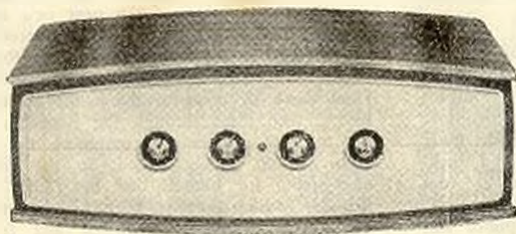
You and your family should be particularly considerate and understanding to the Malay during this long period of self-discipline and fasting. No one finds it easy to deny himself food, drink and smoking.

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Hari Raya Haji (usually April)

Hari Raya Haji is the Islam New Year and falls two months after the Hari Raya Pusa festival. It is the day when those Muslims who have made a successful pilgrimage to Mecca in fulfilment of their religious duties finally assemble in Mecca. On this day Muslims everywhere offer special prayers and have their family get-together as they did at Hari Raya Pusa.

Chinese New Year (usually late January/early February)

The Chinese Lunar calendar was invented about 5,000 years ago and, in spite of the introduction by law of the solar calendar, it is still in popular use today. It consists of twelve alternate months of 29 and 30 days and closely follows the moon's circuit, the 15th day always being a full moon. The years are grouped into 12 cycles, each year represented by an animal symbol, and these symbols repeating themselves every 12 years. The "Mouse Year" starts the cycle and this is followed by Ox, Tiger, Rabbit, Dragon, Snake, Horse, Goat, Monkey, Cock, Dog and Pig. 1960 began a new cycle with the Mouse Year.

Chinese New Year adds another year to the age of all Chinese, for age is reckoned not from birthdays but from the New Year. It is the day for settling both temporal and spiritual debts, and it is the occasion for general reconciliation and the burying of past differences. The festivities last for 15 days during which there are many rituals and celebrations culminating with the "Feast of the Lanterns".

New arrivals will find these celebrations an ear-splitting succession of noise for twenty-four hours daily throughout the period.

Chinese Vesak Day (usually April or May)

Vesak is the birthday of the Lord Buddha. It is also the anniversary of his attaining Buddhahood and of his death. During Vesak celebrations all Buddhists assist the poor by giving alms. In addition, they give freedom to their caged animals and birds.

Hindu Deepavali (usually October or November)

According to Hindu belief the Lord Subrahmaniam (Spirit of God) defeated a demon king who ruled over the Hindus, on Deepavali. In celebration of this occasion, the Hindu community visit their friends and relatives to distribute sweets, and generally celebrate with much feasting. Towards evening many Hindu homes have small oil lamps or candles burning in the doorways and windows.

Hindu Thaipusam (usually January)

This is another Hindu festival. It is the birthday of the Lord Subrahmaniam and always falls on the full moon day of the tenth month of the Indian calendar (January). During this festival the sacrifice of life is forbidden and meat is not eaten. To atone for their sins, many deeply religious Hindus pierce their bodies with weighted hooks, thrust large pins through their tongue and cheeks, don their "kavadi" (a metal frame of a most ornate nature held in position by skewers piercing the body), and take part in a religious procession from the Periamal Temple in Serangoon Road to the Hindu Temple in Tank Road.

SINGAPORE LAW

Singapore is a self-governing State, and we are subject to and must abide by the civil laws which are very similar to those of the United Kingdom. You will find the police courteous and well-mannered, and it is useful to know that all English-speaking policemen below commissioned rank wear a red flash on their equalettes. Many other policemen do understand English, but in the event of difficulty it is best to seek assistance from a policeman wearing a red flash.



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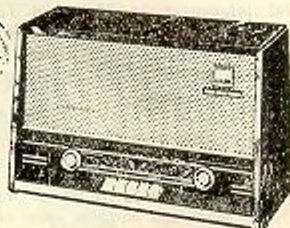
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SECTION II

H.M. NAVAL BASE — SINGAPORE

The Naval Base is situated to the North of Singapore Island on land that was originally rubber estates and uninhabited jungle swamps. It is $5\frac{1}{2}$ miles in length and 1 mile wide and occupies an area of 2,500 acres.

History of the Naval Base. In 1924 the construction of the Naval Base was started. The jungle was cleared and the swamp was filled in, this work being done by local labour who lived on the site in temporary accommodation. In 1929 the construction of the King George VI Dock was commenced. To accommodate the large staff of engineers required to build the dock, the contractor, Sir John Jackson, built some wooden bungalows. These have been known as "Jacksons" to this day and are at the extreme East end of the Naval Base and are used by the civilian families as temporary accommodation.

Permanent stores, workshops, residences and messes and the Naval Headquarters Block were built between 1937 and 1939 and the wharf walls were extended to their present size at the same time.

In 1942 when the Japanese took control of Singapore all local personnel were paid off and the majority of Europeans were evacuated. The Naval Base was then used by the Japanese until 1945 when once again it was taken over by the Royal Navy. During the period when the Japanese were in occupation the Dockyard and Base were heavily bombed by the United States Air Force. As a result of these raids the Floating Dock was sunk; the foundations of King George VI Dock were damaged as were many workshops and residences.

When the Base was re-occupied at the capitulation of the Japanese in the summer of 1945, the Dockyard was run by Naval Personnel for about 12 months until Dockyard civilians could be transferred to Singapore to take over the maintenance and repair. The local labour force was gradually recruited, many of them being ex-Admiralty employees prior to the Japanese occupation. A considerable amount of rebuilding was necessary and it is estimated that it was six years before the Dockyard was running smoothly.

Since the war various modernisation schemes have been carried out with additional new workshops and stores and today Singapore can be considered the most modern of Her Majesty's Dockyards.

H.M.S. Terror. H.M.S. Terror is the barracks inside the Naval Base which accommodates officers and ratings from the ships when they are refuelling in the Dockyard.

Royal Malayan Navy Jetty. At the Western end of the Naval Base the Royal Malayan Navy have a small base where they moor and maintain their ships. Nearby is the Royal Malayan Navy Barracks.

Electricity. Electricity in the Naval Base is supplied by two power stations within the Dockyard.

Water. The water supply for the Naval Base is obtained from the Singapore water reservoir situated in the South of Johore. There are no large catchments on Singapore Island and the Island depends on the water catchment areas in the South of Johore for the majority of its water. The Naval Base is supplied from this source and during excessive dry spells it is necessary to impose rationing of water.

THE NAVAL POLICE FORCE

The Naval Police Force was formed in December 1938 under the provisions of the Naval Police Ordinance, Cap. 98. The Force is responsible for policing all Naval Establishments in Singapore, and under the Naval Police Ordinance has all the powers, protections and immunities of a police officer of corresponding rank in the local Police Force, Singapore.

The authorised strength of the Naval Police Force is 589 officers and men, of this 98% are Asian. All officers of the rank of Sub Inspector and above speak English, the majority of other ranks also speak English and in their case this is indicated by a red flash on the right equalette. All the laws of Singapore are applicable within Naval Establishments and are implemented, from investigation, arrest or other process, up to and including prosecution in the Singapore Courts, solely by the Naval Police Force.

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Entry to Naval Establishments. Entry into Naval Establishments is subject to the production, to police, of a pass valid for the Establishment which the holder wishes to enter. Police may ask any person in a Naval Establishment to produce his or her Naval Base Pass. Failure to produce such Pass to a Police Officer of the Naval Police Force is an offence against Singapore law. Offenders are liable to arrest and prosecution before a Magistrate in Singapore Criminal Courts. Maximum punishment for this offence is a fine of \$100/- or three months imprisonment. Police have the power to search vehicles and persons entering Naval Establishments or moving from one part of an Establishment to another. You and your family should always co-operate with our police in these matters, and above all always remember to carry your Naval Base Pass with you.

Passes—Pass Office. Tel. No. 3766. Your family must report to the Naval Base Pass Office as soon as possible after your arrival in Singapore to obtain a Naval Base Pass and complete application forms for Singapore Identity Cards. The Pass Office is situated about two hundred yards West of the Dockyard Main Gate, i.e., proceeding towards Rotherham Gate.

Photography. Photography is allowed within the Naval Base but not in sensitive areas such as the Dockyard or R.N.A.D. Permission in writing from the Captain of the Dockyard is necessary for taking photographs in the Dockyard. Taking photographs without permission is an offence against Singapore Legislation (The Naval Establishment Rules 1959) and is punishable by a fine not exceeding \$100/- or a period of imprisonment not exceeding three months.

The Naval Base Pass Office provides a courtesy service to assist U.K. based staff and all dependents in obtaining their Singapore Identity cards. If wives living near Changi do not require a Naval Base Identity card they need not obtain their Singapore identity card through the Naval Base Pass Office, but can themselves obtain the identity card either through R.A.F. channels or direct from the Singapore Registry of Persons, Government Offices, Raffles Place, Singapore 6.

(See Section X—Registration for Families—for further information).

Traffic (See also Section IX)—Motoring Information. The Road Traffic Ordinance of Singapore is effective in Naval Establishments and is imple-

mented by the Naval Police Force. Speed limits within the Naval Base are:

Residential area :	30 m.p.h.
Dockyard R.N.A.D.	20 m.p.h.
& H.M.S. Terror.	

Motor cycle patrols apprehend offenders exceeding the speed limits and prosecution in Singapore Traffic Courts follows. Common traffic offences within the Naval Base are:

- (i) Failing to halt at a halt sign
- (ii) Driving without due care and consideration.
- (iii) Failing to stop after being involved in an accident.

A point to remember is that traffic approaching a roundabout must give way to traffic on the right.

Traffic Accidents in the Naval Base or Dockyard. If you become involved in an accident you must stop and if required to do so by any person having reasonable grounds for so doing furnish him with your name and address and the name and address of the owner of the vehicle. All accidents other than minor ones must be reported to a police station as soon as practicable and in any case within twenty-four hours. The regulations for traffic accidents are exactly the same within the Naval Base as outside (see Section IX—Motoring Information).

Prevention of Crime. Reports of theft and burglaries from residences within the Naval Base are fortunately few and far between. You are advised, however, to take simple precautions: attractive items such as transistor radios, cameras etc., should not be left lying near open windows and doors, nor in cars. As many windows as practicable, and all doors, should be secured when you retire for the night. Always keep your car securely locked.

During prolonged absences on holiday please inform the police station nearest your home and particular attention will be paid to the security of your house (See Section XI—Crime Prevention).

Police Enquiries within the Naval Base. For normal police services or enquiry ring the Naval Police Exchange, Naval Base Telephone No. 4222.

In case of emergency ring Naval Base Tel. No. 5555.

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SECTION III

AMENITIES

CHURCHES

Places of Worship

CHURCH OF ENGLAND

St. Peter's Dockyard Church *H.M. Naval Base*

SUNDAY

8.00 a.m. HOLY COMMUNION

8.50 a.m. SUNDAY SCHOOL

Replaced on the Last Sunday of the month by a Service for the Sunday School Children and their parents.

10.30 a.m. DIVINE SERVICE

On the first Sunday of each month this Service is a Parish Communion. During this Service there is a Children's Church in the Hall for children between about 4 & 12 yrs. old. An Amah is provided in the Chaplain's house to look after the younger children while their parents are at Church.

HOLY BAPTISM

At any time by arrangement with the Chaplain. Parents are asked please to get in touch with the Chaplain in good time so that he can meet them to arrange all the details.

6.00 p.m. EVENSONG

After both Morning and Evening Service the members of the Congregation are invited to the Church Hall so that they may meet each other over a cold drink.

WEEKDAYS

Holy Communion is celebrated daily at 0715 in the Naval Base, either in St. Peter's or in St. George's (HMS TERROR), as follows:

Monday, Wednesday, Saturday: St. George's.

Tuesday, Thursday, Friday: St. Peter's.

In addition on major festivals extra services may be arranged (Please see Notice Boards and Naval Base News).

FRIDAY

9.30 a.m. Mothers' Union Service in Church
(First Friday in the month).

TUESDAY

5.00 p.m. Confirmation Class in the Vestry.

WEDNESDAY

8.30 a.m. Exchange Shop in the Hall.

THURSDAY

5.00 p.m. Choir Practice in Church.

5.30 p.m. Confirmation or Refresher Class in the Vestry.

FRIDAY

5.30 p.m. Confirmation or Refresher Class in the Vestry.

CONFIRMATION CLASSES are held at St. Peter's Church once a year for boys and girls and regularly throughout the year for adults. Refresher courses are also held for those who have been confirmed. Notice of starting dates are given in the Naval Base News and in Church.

WEDDINGS are held in St. Peter's Church and the Chaplain will be very pleased to help with the necessary legal arrangements in accordance with the Law of the State of Singapore. Again please give as much notice as possible.

Ladies and Gentlemen, boys and girls are invited to sing in the Choir: The CHOIR PRACTICE is at 5.00 p.m. on Thursdays. If you are interested please come to the practice and meet the Organist there.

The MOTHERS' UNION after their Service (noticed above) have their monthly meeting in the Chaplain's House.

Many other activities take place in the Hall from time to time for members of the Church and friends and for the children. These are announced in the Naval Base News.

The Church runs an EXCHANGE SHOP, for the use of all European Families, in St. Peter's Church Hall alongside the Church in Admiralty Road. It is open on Wednesdays from 0830 to 1030 and newcomers find a visit surprisingly rewarding.

The Chaplain's Office is on the ground floor of the Administration Block in the Dockyard, telephone 5214. The Chaplain's House is next door to St. Peter's Church, 115 King's Avenue, Telephone 5282.

The Chaplain is always glad to be of any help he can at any time. ALL ABOUT THIS SHOULD BE RECHECKED WITH FLEET CHAPLAIN.

St. George's Royal Naval Barracks Church

Half a mile from the Dockyard lies the Royal Naval Barracks, Singapore. Here the shore-side sailor is accommodated, if living ashore while his ship is refitting, or if he is shore-based and unaccompanied.

St. George's is the Ship's Chapel of H.M.S. TERROR, as the Barracks is called, and it was dedicated by the Chaplain of the Fleet in 1962. It is a beautiful airy Church, as befits the climate of Singapore, and Morning Service is held in the cool of the day at 9.30 a.m. Holy Communion is celebrated at 7.45 a.m., and also at 10.30 a.m. (on most Sundays). There is always a cold drink on the Church lawn for the congregation after Morning Service.

Families are welcomed at St. George's and a good number come along; it is hoped that when the present accommodation shortage allows, it will be possible to organize a class for children attending the Church with their parents.

During Morning Service a Creche for Children is established in the Education Block. 30 yards up the road from Terror Main Gate.

(For week-day Holy Communion Services, see under St. Peter's Dockyard Church).

The Chaplain of H.M.S. TERROR has an Office in the Barracks alongside the Church, where he can be found for certain from 9—9.30 a.m. on any week-day morning (Tel. 59387).

CHURCH OF SCOTLAND, BAPTIST, CONGREGATIONAL, METHODIST, PRESBYTERIAN AND OTHER FREE CHURCHES PERSONNEL

St. Andrew's Church

Scrabawang Gate
H.M. Naval Base

Church of Scotland and Free Churches

Sunday Services

10.30 a.m. Morning Service and Sunday School. (CRECHE in Church Hall).

7.30 p.m. Evening Service, followed by Community Hymn singing and Fellowship.
Holy Communion on the First Sunday of the month.

Weekly Activities

MONDAY

9.30 a.m. The Ladies' Fellowship meets in the Church Hall. An invitation is given to all ladies in the Base to join this Fellowship.

3.30 p.m. Junior Youth Club for children between the ages of 6 and 11.

8.00 p.m. Scottish Country Dancing in the Church Hall.

TUESDAY

8.15 p.m. Whist Drive.

WEDNESDAY

4.45 p.m. Choir Practice.

THURSDAY

7.15 p.m. Boys Brigade Bible Class followed by Band Practice

FRIDAY

7.00 p.m. Youth Club.
(The telephone number of the Office, which is behind the Church, is 5391).

ROMAN CATHOLIC CHURCH

St. James Church.

H.M.S. TERROR

Holy Mass—

SUNDAY 0830 and 1000

WEEKDAYS 0730 Mondays, Tuesdays and
Wednesday
1730 Thursday and Friday
1800 Saturday
1730 Holy days of obligation

Confessions 1700 Saturday and before Sunday
Masses

Baptism

By arrangement

R.C. Chaplain's Office is at St. James Church.

Tel. Singapore 59141, Ext. 51395.

Prayers and religious instruction
every morning for R.C. Children
in R.N. School, Naval Base, at
0835 and 0845.

Catholic Women's League:

Monthly meetings are held on
the first Tuesday of each month,
at the residence of the Branch
President Mrs. Hickey, 212 Lagos
Circle, Naval Base.

Social meetings are held every
Tuesday morning.

R.C. Church of Our Lady

Sembawang

(at Canberra Gate)

SUNDAY MASSES—7.00, 8.00 and 6.00 p.m.

H.M.S. TERROR

The Royal Naval Barracks provides many
amenities both for the Fleet and families; it is
hoped that you will be able to take advantage of
these frequently.

RECREATION.

The Ratings' Swimming Pool.

Times for Naval Families:—

Week-days	0930 — 1700
Sundays	1115 — 1300
	1545 — 1700

The Officers' Swimming Pool.

Open to Officers' Families all day and every
day, but details of certain times when children may
not use the pool are displayed at the pool. There
is a children's pool alongside the main pool.

Golf.

A nine hole golf course is contained within
the boundaries of H.M.S. TERROR and may be
used by families at almost any time of the day.

Experts and beginners alike will find it both
interesting and pleasant to play on.

Sets of golf clubs may be hired from the
sports store, which is in the gymnasium adjacent
to No. 1 tee.

Badminton.

This is a game in which the Malaysians excel
and many of the accompanied husbands and wives
soon take it up, they too becoming very good at it.

Several clubs have been formed, both for
forenoon and evening games, details should be
sought from the Port Recreation Officer (51333).

Netball.

Ladies teams formed by various clubs—further
details from the P.R.O.

Soccer.

It is appreciated that this is not a game in
which the ladies take an active part, but many
interesting games are played on the floodlit pitch,
which may prove to be an excellent and pleasant
way passing an evening. The better and more
interesting games are usually well advertised.

Libraries.

The 'TERROR' library, situated just inside the
Main Gate, first block on the left, is for the use
of all serving officers and ratings and families and
children.

Monday to Friday	0830 — 1200
	1230 — 1430
	1530 — 1830
Saturdays	0830 — 1200

Closed on Sundays and Public Holidays.

CINEMA SHOWS.

Wardroom.

Wednesdays and Fridays	2030
Sundays	2100

Officers' Club.

Tuesdays, and Thursday	2100
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Chief Petty Officers' Mess.

Wednesdays, Fridays and Sundays	1945
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Petty Officers' Mess.

Monday and Thursdays	1930
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Note: C.P.O.'s families may attend cinema in
the P.O.'s mess and vice versa.

Avonada Pavilion.

For Junior rates families:—

Monday	2000
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CLUBS

THE ARMADA CLUB—H.M.S. TERROR.

Full Members.—All ratings of the Far East Fleet, both seagoing and shore based.

Honorary Members. All families and girl friends of full members.

Guests. Each full member is entitled to invite up to three adult guests into the Armada Club. The Duty Committee member is to be informed.

Children under the age of 16 years are to be clear of the Club premises by 1930. The Committee hope that whilst enjoying the amenities of the Club, children will show consideration for members. Parents are responsible for the conduct and safety of their children whilst in the Club.

The Committee cannot hold themselves responsible for any personal injury or loss sustained on the Club premises.

Times of Service.

Restaurant—0700-0830, 1000-1030, 1100-1400, 1530-2200.

Tavern—1200-1300 (weekdays for beer only) 1800-2200.

Lounge—1800-2200 daily, Sat & Sun 1200-1300, 1800-2200.

Guest Room—1200-1300, 1800-2200

Billiard Room—1100-2200.

Barber Shop—1000-2100.

Pavilion—By special arrangement only.

THE TAVERN IS A MEN ONLY BAR.

The Armada Pavilion is sited near the main club building and is available to ships for dances or other special functions. Application should be made as far in advance as possible to the Chairman of the Club.

Dances are organised by the committee monthly for the entertainment of members; details being posted on notice boards from time to time.

Cinema shows are given each Monday at 2000.

Socials are held on alternate Wednesdays commencing at 1930.

Whist Drives are held each Friday unless the Pavilion is booked.

ARMADA WIVES' CLUB.

Armada Club wives meet at 0930 on Wednesdays in the Armada Club. All wives are very

welcome—it is hoped that you will join and support this Club.

Talks, outings and visits to many interesting places and factories are organised for most weeks; a term programme being issued well in advance. Make sure that you obtain a copy of the programme and join in the fun.

SUBMARINE WIVES' CLUB.

The Submarine wives meet at 1030 on Thursdays in the Armada Club. Submariners' wives, come and join us, you are made most welcome.

THE INSHORE FLOTILLA WIVES' CLUB.

Club day—1st Friday in the month—1000.

THE ROYAL NAVAL OFFICERS' CLUB

Ordinary Members—all Commonwealth, Naval, Royal Marine, W.R.N.S., Q.A.R.N.N.S. Sisters and R.F.A. Officers selected by R.F.A. Masters serving with the Far East Fleet or ashore in the Area.

Family Members—wives and children under 18 years of age of Ordinary Members.

Single Members—children over 18 years of age and 'Nannies' of Ordinary Members.

Guests of Ordinary members, their wives and children over 18 years are allowed under the conditions as laid down in the Rules of the Club.

IN THE NAVAL BASE

Recreation.

Cinema Shows. The Naval Base Cinema is in Admiralty Road East, (between The Dockyard Main Gate and Sembawang Gate) and is for Admiralty personnel, both Naval and Civilian. Daily performances from 1600. (Tel. No. Singapore 59141 Ext. 91).

Naval Base Sailing Club. Situated in the Red House in H.M.S. Terror. Full membership is open to all Naval Officers. Honorary Sailing Membership is open to all ratings automatically on race days, if taking part in the racing.

Associate Membership is open to bona-fide members of U.K. yachting organisations.

Theatre Club. On an average, four plays are presented annually, in its own theatre, and there is constant requirement for actors and actresses, those interested in scenery production, stage management, electricians, and all back-stage tasks, skilled and unskilled.

Lack of experience is no bar. Several successful debuts have been made on this stage by members who have never before faced the foot-lights and some of the most admired sets have been designed and built by newcomers to this art.

Tor II—Women's Association. The Singapore Naval Base Branch hold weekly meetings, in St. Andrew's Church Hall, on Fridays at 0930. (See also outside the Naval Base).

The Naval Base Singers. An independent society open to all civilian and naval personnel, normally stages two shows a year, one Gilbert and Sullivan operetta and one musical comedy. Recent productions include—White Horse Inn, H.M.S. Pinafore and Bless the Bride. Further details are available from the Secretary, through the Dockyard Welfare Officer. (5586).

Other Facilities.

N.A.A.F.I. Families Shop. This is situated just outside the Dockyard Main Gate on the road to H.M.S. Terror.

Other Shops—including a Hairdressers, Florists (Interior.), and a Photographer are situated in the same area as the N.A.A.F.I. Shop.

A Newsagent and two cold storages shop are situated just inside the Sembawang Gate.

Garages—where one can obtain petrol, spares, servicing, repairs taxis one just inside the Sembawang Gate (Kutty-Dockyard No. 51384) and the other, outside TERROR Main Gate (Coltex Dockyard No. 51394).

Bank—situated just outside MYNGS gate is the Chartered Bank. (Dockyard No. 5304).

The Naval Base Exchange Shop. The Naval Base Exchange Shop is situated in St. Peter's Church Hall on the main Admiralty Road through the Base.

The shop is open every Wednesday between 0830 and 1030.

The shop has a very good selection of second hand books, toys, household goods, mens' suits, blazers, shorts shirts and other articles of clothing, etc., at very reasonable prices. There is also a varied selection of basket work made by the Johore Anti-Tuberculosis Rehabilitation Organization.

Persons who have just arrived or who are about to leave the station find the shop of particular appeal.

The shop undertakes to sell clothes, books, etc., for any person, who receives 80% of the proceeds. The remaining 20% is donated to the St. Peter's Dockyard Church.

The Exchange Shop is staffed by voluntary workers under an honorary manager.

The Royal Sailors' Rest—"Aggie's". This is a splendid new establishment situated just outside the Dockyard Main Gate.

Facilities, which are available to Naval and Royal Marine Families until 1600 daily except Sundays, include Restaurant, games and reading rooms and swimming pool.

OUTSIDE THE NAVAL BASE.

N.A.A.F.I. Families Shop and Clubs. There are N.A.A.F.I. families shops at—

Serangoon Garden Estate
Tanglin H.Q. Far East Land Forces.
Malacca Barracks—Johore Bahru.

Residents in J.H. require a permit before they can deal with the N.A.A.F.I. (this permit should be retained and not deposited with N.A.A.F.I.); residents in Singapore require a ration card before they can purchase duty free beer (this card should be passed to the N.A.A.F.I. Manager with whom you deal).

Permits and ration Cards may be obtained from the P.O. Writer in the Family Housing Section in H.M.S. Terror Barrack Control Centre.

Detached ships may have drawn permits and ration cards in bulk those concerned should enquire from their own ships first.

Britannia Club, Beach Road, Singapore. The Club, run by the N.A.A.F.I. is for the use of all Naval ratings, Royal Marine other ranks and their families.

Facilities include, a snack bar and restaurant, lounge bar and tavern, games and reading rooms, a swimming pool and sports shop.

Commonwealth Services Club, North Bridge Road, Singapore. This club is for use of all Naval ratings and Royal Marine other ranks only.

Similar amenities as the Britannia Club but there is no swimming pool.

Tor II and Tor II Women's Association. The Singapore Joint Group hold weekly meetings in Taihoi House, 11 Scotts Road, Singapore 9, at 2030 every Tuesday.

Leave Centres.

The following are the recognised leave centres for Officers and Ratings—

Cameron Highlands.
Fraser's Hill,
Port Dickson,
Mariners Club, Penang.
King George National Park.
"Sandycroft" Leave Centre.
Tanjong Bungah, Penang. (Ratings Only).

Details of these leave centres may be found in Singapore Recreational Memoranda



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\$12.50 per day	
\$14.50 per day	
\$ 9.50 per day	
\$11.00 per day	
Monthly Rate.	
	\$300
	\$360
	\$240
	\$280



1-D, JALAN SCUDAI, JOHORE BAHRU. TEL: J. B. 2133/4

SECTION IV

FINANCE

"Every Dollar is a shilling spent or a half-crown saved".

Currency. The local currency is the Malayan Dollar (M\$) of which there are 8.57 to the £ Sterling. Each dollars is worth 2s. 4d. Sterling.

	\$	c.	£	s.	d.
Coin	—	1	=		3 approx.
Coin	—	5	=		15 approx.
Coin	—	10	=		24 approx.
Coin	—	50	=	1.	2.
Note	1	—	=	2.	4.
Note	5	—	=	11.	8.
Note	10	—	=	1.	3. 4.
Note	50	—	=	5.	16. 8.
Note	100	—	=	11.	13. 4.

£	s.	d.	\$	c.
		1	=	3½ approx.
		6	=	21½ approx.
	1	—	=	42½ approx.
	2	—	=	85½ approx.
	10	—	=	4 29 approx.
1.	—	—	=	8 57 approx.
2.	1	—	=	9
7.	—	—	=	60

Drawing Your Pay. If you are a rating's wife you will have handed in your allotment books before you left U.K.

During your absence from U.K. you will not have an allotment book, all your allowances including Family and Local Overseas allowances being credited to your husband's pay account. Soon after arrival your husband will be required to say how you wish to draw your money.

A rating may draw all his pay and allowances in cash at the pay table, giving his wife her share directly. This may not always be possible however, if a rating is in a seagoing ship. Whether in a seagoing ship or on shore it is still not a very wise thing to do. Large sums of money remembering that you get more than in U.K.) may easily be mislaid or even stolen, thus causing much unnecessary distress.

There are two alternative methods of drawing money:—

- (a) An allotment to the Dockyard Cashier and drawn in much the same way as

allotments are drawn in U.K., or the Cashier will send you a cheque.

The *Cashiers Office* is in Naval Headquarters—far left corner of the Main Entrance Hall. N.H.Q. as it's called, is situated inside Myngs Gate—the Chartered Bank being just outside Myngs Gate.

- (b) An allotment to a bank, which can be easily drawn on as required, as in a bank in U.K. (See note below).

Almost all traders will gladly take a cheque in payment.

Note.—If you wish to transfer money from your U.K. Bank account you will probably find it more convenient to have it sent to the Naval Base branch (the drill is widely known by most banks in U.K.)—

Address —

The Chartered Bank,
H.M. Naval Base,
Singapore 27.

The alternative in (b) above saves the wife having to make frequent trips to the Dockyard to draw her money, and most people find it by far the best arrangement.

U.K. currency may be exchanged for Malaysian Dollars at the cash counter in the Base Supply Block, H.M.S. Terror (by the Armada Club).

ALLOWANCES

Overseas Allowance. This allowance is designed to cover the essential extra cost, as compared with U.K., of maintaining a reasonable standard of living.

Details of current daily rates are as follows:—

	Single-rate sailors		The Sea-ones	
	In M.Q.	Private	In M.Q.	Private
Commanders	46/6	79/3	43/3	76/-
Lt. Cdr's and below	41/-	72/3	39/7	69/4
Chief Petty Officers	29/-	52/6	26/9	50/3
Petty Officers	27/6	49/-	25/6	47/-
Leading and Able rates	26/-	45/6	24/3	43/9

After a few months you will find this allowance quite adequate, providing you are prudent.

and you should be able to recoup your initial expenses without undue difficulty before you leave. **DO NOT, HOWEVER, ACCEPT EVERY OFFER OF CREDIT FACILITIES AS SOON AS YOU ARRIVE.**

Ration Allowance. The present rate of ration allowance is 10/- per day.

Overseas Family Allowance. This allowance is paid from Naval funds in place of family allowance which ceased on departure of the family from U.K. The rates and conditions of entitlement are the same.

A 'Cost of Living Addition' to family allowance is also payable, the present rates being 12/- per week for the first eligible child and 15/- per week for each additional eligible child.

Application for Allowances. Forms are available from the Pay Office and should be completed on arrival in Singapore.

Advance of Disturbance Allowance. Those entitled may draw an advance of £40 (Officers) or £25 (Ratings) immediately on arrival of the family, if it has NOT already been drawn in U.K.

The 'other half' is normally ready for collection within two months.

Rent Compensation. If accommodation is reserved before arrival of the family, the rent paid (within a monthly maximum of £61. 10. 0 for officers or £39 for ratings) can be reclaimed from the Supply Officer. Rent paid prior to the husband's arrival in Singapore is not refundable.

Advance of Pay.

In accordance with A.F.O. 1699/62, up to 15 days pay and allowances (this includes L.O.A.) may be drawn on arrival of the family on the Station.

This will, to a great extent, cover the extra expense of setting up home, especially if you have had to take a private unfurnished or partly furnished dwelling.

This loan is repayable over 12 months—this is done automatically by the Pay Office.

POST OFFICE SAVINGS BANK.

Business is transacted in the Base Supply Office, 11 M.S. TERROR as follows:—

Mon., Wed., Thurs and Fridays—0900—1200
(URGENT business at any time).

Wives of service personnel may make deposits, but only serving personnel may make withdrawals.



Chances are you won't marry a guy
who cleans, irons, scrubs, and sweeps.
SO... wouldn't you



rather have a
Hoover?

SECTION V

SHORE ACCOMMODATION

FINDING A HOUSE.

This chapter is designed to help you in your search for a house. It includes the answers to most questions put to the Married Quarters Officer and his staff, by new arrivals. If you have any questions of your own which are not fully covered here, you should contact the Married Quarters Office, H.M.S. TERROR.

Private accommodation is not difficult to find and there is a waiting list for service accommodation (i.e. Married Quarters and Furnished Hirings).

The majority of service families start off their stay by residing in Guest Houses (which are rather cheaper than Hotels though not so comfortable).

You may after your arrival, find a house in which you would like to reside under private agreement. In so doing there are certain points to which you must pay particular attention, they are:—

- (a) All private accommodation must be inspected by the Naval Medical Officer of Health (for obvious reasons). This necessary forms are obtainable from the M.Q.O.
- (b) It is preferable, mainly from the security aspect, to find private accommodation which is in a predominantly European area. These areas are numerous both in Singapore and Johore Bahru. You will find that the following areas in Singapore are predominantly 'EUROPEAN':

- (i) Serangoon Garden Estate.
- (ii) Seletar Hills Estate.
- (iii) Sembawang Hills Estate.
- (iv) Sembawang Springs Estate.
- (v) Puyong Estate.
- (vi) Hoover Park Estate.
- (vii) Thomson Ridge, Garden and Park Estates.
- (viii) Tanglin Area. (Mainly Officers)

The following Estates in Johore Bahru are also predominantly 'EUROPEAN':—

- (i) Kim Teng Park.
- (ii) Serene Park.
- (iii) Century Gardens.
- (iv) Majedee Park Estate.
- (v) Coronation Park.
- (vi) Larkin Gardens.
- (vii) The Seadai and Power Station Areas (Mainly Officers).

Rents for private accommodation vary considerably depending on where the property is situated. Property in Singapore tends to be a little more expensive than that in Johore Bahru.

Some landlords prefer to let private property to tenants in an unfurnished state, in which case the tenant decides to either hire or buy his own furnishings. The hire charge for furniture for a normal sized family is in the region of \$80 per month, this includes the hire of a refrigerator (which is a necessity in this climate).

The following facts may help you to decide where you want to live and how you want to live for your stay in the area.

	Unfurnished per month.	Furnished per month.	Approx. Fuel & power charges per month.
Singapore	\$180-\$250	\$300-\$400	\$35
Johore Bahru	as above.	\$250-\$375	\$35

(Accommodation for Officers is usually some \$100 more).

It should be noted that to occupy service accommodation (i.e. Hirings and Married Quarters) the following figures should be compared with those of private rents

	C.P.O.	P.O.	Leading & below
Monthly cost of occupying service accommodation (i.e. Rent and furniture charges)	\$393	\$363	\$335
and the difference between the accommodated and un-accommodated rate of	Cdr. Lt. Cdr. Lt. & below		
L.O.A.	\$608	\$550	\$525

It should be borne in mind that electricity charges for Hiring and Married Quarters are at a subsidised rate.

When taking up private accommodation, the landlord may require you to sign a form of agreement, if this is so you should pay particular attention to the period of notice for the termination of the agreement. IT SHOULD PROVIDE REASONABLE NOTICE TO QUIT e.g. ONE MONTH ON EITHER SIDE IN THE EVENT OF YOUR LEAVING OR HAVING TO LEAVE THE PREMISES.

NAVAL HIRINGS.

There are a large number of *rooms* hirings both in Singapore and Johore Bahru, all of which are administered by the Married Quarters Officers, H.M.S. TERROR.

Married Quarters Officer's telephone No. 51368
Family Housing Section telephone No. 51384

The waiting time for existing hirings cannot be stated in general terms; for an attractive house or bungalow in an attractive area the wait might well be as much as a year, for something less attractive e.g. a flat in a large block, there may well be no waiting time.

However, as the ceiling for hirings allowed has not been reached, those who can find accommodation to the required standard, may propose it and get it taken on quite quickly as a hiring.

Normally these hirings are furnished to Naval standards, in which case you have everything except linen, but in some of the older places, you may find a shortage in cutlery, crockery, pots and pans.

To obtain a hiring, one is required to keep a very good eye on the *Hirings Vacant Board* in the *Barrack Control Centre, H.M.S. Terese* or your own *ship's notice board*. Here you will see published the hirings becoming vacant in the ensuing month or two, and all you have to do is to go and see the place or places of your choice and opt as desired. You may append your name to several vacancies, but please put a priority number on each one. It is important that you inspect the property before appending your name to the list, for once the hiring has been allocated to you you are bound to take it. Excuses tendered after, that the place is too small etc., cannot be accepted.

The Rating with the earliest DATE LEFT U.K. gets the Hiring.

Wives are very welcome to visit and opt for places in their husband's absence—the Family Housing Section personnel will be only too willing to assist you and answer any questions.

There are a few OFFICERS' hirings, some of which are convenient for personnel working in Phoenix Park, others are in Johore Bahru and convenient for those working in the Naval Base.

Again the waiting time cannot be assessed—just keep your eyes on the Mess and Main Notice boards, apply, and you may be lucky.

In general, officers hiring are poorly supplied with cutlery, crockery, pots and pans, as many have been hirings for a lengthy period.

RATINGS' MARRIED QUARTERS.

There are 48 ratings' married quarters in the Naval Base for the general allocation to ratings, 4 at Loyang for Boom Defence ratings and 2 at Kranji for W/T ratings.

The waiting time is 18 months at the time of publication.—it may well improve.

Names of entitled ratings are automatically placed on a *Combined (Married Quarters and Hirings) List*.

OFFICERS' MARRIED QUARTERS.

Married quarters for Officers are situated as follows:—

	Captain.	Commanders.	Lt. Cmdr. & below.
Naval Base	12	10	18
Kranji	1	Nil	5
Loyang	Nil	1	7

The waiting time for Naval Base Quarters is about 18 months and almost nil for those employed at Kranji and Loyang.

Officers of Commanders rank and below are required to complete a *preference form* in order to have their names placed on the M.Q. and/or Hirings Lists. A separate list is kept for Commanders.

Preference forms may be obtained from the M.Q.O.—a phone call (51368) will suffice.

Officers are reminded that they must apply to have their names placed on the requisite list within one month of late left U.K. to have that date as a basic date, failure to do this will mean that their basic date will be that of application.

Main Services for PRIVATE HOMES.

Deposits are required for the connection of the following Services to a PRIVATE house (No deposits are necessary in M.Q.s or Hirings EXCEPT in the case of a Telephone)

Johore Bahru—Electricity \$80

Singapore—Electricity & Water \$75 (Combined).

Telephone installation and transfer charges may be found in the front of the Singapore and Johore telephone directories.

EMPLOYMENT OF AMAHs.

As a married accompanied man living in the Far East you will, almost inevitably, find it necessary to employ an amah; indeed, Local Overseas Allowance recognises this. The following information and advice will assist you in this respect.

Medical

Although a Service medical examination is not insisted upon, you are very strongly advised to have your Amah medically examined. Such examination will bring to light any infection that may not be apparent but which is being 'carried' by her. Remember, your children are particularly susceptible to infection in a tropical climate.

Medical examinations are carried out free of charge by the Naval Medical Officer of Health, Naval Base Hospital. For examination, your prospective Amah, (accompanied by you or your wife), should report to the Inquiry Office, Naval Base Hospital, between 0830 and 1030 on any Thursday. A stool specimen should be brought in a waxed carton which will be provided by the hospital. It will be necessary to make a second visit on the following Tuesday at the same time, for the final medical examination.

AT STAKE—THE SAFETY OF YOUR FAMILY AND YOURSELF.

Wages

It is for you to negotiate with the amah how much to pay her, in the light of the duties and work you require of her, the size of your family and house, and other local circumstances. It is, however, suggested that you should follow the local interpretation of "good employer" practice. As a guide, to rates of pay, it was the practice of Service Departments to pay an amah employed full-time on household duties, including cooking as necessary, for a minimum of 48 hours a week, \$114 or \$130 a month according to whether she lived "in" or "out". It is advisable for the rates of pay given by a British Serviceman not be in marked contrast to these rates. Part-time employment should be paid for pro rata.

Insurance.

To protect yourself against any claim arising from an accident to your Amah (electrical fault, falls, cuts, etc.), you are advised to take out Accident Insurance. Adequate coverage can be

negotiated through local companies at an annual premium of about \$8.00.

Singapore Central Provident Fund (Singapore Residents only)

It is a legal requirement for you to register with the Central Provident Fund Board as an employer and pay contributions on behalf of your Amah towards her retirement benefits. The contributions are payable monthly at the rate of 5% of the wages paid (e.g. in respect of an Amah who is paid \$130 a month, you will be required to pay \$6.50 a month). As soon as you decide to engage an Amah, therefore, you must register yourself as an employer with the Central Provident Fund Board and your Amah as your employee, even though she may already have a Provident Fund Membership number. To do this, either write to the Board at 79, Anson Road, Singapore or telephone (Singapore 795103) and you will be sent the appropriate forms and a booklet explaining the procedure.

Malayan Employees' Provident Fund (Johore Residents)

In Malaya, servants in private households are excluded from the provisions of the Employees' Provident Fund, and if you live on that side of the Causeway you will not be required to pay contributions or register yourself or your Amah. However, if you reside initially in Johore and later move to Singapore, then you *must* follow the Singapore routine in paragraph above.

Conditions of Employment

No binding rules are laid down about conditions of service (hours of work, time off, payment during sickness, etc.), which are a matter for mutual agreement between yourself and the Amah. You are, however, strongly advised to be reasonable in your demands. It is usual to allow one day off per week, and some public holidays (in particular 2 or 3 days at Chinese New Year). Similarly, it is usual to continue to pay the Amah during casual sickness.

Termination of Employment

Under Common Law, it is necessary to give an Amah 14 days notice of discharge or 14 days pay in lieu.

Failure on the part of an employer to comply with this rule could involve him in lengthy and costly civil proceedings.

JOHORE HOTEL

69, JALAN IBRAHIM, SULTAN,
JOHORE BAHRU.
TELS: 2393 & 2394

(The Hotel is situated east of the Johore Causeway
and fronting the Johore Straits, opposite the
New Base)

All rooms with Bathroom Attached, Modern Sanitation,
Hot and Cold Shower and Bath and Telephone.
Rooms and Suites with Air-conditioned or Ceiling Fan.
\$10.00 to 20.00 Daily.

Best European Food A La Carte Service Daily.

Chinese Restaurant serving delicious food at
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First Class Bar serving all drinks

Special Curry Tiffin every Sunday.

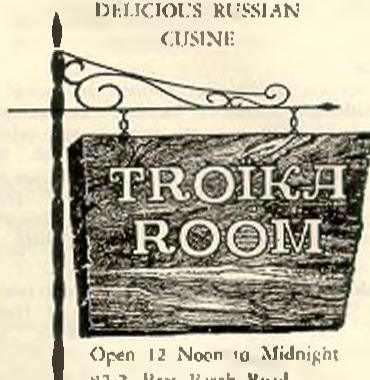
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SECTION VI

EDUCATION

Army and R.A.F. authorities administer a number of Primary and Secondary schools in Singapore and outlying establishments; the only schools administered by the Royal Navy are the Royal Naval Infants' and Junior Schools situated on adjacent sites near to the Sembawang Gate of the Naval Base. These cover the age range from 5 years to 11+ years. Children may be admitted to other Service Primary Schools if nearest their homes.

Free education conforming in type and scope to that of Local Education Authorities in England and Wales, is provided in Service Children's Schools in Singapore for the children of U.K. based civilians.

Admission. Enquiries and enrolment of all children are dealt with as follows:—

Children of Primary School Age (5 years to 11+ years). All enquiries should be made to the Headmaster, Royal Naval School, H.M. Naval Base Singapore 27. If your children arrive in Singapore during term time you should complete their school enrolment as soon as possible after your arrival. If they arrive during school holidays enrolment takes place on the Friday prior to the commencement of term. Appointments with the Headmaster can be made by ringing the School Secretary, Singapore 59141 Extension 5395.

School places are available in Service Schools for children who are 5 years of age by the date of commencement of the term and it is sometimes possible to offer school places to children who will reach 5 years during the term.

Children of Secondary School Age. The Fleet Instructor Officer, Office of Commander, Far East Fleet, H.M. Naval Base, Singapore 27 deals with all enquiries in connection with Secondary and Further Education. Interviews may be arranged by ringing his Secretary, Singapore 59141, Extension 5301.

There are three secondary schools in Singapore:—

- (i) An Army Comprehensive School which is split into two sections, an intermediate and a senior school.
- (ii) An R.A.F. Grammar School at Changi.
- (iii) An R.A.F. Modern School at Seletar.

Children are allocated to courses depending on their performance in Moray House and NFER tests. The schools follow curricula similar to those

in U.K. with General Certificate of Education courses at Ordinary and Advanced levels for those children capable of taking them.

Staff. The majority of the teachers are engaged in the U.K. Those appointed are qualified teachers and, for advanced courses, are graduates. The staffing scale is at least as generous as at home and allows for a reasonable amount of personal attention.

The schools are inspected by Inspectors from home approximately once every 2 years.

There are a number of vacancies for qualified teachers who have accompanied their husbands to Singapore. Applications should be made to the Headmaster, Royal Naval School.

Hours of Work. Formal teaching is confined to the forenoons except in the Senior section of the Army Comprehensive school which works normal U.K. hours. The other secondary schools work from 0815 to 1230 from Monday to Friday and from 0815 to 1200 on Saturdays. The Royal Navy Junior School works from 0830 to 1245 from Monday to Friday and, in addition either Monday or Tuesday afternoon from 1330 to 1530. Voluntary activities take place in the afternoons of Wednesday, Thursday and Friday.

The Royal Naval Infants' School works from 0830 to 1245 only, Monday to Friday. The Secondary Schools also carry out a programme of voluntary extra-mural activities on various afternoons. These include football, swimming, boxing, singing, country and national dancing, cricket, fencing and athletics.

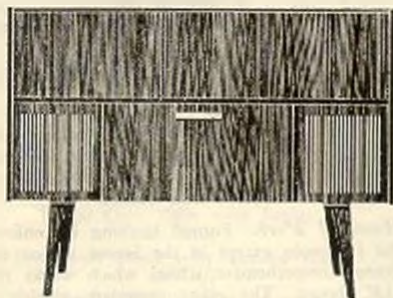
School Transport. Transport for children attending Service Schools is arranged centrally by the Naval Store Department, and is provided free. Volunteers for duty as coach escorts should apply to the Headmaster, Royal Naval Schools.

You are particularly asked to instruct your children on the need for good behaviour on the school buses.

GENERAL. When your children leave school or change their address, you must give notice in writing to the Headmaster of the school your children attend. Two weeks notice must be given when they leave prior to your final departure for the U.K. so that educational records may be forwarded to the Ministry of Defence (Navy) for use on application by the child's new Local Education Authority.

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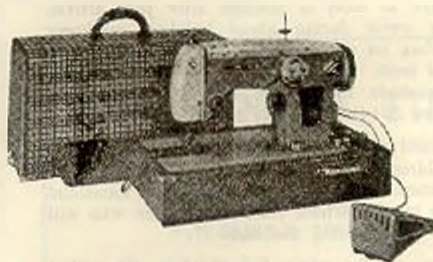
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FOR FULL DETAILS PLEASE CALL AT:

20, Jalan Leban, 6th m.s. Thomson Road, S'pore-20. Tel. 59509, 59727
10, Kensington Park Road, Serangoon Garden Estate, S'pore-19. Tel. 86023
1, Alexandra Avenue, Opp. B.M.H. S'pore-3. Tel. 642373
204-1; Jalan Kayu, Seletar, Singapore-28.

50, Jalan Yahya Aldatar, Johore Bahru. Johore.
(Opened for business soon)

SECTION VII

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 \$3.50. 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.

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.

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 Emparicks. 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 quantity 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. Tanes, which sells a multiplicity of Eastern made goods. Prices of certain articles at this shop are slightly higher than elsewhere but 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. Change Alley is very well known for its stalls crammed full of sandals, records, dresses, watches and souvenirs of all kinds. Everything is bargained for in Change Alley.

The following villages are generally favoured by European people—

Sembawang Village
Nee Soon Village
Changi Village
Seltar Village

The C.C.C. Junk Store, 137, Bukit Timah Road, near Newton Road is worth a visit if you wish to buy second hand articles such as Mah Jong sets, bicycles, prams etc. cheap.

PLACES 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 in 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 are fish ponds where they can feed the fish

and a pleasant 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.

SHORESIDE CLUBS AND HOTELS

Many a pleasant evening can be spent at one of the many Hotels in the city. Here you can dine and dance any night of the week and enjoy eastern or western food in beautiful surroundings. The most favoured hotels are—the Goodwood Park Hotel, Ocean Park Hotel, Prince's Hotel Gami, Rifles Hotel and the Singapore. In Johore Bahru there is the New Straits View Hotel and the Johore Hotel.

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 6½ mile-long Thomson Road and has an 18 hole golf course. There is also a swimming pool and a 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 car-driven large cars available for official functions etc.

Kitty'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 Store, Orchard Road)	13.0	\$5.20
Sembawang Gate to		
Johore (Rest House)	8.1	\$3.40

Table of Rates per mile

Day — 0600 — 0100	
\$0.40 first mile	
\$0.20 each subsequent half mile	
Night — 0100 — 0600	
\$0.60 first mile	
\$0.30 each subsequent half mile	

Additional Charges

Waiting Time—70 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/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 hour = \$ 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).

Taxi 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 TAXI' as they are called.

Notes. 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 Yee 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 Yee 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 1

Hoi How Road—Main Gate (Naval Base)
15th Milestone (via Thomson Road)

Weekdays, Sundays & Public Holidays
0520—2359 at 60 minute intervals

Route 4

Hoi How Road—Afina Gate (Naval Base),
11th Milestone (via Thomson Road)

Weekdays, Sundays and Public Holidays
0520—2350 at 60 minute intervals

Last bus leaves Hoi How Road at Midnight.

Recreational Buses. The R.N. Bus Service to Singapore City and B.M.H. is provided for the benefit of non-ambulance service patients required to attend the B.M.H. for treatment and for U.K. personnel and their families residing in the Base who wish to shop in Singapore. The bus also carries Admiralty civilian personnel to B.M.H. as patients or as visitors.

The bus schedule is as follows:—

	Monday to Saturday	Monday to Friday	Saturday Only
Rotherham Gate	0820	1300	1330
Rimau	0825	1305	1335
H.M.S. TERROR Gate	0830	1310	1340
Dockyard Main Gate	0832	1312	1342
St. Peter's Church	0834	1314	1344
Sembawang Gate	0835	1315	1345
H.M.S. Sembang Gate	0844	1325	1355
Sembawang Hills Shell Station	0852	1332	1402
via Thomson & New- ton Roads			
Scots Road (near Lido Cinema)	0907	1347	1417
via Tanglin Road			
British Military Hospital	0916	1356	1426
British Military Hospital Orchard Road (near Lido cinema outside Phillippines Dry Clean- er, opposite Universal Cars Garage)	1209	1609	1709
Cold Storage, Orchard Road	1713	1613	1713
via Connaught Ave- nue, Newton Road and Thomson Road			
Sembawang Hills Shell Station	1231	1634	1734
H.M.S. Sembang Gate	1243	1643	1744

ILMS Sembawang Gate	1245	1645	1745
Sembawang Gate	1251	1651	1751
St. Peter's Church	1252	1652	1752
Dockyard Main Gate	1254	1654	1754
ILMS TERROR Gate	1256	1656	1756
Rumau	1301	1701	1801
Rotherham Gate	1306	1706	1806

N.B. There will be no other picking-up points on Orchard Road.

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 SPECIALLY asked to ring Singapore 59111 ext-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.

North Borneo/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 2350 Saturdays and Sundays.

North Borneo Bus Service. This service is run by a private company.

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

Main Service

Rotherham Gate—Canberra Gate—Mata Gate Run between 0610 and 2359 at varying intervals of up to 25 minutes until 2135 and then hourly.

Route No. 7

Rotherham Gate No. 1 Mess (Sembawang Gate)
Buses leave Rotherham Gate on the hour from

0830 2200 and then at 2330 and 0025.
Buses leave No. 1 Mess at half past each hour from 0730 2230 and lastly at midnight.

Remarks. 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 Malaya showing the location of the main towns is produced by the Esso and Shell Companies. They can be obtained from the Gauges or Book Stalls within the Naval Base.

All the large towns in the Federation of Malaya 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 in Malaya 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 from about \$12.

The main tourist attractions in Malaya are Malacca, Port Dickson, Penang, Fraser 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. 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 Banda 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. Off the North West coast of Malaya is a small hilly island. This is Penang, where 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 applications 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 exist at the local Rest House.

Fraser's Hill. Like the Cameron Highlands, Fraser's 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 of 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 Fraser's 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 bed-

rooms, each having two single beds in 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 very 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 the price list, can be obtained from the Civil Secretary's Office on demand.

There are other Bungalows at Fraser's 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, Fraser's Hill, Pahang.

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SECTION VIII

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 precautions 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 milder 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 times of sunset and sunrise alter very little and the thermometer rarely falls below 75°F or rises above 90°F. There is a high rainfall of some 80 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 two months or longer 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 seasonal 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, chicken-pox, 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 fairly often. 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 requirement 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 'Frazer 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 carried 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 underly-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, Singapore Cold Storage sells cartons of ice cream whose manufacture has been approved by the Singapore Health Authority. 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.

Surface Drain. These surround buildings and take the place of gutters at the eaves and remove rain water. They should be swept out daily and kept clean.

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 ends should be tucked under the 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 Dhobie 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 pagans.

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 a 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 best 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 is to prevent flies breeding 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 sundaeus*. *Anopheles* breeds in clean sunlit waters, hill streams, pools, wells, and seepages along the foot of banks. *A. sundaeus* 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 muling 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 Culicid which bite in the evening. Nei-

ther of these carry the malarial 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 malarial 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-malarial 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 malarial 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 hold 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 Traveller's Palms'. 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.

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 air traps under the legs of tables once a week. Cisterns of unused W.C.s should be emptied by flushing at regular intervals.

Outside the House

- (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 bin. 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 Traveller's Palm when they begin the 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 should be taken in a Malaria 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-malarial 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 should, however, take it if you reside in or stay overnight in the Federation of Malaya. Advice on this can be obtained from the Naval Medical Officer of Health.

Rats. Rats are wily, agile rodents.

They spread food poisoning and other diseases.

They are extremely destructive, gnawing books and woodwork 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 Morphine.
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 advantages of keeping the patient at rest.

Tankies 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 ANIMALS 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 ceiling, 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

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.

While living in Singapore the advised immunisation requirements for adults are as follows:—

- (a) Smallpox —
Vaccination required every 3 years.
- (b) Cholera —
Inoculation required every 6 months.
(First immunisation by 2 injections at 7-28 day interval).
- (c) Typhoid and Para-typhoid
Inoculation required on arrival and every year afterwards.
- (d) Poliomyelitis —
The original immunising course consists of 3 doses of Poliomyelitis Vaccine at 4-8 week interval. A re-inforcing dose of vaccine is advisable before coming to live in Singapore or if this has been neglected as soon as possible thereafter. Immunised children joining school are also advised to have a re-inforcing dose of vaccine).

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 six years and the inoculation is only done when the 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
2-4 months	Diphtheria - Tetanus - Pertussis (Triple Vaccine)	3 Doses 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 1-8 week interval. If primary immunisation 1 dose at school entry and 2nd dose at 8-10 years.
1 year	Typhoid (TAB-Dilute)	3 injections, 1 & 2 at 4 to 6 weeks. Followed by Booster dose every 12 months.
1 year	Cholera	2 injections at 7-28 day interval. Booster every 6 months.

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

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.

(DIPHTHERIA IMMUNISATION ORDINANCE 1961)

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 precautions 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 disease 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 1830 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) 'Cankers' 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 antiseptic 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 otherwise from those found in England. They are common in hairy parts, especially in the arm pits, the ear 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 stockings 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 troubles (5 & 6) to the doctor as soon as you notice them.

MEDICAL AUTHORITIES IN SINGAPORE AND JOHORE BAHRU

Medical Attendance for Families. You and your family are given medical cover and the following pages will show that you must attend certain clinics or sick-quarters according to the (postal) district in which you live.

These clinics are staffed in the Naval Base area, Sembawang R.N.A.S. and Johore Bahru by Naval Medical Officers and Queen Alexandra's Royal Naval Nursing Association Sisters and Sick Bay Staff. In Serangoon, Seletar and Changi areas by R.A.F. Medical Staff, and in the remaining areas of Singapore by Army Medical Officers and Staff.

Families Medical Service. You must register with the appropriate clinic within one week of arrival, taking care to furnish your address and an accurate direction as to how to get there, including a sketch map. All your family's inoculation certificates (the certificate of inoculation against Diphtheria for all children under 7 is the most important) should be brought for checking at this time.

Please do not ask for a home visit unless your family cannot get to the clinic. If a home visit is required please ring in before 1000 to allow the doctor to plan his rounds.

If your family is given an appointment to attend either a clinic or a hospital please do your best to see they attend promptly, as the time of the professional staff is valuable.

If you change your address do not forget to transfer your registration to the new clinic.

Remember, the Families Medical Service is provided for your benefit. Please use it wisely and do not abuse it.

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

If any member of your family is receiving 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.

Dental Treatment of Families etc. If you require Dental Treatment please apply to the office of the Fleet Dental Surgeon, Hobart Road, H.M. Naval Base (Tel. Singapore 59141 Ext. 5523).

MEDICAL CARE OF FAMILIES IN THE NAVAL BASE AREA AND JOHORE BAHRU

In the Naval Base area (Postal District 27). The Dockyard Surgery, at which all families in the area attend for medical treatment, is under the charge of the Senior Medical Officer, H.M. Dockyard. There is a Families Medical Officer, assisted by a Superintending Sister and two Nursing Sisters, Q.A.R.N.S.S.

Sembawang and Thomson Road area (Post District 20 and 25). In view of the large numbers of families resident in these areas it has been necessary to provide a Families Clinic at R.N.A.S. Sembawang for R.N., R.M. and Dockyard Civilian Families.

Johore Bahru. If you reside in Johore Bahru separate medical arrangements are made for you at the Families Clinic, 9, Jalan Ru—(off Jalan Kebun Teh)—near Majedee Barracks).



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MEDICAL SERVICES FOR FAMILIES PROVIDED BY THE ROYAL NAVY

	DOCKYARD SURGERY (Postal District 17)		RNAS SEMBAWANG CLINIC (Postal Dist. 20 & 25)		KEBUN TEH CLINIC (Johore Bahru)	
	Morning	Afternoon	Morning	Afternoon	Morning	Afternoon
Monday	Families Clinic 0800-1100 (See note A and B below)	Infant Welfare 1400-1600	Families Clinic 0900-1030		Families Clinic By appointment 0830-1200	Families Clinic By Appointment 1400-1600 Infant Welfare Clinic 1400-1600 Inoculation Clinic 1300-1600
Tuesday	Families Clinic 0800-1100 (See note A and B below)	Inoculation Clinic 1330-1530	Families Clinic 0900-1030	Anti-Natal Clinic 1400-1500	Families Clinic By appointment 0830-1200	Families Clinic By Appointment 1400-1600 Inoculation Clinic 1300-1600
Wednesday	Families Clinic 0800-1100 (See note A and B below)		Families Clinic 0900-1030		Families Clinic By appointment 0830-1200	
Thursday	Families Clinic 0800-1100 (See note A and B below)	Anti-Natal Clinic 1330-1530	Families Clinic 0900-1030	Inoculation Clinic 1400-1500	Families Clinic By appointment 0830-1200	Families Clinic By Appointment 1400-1600 Inoculation Clinic 1300-1400
Friday	Families Clinic 0800-1100 (See note A and B below)		Families Clinic 0900-1030		Families Clinic By appointment 0830-1200	Families Clinic By Appointment 1400-1600 Infant Welfare Clinic 0900-1030 Inoculation Clinic 1300-1400
Saturday	Families Clinic 0800-1100 (See note A and B below)		Families Clinic 0900-1030		Families Clinic By appointment 0930-1130 Inoculations For School Children from Singapore Schools only 0830-1100	
Sunday and Holidays	See Emergencies (Note D below)					

Note A: Schoolchildren are given priority from 0830 to 0945 and until 0045 priority is given to MOD(N) civilians.

Note B: If you require medical attention at the Dockyard Surgery please call it, or telephone the Surgery, where a receptionist is on duty Monday to Friday 0800 to 1600 and Saturday 0800-1101. Urgent cases will be seen at any time and do not require an appointment.

NOTE C:

Home Visits. Home visiting is normally done from the following times:

Dockyard Surgery—From 11.00 onwards
RNAS Sembawang Clinic—From 10.30 onwards.
Kebun Teh Clinic—From 10.00 onwards.

Note D:

EMERGENCIES—On Sundays, Dockyard holidays and after working hours, if you wish to see a doctor you should report as follows:—

Dockyard Surgery—Duty Medical Officer. Tel: Spore 59141. Extension 51351.

RNAS Sembawang Clinic—Duty Medical Officer, Nee Soon Garrison. Tel: Spore 2415. Extension 115.

Kebun Teh Clinic—Duty Medical Officer, Johore Bahru 4096 or 4097.

USEFUL TELEPHONE NUMBERS FOR MEDICAL PURPOSES

Dockyard Surgery—Surgery and Families Medical Officer:—Singapore 59141. Ext. 5375 or 5412. Duty M.O. Tel. Spore 59141 ext. 51359.

RNAS Sembawang Clinic—Clinic: Singapore 59141. Ext. 5628. Duty Medical Officer: Singapore 1115 Ext. 115.

Kebun Teh Clinic—Clinic and Duty Medical Officer: Johore Bahru 4096 or 4097.

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 Families Medical Officer, who undertakes ante-natal supervision on Thursday and Friday afternoons at 1400. Maternity cases should report at their own clinic for first examination between 0900 and 1000 any weekday, when they will be given appointments for ante-natal clinics. Residents of Singapore 27 and Johore

Bahru phone Dockyard Surgery (Tel. Singapore 59141 ext. 5375 or 5412) for appointment.

If you wish to visit B.M.H., you can use the bus which leaves Rotherham gate at 0820 and 1300 daily. (See under Section VII—Transportation).

Infant Welfare Clinic. A S.S.A.F.A. Nursing Sister attends the Dockyard Surgery and other clinics 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.

MEDICAL CARE OF FAMILIES IN SINGAPORE

Medical care is arranged according to the postal district in which you live. You must ensure that your family is aware of the address and telephone number of their treatment centre. These are as shown:—

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42, SEMBAWANG ROAD,

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FAMILIES—MEDICAL ARRANGEMENTS

	<i>Postal District No.</i>	<i>Medical Centre by Day</i>	<i>Medical Centre Out of Duty Hours</i>
1.		Fort Canning	H.Q.FARELF
2.		Blakang Mati or Pulau Brani	Blakang Mati
3.		Alexandra	Rowcroft Lines
4.		Alexandra	Rowcroft Lines
5.	(a) Married, Quarters, Alexandra, Pasir Panjang Road (E. of Buona Vista Road), Alexandra Road (Gillman Circus to Pasir Panjang Road), Depot Rd., Henderson Road, Warwick Road, Pepys Road	Alexandra	Rowcroft Lines
	(b) Island View, Kent Ridge High Beck, Prince George's Park, Gap, and Savoy Hostels, Gloucester Barracks, Clementi Road up to Excel Junction, Dover Road, South Buona Vista Road, Pasir Panjang Road, (West of Buona Vista Rd.), West Coast Road.	Rowcroft Lines	Rowcroft Lines
	(c) Sussex Estate, Wessex Estate, Medway Park, Rochester Park, Nepal Park, North Buona Vista Road.	Princess Mary Bks	Rowcroft Lines
6.		Fort Canning	H.Q.FARELF
7.		Fort Canning	H.Q.FARELF
8.		Fort Canning	H.Q.FARELF
9.		Fort Canning	H.Q.FARELF
10.		H.Q. Farelf	H.Q.FARELF
11.	(a) That part of the postal district within a boundary formed by Thomson Road—Newton Road—Dunearn Rd.—Adam Road—Lornie Road.	Fort Canning	H.Q.FARELF
	(b) Residences on and to the North of Dunearn Road excl. Adam Road but incl. Linden Drive/Raffles Park	H.Q. Farelf	H.Q.FARELF
	(c) Residences on and to the North of Dunearn Road incl. Linden Drive to Ascot Rise incl	Princess Mary Bks.	Rowcroft Lines
12.		Fort Canning	H.Q.FARELF

FAMILIES—MEDICAL ARRANGEMENTS Contd.

Postal District No.	Medical Centre by Day	Medical Centre Out of Duty Hours	Remarks
13. (a) North of Braddell Road.	RAF Families Clinic Serangoon	Families Sick Quarters RAF Seletar	(a)
(b) South of Braddell Road.	Fort Canning		(a)
14.	RAF Families Clinic Siglap	No. 1 M.I. Room RAF Changi	
15. All except SMF SMF Seconded Personnel	RAF Families Clinic Siglap Fort Canning	S.S.Q. RAF Changi H.Q. FARELF	
16. (a) Bedok Road and West.	RAF Families Clinic Siglap	S.S.Q. RAF Changi	
(b) East of Bedok Road	RAF Changi Families Clinic	S.S.Q. RAF Changi	
17. (a) Except Selarang Barracks	RAF Changi Families Clinic	S.S.Q. RAF Changi	
(b) Selarang Barracks	Selarang Barracks	Selarang Barracks	
18.	RAF Changi Families Clinic	S.S.Q. RAF Changi	
19.	RAF Families Clinic Serangoon	Sick Quarters RAF Seletar	
20. (See medical Services for families provided by the R.N.)			
21.	Princess Mary Bks.	Rowcroft Lines	
22.	Keat Hong	Rowcroft Lines	
23.	RAF Tengah	RAF Tengah	
24.	RAF Tengah	RAF Tengah	
25. (See Medical Services for Families provided by the R.N.)			
26. (a) Residences in Nee Soon Garrison.	MRS Nee Soon	MRS Nee Soon	
(b) All Others.	Families Clinic Sembawang Hills Estate	MRS Nee Soon	
27. (See Medical Services for Families provided by the R.N.)			
28.	Families Sick Quarters RAF Seletar	Families Sick Quarters RAF Seletar	

(a) Where alternative medical centres are shown for cover by day, families must register at one or the other.

USEFUL TELEPHONES NUMBERS FOR MEDICAL PURPOSES

R.A.F.

R.A.F. Selayar Sick Quarters	Singapore	81321	Ext. 7777
R.A.F. Families Clinic Serangoon		85071	
R.A.F. Families Clinic Siglap		45200	
R.A.F. Changi S.S.Q.		491551	Ext. 6548 or 6549
R.A.F. Changi Families Clinic		491551	Ext. 6530
R.A.F. Tengah Sick Quarters		69881	Ext. 8313

Station Sick Quarters R.A.F. Selayar

*Enquiries	Singapore	81321	Ext. 7777
Families Sick Quarters	"	81321	Ext. 7505
Specialist Appointments	"	84321	Ext. 7467
Home Visits	"	81990	
Serangoon Clinic	"	85071	

ARMY

Alexandra Barracks	Singapore	62241	Ext. 214
Blakang Mati		2805	Ext. 38
Fort Canning		2805	Ext. 181/104
H.Q. Eastern		61711	Ext. 398/359
Keat Hong		2805	Ext. 9
M.R.S. Nee Soon		2415	Ext. 115
Princess Mary Barracks	"	2110	Ext. 41665
Pulau Brani		2805	Ext. 15
Rowcroft Lines		2410	Ext. 330
Selayang Barracks	"	2805	Ext. 3
Sembawang Hills Estate Families Clinic		56647	

HOSPITALS

B.M.H.	Singapore	612161	
Changi (Reception)		491551	Ext. 6773



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SSAFA NURSING SERVICE

This is a public service under the National Health paid for by Joint Services and Public Funds. The aim is to provide qualified Public Health Nursing Sisters (Health Visitors) to undertake the comprehensive care of you and your family.

This service is arranged according to the Postal District in which you live. Details of the various SSAFA clinics are as shown:-

SSAFA NURSING SERVICES FOR FAMILIES

Deputy Principal Nursing Officer

Medical Directorate,

Tel. 64711 Ext. 21681.

<i>Postal District No.</i>	<i>SSAFA Sister's Office 8-9 a.m. daily</i>	<i>Families Health Centre</i>
1	Fort Canning Medical Centre Tel. 31540	Fort Canning Mon } 2-4 p.m. Thu }
2	Families Health Centre Lock Road Gillman Barracks Tel. 61711 Ext. 4563	Palau Brani Wed } 8.30- Alternate } 10.30 a.m. weeks }
3	Families Health Centre Lock Road Gillman Barracks Tel. 64711 Ext. 4563	Families Health Centre Lock Road Gillman Barracks Tue = 2-4 p.m.
4	Families Health Centre Lock Road Gillman Barracks Tel. 64711 Ext. 4563	Families Health Centre Lock Road Gillman Barracks Tue = 2-4 p.m.
5	Families Health Centre Lock Road Gillman Barracks Tel. 64711 Ext. 4563	Families Health Centre Lock Road Gillman Barracks Tue = 2-4 p.m.
3+	Princess Mary Barracks Medical Centre Tel. 64711 Ext. 41665	Princess Mary Barracks Tue = 2-4 p.m. Recreation Club Wessex Estate Fri = 2-4 p.m.
6	Fort Canning Medical Centre Tel. 31540	Fort Canning Mon } 2-4 p.m. Thu }

<i>Postal District No.</i>	<i>SSAFA Sister's Office 8—9 a.m. daily</i>	<i>Families Health Centre</i>
7	Fort Canning Medical Centre Tel. 31540	Fort Canning Mon } 2—4 p.m. Thu }
8	Fort Canning Medical Centre Tel. 31540	Fort Canning Mon } 2—4 p.m. Thu }
9	Fort Canning Medical Centre Tel. 31540	Fort Canning Mon } 2—4 p.m. Thu }
10	Tanglin Health Centre Adjacent to Families Clinic Tel. 64711 Ext. 21158	Tanglin Families Health Centre <i>Adjacent to Families Clinic</i> Tue } 2—4 p.m. Thu }
11	Tanglin Health Centre Adjacent to Families Clinic Tel. 64711 Ext. 21158	Tanglin Families Health Centre <i>Adjacent to Families Clinic</i> Tue } 2—4 p.m. Thu }
12	Fort Canning Medical Centre Tel. 31540	Fort Canning Mon } 2—4 p.m. Thu }
13 (A) North of Braddell Road	RAF Families Clinic Serangoon Garden Estate Tel. 85071	RAF Families Clinic 27/29 Medway Drive <i>Serangoon Garden Estate</i> Mon } 1.30—3.30 p.m. Fri }
13 (B) South of Braddell Road	Fort Canning Medical Centre Tel. 31540	Fort Canning Mon } 2—4 p.m. Thu }
14	RAF Medical Centre Siglap Tel. 48717	RAF Medical Centre Siglap Tue } 1.30—3.30 p.m. Thu }
15	RAF Medical Centre Siglap Tel. 48717	RAF Medical Centre Siglap Tue } 1.30—3.30 p.m. Thu }

<i>Postal District No.</i>	<i>SSAFA Sisters Office 8-9 a.m. daily</i>	<i>Families Health Centre</i>
16 (A) Bedok Road and Adjoining Area	RAF Medical Centre Siglap Tel. 48717	RAF Medical Centre Siglap Tue } 1.30-3.30 p.m. Thu }
16 (B)	Changi Families Clinic (2) Tel. Changi 6500	Changi Families Clinic Tue } 1.30-3.30 p.m. Thu }
17	Changi Families Clinic (2) Tel. Changi 6500	Selangang Barracks Tue Alternate } 9.30-12 noon weeks }
18	Changi Families Clinic (2) Tel. Changi 6500	Changi Families Clinic Tue } 1.30-3.30 p.m. Thu }
20 (A) All Families living in THOMSON Road or Roads off it N. of 5 milestone	Families Medical Centre Sembawang Hills Estate Tel. 59617	Sembawang Medical Centre Thu = 2-4 p.m.
20 (B) All Families living in THOMSON Road S. of 5 milestone	Fort Canning Families Tel. 31540	Fort Canning Tue } 2-4 p.m. Thu }
21	Princess Mary Barracks Medical Centre Tel. 64711 Ext. 41665	Princess Mary Barracks Centre Tue = 2-4 p.m.
22	Princess Mary Barracks Medical Centre Tel. 64711 Ext. 41665	RAF Tengah Families Clinic Tue } 2-4 p.m. Alternate }
23	Princess Mary Barracks Medical Centre Tel. 64711 Ext. 41665	RAF Tengah Families Clinic Wed } 2-4 p.m. Alternate }
24	Princess Mary Barracks Medical Centre Tel. 64711 Ext. 41665	RAF Tengah Families Clinic Wed } 2-4 p.m. Alternate }

<i>Postal District No.</i>	<i>SSAF Sister's Office ... 8-9 a.m. daily</i>	<i>Families Health Centre</i>
25	Princess Mary Barracks Medical Centre Tel. 84711 Ext. 41665	<i>RAF Tengah Families Clinic</i> Wed 1 2-4 p.m. Alternate]
26 (A) Residence in Nee Soon	Families Medical Centre Sembawang Hills Estate Tel. 59617	<i>Nee Soon Families Medical Centre</i> Wed = 9-10.30 a.m.
27	Families Medical Centre Sembawang Hills Estate Tel. 59617	<i>Naval Base Dockyard Singapore</i> Mon = 2-4 p.m.
28	Seletar Families Clinic Seletar 7505	<i>Families Club Seletar</i> Fri = 2-4 p.m.
JOHORE BAHRU	Families Medical Centre Kebun Teh Tel. JH. 4096	<i>Families Medical Centre Kebun Teh</i> Thu 1 8.30-10 a.m. Fri 1

WELFARE.

A welfare organisation exists in the area for Naval Personnel; it is housed in H.M.S. TERROR and is staffed by:—

Naval Welfare Officer, Singapore.

Office & 'phone No.

In admin. block H.M.S. TERROR (Dyd 51369)

Home address & 'phone No.

2B Straits View Gardens, Jalan Straits View,
Johore Bahru.

Chief Wren (Welfare).

In block 75 yards inside Terror Main Gate
(Dyd 51580)

Personnel or their families requiring assistance out of working hours, are in contact:

- (a) The Officer of the Day, H.M.S. TERROR
- (b) The Families Welfare Officer.
- (c) The Naval Patrol HQ. (if appropriate).

Under no circumstances are the Chief Wrens to be approached direct.

Wives of Naval ratings may approach, indeed they are most welcome to visit, any of the welfare staff at any time, on almost any subject.

Ratings with welfare problems, should initially approach their Divisional Officer, who may channel them through to the Welfare Organisation if he considers this necessary.

SECTION IX

MOTORING INFORMATION

DRIVING LICENCES

If you intend to drive a motor vehicle in Singapore or in Johore Bahru, you must obtain a local driving licence *before* you commence driving.

Application forms are available from:

- (a) The Naval Police Force, Traffic Branch, Central Police Station, H.M. Dockyard.
- (b) The Registrar of Vehicles, Maxwell Road, Singapore 2.
- (c) The Registrar of Vehicles, Jalan Larkin, Johore Bahru.

When you have completed the form, you should take it to (b) or (c) above depending upon where you live, together with your *VALID* British driving licence, two passport sized photographs the appropriate fee and a 50 cts. stamp. The fee is \$5 per 12 months, but you are advised to apply for a three-year licence (cost \$15) which will cover your tour in the area and save you from having to renew the licence at a later date.

Driving Schools and Driving Tests. If you do not hold or cannot produce a British Driving Licence, you will be required to take a driving test before obtaining a Singapore driving licence. If you have not driven before or require refresher lessons, there are in Singapore a number of reputable driving schools, advice on which may be obtained from the Singapore Automobile Association office in Orchard Road. Applications for taking a driving test should be made to the Traffic Office in Maxwell Road, the fee payable being \$5. The test itself is based on the U.K. test.

A Singapore driving licence is valid throughout Malaysia, as is a Malaya driving licence. If you decide to live at Johore Bahru you can take a driving test there. Reputable driving schools are available in Johore Bahru and application for taking a driving test should be made to: (as in (c) above).

Provisional Licences. The requirement for a provisional licence are the same as for an ordinary licence. The fee is \$10 for six months. Rules for a provisional licence holder driving are much the same as in the United Kingdom. If you are a provisional licence holder you are advised to check on the regulations when you obtain your licence.

WARNING

When a provisional licence holder is driving, the law here prohibits the carriage of *any* passenger other than the full licence holder who is supervising the learner-driver. (This means that an "L" wife with husband supervising may not even have the baby in its carioc in the back!)

To carry another passenger in these circumstances invalidates the insurance and carries an automatic penalty of disqualification for "L" driver and supervisor, plus a fine in addition.

INSURING CARS.

Insurance for cars is as in the U.K.—third party insurance is compulsory.

Insurance costs are much the same as in the United Kingdom. Most British Insurance Companies have offices in Singapore, and the addresses of these are available from the Singapore Telephone Directory. If you have written evidence to support claims for "No Claims Bonus", these are accepted by British Insurance Companies in Singapore. With local insurance companies, however, there is a tendency to offset "No Claim Bonns" against excess charges rather than grant you a discount from the premium.

VEHICLE LICENCES

Licence fees are governed by R.A.C. H.P. ratings. Typical fees are:

10 HP (e.g. Ford Anglia) \$40 for six months.

16 HP (e.g. Rover 75) \$47 for six months

Application forms are available from:

As for driving licences above.

When you have completed the form you should either take or send it to (b) or (c) above, together with your current certificate of insurance, your registration book and the appropriate fee.

IMPORTING A VEHICLE

You can do little about this until the vehicle arrives in Singapore except to:

- (i) Obtain and complete a Registrar of Vehicles' Form N.R.V/39 for registration of the vehicle.

(Obtainable from The Naval Police Force, Traffic Branch, at the Central Police Station, H.M. Dockyard.)

- (ii) Negotiate third party insurance.

- (iii) Obtain an AD VALOREM exemption Application Form and forward to the Registrar of Vehicles (see below)

The import permit is obtained on the arrival of the car and the shipping company does this, or S.N.S.O. if it is coming indulgence freight.

You have to take the vehicle for inspection to the Registrar of Vehicles, Middle Road, together with the Import Permit, United Kingdom Registration Book, valid Insurance for the State, Registrar of Vehicles Form N.R.V/39, and AD VALOREM Certificate. At the same time you will need to pay a registration fee of \$5 and your vehicle licence fee.

Registration plates which become your own property range from \$7.00 to \$11.00 according to the quality desired.

The registration procedure for a new car which has not been registered in any part of the world before is the same as the foregoing except for the following:—

- (i) In place of the United Kingdom Registration Book a bill of sale from the firm from which the car was purchased should be produced.
- (ii) The vehicle is taken to the Registrar of Vehicles either under trade plates or tow.

If you are bringing to Singapore a used car make sure that all necessary documents, log book etc., are properly registered in your name.

THE REGISTRAR OF VEHICLES WILL NOT REGISTER LEFT HAND DRIVE VEHICLES IN SINGAPORE.

AD VALOREM Registration Tax.

This tax, often known as car import duty, is a tax on private motor vehicles imported into or purchased in Malaysia.

Exemption from this tax may be claimed by any member of the Overseas Commonwealth Naval, Land and Air Forces, including a Commonwealth

Strategic Reserve when in the territory, or by any Overseas Commonwealth member of the civilian component of such forces. The motor vehicle must be for the personal use of the claimant or his dependants.

Application for exemption must be made *within three months* of first arrival in Singapore. Irrespective of the time that you have served in the State at the time of purchase or import you will be eligible for ad valorem tax if application has been made within this period and has been granted.

Should you wish to sell or transfer a vehicle on which exemption has been granted, the exemption continues if the vehicle is disposed of to another member of such Forces or Civilian component who has not previously been granted a similar exemption and who has applied for and been granted this exemption in the usual manner but has not yet acquired a vehicle. However, if the vehicle is to be disposed of to any other person, the vehicle will become liable to ad valorem registration fees assessed on the value of the vehicle at time of disposal.

If you sell to a non-exempted person in the last six months of your tour of duty, you may be allowed refund from Ministry of Defence (Navy) of such Ad Valorem fees, but you will not, of course, be entitled to any homeward transportation at public expense of any replacement car. Other than this case Finance Officer will not refund Ad Valorem Registration Fees.

BUYING A CAR

If you want to buy a new car then you have no difficulties, for most new cars are available immediately.

Buying a Second-hand Car. If you are interested in obtaining a second-hand car, then you are strongly advised not to rush into buying one as soon as you arrive. In particular, you are advised not to have any dealings with the numerous back-alley dealers who tend to descend on you when the word is passed around that you are looking for a car. The most sensible thing to do is to have a good look round the numerous reputable show-rooms in Orchard Road to gain an idea of the current market prices. Bear in mind too that local car dealers are amongst the best in the world at disguising flaws and making old cars look far better than they really are. This is why it is far wiser to deal only with reputable firms. The prices of second-hand cars in Singapore are much the same as in the United Kingdom. Smaller cars are very popular and so hold their prices, but large cars, especially American models, are fairly cheap

to buy although their running costs are far greater. In Singapore, most second-hand cars are sold taxed and insured. Many good cars change hands through the advertising columns of our Naval Base News.

When buying a second-hand car it is essential to check that engine and chassis numbers and all other details agree with entries in the registration books as you will have to take the car for inspection by Registrar of Vehicles, Middle Road, Singapore, before it is registered in your name.

Financing of Hire Purchase on Cars. The majority of car dealers in Singapore are only too willing to finance hire purchasing agreements on cars they sell.

SELLING A CAR

Transfer of Vehicles. If you sell your car a form "Transfer of Ownership" (RV 35) must be completed by the buyer and vendor and sent to the Registrar of Vehicles, Middle Road, Singapore within 7 days of the sale, accompanied by the transfer fee.

Transfer fees for a Motor-Cycle are \$1.00 and for a car \$4.00. You can obtain a form from the Naval Base Police Force, Traffic Branch, at the Central Police Station, H.M. Dockyard.

Ad Valorem. Read carefully the section above under "Ad Valorem Registration Tax" about selling or transferring vehicles.

DRIVING IN SINGAPORE

Highway Code. There is a Highway Code for Singapore, but it is not so comprehensive in scope as its British counterpart, being more in the nature of a brief guide. The main points to remember about it are that:—

- (a) All British driving regulations apply
- (b) Remember the following points about parking:—
 - (i) Never park opposite continuous single or double white lines.
 - (ii) Do not park within 10 feet of a fire hydrant.
 - (iii) Do not park within 20 feet of a road junction.
 - (iv) Do not park within 30 feet of a bus stop.
- (c) At all roundabouts the traffic coming from the right has the right of way. This rule applies also at junctions where no "Halt" or "Slow" sign identifies the major road.

Traffic Accidents. The law demands that drivers and others involved in minor accidents must stop and exchange the following information with any one reasonably requiring it:—

- (a) Names and address of the vehicle owners and persons involved, together with the vehicle registration numbers.
- (b) Drivers must stop after an accident and should they fail to exchange names and addresses, they must, within 24 hours, report the accident to a Police Officer. Failure to do this is an offence. To avoid congestion following minor accidents drivers should move vehicles to the side of the road as quickly as possible
- (c) When vehicles are involved in accidents resulting in serious damage to property or vehicles, or where injury or death is caused, the vehicles concerned must not be moved without Police permission, so that the Police may examine them to consider the cause of the accident, except that vehicles may be moved to extricate any person, to prevent fire or serious obstruction and also when no other suitable conveyance is at hand to convey a seriously injured person to hospital. The parties involved should still exchange names and addresses and should report to the Police.

RULE OF THE ROAD.

In Singapore and the Federation of Malaya, the rule of the road is exactly the same as in the United Kingdom, in that all vehicles drive on the left hand side of the road.

Roads. Roads in the city are good although some of them are very narrow. Outside the city most main roads are of good standard and the Public Works Department is engaged in a large scale improvement programme. Major projects on some stretches of roads usually cause partial obstruction for long periods, sometimes running into years and where such work is in hand the motorist is liable to encounter a sudden reduction of road width or a change from dual carriage way to two-way traffic without warning.

Other Road Users. A particular hazard for motorists is the Singapore cyclist. It is not unusual to see two passengers being carried on a bicycle and itinerant salesmen carry astonishing loads on two wheels so that most cyclists must be given a

very wide berth. At night some bicycles will be seen with headlights, often on the wrong side of the road, but tail lights and reflectors are almost non-existent. Other un-lit vehicles include bullock carts and mobile vendors stalls.

Police Signals. Policemen on point duty give clear and easily understood signals similar to those in U.K. except that they do not always use their arms in the stop signal. If a policeman has his back or front towards you, you must stop. When he has either side towards you, may go.

Naval Establishments, including the Naval Base and the Dockyard.

The Singapore Road Traffic Ordinance 1961 applies as much inside Naval Establishments, including the Naval Base and the Dockyard, as it does outside. This means that offenders against the Ordinance are dealt with by the Naval Police Force in exactly the same manner as they would be, outside, by the civil police.

VEHICLE RUNNING COSTS

In Singapore petrol and the cost of repairs is about the same as that in the United Kingdom.

The only appreciable difference is in labour charges which are slightly less.

MOTORING ASSOCIATIONS

The Automobile Association—The Singapore Automobile Association is affiliated to the U.K. Association, and paid-up U.K. members do not have to pay the entry fee to join the local Association. Many useful services are available to members at any time: you can obtain further information and membership forms etc. from:

The Secretary,
The Automobile Association of Singapore,
90C, Orchard Road,
(P.O. Box 136)
Telephone: Singapore 31016/77.

IN CONCLUSION

You will see plenty of bad driving in Singapore, but do not let the bad habits of other drivers contaminate your own standards. Make allowance at all times for possible errors and stupidity of other road users and apply the Highway Code to your driving and you should enjoy an accident free tour.

HOUSEHOLD GOODS AND PERSONAL EFFECTS INSURANCE

To ensure complete protection against loss of or damage to the contents of your residence you need our:

PRIVATE HOUSE AND FLAT COMPREHENSIVE POLICY

which in addition to the usual cover against Fire, Explosion, Burglary Housebreaking and Theft includes many other attractive benefits not found in other similar policies
Including a 20% No Claim Discount after 1 year

Apply for a prospectus to:

MALAYAN MOTOR & GENERAL UNDERWRITERS LTD.

90-C ORCHARD ROAD, SINGAPORE, 9.

(Official Insurers to the Automobile Association of Singapore)

SECTION X

GENERAL

THE FAMILY WARDEN SCHEME

There is Family Warden Scheme operating in Singapore and Johore Bahru which provides for selected Service and civilian personnel to be available to give advice and reassurance in all Service and Service civilian families in the event of a state of emergency such as a civil disturbance in Singapore or Johore Bahru.

For the purpose of this Scheme, Singapore and Johore Bahru are divided into eight Defence Districts. There is a Commander for each Defence District who is a senior officer of one of the three services whose normal place of duty is within that district. For example, the Commander of District Number 4 which comprises Singapore Postal District 27 wherein lies the Naval Base, is the Commanding Officer H.M.S. TERROR; the Commander of Defence District Number 8, which comprises Johore Bahru and its environs is the Johore Bahru Garrison Commander.

Each Defence District is divided into a number of Family Sectors with a Family Warden in charge of each sector. The Family Wardens are assisted by Deputy and Assistant Family Wardens living in the neighbourhood.

In certain circumstances, it may become necessary to concentrate families in secure zones within their Defence District. If this happens then the Family Warden and his Assistants will ensure that all families within his sector are moved to the secure zone.

The success of the Family Warden Scheme depends very largely on your Defence District knowing your correct address so that the Family Warden is aware of your presence in his sector. He will then contact you. It is most important therefore, that on your arrival or on any change of residence you inform your Defence District AT ONCE.

You must do this by filling in a FAMILY INFORMATION CARD and a FESFORM 19.

Stocks of these cards are kept in the Barrack Control Centre, H.M.S. TERROR and by your ship.

When you have completed these forms, they should be taken to the B.C.C. TERROR, if this is convenient, or posted to the Captain's Office in your ship, for transmission to the B.C.C. TERROR.

The Barrack Control Centre will then make sure that your Defence District is informed of your address. Failure to do this may result in you and your family being overlooked in times of crisis when protection or assistance is necessary.

THE VISITING FORCES ACT

As we have pointed out to you in an earlier section of this booklet (Section I Singapore), when we are appointed to Singapore we are in fact being appointed to a foreign land, and we are subject to the laws of that land.

There is, however, a provision in the Malaysian Defence Agreement under the Visiting Forces Act which permits cases in which only U.K. based personnel (uniformed or civilians) are concerned, to be handed over to the U.K. Forces (in our case the Royal Navy) for action under U.K. law. Since the laws of Malaysia are closely in line with U.K. laws, it is not Ministry of Defence (Navy) policy to apply to the Malaysian Authorities for permission to handle such cases. It would only be exercised in the most exceptional circumstances. Any cases would be dealt with under the Naval Discipline Act. Where Malaysian interests are concerned, the Malaysian authorities will almost certainly wish to exercise their Right of Jurisdiction in the case and the case will be tried in the Singapore or Malaysian Courts.

For your information, the laws of Singapore apply inside the Naval Base and, as some have found, traffic offences committed in the Base may be referred to the Singapore Courts for judgement.

PETS

On arrival in Singapore many families like to acquire a dog. Before doing so, however, they should bear in mind that they will have to arrange for the proper disposal of their pet when they eventually leave Singapore on posting to U.K. or elsewhere. There is no difficulty about this, but it is surprising how many families neglect to make the necessary arrangements. This causes distress to the animals who are abandoned, and can result in a number of neglected stray dogs in the Naval Base who have to be caught and put down.

If you have a dog to dispose of, you should arrange for another family to take charge of it who can be relied upon to look after it and give

it a good home. If you cannot find such a family, then the R.S.P.C.A. will help you. The best thing to do is to telephone them on Singapore 25221 and make the necessary arrangements with them. Please do not leave this until the last moment, the R.S.P.C.A. need at least a week to find a home for a dog. One should also remember that the R.S.P.C.A. is a voluntary society and your dog is bound to be an expense, either for feeding or for the cost of having it destroyed, if that is what you would prefer. A contribution to cover these costs is usual and is acceptable to the Society.

Dog traps designed after consultation with R.S.P.C.A. are used in the Naval Base with the object of catching stray dogs. These are not harmful to dogs and any licensed dog which is caught is released by the Asian Accommodation Officer's staff. Instances have occurred, however, where children have released animals from these traps, probably with the misguided idea that they are helping a "poor dumb animal". Stray dogs are a constant source of annoyance in the Naval Base and these traps should not be opened by anyone not authorised by the Asian Accommodation Officer. It would help us all if you could please impress this on your children if you eventually take up residence in the Naval Base.

LOCAL EMPLOYMENT

If you have children with you, you will have a full time job looking after them. Your servants—whether Malay, Chinese or Indian will certainly be very fond of children but it will be most unlikely that they have been trained to look after European children. If your children are going to school (which most of them do only in the mornings in Singapore) it may be a good thing for you to have an outside morning occupation.

Voluntary Work.

There is always a need for voluntary workers. There are representatives of all types of voluntary organisations and for all those interested full particulars can be obtained from the Dockyard (Civilian) Welfare Office. The Naval Welfare Office is prepared to assist you if you come into difficulty.

Service Schools.

Those wives and daughters who are qualified teachers may obtain employment in service schools as there are some openings where help is needed. Applications should be made to the Headmaster Royal Naval School.

Defence Work.

There are also a limited number of vacancies

for jobs in the Ministry of Defence Offices. For particulars of these vacancies you should apply to the Civil Secretary. Again The Naval Welfare Officer is prepared to help you in your enquiries.

Hospital Work.

From time to time vacancies of a temporary duration occur for civilian nursing sisters in the British Military Hospital.

Civilian Employment.

It is now almost impossible for wives and daughters to find civilian employment owing to the rules enacted by the Malaysian Government regarding work permits. It is therefore not advisable to bring children of 16 years or over to Singapore unless you are able to support them without relying on local employment.

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.

POSTAL INFORMATION.

The Base Fleet Mail Office is situated immediately on the right inside the Myngs Gate and is available to families.

Reception of letters and parcels and the sale of stamps (U.K. and Local) and registered envelopes only is catered for. No Post Office Savings Bank transactions are carried out at this office.

Overseas cables may be sent from here.

Times of opening.

Mon, Tues, Thurs, and Fridays	0800—1600
Wed and Saturdays	0800—1200
Sundays	0830—1130

TERROR Mail office is situated in the first block on the left inside the Main Gate.

Business is as for the B.F.M.O. above, but overseas cables are not accepted here.

Times of opening.

Mon, Tues, Thurs, and Fridays 0815—1030
1130—1230
1330—1430
1530—1600

Wed and Saturdays 0815—1030
1130—1230

Sundays 0915—0945
1015—1100

Incoming Mail.

Forces Concession Rates FROM U.K. are only valid when mail bears a *service address*; 99 Rimau or Serene Park etc is not good enough although the letter may be addressed to A.H. Bloggs RN

Where possible tell your relatives and friends at home to use your service (Ship) address.

Failure to comply with the above, will almost certainly ensure that your mail will come by sea and not by air, if it is insufficiently stamped.

An airmail letter from U.K. to a service address costs 6d.

Outgoing Mail

Forces Concession Rates to other parts of the World. (Effective from the 17th May 1965.)

FROM THE FAR EAST STATION TO U.K.

(a) AIRMAIL

Lightweight Forces Letters	4d
Letters NOT OVER 1 Ounce	4d
NOT OVER 11 ounces	6d
Each additional ½ ounce	3d

(b) SURFACE MAIL

Letters NOT OVER 1 ounce	3d
Each additional ounce	1½d
Postcards	2d

(c) SURFACE PARCEL RATES.

Not over 3 lbs	3/3d
Not over 7 lbs	1/3d
Not over 11 lbs	5/6d
Not over 22 lbs	8/6d

LOCAL POSTAGE RATES FOR SINGAPORE.

To places in Malaysia

Letters 15c 1st oz. 10c each ad oz.
Postcards 10c.

To Hong Kong, Philippines and Thailand

Letters 30c per ½ oz.
Postcards 15c.

To Macao, Ceylon, India and Pakistan

Letters 40c per ½ oz.
Postcards 20c.

To Japan, Australia and New Zealand

Letters 50c per ½ oz.
Postcards 25c.

To Middle East, Egypt and Europe

Letters 75c per ½ oz.
Postcards 40c.

To Africa (except Egypt) and the Americas

Letters \$1.05c.
Postcards 55c.

MAIL TO SERVICE ADDRESSES OTHER THAN U.K.

(a) AIRMAIL

Letters 6d per ½ oz.

(b) SURFACE MAIL

As for para (b) above.

(c) PARCEL

As for para (c) above.

NOTE:—These are to Services addresses only. Personal Mail to civilian addresses must be prepaid at local postage rates and be transmitted through civilian channels.

Officers and Ratings of Commonwealth Countries Serving in H.M. SHIPS are entitled to prepay their letters and parcels to their homelands at Forces Concession Rates.

In order to avoid risk of diversion of concessionary air mail to surface route, correspondence should bear the ship's stamp and the date in the bottom left-hand corner.

CONCESSION (CSN) TELEGRAM SCHEME

The Concession Telegram Scheme provides facilities whereby messages of an urgent compassionate nature may be sent by telegraph transmission by next-of-kin in the U.K. (including

Northern Ireland) and the Irish Republic to H.M. Forces abroad. These are known as 'Outward Concession Telegrams'. Similar facilities exist for messages from H. M. Forces to addresses in the U.K. These are known 'Inward Concession Telegrams'.

There is also a Local Station Concession Telegram Scheme which enables Naval personnel in seagoing ships attached to stations abroad to communicate in emergency with their next-of-kin or nominated correspondent *when they are resident at a Naval Base on the Station*. Telegrams from the base are known as 'outward messages' in this case.

General Conditions (see also Local Station Scheme)

- (a) Address will be charged as 5 words irrespective of length (except to and from the Irish Republic where the address is charged in full)
- (b) Address to contain all available postal particulars.
- (c) The message must relate to urgent and essential private affairs only, (congratulatory messages, birthday greetings etc. not allowed).
- (d) The Text, not including the address, should be brief and not normally exceed 12 words.
- (e) CSN Telegrams will be charged at the current U.K. inland telegram rate
- (f) CSN Telegrams will be routed over service Channels both for inward and outward messages, but only after ordinary signal traffic has been cleared
- (g) Telegrams to Naval personnel should be addressed, name, rank or rating and WARSHIP (name of Ship).
- (h) Next-of-kin require *Concession Telegram Authorisation Card*. (These cards may be obtained by Naval personnel, filled in, duly stamped and signed by their Commanding Officer, and sent to their next-of-kin.)
- (i) Inward telegrams are to be written on a service message form and must include CSN in the preamble.

LOCAL STATION SCHEME.—General Conditions.

The conditions are generally as shown above except:—

- (a) The Officer of the Day at the Main Gate TERROR operates this scheme for Singapore
- (b) Address charged at 4 cents a word with no charge for words in excess of 5
- (c) The text is charged at 43 cents for 9 words and 4 cents for each additional word.

CHARGES.

To the United Kingdom (Inc Northern Ireland)
\$2 and 14 cents for 12 words or less, and 18 cents for each extra word.

To the Irish Republic.

\$2 and 17 cents 12 words or less and 18 cents for each additional word, the address in full.

OVERSEAS CABLES.—(Not to be confused with CSN Telegrams).

The CABLE and WIRELESS CO. Mercury House, Robinson Road, Singapore (Tel. 94111) charges the following rates for cables to the U.K.

- (a) *Greetings Cables* \$4 for 100 words.
- (b) *Letters Telegrams* \$8.80 for 22 words, plus 40c. for each additional word
- (c) *Express Cables* 80c. per word.

NOTE. These cables may also be sent from the Base Fleet Mail Office at the same rates

OVERSEAS RADIO TELEPHONE CALLS.

Calls may be made from Singapore to all parts of the world, and full details are given in the Singapore Telephone Directory. The charge for calls to the U.K. is \$33 for 3 minutes, and the call is automatically person to person. Because the lines on the Island are often noisy or weak, it is not advisable to make calls from outlying districts of Singapore.

INDULGENCE PASSAGES.

Where spare seats in Service aircraft or spare berths in R.F.A.'s, to such places as Hong Kong are available, Service personnel and their families may occupy them although there is no entitlement to this facility. These journeys are called indulgence passages. On them only messing and accommodation charges may be levied. Such journeys are allotted on the basis of a one way trip. Arrangements for the return journey have to be made at the place you are visiting, and if no air or shipping space is available for the return trip, then you must make private arrangements for returning.

All enquiries regarding indulgence passages should be made to the Fleet Movements Office H.M.S. TERROR, where full information is available.

THE S.S.A.F.A. ESCORT SERVICE.

This service exists in U.K. for the benefit of parents who have left their children in the U.K. and who wish their children to be escorted from place to place, such as when school children are coming out to Singapore on the annual free passage scheme from Boarding schools to the airport of departure.

It should be noted that these charges are in addition to actual out of pocket expenses

	per family each way.
Officers, Cds and above	£3.10.0
Lt. Cds.	3. 0.0
Lt. and below	2.10.0
C.P.O.'s and P.O.'s	1. 0.0
Leading Rates	10.0
Able Rates	5.0

There is no Charge for the escorting of families when travelling on compassionate journeys.

Applications should be addressed to:—

S.S.A.F.A. Overseas Service Dept.
23, Queen Anne's Gate.
London S.W.1.

DOOR TO DOOR SALESMEN.

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

DRESS.

There are certain accepted standards of dress for all, and the following points should be borne in mind:—

(a) Local residents do not appreciate the very brief shorts and revealing blouses worn by some young housewives and teenage girls. Such forms of dress often attract the undesirable type of young Asian to the neighbourhood.

(b) Many servicemen fail to put on sufficient clothes to remain decently clad at all times. This is particularly noticeable with servicemen moving about or just outside their houses, and when whether they realise it or not they can be observed from the street or other premises.

(c) Shorts and 'flip-flops' do not constitute evening wear.

REGISTRATION OF FAMILIES.

With 28 days of the arrival of families, they are required to register: this does not include children under the age of 12 years, but as a child becomes 12 years of age it should be registered. Serving members of the forces are not required to register, a service identity card being sufficient.

Personnel living in Singapore should register with the Civil Registration Authorities in Empress Place, Singapore 1.

If you reside in Johore Bahru, you should register at the white building on the right of the approach road to the Government Offices—The Government Offices being the huge 'tower like' building to be seen almost from any point in J.B.

When you report for registration of your family you must take with you:—

- (a) Your passport.
- (b) Two passport photographs in respect of each person to be registered.

NOTE:—Passport photographs taken in U.K. are usually too large—when you visit the Naval Base for the first time, pop into the photographers at the back of Nancy's the hair dressers for the correct sized photographs.

- (c) A 50 cent stamp

Failure to register within the stipulated period is a civil offence carrying heavy penalties.

You are warned that processing at the Registration Office can and quite often is, a lengthy business, and you are well advised to leave small children at home if this is at all possible.

TELEPHONES.

Local telephone calls from a private number are free. The charge for a call in Singapore from a public telephone is 10 cents, while a call to Johore Bahru costs 20 cents and vice versa.

A call from Singapore to Johore Bahru prefix 101 is to be used.

A call from Johore Bahru to Singapore prefix 7 is to be used.

The subscription for a Private telephone is \$20 per month, with a deposit of \$70.

PUBLIC HOLIDAYS.

The majority of the English public holidays are observed together with a number of local public holidays. Details of such holidays are normally widely published in Ship's Daily Orders etc.

DEBTS.

The unwise (and there are many who "jump before looking") soon find that they have insufficient financial resources to cover the cost of their mounting bills and the dreadful disease of financial embarrassment is the resultant malady. Whilst the Navy can under no circumstances make itself responsible for the private debts of the individual, on occasions it may be necessary to take action where the lack of fore-thought reflects adversely on the service as a whole. It is essential therefore that personnel exercise the utmost restraint in using traders ready credit facilities and remain free from the worry and strain of heavy financial burdens or debts.

IMPORTATION of GOODS into JOHORE BAHRU

All persons travelling to and from the mainland are liable to be searched whether in uniform or plain clothes.

Duty is payable on many articles, including food, drink, fancy goods, cameras, radios and the like, furnishings etc., etc.

Families living in Johore Bahru are strongly advised to use the NAAFI facilities thereby avoiding infringement of the Customs Regulations.

LOCAL TIME

Local time is:—

(a) 7½ hours ahead of Greenwich Mean Time

(b) 6½ hours ahead of British Summer Time

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.

RADIO and TELEVISION.

All radio and television sets must be licenced in accordance with civilian regulations. A combined licence costs \$36 per year—radio alone costs \$12 per year—and may be obtained from any civilian post office. Failure to licence a set that is in use can result in a very heavy fine.

Television sets can be bought at any reputable dealer or may be hired from most dealers at something like \$22.50 per month. When hiring a set it is usual to be asked to make a deposit of three times the monthly charge which is refundable after a period of six months.

The British Forces Broadcasting Service transmits a programme daily from 1400 to 2000 on a short wave frequency of 5010 k/c/s in the 60 metre band. The programme is designed for Service listeners and includes each day two news bulletins relayed from the B.B.C., sports round up and other items of general interest.

Not all wireless receivers include a 60 metre short wave band but these are easily obtainable in all price ranges.

If you are considering buying a new receiver you are strongly advised to ensure that it covers this band.

SHOPPING

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 Fit Gun. Any of the proprietary brands are suitable, but Shelltox seems to be the most potent.

Most households obtain the majority of their groceries from the local Cold Storage or the N.A.A.F.I. most of whom deliver to the door. Your neighbours will advise you on the best local ones.

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 Rd
- (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

BARGAINING

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.

BICYCLES

By local law, all bicycles, including children's which are ridden on public roads must be registered and must display a registration number and plate.

Application for registration, for which a fee of \$4 is charged, should be made to:—

(a) Registrar of Vehicles, Middle Road, Singapore.

(b) Gov't Office next to Post Office Johore Bahru.

CLOTHING

In this part of the world, clothes, especially heavy or woollen ones, become mouldy unless carefully dry-cleaned before storing away in an airtight box or a heated wardrobe. They should be hung out frequently in the sun and air, and this, together with brushing, will discourage ants and moths. Leather goods of all kinds should be treated with polish or saddle soap to prevent mildew, while vaseline on locks and Zip-fasteners will help to prevent rusting.

Air-conditioned storage space for storing clothes, etc., may be obtained by applying at the Singapore Cold Storage in Orchard Road. Charges for this service vary according to the amount of material to be stored, but on the whole are very reasonable. This is a most useful facility for maintaining in good order your winter clothing for the U.K.

CROCKERY, CUTLERY, POTS and PANS.

Crockery, cutlery, pots and pans may be obtained on temporary loan from the 'SHOP' situated in a van near the Armada Club.

A small charge will be made for items borrowed.

Full details of items and conditions of loan may be obtained from the shop which is open daily from 0945 to 1145.

TAILPIECE

Just one last word—don't get rid of that warm clothing you did bring with you. It will keep with plenty of moth balls and an airing in the sun at regular intervals and will save you endless worry and trouble when you leave for home, or for a holiday in a cooler climate. Warm clothing is much cheaper at home. However, if you decide that it is hardly worthwhile keeping the children's clothing, you may find the Exchange Shop helpful. (See Section III—Naval Base Amenities).

If you are sending your children to the Naval Base School, or to one of the other Service Schools, there is a simple and inexpensive uniform obtainable locally.