

one thousand volunteers were subjected to test with benedryl, which is similar in chemical composition to dramamine and has proved useful against air-sickness. It was found equally effective for sea-sickness.

Experiments were carried out to test whether the several drugs useful in the prevention of motion-sickness owed their value to their antihistaminic properties. The conclusions were that the preventative and therapeutic actions in motion-sickness were not due to these antihistaminic properties.

Neither dramamine nor benadryl are recommended for use by air-crews owing to their soporific qualities. Hyoscine, which has been used in all types of motion-sickness with reasonable success, produces less drowsiness than either of the former, but has other undesirable side reactions such as dryness of the mouth and occasional visual blurring. Artane, a drug with similar action but not chemically related to hyoscine, had similar undesirable side effects.

Although none of these four drugs, hyoscine, dramamine, benadryl or artane, is in itself the complete answer to motion-sickness, there may be successful combinations of these or others which will prove the final answer to this important problem.

In the meanwhile we must presumably accept the twenty per cent loss of efficiency and rely on these known drugs combined with training and seasoning of the troops required for particular operations, even though secrecy may be thereby compromised.

Here then is an opportunity for our enthusiastic research workers to bring relief to many and increased efficiency to our "Combined-Ops" forces by the prevention of motion-sickness.

Travel

THE VISIT OF THE DIRECTOR-GENERAL TO EAST AFRICA COMMAND

BY

Colonel J. P. MACNAMARA
Late Royal Army Medical Corps

It is not often that a Command as distant from the U.K. as East Africa Command is honoured by a visit from the D.G.A.M.S. In fact, though I may be wrong, I think that our present Director-General is the first that has visited us. Taking the above facts into consideration, I thought that a short account of his visit might prove of interest to the members of the Corps both inside and outside the Command. Accompanied by the Director of Medical Services M.E.L.F., Major-General T. Menzies, he arrived at Naivasha on February 25.

Incidentally on the same flying-boat was Brigadier B. Sachs, the Director of Pathology at the War Office, who was also paying the Command a short visit.

It would be hard to find in any country a more picturesque entrance than Naivasha. The flying-boat comes down on beautiful Lake Naivasha and all around are high mountains; these combine well with the blue of the lake and the green of the grass and trees adjoining the Naivasha side of the lake. Lake Naivasha is incidentally one of a series of lakes of volcanic origin which lie on the floor of the Rift Valley, that great cleft in the earth's surface which extends from the Dead Sea in Palestine through the Red Sea, the Sudan and Central Africa right down into South Africa. The Rift Valley has a bad name in Africa as it was along it that the great slave route went both north to the Sudan and Egypt and south to the coast.

After passing through the Customs the party left by car for Nairobi, 59 miles distant. The road, which by the way is by far the best in Kenya and which was built by Italian prisoners of war, runs through some beautiful country. Just after leaving Naivasha one has the Kinangop Mountain on the left and a grassy plain on the right and very often game can be seen on either side of the road. The D.G., who is a keen Shikari, was disappointed as only a few buck condescended to take notice of his visit. The Uganda Railway can also be seen as it winds its way along the side of the mountain at a height of about 7,000 feet. The road just after passing Mount Longanot, an extinct volcano, begins to rise up the escarpment and about the bottom of the incline, just to remind one that the Italians built the road, is a picturesque little chapel. Having climbed the escarpment, the road winds through country belonging to the Kikuyu tribe. This country consists of rolling downs in many ways reminiscent of England. About 15 miles out from the top of an incline one can see the city of Nairobi lying in the plains beneath. Nairobi was reached about 1730 hours and the party were taken to Torr's Hotel which is situated on Delamere Avenue in the heart of the city. In view of the fact that next day, Sunday, February 26, we had to drive to Nanyuki, a distance of 140 miles, it was decided to have a quiet night and no entertainments were therefore put on for this first day in Kenya.

The road to Nanyuki is a pretty one, running as it does for the first ninety miles or so through the Kikuyu Reserve. It has, however, one great disadvantage, i.e. that it is only metalled for the first thirty miles; this means that in heavy rain it becomes almost impassable and in dry weather it is heavily corrugated and very dusty. During this journey one passes many typical African villages and markets and our visitor made a point of stopping in one market to see what the natives were selling and buying. The first place of real interest one comes to is Fort Hall, so named because it was one of the original outposts of the East African Trading Company in the days before the Government took over E. Africa. Shortly after leaving Fort Hall one crosses the Sagana River, one of the largest rivers in East Africa, a country in which very few rivers of any size are found.

The D.G. was all the time expecting to see Mt. Kenya, the 17,000 feet mountain which rises straight up for ten thousand feet above Nanyuki; in the event we were unusually fortunate as when within about forty miles of Nyeri a very good view of the snow-clad peak was seen; this is very unusual as at midday it is almost always shrouded in cloud. The Kikuyu tribe believe that God has his seat on this peak. Another interesting point about this mountain is that when the first European who saw this mountain reported to the Royal Geographical Society that he had seen a snow-clad mountain on the equator he was laughed out of court as the scientists of that day considered that snow could not be found on the equator; however, as is sometimes found, truth is stranger than fiction and in the event he was proved to be right. Nyeri, a very well-known European settlement, was reached at 1300 hours and the party went to lunch at the Outspan Hotel. This is one of the luxury hotels of East Africa and has beautiful gardens and a magnificent view of Mt. Kenya.

From Nyeri to Nanyuki is about 30 miles and the country changes completely after leaving Nyeri. Instead of rolling hills with trees and villages one crosses a vast open plain with the Aberdare mountains on the left and Kenya and its slopes on the right. Plenty of game exists on these plains and the D.G. was able to see many types of buck and also zebras and ostriches.

About five miles from Nanyuki one crosses the equator and on this equator is a hotel, the Silverbeck, which claims that its bar is exactly on the equator. We went into the hotel, but as it was rather late in the afternoon the bar was closed so we had to give up the idea of the drink on the equator, and going on were met at Nanyuki by Major Beare, Officer Commanding the Hospital. As the Northern Area Commander, Brigadier Jackson, was away the party was taken to the Mwingo Hotel, another luxury hotel, situated a few miles from the cantonment and on the slopes of Mt. Kenya.

The climate of Nanyuki, situated as it is at a height of 6,700 feet, is extremely pleasant and it has an added attraction that as it is a non-malarious area one has the pleasure, an unusual one in this Command, of sleeping without a mosquito net. The evening was passed very pleasantly in going around the gardens and in a dinner at which Junior Commander Thompson, the Matron of the hospital, and Major Beare were present.

Next morning the D.G. inspected the Military Hospital, Nanyuki, and at the end of the inspection he spoke to all Officers, Nursing Officers, and B.N.C.O.s and told them as much as he could of the future of the Corps and Q.A.R.A.N.C. and answered any questions. After completing his inspection of the hospital he went over to the lines of the 3rd Battalion of the King's African Rifles. He was obviously very interested at seeing for the first time an East African Military Hospital and an East African Unit with their wives and families.

After a very quick lunch at the officers' mess of the hospital the party left for Nairobi. On the way they stopped and had tea at the Blue Post, a very nice hotel in Thika and after tea all went down to see the beautiful waterfall

on the Thika River which is situated in the very pretty grounds of the hotel. Nairobi was reached at about 1800 hours and the visitors went to the Norfolk Hotel for the night. One may be surprised that they did not go back to Torr's Hotel but the fact is that it is extremely difficult to get into hotels and visitors have generally to pass from one hotel to another. This has one advantage in that visitors get a very good idea of the general standard of hotels in the town.

The morning of the 28th was spent in inspecting the Military Hospital, Nairobi. The O.C., Lt.-Colonel Verbi, R.A.M.C., and a very smart guard of honour of the R.A.M.C. and East African Army Medical Corps under the Registrar, Major Lane, R.A.M.C., awaited the inspection. The talk to officers and Nursing officers had, owing to lack of time, to be postponed till another day. The D.G. had lunch in the officers' mess of the hospital and this gave him an opportunity of meeting several officers and of talking to them in a less formal manner than was possible during the inspection. After lunch the D.G. met the G.O.C., Lt.-General Sir Arthur Dowler, and had a long conversation.

The morning of March 1 was spent in an interview with the Director of Medical Services, Kenya, and in an inspection of the East Africa Command Medical Stores and the new and old Central M.I. Room, Nairobi. At 1700 hours we left by train for Mombasa. This is a very interesting journey as, for the first part of the way, the train runs past the game park and many different types of animals can be seen.

Mombasa was reached at 0815 hours on the 2nd and the D.G. was met by Major Vincent, R.A.M.C., the O.C. Military Hospital and taken out to Port Reitz at which place the hospital is located. As the time for the inspection was 0930 hours the whole party went first of all to Major Vincent's house where Mrs. Vincent had coffee and food ready for them.

The D.G. after inspecting the extremely smart guard of honour of the East African Medical Corps, a photo of which he insisted on taking himself, went round the hospital and the African Married Quarters. This Hospital, which has only been occupied during the last nine months, is in the old R.A.F. lines. It is ideally situated on the waters of Port Reitz. The D.G. was greatly impressed with the new African Married Quarters and here again he insisted on taking photos of the African women and children outside these quarters. Some of the "totos" or African children took rather badly to the camera and let out a series of unearthly howls.

No greater contrast could be found than that between the vast open plain outside Nairobi with its cool climate and the tropical appearance and heat of Mombasa lying as it does on the shores of the Indian Ocean.

We then drove across to Nyali Transit Camp crossing on the way the bridge which separates Mombasa from the mainland. For the information of those who do not know it, the old and historic port of Mombasa, for whose possession both Arabs and Portuguese fought so many bloody battles in the old days, lies on an island. The camp at Nyali is situated on the shores of the Indian Ocean and is used both as a leave and a transit camp for families and troops.

At the time of this visit it was occupied by a great number of the families recently evacuated from Somalia as a prelude to the handing over of this territory to Italy. It is a very pleasant camp indeed and amongst its many facilities perhaps bathing on its beautiful beaches must be rated the most highly.

As the train for Mackinnon Road left at 1630 hours it was only possible to take a short drive round Mombasa in order to see some of the more interesting sights; amongst these were the statue of Mackinnon who has given his name to the now famous Mackinnon Road, the English Cathedral and the narrow entrance through which ships have to sail in order to enter the harbour of Kilindini.

The journey is an interesting one as the train climbs very rapidly from sea-level and during the first part of the way very good views are got of Kilindini, the name of the harbour of Mombasa. This harbour can take very big ships; the biggest that has yet come in being the *Ile de France*, a vessel of about 43,000 tons. In order to make the ascent from the sea the railway has to make some very wonderful curves and it is extremely interesting to look out from the window and look down on the part of the line over which one was running some five or six minutes before.

After about thirty miles the scenery which in the beginning is of a tropical variety with mango trees and coconut palms begins to change to that of the Tara Desert. The Tara Desert does not, as its name seems to imply, consist of sand; it is a large area of about 100 miles in length and 40 in breadth, which is covered with a dense mass of what is called in Africa thorn bush. There is in the whole of this area practically no water and the trees are nourished entirely by the annual rainfall of about twenty inches a year. Many a slave has perished from thirst in this desert on the way down to the coast during the bad days of the slave trade. It is in the middle of this desert of trees that the camp at Mackinnon Road is situated.

Waiting at the station to meet the D.G. were the Area Commander Brigadier Duke, the O.C. Hospital, Lt.-Colonel Robinson, R.A.M.C., and the Medical Specialist, Major Johnstone, R.A.M.C. After dinner in the mess the party was accommodated in the O.C. hospital's small house and in tents, the normal residence for the inhabitants of this station. Next morning the D.G. inspected the Hospital. The greater part of the hospital is housed in Nissen huts and it must be admitted that in appearance they often look very grim. Having completed the inspection of the hospital, a visit was paid to several other units in the area and after lunch a tour made to Mackinnon Road to see amongst other things the vast "igloos" or sheds which are being prepared to receive all sorts of stores such as ordnance, R.E.M.E., etc., which are required for a modern army; also to the main water point from which water is distributed to the various camps. It should be understood that all water for this camp has to be piped from the Tsavo River some seventy miles to the north. Strange as it may seem Mackinnon Road is a married station and the D.G. was therefore

taken round one of the married quarters which are very conveniently situated near the hospital.

Mackinnon Road camp is of course just a vast clearance in the African bush and this bush is extremely monotonous and dull to live in. Great efforts have, however, been made to improve conditions and once gardens and trees have grown up the outlook will be vastly improved. The D.G., I am afraid, appeared to come to the conclusion that Mackinnon Road was rather a grim place for troops and so it possibly is, but on the other hand, there are quite a number of officers and other ranks who like it very much, in fact prefer it to Nairobi and other stations in the Command. At 2000 hours the whole party left by train.

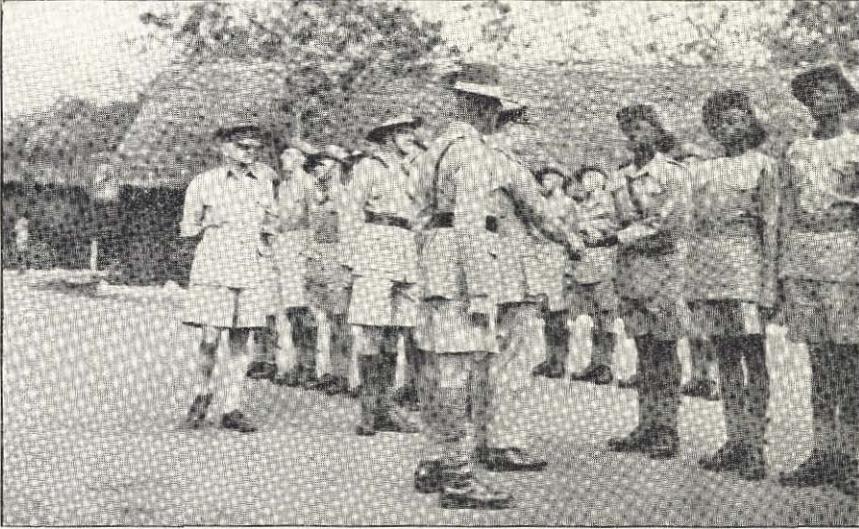
Early next morning the D.D.M.S. woke up and looking out of the window saw that Kilimanjaro, the highest mountain in Africa, was showing up in a most beautiful manner and he immediately went along to the D.G. to point this out to him. Certainly the D.G. has been lucky over mountains, first of all he saw Kenya in the middle of the day, an unusual occurrence, and now he has seen Kilimanjaro from the train, a still more unusual event. Kilimanjaro, 19,560 feet, is one of the numerous volcanoes which are found in this part of the world; it has, if rumour is correct, had an interesting history, originally in Kenya, the mountain with a small part of the surrounding territory was handed over to the German Colony of Tanganyika. This was done as a result of a request made by the Kaiser to Queen Victoria. The Kaiser told Queen Victoria that it did not seem fair that Britain should have all the highest mountains in her territories while the Germans had none in theirs. Apparently the Queen thought the argument a fair one and it was arranged that this mountain should go over to Tanganyika. It, of course, came back to us with the surrender of the German Colonies after the first world war. It is in the opinion of the D.D.M.S., who has seen many mountains, the most beautiful one that he has ever seen.

Nairobi was reached at about 0930 hours and the D.G. and D.M.S. were taken to the New Stanley Hotel, the third hotel in which he stayed during his visit. At 1200 hours they went off to visit the Governor, Sir Philip Mitchell, *G.C.M.G.*, *M.C.*, and a most pleasant hour was spent in conversation with our distinguished host.

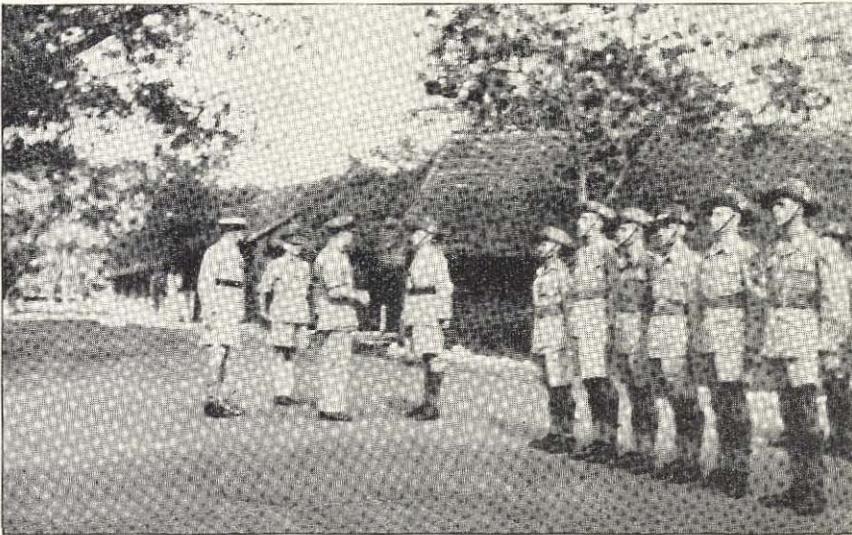
Sunday was spent as a day of rest and, knowing how interested he was in animal life, Lt. Colonel Verbi, the O.C. Military Hospital, Nairobi, took our visitor out into the famous Game Park which abuts on the City of Nairobi. Once again, he was lucky as in addition to many other forms of animal life he saw several lions; many people in Nairobi have spent several years in Nairobi endeavouring to see these animals but without success.

On Sunday evening the whole party whom Sir Philip Mitchell had very kindly invited to dinner went off to Government House and spent a very pleasant evening with his Excellency and his other guests. Monday, March 6, was spent in going round Units in Nairobi, in a final discussion with D.D.M.S. and in going to a tea party given by the officers Q.A.R.A.N.C. Before

the party the D.G. had his talk with all the officers R.A.M.C. and officers Q.A.R.A.N.C. which had to be postponed owing to the time spent in the Military Hospital, Nairobi, being greater than had been expected. On Tuesday, March 7, the D.G. and D.M.S. left by air from Nairobi for Khartoum.



The D.G. shaking hands with Serjt-Major Lawiogutu, E.A.A.M.C., at the inspection of the Guard of Honour, Military Hospital, Nairobi.



Talking to Serjt-Major Dodds, R.A.M.C., Military Hospital, Nairobi.

In conclusion the writer would remark that all ranks, both European and African, were delighted to see the Director-General and to hear from him all the information that he could impart in regard to the Medical Services. He certainly gave us the impression that he thoroughly enjoyed his visit and that he thought East Africa a beautiful country, as indeed it is, and the writer hopes that this article will give readers some idea of this part of the world in which some of them may in the future serve.

Matters of Interest

THE BRITISH DENTAL ASSOCIATION DINNER

THE Director-General was a guest at the annual dinner of the British Dental Association which was held in the Great Hall of the University, Birmingham, on Wednesday, July 12. Mr. H. T. Roper-Hall, President of the Association, occupied the chair and more than 500 members and guests were present. The Director-General replied to the toast of the guests and said he welcomed the opportunity of paying tribute to two distinguished members of the dental profession. One was Brigadier Broderick, whom he would like to thank for his service for five years as consultant to the Army, and the other was Professor Humphreys, who had given very long and distinguished service in the Territorial Army. He would also like to express his gratitude to his old friend Major-General Higgins, who had a very wide experience of the dental services in peace and war. The Dental and Medical Services played a great part during the war, and he would like to thank the dental profession for all that they did at that time; in orthodontic work and in curing maxillo-facial injuries they made a big contribution to the morale of the Services.

CAMPS AND HOSPITALS

The Director-General, with the Inspector of Medical Services (Brigadier F. Escritt), and D.D.M.S., Western Command (Major-General J. M. Macfie), paid a visit to Territorial units in camp at Llanbedr on the shores of Cardigan Bay on July 10. The units included 160 Field Ambulance (Swansea), No. 3 (Western) General Hospital (Cardiff) and No. 8 (Western) General Hospital (Liverpool). A visit was also paid to the Military Hospital, Chester.

The Director-General paid a visit to 152 and 153 Field Ambulances of the Highland Division at camp near Pickering in Yorkshire accompanied by the Inspector of Medical Services. A medical exercise was carried out by the Field Ambulances on the evacuation of casualties. One point emphasized was the advantage which was gained by having two medical units in camp together. In this way it was possible to carry out exercises more realistically and the medical officers of one unit were able to act as medical umpires.

A visit was also paid to the Military Hospital, York, where a wing of the