

The Prisoner of War Diary  
of  
Gordon Stanley Reis  
Captured by the Japanese off Sumatra  
on 18th May 1942  
and Held by Them Until  
his Death From Starvation  
on 2nd November 1944

## INTRODUCTION

Gordon Stanley Reis (my grandfather) was born on 25 April 1889 in Edinburgh, Scotland. He married Winifred Simpson Cran in Rangoon, Burma, on 16 December 1921. Gordon died as a civilian prisoner of war at Muntok on Bangka Island off Sumatra on 2 November 1944, aged 55 years.

Winifred Cran was born on 3 September 1898 in Blackburn, Lancaster and died on 7 July 1983 in Durban, Natal, South Africa.

Gordon Reis and Winifred Cran had two children Sheila Allwynne Cran Reis and a son John Alistair Reis who died in infancy.

Gordon Reis studied Agriculture at Edinburgh University after attending the Royal Free School. He spent one year at Munich University studying forestry and he then joined, before World War One, Harrison Crossfields in Sumatra where he ran one of their rubber estates. He remained there throughout World War One.

Gordon Reis had six siblings (Harold, Emile, Albert Victor, Cyril Herbert, Norah Evelyn, and Louis Norman). Their father, Alphonse Louis Reis was the youngest son of Jonas Reis and Marian Samuel. Marian's father, Moses Samuel was a Hebrew scholar of some renown and was the first to translate Moses Mendelssohn's *Jerusalem* into English.

Gordon Reis met his future wife, Winifred Cran, when he returned to Edinburgh from Sumatra after WWI. They both had studied Agriculture at Edinburgh under a Professor Wallace through whom they met when he invited them to Tea one day.



It would appear that they soon after got engaged but that Gordon Reis returned to the Far East almost immediately. Winifred then completed her studies at Edinburgh becoming the first woman in Scotland to be awarded a degree in agriculture. As soon as she had graduated, she left Scotland unaccompanied, arriving in Burma in 1920 and marrying Gordon Reis in Rangoon. Two years later their

daughter (my mother) was born.

From about 1920 to 1940 Gordon and Winifred lived most of the time on a rubber estate called Batu Kawan on the island off Penang. This was a Belgian owned estate (SIPEF). Gordon also co-owned, with Thomas Menzies, an estate called Sungei Wei in Selangor state outside Kuala Lumpur on the Malay peninsular.



In 1939 Gordon Reis fell gravely ill suffering from a gangrenous appendix leading to septicemia followed by pneumonia, a coronary thrombosis and a pulmonary embolism. He spent months in Penang General Hospital after which he took six months leave and in 1940 traveled to New Zealand and Australia with his wife and daughter. There they left her behind in Sydney where she boarded in a hostel for single young ladies and began to train as a beautician. Her parents having insisted that it was now time for her to begin a career for herself. They returned to Singapore where Gordon Reis joined Cable and Wireless. However the Japanese were already beginning their march south through Burma. Realizing war was imminent Allwynne returned to Singapore.

The story is taken up in Gordon Reis' own diary which he kept after the fall of Singapore. His death when it came on Thursday November 2 1944 was the result of starvation at the hands of the Japanese although the Japanese death certificate states 'Senility' as the cause of death.

This diary is the property of the Imperial War Museum, London. It was given to the museum by my brother and myself in 1984 after the death of Gordon Reis' wife, Winifred, from whom we inherited it. This version is based on a transcript which was made by our grandmother and which my brother and I subsequently re-read along with the original diary to check for any errors or omissions. In all there were six short passages that had been expunged from the transcript. Most concerned some critical comments that Gordon Reis had made of his daughter (our mother) and which have been included thus making the text here more faithful to the original.

This is a diary written by a man in abject circumstances, who is being slowly starved to death, who knows it, and whose purpose is to hold those who have brought about his condition accountable. It is a smoking gun purposefully and carefully pointing directly at the Japanese government. Unfortunately, to date, the Japanese have not been required to acknowledge their responsibility for the inhumane suffering that they inflicted on their prisoners, unlike the German government.

It is written by an ordinary man, a rubber planter, a civilian casualty of war and as such it is a remarkably detailed and dignified account of suffering and is as an exact a record of a slow methodical death as one can find.

This version is dated December 2003. It is numbered Version 1.2. It is not the final version as notes and more illustrations will be added to later ones, but the text is entire.

David Man  
New York City, December, 2003

SINGAPORE between 28.1.42 and 12.2.42 (Reference B)

These dates are taken as they cover the period between W. and A. leaving S. and my own departure on 12.2.42.

Written on 10.5.42.

I heard from someone who saw W. on the ship (Empress of Japan) that W. had decided to carry on to England with which information I was very pleased. I believe the ship sailed on the evening following that on which I went down to see off W. and A. I had no cable from Colombo saying she had a safe arrival, but from other sources I heard so. I only hope W. and A. both went on to England as I wrote to W. there in duplicate c/o Mrs. Cran giving full information re finance. Letters were sent about 30.1.42. About 29th January I had a phone message from George Watson of the P & O offering me a passage to India (?) which I refused as I felt more women and children should be out of Singapore before I went. The next time I phoned P. & O. Watson and some others had left for Bombay.

I stayed on with Palmers at Bailey's house on the racecourse and was mighty tired of his raucous voice and his egoism

In Singapore things were getting hotter and I was caught in the first shelling of the place about 3rd February in Clemenceau Avenue - a very nasty experience but no ill effects, other than nerves. Most of the time I spent in air raid shelters during the day as there was almost incessant bombing of the town apart from increasing shells with their whizz bangs. (Written on 10.5.42, entirely from memory).

It became obvious about 10th February that the enemy were getting nearer and as they were on the Island of Singapore and as Bukit Timah was becoming massed with troops and equipment I decided to leave the house so did so, and took up residence in Rex Hotel near Raffles. I took the Amah to her home and the Palmers went to Raffles. All hotels were rapidly filling up and everyone was abandoning house and taking up residence near the front. Shelling Orchard Road was prevalent as well as shelling elsewhere. I therefore had to leave the Morris car at Bailey's house as I could not go back for it.

I carried on the job I was engaged on, but it was obvious on Wednesday, 11th February, that Singapore must fall. Troops were everywhere, everything looked chaotic and leadership was lacking — none at all.

I believe the Banks closed down about 12th February and people were getting more and more worked up to the inevitable.

I called at P. & O. office who were now again at Collyer Quay and they said all shipping had ceased!! I saw Captain Whitworth of Vet. Dept. and he again gave me some warm clothes and offered all assistance to get me out of the country as he was very anxious I should leave. Whitworth is a fine fellow and so are some men I met in his office where they were living. (written on 11.5.42)

I saw Erroll and Kitty Shearn outside the Adelphi Hotel on Wednesday, 11th February — so Kitty had not cleared out about mid-day.

I lunched several times at Singapore Club with Dr. Bruce Wallace and Walden but never knew whether they got out. Walden left on some ship I believe. The Cricket Club was taken over by the Military and was closed to members.

On Wednesday, 11th I turned up for my work at 7 p.m. and it was all over in a few minutes, so I slept on the cement floor on the building. It was therefore apparent things were going very badly. I returned to the Hotel in the morning and was told no food would be served after Thursday 12th, but I ate my lunch there — in between shellings and bombings. About 3 p.m. on Thursday, 12th, Hotel Resident with whom I had spoken at other times, shouted to me that a phone message had come through saying passages were available for all men, women and children who would clear out, but the destination was unknown. I went in the Ford car to Supreme Court as instructed and there were crowds round Mr. Justice Aitken who was writing out passes for the ships. This was about 3.30 p.m. on 12.2.42 and we had to go to Collyer Quay forthwith. I returned to Hotel, put some things in two bags and drove to the quay with the Hotel Resident. On arriving at the Quay the military took over our luggage and sent us aboard a ship the Giang-Bee which was lying in the roads. On reaching her by launch saw Freddie Meyrick who took charge of me and gave me a lifebelt at once as bombers were still around

Singapore was being more and more heavily bombed and fires were seen in many places - a pitiable and pathetic sight. However — war.

I left the Ford car on the Jetty and handed the key to the hotel resident who motored me down. There was nothing else to do. Incidentally I had tried day after day to sell either the Morris or the Ford but could not. Two cars should never have been kept in Singapore — one should have been sold when cars were saleable. However I left a lot of things behind in either Bailey's house or the Hotel, but that was unavoidable under prevailing conditions. Farquharson stayed on at the house all the time I was there and shared the room we had.

I think the above covers Singapore after your departure when it became more inhuman, desperate, selfish and uncontrolled.

The next part of my experiences covers the Journey (voyage) Singapore to Muntok in the Straits of Banka and will be referred to as reference C in future should it be necessary.

I got aboard the Giang-Bee on Thursday 12th February about 4.30 p.m. (written 12.5.42) and met Meyrick, Harding of United Petain, Ward Jackson of U.P.A.M., Jones of Malay Mail and many others. Altogether before we sailed I reckon we had about 350 men, women and children aboard (of whom later I consider 270 were lost). Food was very short and were bound for Batavia? The ship was an old one and was probably around 2,000 tons with only volunteer stokers and volunteer crew. I think she had a large number of deserters aboard from the Army in particular. We got away from Singapore about 9 p.m. after making for the breakwater and to get various items. In the dark Singapore looked an appalling sight of fire, as well as the blazing oil storage islands. Never in my life shall I forget the dreadful carnage and the awful sight and impression of fire throughout. The town looked lit up and buildings were very obviously recognisable through the flames at night. The ship had too many passengers and nearly everyone had to sleep on the deck in the open. We passed as good a night as possible after getting a little food from Mayrick and in the morning all available food was handed over to the ship so that we could all get a little of anything. Early in the morning we saw planes overhead and as they turned out all to be Japs we were dive-bombed in total six times between morning and 5 p.m. of Friday 13th February. During one of these bombings when several were killed and wounded, I had the second and third fingers of my right hand damaged and these took over two months to heal - very amazing under our living conditions. However, my troubles were small compared to others, the real trouble being I had to keep my hand in a sling most of two months. The bombings of the ship were generally not very disastrous due to good navigation and zigzagging by the Captain. During each raid I was lying down in an alleyway on the well deck directly under the bridge where the superstructure was denser there than elsewhere. All stoking was done voluntarily and it was difficult getting the young men (many deserters) to do their bit. However, we managed to maintain about 9 or 10 knots and when 5 p.m. came we thought we were out of trouble for that day. However, it was Friday 13th February and our fate must have been written against us for at about 5.45 p.m. a shell landed near us in the sea which caused a great commotion as on the horizon on starboard we saw several (5 or 6) destroyers and I think one cruiser. We stopped dead and awaited till two came near and whilst hoping they were Dutch, they turned out to be Jap - our fate was then sealed. About 6.30 p.m. (2) big bombers of ours came over and bombed the Japanese which were quite near us and then they, the bombers, cleared off.

12.5.42

We then got orders to assemble on the life boat deck as following some signaling we were apparently ordered to abandon our ship. What a feeling it is — but everyone was majestically calm and peaceful and resigned. I went to my bay and collected a jacket and after slipping into the water was later pulled into a lifeboat. Fortunately this was one of the good lifeboats for I believe two of the large ones sunk - one having been damaged by bombing early in the day and the other broke its back, probably due to overloading. After getting into the lifeboat — even with my damaged hand - and with assistance the officer in charge - Morton - an Engineer had a great deal of trouble maintaining some sort of discipline, as out of 42 in the lifeboat there were only about 12 women and children — the most of the others being obvious young bad nuts whom I was astounded to see in the lifeboat. However, we steered a SW course and about 10.30 p.m. the G. Bee ship was lit

by searchlight and then shelled. We therefore had plenty of time to get away from the ship, but there must have been as stated say 270 casualties finally. We carried on our course and during the night, when conditions were very wet and cold, seating was very difficult and volunteers had to row. I was unpopular with my bad hand as I could not do much, in fact nothing, so these young lads were very anti. However, we saw the night through with perhaps half an hour's sleep and when morning dawned we had the wide ocean around us. A compass was on board so we steered practically SW to aim at



Sumatra as we were not sure where we were when we left the ship — actually I believe it was about 180 knots South of Singapore. During the day we erected the sail and carried on as rowing was heavy and discipline was bad, also we had to bale out water, as the lifeboat was leaking — taking in as much water as we could bale out. We had some biscuits and fresh water in the lifeboat, and these were given out in minimum doses twice in the day. It should be remembered I had lost everything - no hat now, no sunglasses, only what I had in my pockets which was my letter of C. my passport and reading glasses. Thank goodness for the latter. To pass a day in a lifeboat cannot be described — it has got to be lived through under true tropical conditions to be understood. During the day we saw several flights of Jap planes and one plane flew round and round us but did not shoot at us as they might have done (I should have said earlier on when I got into our lifeboat the screams for help from around were appalling — mostly women's voices - obviously from the damaged lifeboats and now struggling in the sea). That evening we carried on and through the night. It was terrible having imaginary views of land and buildings during the night and as the lifeboat was very overcrowded someone was usually sitting on top of your knees or lying across your body. Water often broke over the ship's side and I was thoroughly soaked through, but fortunately never with any after affects. That night, the second in the lifeboat, we were in the searchlight, but the ship never showed up. In the sea in the day we saw floating mattresses on occasions, but never any sign of human life — usually a bird or two sitting on the mattress! The following morning we saw land — mangrove swamp, i.e. Sunday 15th February and we made for a landing near some Casuarina trees along a narrow part of the shore. Before landing we passed some fisher peoples houses which were built out on stilts in the sea. We drew the lifeboat ashore and took our biscuits and water ashore. We were very exhausted and actually I could not walk 50 yards. The younger members went exploring and some three

Malays came to us and gave us a few prawns and showed us where we could get water about one mile away. (On 14.15. Feb. I saved Maurice Phillips' life as he had a brain storm on the boat and tried to walk overboard. I got him when he was just reaching the water and with assistance pulled him back into the lifeboat. He was queer for hours before and after the event).

We had the drinking water brought to us and did some cooking mixing the biscuits with condensed milk and water - it was impossible to swallow the biscuits they were so dry and hard. The milk was found in the lifeboat. That evening we built a fire and took watch all night as there was ample evidence of wild pig and the natives said tiger and elephants were near. However, nothing worried us and Phillips and I did a two hour watch. We slept the night on the beach above high water mark. It was quite pleasant and certainly softer than beds I had later.

In the morning we (Monday 16th Feb. 1942) wandered about the shore which had a dismal outlook on to mangrove all around as we seemed to be at the mouth of a river, having left the open sea to go to this place. We were looking especially for water as the source of supply was a good distance away and whenever we saw any small water hole we drank the water - no matter the colour. Some of these were obviously water holes of animals as footmarks were around. We also bathed in the dirty seawater during which time I had to keep my hand above water level. We had no towels so dried in the sun and unless one has experienced the condition, it is difficult to describe them writing under the conditions I shall later record. We passed the day on iron rations, did two hour watch at night and woke up on Tuesday, 17th February still on this bit of shore. Whilst bathing about 10 a.m. a ship came up the "river" from the sea. She turned out to be the Tapah, a small British Auxiliary minesweeper hiding away from Jap air attacks. As soon as they saw us, they sent a boat ashore with provisions, water, etc. She was under Hancock, one of the finest young men I have met and certainly one of the best since war started. In the early morning about 11 of the party thought they would have a chance of making Palembang so they left in the lifeboat that morning. Their later story was they found out the Japs were in occupation so returned to the camp. Hancock sent word to us whoever wished could come on the Tapah and risk it with him. I decided with Phillips to take the risk especially as my hand required medical attention. [Below is Muntok Jail]

We therefore - about 11 of us - left the party in charge of Morton, Miss Hicks and Miss Bridgeman of the Australian Y.W.C.A. and went aboard the Tapah which was lying about one mile away (written 15.5.42). The party remaining behind was about 22 and I heard they eventually, on the return of the lifeboat, tried to make Batavia, Java. What has



transpired I do not know at time of writing but they must have been say 300 miles north of Batavia. The two Y.W.C.A women remained behind really to control the men. We got on the Tapah as mentioned and shortly afterwards moved off bound for Batavia.

There were crowds on the ship — a small one of say 1200 tons — mostly survivors from some distress or other, and I got a corner on the deck for sleeping room. I had no mattress nor other equipment - having lost all. We carried on in the dark and whilst dozing about 10 p.m. we were stopped by searchlight and signals and eventually Japs came aboard when we then realised we were prisoners of war. This was near the Straits of Banka and not far off Muntok to which part they led us. It was apparent we were in for the duration. In the morning (Wednesday, 18th February) we anchored off Muntok and stayed there all day long. By the way, it was amusing when the officer went to Hancock's cabin and took over the ship. Their conversation was worth listening to but I cannot detail here for paper shortage. I hope to report it later when we meet.

18.3.42            Towards evening a British captured M/L came alongside and we were ordered aboard. Before this I had my hand looked at by an Osteopathic (bone) Doctor Murray of Penang who cleaned it for me and gave me a few odd bits of clothes and helped me to shave. We got aboard the M/L and I collected there a pair of trousers which were my pyjamas trousers since then, - they were warm summer European ones. We arrived at Muntok jetty where it started to rain and before we were under shelter it must have been at least one and a half hours. We were marched to the Cinema and then counted and allowed in where we totaled several hundreds — civilians and all the various forces. We were searched on entry but having nothing - I lost nothing. We were then allowed to sit on upright chairs and after dark an odd hurricane light was lit and the sentries were amongst us throughout the whole night. Latrines were cut outside in the open and late at night we had a meal of rice and some tinned food from some of the captured ships. I ate my rice out of a vegetable tin and used part of the lid as a spoon. I hardly slept during the night but managed for a time to lie down on cement floor beside a man who had an overcoat. In the morning, after several appeals, I learnt there were some European Doctors in a Hospital. I was sent there eventually in a motor lorry and found myself in a building formerly used as a Chinese Coolie Line with Dr. McKern of Penang and several other Doctors there. Equipment consisted of what they and others had saved and brought in. They attended to my hand and cleaned it up very well indeed, but could not stitch it. Part of the whole building had been kept for the sick and injured of whom there were many and they kept me in the sick quarters all the time I was at Muntok. The whole building eventually became crowded with women, nursing sisters, all forces and civilians i.e., was overcrowded by about 5 to 1. The place is an old building and was used to house Chinese Coolies for the tin mines at Banka and was very primitive, especially as regards sanitation, bathing, sleeping etc. There were several adjoining rooms and we slept on cement beds, sloping towards the feet which more or less hanged downwards.



There was a hall for walking in, sheltered from the sun, but the sleeping conditions were hard and uncomfortable. However, I had a filthy, dirty mattress to sleep on. Food was

rice of varied quality, sometimes with a little sugar or salt and very occasionally with very little vegetable and once or twice a little meat or pork. We had two meals a day to start with but later we got three meals of plain rice. The sentries did not worry us but now and again examined our sleeping rooms during the night. Flies and mosquitoes were bad, especially flies and near the Dispensary where they increased very rapidly. Rats in a sewer. Amongst the people there were Hawkins of M.C.S., Herring of M.A.P. who helped me a lot with washing, Dr. Haines of Dunlops, Leggat, etc. These were all survivors of 43 ships which were either bombed, sunk or captured and from many survivors we had some extraordinary tales of their rescue and their survival after passing through the mainland from the sea. Many also were lost at Luntok, including some Sisters and an Australian friend. Several had been in the sea for anything up to 40 hours and tales of endurance seemed impossible. It was obvious we should never have been allowed to leave Singapore as we had not a chance of getting through the Banka Straits which were under control of the Japs. Actually I do not think any boat got through which left Singapore after Tuesday, 9th February and loss of life might have been up to 2,000 but this is hard to say as no records are available of ships which left Singapore and who left in them. However, those who were there were cheerful enough and I had a few games of bridge and several walks with various men in our confined area of perhaps one and a half acres for us all. There were many shrapnel wound cases and a lot of dysentery but the latter seemed to clear up. Farquharson joined us too, also Cranna of Guthries and Napier of Sipey Estate, Johnstone of Harrison Barker and others I knew. Many were destitute but help when possible of clothes was given. I got sufficient to carry on with but had no shaving nor toilet things and no soap, no towel, etc. etc. In future I shall abbreviate sentences but will try to maintain their intelligence. Bad headaches from 10 a.m. to 4 p.m. Slept fairly well, about 6 to 7 hours in 24. Climate hot especially part of night in rooms. Building had brick walls and cement floors with open squat-down latrines and bath water from a tap which found very difficult with only one hand to operate. Could not buy anything. Lights were lowered about 10 or 11 p.m. Had great difficulty in keeping clothes clean with one hand and cold water and no soap. Few working parties sent out for few days to Aerodrome site - from Air Force - 7 a.m. to 2 a.m. following morning, thereafter only few on odd jobs and bringing in firewood. Kitchen in charge own European cooks from ships but rice badly cooked until some Malay prisoners showed them. About six deaths due to dysentery and wounds, mostly young men. Camp leader was Grixoni<sup>1</sup> (Britisher) of Singapore Harbour Board who had a difficult job as so many different types of men, some being scum of earth and many were deserters, who passed whole day swearing and cursing 19 words out of 20.

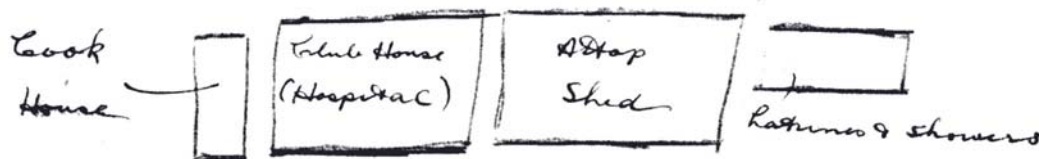
No comb nor brush for hair and no toilet material - no toothbrush, no soap, cleaned teeth by rubbing under tap - fortunately both upper and lower dentures, no teeth my own. Growing beard but after fortnight got one shave and a small fork for eating, also sauce boat spoon. Have a couple of bowls to eat from now.

Smells where sleeping at night appalling and reeked of latrine. Bombing of the nearby aerodrome took place on a few mornings but stopped about 25.2.42. After a time the various services were taken out of the camp. Eventually about 4th March only civilians

and some few services were left, also earlier on most women with their husbands went off to Palembang.

About 10 a.m. on 15/3/42 we were told to prepare our luggage as we were leaving that night for Palembang. I put my few pieces in a kit bag someone gave me, and all luggage was sent down to the Muntok wharf in lorry. We got an extra ration of rice and were ordered to walk to the wharf about 5 p.m. Distance say 1 and a quarter miles. Raining on arrival. Walked along pier. Got aboard launch, taken out to a small boat and there sat up all night long. Small boat left about 9 a.m. on 16/3/42 and took all day to reach Palembang, possibly 50 or 60 miles north of Muntok. Heat of sun terrific and my lips were burnt for three weeks after. Felt very exhausted in afternoon and lay down on dirty deck floor. Conditions grim but got some water — no food, but had kept some cold rice from previous day. Arrived Pal. in evening and were kept on wharf several hours till services were cleared off. Being unfit I was taken in motor lorry to our new quarters about two miles in town - obviously a new hospital. We were sent to outhouses and slept on cement floor. Hospital was not occupied. Spent till 18th March there i.e. two nights and were told to pack our things again. Food here mostly biscuits but alongside main road could buy bananas etc. if had Dutch or Japanese money — Straits money was useless. I bought nothing. On 18th off to wharf again by motor lorry bound for Pladjoe, stayed on wharf for some time before put on small boat for Pladjoe. P. is only about an hour's run down river from Palembang. Palembang itself is about 50 miles up river from the sea.

Pladjoe from 18.3.42 to 15.4.42 i.e. about one month. Arrived here about midday on wharf where we stayed for several hours in sun. Our leader was then Penrice of Straits Steamship (under Gibson) and he was taken to see our new abode about half a mile away. It had been barracks of R.A.F. and was an attap shed for about 100 men attached to the P. Golf Club house — a nice building. We arrived, about 160 civilians, at P. and whilst there two deaths occurred. (Johnstone of Federal Dispensary, K.L. and Wynne of S. S<sup>ii</sup>. Police force). We had wooden beds on trestles over a cement floor or laid in canvas beds. Mine on planks with camouflage netting doubled over 12 times as mattress on top of planks. Overcrowded two to 1. Roof of attap and slightly leaking. Good shower baths and latrines. Used Club house as Hospital as many diarrhea and dysentery cases and no Doctor. Japanese dresser helped and supplied dressings and attended to my hand till our amateurs took over. Good room where we slept and cook house at opposite end.



Own health was good here and fingers were healing over quite satisfactorily own constipation, bad at Muntok, ceased and headaches were getting less. Pladjoe was oil refining plant of B.P.M. (Batavia Oil Co.) and all around were iron pipes and godowns for requirements of refining and drilling. Wharf only for shipping but village was near - never saw it. Country dead flat with mosquitoes and no nets at night and flies during day.

Working parties working very hard - civilians - 9 a.m. to 2 p.m. and then 4 to 7 p.m. Jap time i.e. eight hours daily including Sundays and men of all ages if fit, decided by ourselves. Parties up to 50 or 60 if told but men up to 68 years old. Conditions worsened for our people and supervision of workers and camp got very strict. Expected trouble but was averted. Work of iron pipe shifting and unloading ships mostly - hot blazing sun and men not accustomed to this. Very severe for civilians. Own work, put in charge of camp sanitation and kept place clean, tidy, collected rubbish bins, latrines, shower rooms, bits of dirt, paper, etc. Had voluntary assistance to commence but later was allowed staff of two to help, plus convalescents. Kept going for about five hours in day and allowed balance for resting. Did sun bathing and gradually got body, except around middle, all brown, as began to wear only small bathing pants, i.e. scant - very scant and wooden shoes which were made by friends. No shirt, no singlet, no socks, only clogs and these pants which cost 45 cts. Bought two pairs socks for night wear, some soap, toothbrush and canvas shoes. Rain often started at suppertime. Food was rough vegetable, biscuits and rice with now and again little tea and oxo. Always had a second helping if available. Vegetables were seaweed, rough potatoes, spinach, sometimes army biscuits, little pork on occasions. Bought bread and bananas and now and again tin salmon or mackerel. Sentries did not bother us for first week but thereafter became strict and we saluted them. Fixed bayonets which were dangerous in dark at night. Could exchange about Straits \$10 for Dutch or Jap guilders 5.40 or as against normal exchange of 8.50. Read some books and could read in bed till 10 p.m., until stopped at 9 p.m. I could rest in afternoon for hour or two. Woke up 7 a.m. - did exercises for arms - breakfast at 7.30, muster 7.50 a.m., lunch at 2.50 and supper around 7.50 p.m. muster 8 p.m. when had to stay in sleeping quarters.

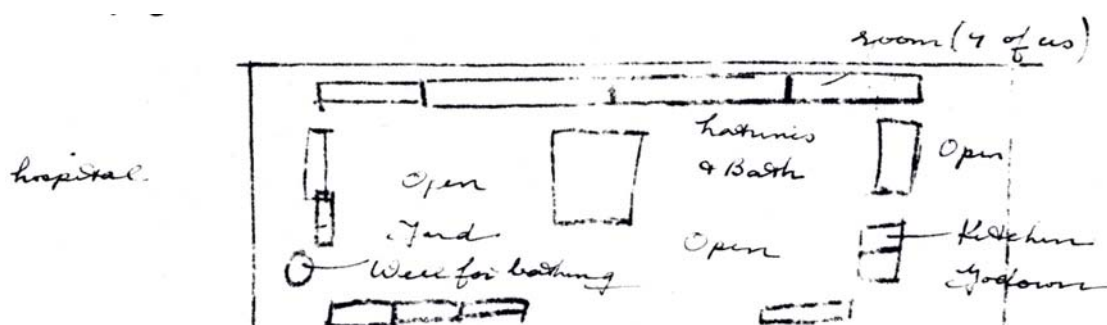
Country all around camp was open, not fenced in so had boundaries pointed out. Total area say 1 ½ ac. to 2 acres. Hawkers were stopped coming to sell at camp, except for bread to sell. Continued own washing, laundry, etc. as well as possible with only one hand - but fingers improving. Could always cook tea, also before going to bed as kitchen kept hot, boiling water when firewood was available. Could borrow a razor so shaved about every fifth day. Also got some shaving soap and brush. Food was sent to camp every second day or every day but often very late. Standard of cooking was poor and many diarrhoea and dysentery cases due dirty vegetables - not properly cleaned. Bags etc. were searched on arrival wharf before coming to camp. Bought some tobacco and cigarette papers, but gave up smoking entirely as could not afford it. My pillow for sleeping was the lifebelt I kept - kapok one and still using it (22/5/42 - (27.3.44)

Last few days in Pladjoe were difficult. All with beards were ordered to shave them and discipline severe.

The work was strenuous for our men and many went down with fatigue, diarrhea etc. We were then ordered to pack up very suddenly one morning about 11 a.m., had our lunch early and were ordered to march to the wharf and had to take our sick from the hospital ward in the clubhouse. Hang around the wharf for hours before got aboard a small launch headed for Palembang again. Did not know where we were going at all. This was on 15.4.42 (written on 24/5/42.) We were in the launch for about an hour or so and on

arrival Palembang disembarked with luggage on wharf. Waited on main road for several hours again. Arrived Palembang for second time on 15.4.42. We were marched, carrying own luggage for about 5/4 mile to the JAIL where still am when writing this (24/5/42). Found some other 50 Britishers there from Muntok and about 120 Dutchmen. They had all been separated from their wives who were kept elsewhere in bungalows. The Dutch all appeared good class, mostly Civil Servants or Government Departments including the Resident of Palembang and many Dutch Officers - all ordered to stay on when Japs came - how different to Malay where M.C.S. bolted to Singapore.

Prisons overcrowded, altogether say 120 Dutch, with some 20 Eurasians and about 200 British Civilians. Prison to hold about 140. Was put into go down on cement floor adjoining kitchen - wet, damp, leaking roof, building over 40 years old. Roof repaired by us after some days. Through breeze which was very good. This room - 9 of us.



whole area about 1 1/2 ac. but could walk round outside buildings on three sides - all walled and barbed wire on top. Own health here not too good - bad diarrhoea from about 17.4. to 26.4. when kitchen made porridge for me. Had to go out at night to open air latrines when raining too. Once ran with no clothes on at night. Got peculiar skin trouble on scrotum which cleared after treatment by Dr. West. Then neuritis of right shoulder blade (written on 25.5.42) set in which still persists and pains especially when sitting down but relieved when lying down. Also slipped and hurt ribs below and to left of heart which still persists. Were it not for neuritis and ribs would be much happier. Phlebitis left leg not swelling so badly now without bandages and ankles not so swollen. Very bad at Muntok and Pladjoe. Ringing of left ear and stegomyia of eyes still persists. Took bandages off fingers under Dr. McKerns advice who is in this camp and whereas they are not fully healed, they quickly covered over. The muscles are poor and exercises will be essential for a long time before they can open and close normally. Appetite good, taking second helpings every meal but constipated on occasions - not enough vegetables in diet. Arm exercises being done for about 1/2 hour every morning around 8.50 to 10 a.m. and no interference from guards. Palpitations have now ceased. As regards people in camp, skin trouble remains, chiefly prickly heat, monkey pox, ringworm and other forms of skin irritations which take some time to clean up. Diarrhoea and dysentery continue but not so virulent and getting less by 25.5.42. The climate here is wet and often have rain in afternoon which prevents walk around courtyard. Cannot see outside except through small sentry door. Many natives are walking about in street and also bullock carts and cars with Japs but understand all business is at standstill as little material available in shops and banks all closed as well as businesses. Bankers in this camp. Walls of our

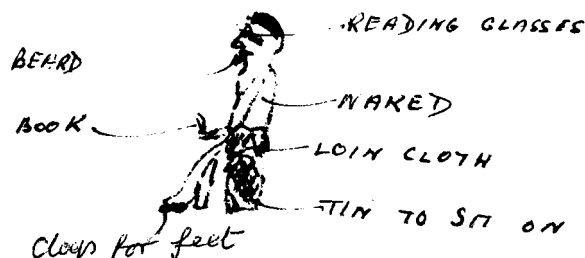
rooms not lime-washed for many years and walls very dirty looking. Food is arranged and cooked by Dutch under an Hotel Proprietor - Smit. If firewood available get coffee around 8 a.m. and tea around 5.50 p.m. Bread obtainable for first three weeks around 10 a.m. When bread ceased, plain rice substituted, but had some own butter and margarine. Camp often provided bananas in a.m. which mixed with plain rice and own butter. Lunch around 3 to 4 p.m. consisting of various vegetables, chilly, sambol and rice, like a rice tafel and very good. Vegetables getting difficult (25.5.42) Cucumber, white, or sweet ordinary,-- potatoes, vegetable soup. Very rarely fish but occasionally meat or pork - say about 1/2 to 1 oz. per person. Cooking by Dutch who were good. Around 8 p.m. or later got a bowl of rice vegetable soup which may have had some meat in it. All meals pleasant and well cooked and vegetables carefully prepared and clean by kitchen workers. Camp divided into 11 blocks and each day for each meal a different block was first called for its food. Camp fund to buy extras so that all could benefit e.g. to buy one or two bananas daily when available, salt, tea, coffee, etc. some gula jam to make an occasional sweet dish - all organised by Dutch and cooked by them. Sentries did not interfere after first few days and left to ourselves with light out around 10.50 to 11 p.m. We fixed up light in our room but could not read by it as not strong enough candlepower. Bed on cement floor consisted of four rice bags, two old thin mats and waterproof sheeting. Usually slept seven hours per night from around 10.45 p.m.

When got up did teeth and face and bathed around 1 p.m. before lunch. Mosquitoes bad some nights and they chewed up hands and face but so far no fever. Flies bad some days. Good number rats and cockroaches. Still using tins for soup, coffee, etc. but have two bowls for rice and vegetables. Practically everyone camp using these tins which were fixed with wire handle. Water chlorinated and ample supplies. Sufficient lavatories and bath accommodation but on short side. Money position difficult as exchange originally 3 guilders to Straits \$10 - decreased to 1.50 guilders, normally \$8.50. One banker said he might help me but to 25.5.42 had done nothing (never did do anything). Purchases from outside were permitted for some three weeks after which they stopped for individuals but were permitted within limit for all camp. This is hard when essentials e.g. clothing required. Bought one bath towel, one hand towel, one toothbrush, one clogs (wooden) but could not get some more panties or briefs (underpants). Still trying. Dressed now only in these very short pants and clogs most of the day but when went to bed had to put on clothes i.e. warm trousers and shirt and pair stockings. Spend day like this - up 7 a.m. Jap time, i.e. 5 a.m. Palembang. Do teeth and face and hands. Then exercises on arms for about 1/2 hour with rest, then coffee then take all bedding out of room for airing, put in sun, then read or fritter time away by strolling with T. K. Wilson (of B.R.V.A.S.) and sitting on seats. Lie down about 1.00 pm Jap time, bath about 2.00 p.m. and hang around till tiffin. Thereafter sleep and lie down - neuritis makes essential - tea around 8.30 or 9 p.m. During day read fair amount but NO chairs nor recreation room. Very uncomfortable, also to write up these notes. Bed around 10.15 p.m. Very boring - evening after dinner as little light on anywhere and impossible to read. Spend fair time reading in bed in afternoons as rarely sleep then. Night often disturbed with mosquitoes and awake for one or more hours. No camp rules at all and no interference. Understand Natives outside no or little work and unemployment. Inflation commencing and rice said to be 2 guilders per gatang i.e. around 60 guilders per bag. Also foodstuffs said to be

difficult to obtain so if offered freedom here useless to go outside. Weighed myself on Chinese counter scales, weight 10 stone 12 lbs. against normal 15- 7 lbs., loss of 2 stone 9 lbs. in six months. Hope no more weight will be lost. Do washing as necessary but wearing little means washing little. Air everything out of kit bag daily and once weekly all in sun. Still getting soap from camp organisers. No working parties from here at all as all civilians. Sick people now being sent to local Roman Catholic Hospital, Charitas but several deaths have occurred. ROBBINS of Malayan Collieries, McALISTER, Senior pilot, Singapore, BROWN and ATKIN-BERRY Singapore - some others - Diarrhoea or Dysentery is one of causes. The Japs more considerate and allow early entry to hospital. Dr. West and Dutch Doctor in charge in camp. Camp leader is Dutchman, VAN DER VLIET an Assistant Resident of Palembang. Penrice and a Committee represent the British interests. All work quite well and friendly so far. Have now got a comb to do my hair and all shaving is with communal razor near sentry. Have allowed beard to grow which is dead white and not attractive at all. However, better than a rash as might occur. Firewood for kitchen is difficult and comes in irregularly, however, managed to get enough so far, also by pulling down parts of wooden structures. Heard shots may have been bombing on occasions - little air activity around but aerodrome few miles away - our Quisling in Camp. Have sing-songs and lectures on occasions in evenings - interesting, but no seating makes uncomfortable. Some tobacco comes in occasionally. Trade rice for sugar or ducks eggs - no hens eggs. Sometimes get ducks egg for lunch. Salt is difficult, very short, no sugar or flour at all. Library has started - Godsend and now can read during light of day but uncomfortable seats. When entered camp and luggage searched, all razors, scissors and knives were confiscated. Some classes held in Dutch, Malay and Spanish but do not attend as find memory is poor and no energy.

Camp has fund to buy extras e.g. salt, tobacco, some foodstuffs, vinegar, chilly, soya sauces and cost about Straits \$8. per month per head. Straits money accepted only for this and allowed at rate 1/2 of value of guilder.

Ankles seem less swollen now and phlebitis not so worrying especially without bandages. No news of outside events. No drink for me since Singapore. Spend time in sun and open and am now a good brown. No cough or colds despite never put on anything warm in evenings. This is sketch of me during nearly 14 hours of the day.

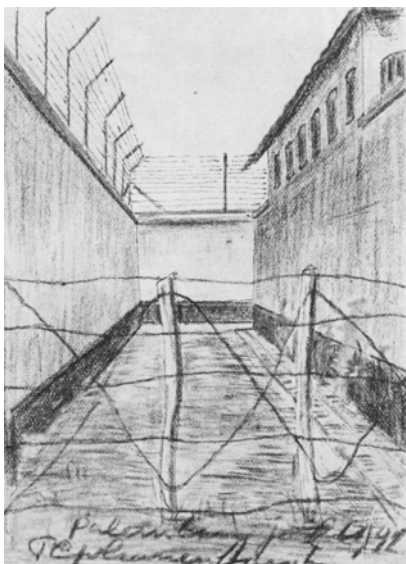


Dreadful to contemplate but that is my luck!! No topee, practically naked, day in and day out.

Food not so good and quantity and quality getting less. Constipation bad but get weekly dose of calomel (2 or 4 grains). Some very hot days and nights from around 26/5/ to 5/6/42.

Still sleeping seven to eight hours in 24. Dutch now wearing less clothes as all now realising next outfit is uncertain and washing means wearing them out (5/6/42)

Thank goodness for books and library, helps tremendously to pass time in daylight. Hoping one day to get away from here to Australia as feel would be sent there. Should go into flat with Wilson if eventuates. (No - 26/5/1944)



No mosquito nets makes life difficult, especially as fever risks in malarial season now prevailing. No lights out rule now (7/6/42) but had complete black out about 9 p.m. on 7<sup>th</sup>. Roll call being held only once daily now and after tiffin. Rice ration reduced to 400 grams, now daily per person i.e. 3.3 gantangs (gallons) per month from 7/6/42. I could do with more, I could do with 5.50 gr. if vegetables were in addition. This equals 400 gr. – say 14 ozs. daily dry rice.

The filter of soot and smoke in our room next to kitchen is annoying and gets into one's bed, clothes etc. My hair seems to be getting thin and coming out a lot when combed. [Left Palembang Jail exterior from 'By Eastern Windows']

21.6.42.

Nothing to write about for some time. Health of camp appears better. Lots of rain but today sun, mostly damp weather. Neuritis slowly improving and can sit more comfortably without continuous shoulder pains. Food not so plentiful. Weight on 15th June same as before 68 Kilos i.e. 10 stone 11 lbs. or about, so long as no further decrease does not matter. Constipation bad - only weekly motion using 1 grain Calomel. One feels one's will-power and self confidence decreasing. With poor food, no energy or powers of concentration, but still do exercises for arms and 20 minutes walk daily. Never use handkerchief, nor blow nose in camp, why?? Carry on trying to maintain equilibrium and control and balance. Should I return to Malaya after all is over? Often debate this - have good contact with R.E.A. and Sin? but could I stand Estate life and possibly devastated and looted bungalow!! Would be very depressing especially after this prison life of similar nature. Now getting bread in mornings again, but have to buy it and money is getting down as must pay weekly to kitchen and camp fund.

Dutch do little really to help us. They will not help over exchange or money and several Bankers in camp also Resident of Palembang. Exchange now around f. 4. to 4.50 in camp for Straits \$10 which is all unfair, as Straits \$10 is worth fl. 8.50. The Japanese currency is equal to Dutch but not the British. Very hard on us as must pay to camp and

kitchen fund in guilders from now on. Dutch are very hard and don't help at all - some with over Fl. 15,000 in camp. They have tinned food as well and live very well, but do nothing for the British except hope to get their blood to get back their country. Dr. Collins ? son and others of B.P.M. (Shell Coy). living very well on tinned food. The Resident could easily guarantee our money in name of Dutch Government but will not so far. In Palembang itself rate of exchange is around fl. 6 but in camp is much less, which most unfair, especially if want to buy food which comes now weekly but must have money to buy. The Black Market is stopped and all purchases now via Kitchen officially. My experience is same as in Sumatra in 1915 i.e. Dutch are anti-British. The remark re food that certain things were good enough for British but not for Dutch. They are not allies in practice, merely selfish, glutinous, greedy beasts and very anti-B.

Working parties to go out in few days to build road nearby aerodrome. Trying to bring age of workers down to 46 but very doubtful if will succeed. To start with under 51 could only get 180 fit daily workers but Japs ask for 200 - so trying to get 150 under 46.

Latterly seem to be expecting bombing here - but nothing so far. Black outs occur on occasions.

Re working parties under 25.6.42, have heard no more so presumably will pass off and not occur.

Had a good concert on 26/6/42 with coffee at half-time. Most pleasant evening since captured.

Have recently heard all names of prisoners been received in Tokyo in April but??? no news available.

Food recently improved since Beissel took over kitchen from Smit. Supper much better. Feeling better in myself - not so down and more cheery, but have lumbago now which followed the neuritis which is much less. Sleeping eight hours in 24 now. Rate of exchange now around f6 for \$10. Spending a little more on butter, sugar and bread and may have enough money for four months. Never miss booze nor smoking now.

Weather very changeable from hot sun to quick rains - with lots of spray coming into room. Perspiring much less now and do not get up at night except on occasions. Still constipated - use Calomel weekly. Colds started in camp - so far all right using Hospital aspirin. Pay 5 for medical advice and treatment, very cheap. Flies not so bad as formerly. People in camp seem cheerier and not so despondent due probably to better food. Nothing occurred on American Independence Day on 4.7.42.

Getting friendly with the two Singapore Senior men of P. & O. (Hammond and Jenkins) very fine fellows. Hammond came out with A. on "Naldera" ? in 1939. Occasional air activity but no bombing nor allied planes. More control of camp lighting and occasional black out.

On 10/7/42 there was muster after supper. Culprit required for making hole in plaster of wall. On 13/7/42 identification parade, three selected but one finally, not sworn to. Occurred five to eight days beforehand. No food on 12/7. No culprit but suspected nationality – Got camp into trouble. Enquiry by two Dutch police and D. N. Livingstone A.S.P. of S.S. Police – officers to camp about 10 p.m. allowed food. Hole for escaping or for firearms???? Effect is area further confined - cannot walk comfortably - still seat to read - often thought of W. when worried about it - whole matter very worrying as might have been very serious - Alienists, theory of culprit. (Written 17/7/42).

Weather recently drier and hotter, weight on 17.7.42 71 Kg. up 5 kgs. (6.6 lbs.) now getting more bread and butter i.e. buying, also oranges, small mandarins - smoking two cigarettes daily but cannot afford as prefer buy fruit and bread - Rumours of technicians to leave the camp and Red Cross telegrams, but who knows?

No further word of working parties.

On 21.7.42 Jap guard withdrawn, replaced, by Native Javanese. Speech from Jap officer to remain as good as before. (31.7.42) Spend mornings with Smit of P. Hotel. He learns English and gives me two or three cigarettes before lunch. Food better supper but could do with more. Buying one 10 ct. loaf a.m. and butter. Difficulties over exchange again and D[utch] do not help. How long can camp carry on buying food etc. for kitchen. Am buying small orange daily 2 cts. and get one small one or banana. Weather hot. Had to buy shirt to sleep in (fl. 3.75) and small towel (fl.0.85) but finances will become very difficult in say three months. Clothes also and any extra food. Many schemes talked about, but nothing eventuates so far for those without funds. About half camp will have nothing in three months.

Skin trouble again - must buy talcum. Keeping up physical exercises and short walks like bird in a cage.

3/9/42.

No entry for some weeks so will summarise position. Eleven blocks in camp of about 330 people. Rotation for food in number 11 – 4 – 9 – 6 – 1 – 5 – 3 – 8 - 7.

Weight on 15.8. was 74 kilos, increase of 5 kilos or 6 1/2 lbs. in one month so now am 11 stone 9 lbs. or increase of about a stone since first weighed. Excellent concerts held once monthly during full moon. Committees re-election. Camp Committee, two Dutch, two British and Camp leader v. d. Vliet. British Committee not effective re getting things done. Trying to work out means of allowing G1.10 to destitutes i.e. G1.5 for own purchases and clothes. Exchange now arranged by Japs at G1.9/80 for F10 using Jap currency.

Sleeping well seven to eight hours in 24. Health generally much better and walking one hour daily and 55 minutes physical jerks. Weather hotter especially p.m. Decided to return work in Malaya.

Now stopped bread and using margarine with morning rice and smoking four cigarettes daily. Getting two small oranges daily - buying one of them at 2 cts. Getting much fatter - rice-bellied, but exercises should reduce it.

Malaya's civilians were crucified by incompetence. Queen Wilhelmina's birthday on 5/8/42 (two excellent meals cigar and choir singing, races with handicap my dice, 6 horses, using jockey and selling sweep.) Quiz competition six Dutch v. six British (latter won) Working party (hikers) 60 men daily under 45 years on site of our new camp 13/4 miles away - levelling and clearing grass and light bluka, no Sunday work. Finance Committee all declaring funds. Walking with Gra(e)y (Mrs. Daintry's father) from 5.15 to 5.45. Walk reopened alongside wall. P.I.P. discussion on Thursday evening, 11 members.

Buying towel and clothes, but latter difficult to get. Javanese civil guard. Little air activity. Feeling much better mentally and physically and stronger on legs. Wt. on 15/9.42 was 75 1/2 Kil. loss of 1/2 Kil. in month. Cigars at 2 1/2 cts. each. More cigarettes now less than 1/2 ct. each. Food, lunch: S. Curry, M. Peanuts, T. Brown beans W. Fried rice (Th) ?? (F. Whitebark?) fried Sat. Beans - all with rice and vegetables and more minced meat - food now much better, sufficient. Badminton. Paid \$30 for six months kitchen fund from 1/9/42. Truscott of Travancore, Bridge and bought cards.

Operations on various people very successful. Bill Leggatt and Geoffrey Maund both dead from dysentery and/or Typhoid. Getting jam and toffee. Much better in self and strong and cheerier.

Cabaret excellent with Brodie and Browde? Quiz not good. Bridge 10.50 to midday. Warm lunch. New camp in erection. Smoking much more as cheaper. No food craving. Appetite normal. Less constipation. Morning coffee - midday.

17.11.42. Nothing written for some time. Was down with Pyrexia, unknown origin from and incl. 29/10/42, for about eight days. Getting over it slowly and now picking up strength. Weight on 15/10 was 74 Kg. which dropped to 73 k. after the fever on 15/11/42. Had daily Bridge with Truscott, Watson and another every morning till 28/10 when fevered. No Bridge since. Now got slight Singapore feet - always now in wooden clogs. Hope to resume daily exercises - about 40 minutes before ill.

New prisoners camp getting on but not seen it. Now 1 Jap guard with rest Javanese - all quiet.

Concerts and Quiz still go on merrily. Wet weather set in - night rains. No money exchange per bank only F800 from \$7,000. Hope to get elsewhere at F8. for \$10. As money lessening cut out smoking and other little things and taking only sugar, margarine, bananas and eggs to build up strength. P.I.P. still going on but Mason and Wilson resigned. Generally not so worried but very anxious about W. and A. Where are they and what doing. How is war getting on? Will present food quality be maintained in camp especially as money or guilders running out and it costs us F1. 500 per month.

The slothful life inside four walls gets more and more monotonous - such is reward for being defeatist and staying in Singapore. No special friends now and living more my own life in myself.

From 18/11/42 to 2/1/1943 - Plenty books to read. Sleeping 7½ to 8½ hours in 24. Now shaving - bought Fl. razor and had some soap and brush so shave twice weekly.

Jap weekly local propaganda newspaper in Malay gives little news but Africa seems all ours again and Burma offensive, so getting near us!!

30.12. St. Andrews with fruit salad after supper. Occasional inspections by one or two officers. More air activity and searchlight, also air raid warnings arranged - but no bombing so far.

On 28.11. got a cold in head which went to right sinus and did not clear up for a month, also neuralgia. Weight on 15/12 was 75 kg. up 2 kg. or 4.4 lbs.

A P. of War parcel received by two men in camp from Africa (Durban). On 24/12 Eurasian went amok at 2 a.m. and struck Javanese guard.

25/12 was Xmas when extra food excellent, also Father Bakkus [?], excellent choir and reading of Scrooge by Allan - all very good, otherwise very wearisome and monotonous especially after supper. Bed at 8.45 p.m. (local time). Had Xmas pudding made by Clark, also some toffee. Had concert on New Year's Eve, great hilarity midnight without any booze. Community singing on 1/1/43 night.

Flies and mosquitoes are bad. New camp - shall we go there? Feeling fit and well and doing physical exercises 45 minutes every morning and 1¼ hours walk daily. Skin trouble in camp and Singapore foot - self O.K. so far. Guard very quiet. Still sleeping in old rice store with leaking roof on cement floor. Food good but mostly bought - all communal food and cooking. Eggs not procurable now so none for breakfast since 20/12/42. How much longer here? Say June 1943???

From 2/1/43 to 14/3/43. An excellent New Year's Eve Church service and Donolly and two others giving out Xmas presents received from women's camp to own husbands.

On 8/1 signs of three ringworms on left foot which in new camp give trouble. On 15/1/1943 we were transferred to the new camp so from here on will refer to Palembang New Camp which will follow on. Walked half hour to new camp. Organisation for transfer excellent and all done by midday. Camp on site leveled old vegetable gardens with heavy wet clay soil about 51/2 acres. Lines built of attap roof, earth floor and wooden walls with slats. No ceiling nor whitewash. Hospital with cement floor.



Bath and lavatories in centre of Lines. Water shortage. Newly built camp for us. Verandah for feeding in front.

All boarded in - no outside view. Joined by about 140 Dutch from Pladjoe, oil people. Space per person about 26" on wooden plank bed raised about 16" off ground level. Close and hot at nights and many mosquitoes. Aertex shirt as bell mosquito net. To date 14/3/43 had continual health trouble - septic foot from ringworm. Hospital from 1/3 but getting better (14/3/43) and skin trouble from rice food? No exercise nor walks but hope soon better. Cigarettes again and sold some. Chess games and love it. Limes and eggs on occasions, improve health. Others play basket ball, badminton and Bridge. Living more isolated and prefer it. Weight on 15/2 was 74 k. (down 1 1/2 k). P.I.P. finished in this camp. Sleeping well. Reading in evenings on bed. On 20/2 had typhoid and dysentery inoculations with little after affects. Owing conditions and poorer food feel lowered resistance and poorer healing power. Phlebitis leg much oedema and septic ringworm sores - but getting better in Hospital under Dr. George F. West who does first class work. Rations now reduced and outside purchases severely restricted. Sent P.C. to W. to England. Fortunes of war been against me since left other camp on 15/1/43. Still a little money to carry on. Weather mostly wet causing lots of foot trouble with clogs and trouble on bottoms.

30/5/43. Weight on 15/3 was 71 1/2 k. (down 2. k. in one month). This camp has 480 total (160 British). Left Hospital 26/3 after 25 days but foot not healed - carried on till 26/5 when scars broke down and wounds remained open - but treated as out-patient. On 15/4 Weight was 71 k. (down 1/2 k.). Food for a time much reduced to two meals daily for a week then back to three meals, but quantity (and quality) not sufficient. Diarrhoea and bowel trouble from 11 to 22nd April. Chess is my diversion. Sleeping well up to 8 1/2 hours in 24. Weather drier and hot. Arts and Crafts Exhibition of things made in camp. Rice more reduced - down to 150 grams daily and then increased to 190 grams per head with 100 oz. soya beans and 100 of tapioca. Smoking cigarettes with straws as cannot afford paper.

Meat very scarce but some fish - salted or fresh. Dr. W. lecture on Dietetics. 15/5 Weight 70 k. (down 1k.) Lying up with foot since 20th May but getting slowly better. About 10 boys around 15 to camp from Women's camp. Occasional yellow air raid warnings. Siebes as friend. No walks now, as no energy and cannot put on shoes. More soya beans in diet but very purging - some cannot take it (written on 30/5/45). Princess Juliana feast.

29/8/43. Wt. on 15/6 was 69 kg. (down 1 k) on 15/7/43 was 68 ½ kg. (down ½kg.) on 15/8/43 was 70 Kg. (up 1 ½kg.)

On 13/6/43 Hunter of Cable and Wireless died from heart? Leg still bad and by 29/8 not healed - continual sloughing of outer tissues with some exudation but re-started walking and less lying up from about 20/8. Diarrhoea for a time till about 10/7/43 when cleared up. Got six eggs in July and eight in August; improved weight. Weather mostly hot and dry and no energy. Food less - 220 gr. rice per person and 100 gr. vegetables, little fish and almost no meat. Hungry but buy a little which helps. Smoking cannot afford. Charity from none. Mostly reading. Practically no friend. [ Left: Palembang Jail interior from 'By Eastern Windows']



The life can be summarised as “Boredom from dawn to slumber living the life of a paralysed caterpillar in an overcrowded distasteful environment trying to continue to exist when only the fittest will survive”. Mental stagnation. Become insensible to conditions and try to cut off the active part of one's brain. Killing time from hour to hour but worst is after dark from 8.50 to bedtime at say 10.15. Japanese use Tokyo time here which is two hours earlier than local time i.e. Palembang midday is Japanese 2 p.m. In all foregoing kept to Japanese time. Every morning say “One day nearer to release”. Feeling varies as to when - some say this year - personally I think about August, 1943 i.e. over another year. Occasional air activity but no bombing here - all Jap planes which look well handled (3/6/42) mostly fighters. No news is shattering - but hope all goes well. No one trying to escape as would lead nowhere if free. Food short in country. More people looking depressed now and nervy and despondent. Eyes show it, also tempers short and irritable.

Some fellows wonderful with hands for making things with anything found lying about and with needle and thread. Self is hopeless. Keeping nails in order with borrowed clippers.

Avaricious, selfish unbalanced attitude is very prominent and little co-operation for good of all. Very disappointing. Amusing to see clothes on lines or on ground drying out all day in the sun and getting bleached which is assisted by chlorine water.

What Churchill said must be borne in mind - The few will suffer for the many!! We do, but for no purpose !! And through cowardice and lack leadership.

Headaches stopped at Palembang Jail - only rare - what a godsend (3/6/42). Perspiring a lot from about 10 a.m. to 5 p.m. and again after supper, of soup and rice (5/6/42)

Padre in camp called Wardle from Seamen's Mission.

One's enemies are not all outside the camp. Inside there are some, I notice with the loss in weight how one's nose is getting nearer to one's chin - with the corresponding influence on temperament. Loneliness is hard as there is no real companionship and pulls you down, especially at night after dark. Wilson is a sedative and spend part of morning and part of evening after tea with him. He has helped me considerably mentally (7/6/42). Never in the history of the British Empire has so few let down so many should be motto of Battle of Malaya (21/6/42).

(5/7/42) Living cheek by jowl with other men in one another's pockets for an indefinite period and outlook does not tend to good tempers nor very satisfactory outlooks as one is so selfish for one's own skin, comfort and future.

(30/5/43) Last two months mental condition of all has deteriorated owing poor news, poorer food and increase of poorer health. Powers of resistance chiefly to skin troubles and eruptions is much lowered. Small wounds become septic and number daily in-patients in new camp now 26 and out-patients up to 60 or 70. Loss of energy is very apparent also feelings of despondency and visible dejection and depression. New camp in two blocks out of eight liable to flooding. Some small vegetable gardens. Concerts and quiz continue. More isolation of individuals and many morose. Loans of money to all nationalities from 1<sup>st</sup> May 1945 at rate Fl. 2/50 then June to August Fl. 2 monthly provided no cash. Kitchen fund much reduced in total to about Fl. 1,200 for 430 people monthly. Solitary mindedness.

10/4/1944. Had Dr. W. allowed me to go to Charitas Hospital a year ago as I requested, it is quite likely I should have been cured there of my bad left ankle but being British with no money I lacked the influence necessary to force this. It is bad that I had to undergo so much trouble with this ankle - described as a chronic varicose ulcer by Dr. V. and it is still bad - like a wet, seeping eczema. Must keep it up all day long to reduce ankle swelling and serum exudation, with bandage and bone white Vaseline ointment. This has been my handicap for 18 months now. No pain only inconvenience. (Written 10/4/1944).

Skin itch and irritation when dry and hot is a type of dry eczema and sores, eruptions, pus and skin breaks are wet eczema. No medicines or few supplied from outside. Little quinine.

4/5/44. Left ankle doing better under KIND care and personal attention of Dr. Boerma (Soda residue baths, soap bath, water rinsing and Dissotin (?) ointment.)

Weight - Kilograms or Stones Ibs.

Wt. in Malaya 13 st. 7 lbs.

1.6.1942 ( 10.12 or 67½ kgs.

Weighed on 15th of each month. [Begins June 1942]

<u>Month</u>	<u>1942</u>	<u>1943</u>	<u>1944</u>
January		75.5	62.5
February		74	63
March		71.5	61
April		71	60
May		70	
June	68	69	
July	71	68.5	
August	74	70	
September	73.5	71.5	
October	74	63.5	
November	73	64	
December	75	63.5	

6.53 kg. is 1 stone of 14 lbs.

60 kgs. 9 st. 6i- lbs.

75½ Kgs. 11st. 8 lbs.

Additions and Omissions.

Pladjoe. Had snakes sleeping in hut on several occasions -one was 5 ft. others were young ones (3/6/42)

Singapore / Muntok. One man Kendall tells me the G. Bee was shelled eventually and we were armed and flew the white ensign to begin with, instead of surrendering with 550 refugees on board!!!

Singing of the early morning birds at Muntok was beautiful - never at other places (3/6/42).

Muntok. For about 10 days got one small tough pancake daily made from flour, sometimes with little sugar.

Singapore / Muntok 21/6/42. The name of place where stayed two nights after lifeboat came to land is said to be Badawan.

Hastings said Captain of Giang Bee said 600 passengers on board. If correct over 500 are lost (25/6/42).

Muntok. I was not in the Muntok Jail like so many others plus 500 sick Chinese coolies.

1/6/42.

Where and how are you and A.? Daily I wonder. Hope you went to England and did not stop in Ceylon. No cable from Ceylon, wrote you to Ceylon c/o Bank and asked for letter to be forwarded if not delivered by end February 1942, to c/o Mrs. Cran. Wrote another letter in duplicate end January to c/o Mrs. Cran - hope received. Anxious re finance that all transactions were fixed and went through and that lien on shares was cancelled. Lost all records when left Giang Bee ship proving all transactions and canceling lien on shares. How are you occupying your time? On war work, no doubt. My thoughts always with you and whenever was in bombing or other trouble, when concentrated on you all went well. So far really very lucky but so worried, about you both. Now four months since you left. Often wonder where living at Home and if you got your luggage home, also canteen and silver. All very dreadful to contemplate the position.

What shall I do when all is over? Should never have stayed in Singapore. Very stupid, but A said defeatist and that settled it. Should never have listened to her. What good here. Imprisoned and no hope of getting away until all is over (1/6/42) Wasting the remnants of my life for NIL. Will be unfit to carry on after time as weight much down and things go blank. What do you think of future? Should be delighted if you bought place in country and had settled there - but where are you? Cannot make up mind return to Malaya and see devastated house looted and all privacy destroyed. If R.E.A. or S insisted would probably do it. Did A help you as promised to me? She dug her heels in in S'pre and I consider showed a poor spirit and little interest in us. Was very disappointed after doing our best for her - we not appreciated obviously.

Often wonder how you went home, by what route? Via Africa or how. Where stopped, if at all and how fared for food and bedding. Meet any submarines? Any excitement or experiences? (5/6/42.) One of your last remarks helps a lot "Rather G.S.R. with poverty than no G.S.R. and riches".

Bad tempered and poor spirits inside camp makes enemies inside as well as outside. Very difficult at times but carry on hoping for better days.

Still thinking a lot about you and have worrying fits as to where you are (21/6/42).

17/7/42. When am worried think of you and all goes well. Red Cross cable to M. Cran says "Well, advise Skinner, hope family arrived. R."

31/7/42. Nothing to report except occasional depressions which pass off. How much longer here. Living life of a "defeatist" and with no news of you - very depressing and worrying at times, but feel your capabilities will stand you in good stead. T.G. you have guts!!

3/9/42. No entry for over a month, but to-day is your birthday so am dedicating to-day to you. Started off by all good wishes, a speedy reunion and a continuation of future happiness. Am missing you dreadfully and at times feel lost. Hope your health continues

good and that you had a happy birthday in England. Must spare paper so again all my love, sweetest and the best of the future.

7/10/42. Lots and lots of thoughts about you and tons of loving ones since last writing.

29/10/42. For A. Your very own birthday, when all my best thoughts go to you to wish you very many happy returns and hoping you had a good day and being now 20 - out of your teens I feel I have a very grown up daughter and I hope you are doing what you can for Mummy. Tons of love, A. dearest, and looking forward to our next meeting, whenever that may be.

17/11/42. W. darling - tons of love as usual. Still very anxious about you both and hope all goes well. Planted a tree in jail on birthday.

16/12/42. Wedding anniversary when all thoughts are with you. Shall we be together next anniversary?

To Winnie - Xmas 1942.

It needs no festal day to bring you to my mind, for every sunrise, every close of day I find your image by me, smiling, bidding me good cheer, whispering the private nonsenses, I loved to hear.

---- This year my thoughts are Prayers and wishes to the stars and moon spoken. These are all the gifts that I can send for token. Have faith, my love, although the night is dark the day will break and we will come together again.

God bless and keep you always, Dinkie Dear.  
Thank God you got clear.

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1/1/1943. New Year. All my very best wishes for a speedy reunion - may God bless you and A. in 1943.

14/5/1943. Lots and lots of love as usual. You are both ever in my thoughts and may God protect you two.

Have not been so fit lately but you cheer me up tremendously.

30/5/43. Thoughts of you keep me going for I feel you saying "Stick it Gee for A and my sake - we want you".

My memories and thoughts are all of you - but where are you and what both doing? I missed you so much on my birthday - no one cares a hoot for me in this camp and one so misses one's own. However, that is my luck to be here. Thank goodness you both got out. Many women and children are in camp nearby but we never see nor meet.

30/5/43. Thoughts all with and of you both. Hope fit and well and that you choose a nice birthday present.

3/9/43. Your birthday, dearest W. My thoughts with you particularly today. Long life (with me) happiness and good health. Hope together next one. Hope you had a good beat up.

I am in Hell.

Day by day my life is being pressed out until my  
body will perish

Thought by thought, moment by moment, my mind is  
being destroyed, till no desire is left.

Phase by phase darkness overcomes my soul - but  
wait - endure - till change and then, I shall be in Heaven (with W.)  
God bless you and A.

See note for A's 21st birthday. Can only look forward to a re-celebration when God so wills it. In the meantime all my blessings and best wishes for a happy and long and healthy life A. dearest. You are always in my prayers - at least twice daily.

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Written on 29/10/1943 for A.

Best congrats. on 21st Birthday. Very much with you in spirit and hope you will have a successful day and plenty of mirth and pleasure. Hope Mummy has arranged everything same as if I were there and that in the future we shall repeat the celebration. Your health I trust, is good, your spirit strong and enjoyment endless the day. May you be long spared to have many more birthdays and may we celebrate some of them together. May God bless and protect you and may your days be happy ones. As a token I suggest £100 (one hundred pounds) and hope this will be arranged. All the best, my dearest one and only child.

DADDY.

Look after Mummy.

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16/12/43. Wedding anniversary.

My sweetheartiest here's to you and all the best. May we soon be reunited to enjoy these days together. My prayers go out to you every day and if God is helping us as I feel he is, it will all end well.

But I am tied to very thee,  
 By every thought I have  
 Thy face I only care to see,  
 Thy heart I only crave.

-----

All that in woman I adore  
 In thy dear self I find.

Xmas and New Year 25/12/43 and 1/3/44.

Words cannot express my sorrow in still being apart from you on these occasions. I do hope you and A have good celebrations on these festive occasions as we do our best in the camp with what we have. My entire thoughts are centred around you both and I never cease praying for you both and wishing you well. God bless you - you were a wonderful wife to me, especially when I was ill in 1939 - 1940 and God will reward you as I feel he is. I only hope A. is a pleasure to you and is looking after you as you deserve to be looked after. May we soon celebrate our future Xmas's and New Years together.

9/4/1944. With W. a cottage would delight  
 All's happy when she's in my sight,  
 But now she's gone tis endless night,  
 All's dark without W

The best friend I have had as a prisoner is v. d. Schilden (Geologist of Shell Oil Coy. he teaches me Geology and is a dear fellow, so thoughtful and a real friend and companion)

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11/4/1944. Life drags on but twice daily or more I pray for an early reunion, early news of you both, good health for you both and hoping you do useful jobs for your King and country.

I do my best to keep myself fit and with my daily programme of Geology studies, reading, resting, sewing and the evenings in the Prison Yard with my dear friend v. d. Schilden (Geologist) time passes really quickly. My handicap for 18 months now is the left ankle which never stops seeping and which is always bandaged. It remains badly swollen too, so looks like an attack of Beri-beri as well.

Am sleeping about eight hours or more in 24 which is a great boon and relief, also nerve sedative. Never bothered or annoyed by Japanese - they leave us alone with two musters daily - never go outside jail.

Mentally am all right and can still think well (e.g. Geology studies as mental recreation). Have decided to re-offer my services to R.E.A. and SIPEF when released and free and

hope to do eighteen months still with them but phlebitis ankle will be limiting factor. It is advisable to have these firms as an anchor which I can pivot and hold them responsible for the future.

14/4/44. Prisoner's life is worse than a wintering of the mind, and the soul. The life's sap is frozen motionless in a period of death and who knows when spring will come and set us free? Everything is bottled up inside and relegated to refrigeration. The worst part is uncertainty of one's health as no reserves remain and fevers prevail. One's heart feels like breaking at times and only faith in God and you keep my spirits floating - the rest is submerged like an ice floe in the sea with a small visible icicle above water. There is a feeling of the world's indifference to our fates. Each day one's courage has to be revived unless it may run out like sand in a glass. One feels at the bottom of a dark endless pit groping around trying to see a passage with light - not knowing where to turn. If only we had some reliable news and if my phlebitis ankle cleared up what a difference it would make to my outlook. I repeat NIL DESPERANDUM all day. Mankind lacks certain qualities but not so inhuman as earlier on in this camp.

22/4/44. Despite conditions and experiences my heaven remains full of faith in the future and with help of God all will work out well. Hunger, itch and bad ankle are my chief handicaps. Test for pure silk is, snip off a piece and burn in a saucer, if no trace of ash, is pure silk.

General food position will presumably continue to decline and on whole can expect worse conditions before get better ones. Where will bottom be ?

25/4/44. My birthday, when all my thoughts are again with you both. V. d. Schilden gave me some tobacco (a Godsend !!!) - smoked in straws

The following is inspired by Lawrence's (of Arabia) "Seven Pillars of Wisdom" and is extracted, adapted, altered added to or directly taken from this book. It covers my feelings on this occasion and date and is of our life and environment.

#### MY BIRTHDAY ODE - 1944.

It feels that for years I have lived or survived anyhow in filth, beggary, dirt and depression in a naked desert under an indifferent God. We have lost freedom, one of man's creeds, and we have lost ambition, both of which were our ravenous strengths. We have no means to spur and rein over these conditions and we seem to be sold into stagnant slavery with food and rations handed to us like tamed animals in a Zoo. We are truly manacled to this life from which we cannot escape, except to Death. We have left the World like human slaves and we eventually must surrender both mentally and physically to our environment. We are like dead leaves in a wind. Ropes appear around our necks and on our heads prices would be put if we escaped and perhaps tortures or death when captured. Success to our cause looks remote but sparkles of hope keep me

going (and- I think others too), put off as we are from all worldly contact. We have no news from outside these walls, and we are apart from civilization - on a planet of our own. This impotence is bitter and the horizon we see from prison yards is very limited with a few green trees, no flowers and occasionally chirping of birds. Disgust, hunger and pangs come to us. We must endure and live for the delight and happiness of future Home life. Thoughts of our loved ones are guiding stars. Some pangs are so sharp, griefs so deep and mental thought so depressing as to give little hope but one fights and conquers when and as one pulls oneself together. The mind feels choked and memory laughs and life is worse than humdrum. The utmost of our joys is future hope and in the meantime we try to maintain a semblance of reasonable health. We have no privacy to be alone and nothing with and nowhere to hide our nature. Man lives with man - in every sense in the crude. Beggary is apparent. The loneliness of life and one's innermost thoughts and the contempt for all that surrounds, human and otherwise are intense. This comes due to our isolation and impossibility of physical effort (due principally to lack of proper nourishment). The body plods on mechanically, and the remnant of one's reasonable mind lingers. Madness sometimes feels near, but one pulls oneself together and carries on and hopes to be able to continue to do so. We are conscious of our flesh because it hurts and our sufferings and mental anxieties are great. We go down step by step into an abyss of Hell. Belief in final peace is our only hope and redemption. Duty, like people, who promise it, is a poor thing - witness our staying back in Malaya and its appetite [?] purpose. Oh for rest and peace of mind, body and soul. To feel below humanity and to feel without pride and personality is a grim remembrance of the past. One feels old and disillusioned. I am longing for Home, love and Family, When will the climax of our uncertainties be reached - when will freedom of mind and body come? When will the wild yells, embraces, dancing and singing of the internees be heard? Only that will ignite our spirits. No news from my loved ones for over two years. "God alone is great, there is no god - but GOD - and He will be very go[o]d to us one day".

We now feel our ragged brains, ragged nerves and being physical part wrecks, immobilised with poor constitutions from which we shall have to recuperate - due to poor nourishment and environment. When shall we win against these odds? When shall our bodies and minds relax again in confidence, decision and in an atmosphere of humanity and kindness? When shall we drop our wan worn and colourless spirit? When shall our springs of activity be restored? In the meantime we carry on existing a life as best as it is permitted and hope that until freedom, Death does not overtake - always remembering that God's will be done! Oh for freedom from vermin, filth and this degradation !!  
25/4/44.

3/5/44.

### HUNGER, HUNGER, HUNGER IS OUR CRY.

Written 15/5/44. It is becoming more obvious that if I do not survive this life, it will be due to malnutrition and starvation. NOTHING ELSE WILL MEAN MY END!! Feel physically spineless like a jelly fish shuffling along on wooden clogs with only a pair of

short pants on. If the worst happens may God give you and A strength to carry on your appointed works.

“Oh that those memories had. voices: Life has past  
With me real roughly since I heard thee last”.

Written 12/6/44. Am so glad leg now better practically but feel so weak and under-nourished especially after fever attack. However, am determined with God's help to see it through. Am mentally fit but physically wan and poorly, all due undernourishment and especially lack of vitamin B proteins and carbohydrates or shortage of bulk food. Now with Beri-beri bad in camp, position worsens - so far self only slight leg inflammations so hope will not get worse. Still studying geology and doing lots of sewing but feeling stronger today as so weak usually, especially since fever. Hope darling little A. keeps up French.

30/6/44. Fever since 17/6 improving - physically exhausted - weight on 30/6 56 kg. (8 st. 11 lbs.) never so low weight in life as now - down - 4 Kg. since 15/4/44. Dr. Boerma doing his best - J. Drysdale helps me - I stupidly refuse Hospital - always thoughts of you dearest, keep me going - No Beri beri self - fever only (Malaria) - medicines and food short, very short - will pull through with God's help - deaths almost daily in camp.

9/7/44. Trying to get into Hospital since 5 or so days, so exhausted but dysentery cases get preference. Darlingest, thinking of you and trusting in God to see me through.

18/7/44. Life grimmer, but good Hospital care, more and better food but exhausted and no reserve. Poor weight (Well below 9 stone and little possibility recovery weight. No proteins, eggs, no meat, little fish (yet fish all around us). Slow sadistic murder, especially of younger men. We are now well immobilised. All goes well locally in camp. No news. Live in hope with chin up, God helping us. Everything possible done for me by Dr. West in Hospital. Drysdale is wonderful - patient, helpful, practical - a true HUMANITARIAN. Love as ever and all my prayers for you and A. If I eventually go, blame the J[apanese] for slow MURDER for malnutrition and starvation - not one piece of clothes from them. Sugar very rare, perhaps 200 gr. (7 ozs. in one month!!) No free tobacco. Cash F 4/50 monthly of which from 11/7/ Fl. 4.50 goes to Kitchen and Bean food funds!! G. keeps smiling to best of his physical ability •

### Temperatures

June	a.m.	p.m	July	a.m	pm
17	99.0	103.8	1	98.0	100
18	98.8	102.5	2	99.0	99.6
19	99.8	103	3	98.8	102
20	98.8	98.8	4	98.6	99.8
21	98.0	99.0	5	99.0	99.2
22	98.4	99.4	6	98.6	98.6
23	98.6	100	7	98.6	98.6
24	98.8	101	8	98.8	99.0
25	99.4	102.2	9	97.5	
26	98.8	102	12		100.9
27	98.6	102	13	100.2	Hospital
28	98.6	98.6	14	101.0	"
29	99.0	99.0	15	97.5	
30	98.6	98.6	20	101.0	99.0
			22	99.7	

Written 8/8/44. I pray to God to give me life to show appreciation of your attentions when ill and tolerance when convalescent and later - Can I hold out?

11/8. Do not like my Beri beri swellings - getting much worse but everything being done, with what is AVAILABLE. (medicines etc.) - Steps from one damn thing to another worse all the time!! I Can hardly get my feet into my wooden clogs and unable to walk (with stick) more than 50 yards!! but spirit survives and I pray to God (also for both of you and get a lot of relief by doing so). (12/8) Trustcott died B.B. - not a nice outlook, as mine (B-B) gets slowly worse and extending, however, trust in God - mine is slowly spreading and thickening - To think that a week on green peas would clean it up - If I go under I leave you everything I feel of what love means - may you enjoy in your way what comes to you and if you marry again (to which I hold no objections at all) put a third of capital into annuity - you have been a wonderful wife - everything man wants - I hope A will look after you and I know YOU will look after her. She has shown a lovable nature, well finished off, and I always feel proud of her,. (but, did she really love and appreciate us?) ? I wish I knew. If she looks after you I shall be happy - Is she married? I suppose so.

(13/9) Voice getting much weaker IF I LIVE THROUGH THIS J. DRYSDALE (J. A. RUSSELL, K.L.) SAVED ME 75%, HOSPITAL 25%.

(3/9) Another- birthday for you. My dearest how I continue to miss you. Twice a day I pray to God for you and A. and for your welfares. I hope it has had some effect. I wish

you the very very best and hope you had a happy birthday and that we shall be together on your future ones. I have spent all day thinking about how wonderful you are and I hope in future to show more appreciation of your wisdom and ability. It is a hard life here from a health aspect and although only my skeleton (plus goatee beard) remains, still I hope it will be enough to see me through the last lap. Your anxiety for me is just as much as mine for you and I do hope there will be a reunion some day soon - if not malnutrition killed me - the illnesses are nothing comparatively. My head is wuzzy and things go round so will stop. Again all my love and hope you had a good birthday with some token from me. Love again - all of it.

Period 4/9/44 - 7/10.

How much longer can my body continue to deteriorate? At times it feels finished, but I fight and do my best. An emptier shell every day, although everything possible (available) is given me. Seven deaths in five days this month. Dreadful in this country of plenty. If I go under I wish you to remember what D[rysdale] has done for me. Some token to cost at least £50 is due him (NOT cash) but a souvenir. Somewhere on these records I shall attach his various addresses. Never a word from you since you left but a note from N<sup>1</sup>. received about end Sept. 1944. Darlingest, remember, if I go, that I go knowing you have been a wonderful wife to me - no woman could have been better. My weight must be around 8 stone now. American Red Cross box came today and I hope we shall get something edible out of it. I lie in bed all day as have no strength nor energy and my head swims all the time, round and round in Hospital. I cannot walk - shuffle along instead at 1 mile per day. Skin in a terrible chalky dry scabby condition - full of itch. T.G. gets plenty of sleep (10 hours possibly in 24) (written 7/10/44).

[Pelambang Camp ends, Muntok Jail begins – DGM]

29/8/43

In bed 16 hours out of 24 but around 29/8 more exercise. No games (physical) in camp much Bridge (not me) and now little chess - life on own with Siebes a little. Weather getting wet - much camp illness, sores, diarrhea. Weary and monotony is tiring but sleep well. Number gone out including Oranje. No thread, little clothes, but keeping well other than foot will not heal over. S.A.C.R's 21st soon!! Hoping you will have a good party.

Received F.2. dole in July, August and hope to for longer.

Written 17/9/43. Have been on F2. monthly dole cash for July Aug. & Sept. Local paper re Italy and Muss. Letters from Home for some 20 people on 7/8/43. Charitas patients 32 returned here on 13/9.

On 15/9 Weight 71. Kg. (up 1 ½ kg.) On 16/9 230 change came, others to follow - whither??

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<sup>1</sup> N = Norman his younger brother

Written 26/10/43. Muntok Jail.

On 19/9/43 went with second and last party as leg could not stand walk. Went to jetty and there boarded Penang Ferry steamer "Bagan" for Muntok Jail (Isle of Banka) about 60 miles from Palembang down river and open sea. Arrived 5 p.m. and then got settled. Where 35 prisoner accommodation we went in 50 or 60 per room. Soil better and dry, few mosquitoes, water good when rain. Top of hill. Sleeping cement floor, tiled roof, brick walls, about 27" by 74" per person. Area about 1 ¼ acres for 702 persons. New arrivals from Djambi and Tg. Karang. Women into our camp at Palembang. Food more nourishing but quantity less. Rice 180/200 gr. each. Fish, dried or pork. Overcrowded. Sir J. Campbell Bt. and one Dutch died 14th and 15th. No fruit or little. More tapioca root and less vegetable. Leg still not healing but under Dutch Doctor now -- who is much better?? Air raid warning on 10th and remains "yellow" (26/10/43) Wt. on 16/10 down to 65 ½ kg. (against 71 ½ Kg. - down 6 kg. in one month) Feel very fit except leg. Sleep well.

A's 21st this week and no contact - terribly upsetting but hope all goes well and something done by Mummy.

No or little annoyances by Guard. Dutch effect improvements. Lavatory, hot water, etc.

Written 23/3/1944.

Some time since last wrote owing skin trouble, itches etc. All that follows written from chronological notes. No pocket money (dole) for me for October & November. A's 21st birthday on 29/10/43. Orchestra here - not bad. Diarrhoea cleared up. More additions to camp from various districts till total 742 on 23/3/44. Some soya beans to rations which are very poor. Weather very hot (26/10/43) Rice 140 gr. raw and 60 gr. soya beans. Camp improvement e.g. urinal, hot water, workshop etc. Sickness increasing, especially skin troubles - eruptions, sores, pus, itch, irritations, Palembang bottom (very bad cases). Self getting pimples and other skin trouble. 1/11/43 Rice 100 gr. plus soya beans. Leg giving trouble still - swelling around ankle then breaks down (Phlebitis leg). Resting it all day if possible. Thirty children in camp here (some British). No physical games except children's own. When came here by road from Jetty, place deserted, only guards on road duty. 16/11/43. Wt. 64 Kg. (up half Kg.). Lumbago and rheumatism but recover. Woods dead (21/11/43)

Less vegetable and no fruit, more ubi tapioca root. 16/12/43 Wt. 63 ½ Kg. (down ½ kg.). 16/12/43. Wedding anniversary. Swelling glands from sores of fever, but recover. Xmas and New Year festivities good food on extra subscriptions, borrowed from office for Kitchen Fund. Fl. 2 monthly. Arnold (of Edinburgh Estate, Director S. S.) died 3/1/44. Scalp and scrotum, skin trouble but clears up. Wt. 15/1/44 Kg. 62½ (down 1 Kg.). Height in bare feet (176 cm.). Wt. 15/2/44 65 Kg. (up ½ Kg.) say 10 stones gross, no clothes. Lots of cases of (?) Malaria - fever starting and still continuing (23/3/44) but so far am free, possible 30 - 40% of camp. Beri - beri took many cases, due rice and

tapioca diet - using green peas sprouted and their water for 20 days and doing it too for swollen legs and ankles. Calcium and limes too - feeling better. Sleeping better (mid Feb. 1944). Languishing in jail. Bath attendant to supervise quantity used by bathers, 14 hours weekly - Three doctors now. West, Boerma, Hollweg. Very friendly with v. d. Schilden and Steketee of B.P. M. (Shell Oil Co. - Geologist and Driller respectively). Drysdale of Malayan Collieries joins us in evening. Reading less. Tunn died. Grey died. Hospital extensions - now for over 40 patients. Cakes for ubi and sugar or anything. Buy at 4 cts. each (twice weekly). Weather now dry and wet spells. Fly control and traps (2 types). No fly breeding in camp - fly position improves due buying offal outside. I find a lot of good and faith in prayer and helps a lot. Better physically and mentally but deltoids still weak. Doing cooking self - soup - 10.30 a.m. (from about 1/2/44) from previous night's supper ration. Some useful clothes in present from camp (pants chiefly). Making own shaving soap (without glycerine) from Jap. soap, old soap, talcum, vaseline. C. oil fair quality. Got own razor now. Good camp site, dry on top of hill, porous soil. Sleeping 5-7 hours in 24 but much improved in March 4 to about 7 1/2 hours in 24. Spending total Fl. 4 p. m. on cigarettes, straws (no paper), coffee, salt, chilly, limes, cakes - prices rising rapidly and x 3 or x 4 higher in six months from arrival here.

Started Geology course on 1/3/44 with v.d. Schilden (very excellent teacher) 6 a.m. muster, 7 a.m. coffee and breakfast, read and wash or geology and bath till tiffin, 10 a.m. tea, tiffin 1 p.m. Rice, ubi, two vegetables, salt fish, chilly sauce. Sleep two to three p.m. Sewing till 5 p.m. Supper after muster at 6 p.m. followed by coffee. Bubble and squeak. Depends on oil available. Mostly ubi and little veg. or fish. Sit with Steketee, v. d. schilden and Drysdale every evening in open in yard. Now a chair with back rest and stool for foot or leg rest. No exercises at all, conserve strength and reserves. Bed 9.50 p.m. sleeping till 4.45 a.m. (March 1944). Letter to W. c/o C.B. London written 7/3/1944. Wt. on 15/3/44 - 61 Kg. (down 2 Kg.) but feel fit and well. Washing clothes with soda water from wood ash and well rinsed out. Soap very scarce.

Thread for sewing from canvas strip. Dole is F.I.50 p.m. Seems a better feeling towards one another in camp. Very difficult to buy anything from shop, inflatory prices. Camp managed by Oranje, Vasic and Hanniott of M.C.S. Now (since January, 44) a bed of wooden slats above ground. Clothes and towel repairing to overlapping quilt work. Wooden clogs always. Skin very dry and chalky (no oil. Daily ration per man per day - 160 gr. raw rice, 700 gr. raw tapioca root, 250 gr. raw vegetables (little green, mostly roots) 15 gr. salt, 6 gr. coconut oil 42 gr. fish (salt, fresh or mussels) or wild pig (28 gr. to 1 ounce or 10 lbs. - 160 ozs. - 4530 gr.)

Tea twice daily and 500 gr. sugar monthly. Little soap, small cake monthly. Buy own coffee and kitchen fund. No clothes supplied (nor any facilities available). People in lower spirit and much weaker health - reserves used up. Little quinine supplied, nothing else. Twenty-eight deaths since P. Jail. My own spirits remain good and up. Always hungry now and buy private cooked cake when available (10 or 15 cts. each) from ubi.

Written 26/3/44. Poor quality food. Condition of all visibly looking worse - wan, thin, gaunt, yellow, swelling feet and faces, no strength. No vitamins nor proteins, little oils -

mostly CHO, starch watery diet - no greens, no fruit. If one's body reacts and ----- itself or readjusts then O.K. but this happens to few (say 20% - I think I'm all right now except for phlebitis left ankle). If body does not react sores prevail. Many fever cases with new ones (? Malaria) - no quinine now and slow recovery as no extra diet. Few eggs for sick at times and fruit. Food supplies difficult, transport, ubi and vegetables trouble. Rations slowly deteriorating in quality and quantity and prices all rising to x 3 or 4 of six months ago. Little procurable extras. Cooking in camp tasty and mostly sauces for flavouring (chilly). Beissel and Bakke resign from No. 1 and 2 Kitchen jobs from 1/4/44. Lots of sewing repairs in afternoons - all quilt patches - towels, shirts. Thread from canvas cloth stripped. Military will take over camp from 1/4/44 - for better or worse rations?? Bleeding internal piles after motion on 25/3/44. Camp workers on extra food which we buy mostly.

Kitchen food for Jan. & Feb. 1944 for 737 people.

	Jan 1944	Feb. 1944
Meat and pork	74	246
Peanuts	-	52
Coconut oil	337	556
Spices	121	56
Onions	109	134
Coffee	233	X123
x only 6 a.m. served free tea at 10 a.m.		
Sugar	165	125
Sundries	223	70
Fl	1262	1362

For 737 souls, budgeted @ Fl. 1,200 p.m

Kitchen Fund is voluntary; hence every person costs about Fl. 1.75 p.m. those subscribing can spend Fl. 7.50 - if not subscribing spend Fl. 2.50 p.m. including canteen coffee and camp cakes. As little ubi coming in - no cakes as cannot buy ubi.

No topee and practically worn no clothes for two years now. Library doing well and no book re-read but study geology and sewing takes up time and bath water supervisor.

No guard interference and few Jap visitors so live own lives. Muster (roll call) twice daily.

“Man’s inhumanity to man  
Makes countless thousands moan”.

How true this has been shown me in last two years with own people.

26/3/44

Concert now every Saturday evening - Violin, Bass, Guitar, Ukelele, Drum, usually six - Piano wont work usually instrumental only. Food may improve from 9/4/44. (Written

9/4/44) with maize and less ubi, more fish, vegetables (fish mostly salt). New Kitchen management, food more tasty from 1/4/44. Muster x 1 or x 2 dally. Sleeping 8 out of 24 hours. Phlebitis leg (left) ankle still bad, swelling and secreting watery serum - will not heal up – keep leg up daily, no exercise but feel well, despite little food - very youthful figure. No news. Buy little tobacco, smoke with dry tea leaves and straw (no paper).

(Written 10/4/44) Am now same weight as was when left Penang Hospital in January 1940 after nearly four months there in bed (9 stone and 10 lbs<sup>2</sup>). Japanese celebration of “victory” around 26/3 (not seen but heard).

Hot [?] skin of both hands and fingers from starchy foods. I look well and fit, everyone says. Drink all coffee can get. Some people losing sight slowly and cannot read. Am alright both distance and near, thank God. Buying more chilly, salt, pepper, and smoking straws with or without very little tobacco and dry tea leaves. Coconut shells for eating dishes. Clean dentals with coconut husks. Shell Coy. (Oosten) now really control camp, 200 of them here. I never despair nor get despondent, but always think of W. and A. and pray twice daily for them both and an early release and reunion. Food less, resistance and reserves less and reserves used up. No real food value. To get out alive is all I hope for but probably much reduced. Shall we get better food under military control? Maize and no ongle (tapioca flour) for breakfast from 1/4/44 – more tasty food.

Psychological diseases in camp – itch, depression, despondency. No news at all adversely affects mentalities. One’s survival will depend on maintaining one’s physical and mental balance under poor food supply lacking vitamins, minerals, proteins, fats, oil, with an excess of starchy foods accompanied by skin diseases (psychological and pathological)

14/4/44 Sores on bottom and where sit down or recline – treated with Iodine. Dr. Boerma attending phlebitis left ankle swelling and suppurations, bathing in warm wood ash water, then carbolic soap water then plain tepid water - two days with boric white Vaseline, two days with sulphur - (result known later). Everyone in camp with some type of ailment (fever and/or sores and/or itch) even children. My friend v. d. Schilden very like Bish Lovelace in size and shape.

Am always very hungry from 10 a.m. till lunch (1 p.m.) Maize porridge breakfast (small portion) and coffee when rising. Hungry in evening too but keep some lunch and supper till go to bed. Promised by Japs Fl. 1.50 p.m. to buy clothes and food!

No weighing scales now so will not be able to record monthly weight. Food (Dr. West says) has now less calories (under 2,000 daily) but more nourishing chiefly due to MAIZE and no or little Tapioca roots and derivatives.

What I look like:

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<sup>2</sup> 135 lbs.



22/4/44 None or few medicines supplied. Have no energy, only languor, almost listlessness due poor food quality and lacking essential ingredients. No reserves, few vitamins, no meat, little fish, few calories - now more maize and little tapioca root. Reposing a lot and sleeping extremely well - eight or more hours in 24. Scales taken away but returned for monthly weighing - now 60 Kg. (132 lbs. 9 st. 6 lbs. down 1 kg. again in one month). Doing or teaching English to Dorgee (Dutchman) for F1.50 p.m. for 12 lessons of 1 hour each. Drinking a lot of coffee and tea. Canteen coffee 1½ cts. per cup or monthly 35 cts. for one cup daily. Haircut on 17/4/44. 100 "Sports" or walking party daily and 50 on Garden (Vegetable) party.

Camp feeding communally and each person's ration absolutely fair and equal. Breakfast small plate maize and tapioca flour gruel; lunch, small ladle rice, very little maize, two vegetables (mostly root), little fish (four or six small salt fish), chilly; supper, little maize, rice crust, vegetable, chilly sauce (? fish). No fruit, little green vegetables. Owing soap and money shortage, using soap for wash and bath only twice weekly i.e. Wednesdays and Sunday. 20 teaspoons of sugar monthly and some coconut oil in bulk food. Becoming steadily immobilised by less diet. Less calories all the time. Promised F 1.50 p.m. cash per Japs, Ash trays with water for smoking in court. Military.

Reading a book showing foods, etc. of Chinese and us (300,000,000 customers by Crow) shows:

	China	-	British	America
Bread, cereals and beans	71.00	72.00	10.14	13
Fruit and Veg	23.00	14.00	44.00	16
Meat and Fish	2.30	6.00	13.00	23
Butter, fats	1.20	4.00	7.60	15
Eggs	0.07	2.00	2.30	5
Milk and Cheese	0.00	0.00	22.00	10
Other foods.	1.80	2.00	0.02	7
	<u>100.00</u>	<u>100.00</u>	<u>99.06</u>	<u>89.00</u>

From above very little Rice in Chinese diets. Maize incl. Cereals. Raisins in China. Soya bean squeezed for milk substitute.

Want to use Fl. 50 for whole camp for better food buying. Now under military control and guard, local militia. Geology and reading more with quilt sewing of patches!! Evenings with Schilden and Steketee (of Shell, B.P.M. Coy). Very hot weather and dry.

Written 4/5/44. Had 190 eggs given 737 people as substitute for day's fish ration on 23/4/44!! Reading Lawrence's 'Seven Pillars of Wisdom.' A day's total food ration per person would be about 1 ½ or 1 ¾ soup plate in total (rice, maize, vegetable, curries, sambals, fish (very little) sauces.). On my birthday B. v. d. Schilden gave me some very welcome tobacco. Becoming a drunkard for coffee and drinking six cups daily as well as tea (without sugar or milk), seems a type of stimulant. Hunger is rife and continuous. I feel am coming to end of first line of own body reserves - no physical energy, nor desire to move. Sleep extremely well. Hunger worst in morning from 10 a.m. to lunch 1 p.m. J gave me Fl 4. 50 [missing a line] and promised same monthly. Internees agreed to use Fl. 1.50 of this for Kitchen to buy extra food IF PROCURABLE. Balance for clothes and soap - so that later cannot be said neglected!! Is our outlook better now OUTSIDE? Above allowed a visit by a Major General (Gov. Sumatra, Gov. Palembang) and other high officers. 29/4 was Emperor of Japan's birthday when received two small cakes each and a tot of arrack!! Weekly food rations said to be 10 bags rice at 100 Kg. each. 7 Maize, 5 Tapioca flour, some vegetables, coconut oil, fish (all of which seems to be half of promised quantities), salt. On 30/4 Princess Juliana's birthday (Dutch Heir Apparent) - food good for tiffin and supper and sufficient - all extras bought by ourselves. A request for lamp bulbs (not an imperative order). Growing a goatee beard, (save soap and blade).

Jefferies (54 years) died of Beri beri (!! ) on 2/5/44. Sleeping very well eight or so hours in 24. J. Doctor examined people with worst swollen legs and admits food insufficiency in bulk and vitamins (quality - lack of Vit. D. and E). Commandant away to see if can improve. On 29/4 on Emperor's Birthday seven of our men invited to dinner by J. commandant (rank of Sergeant Major) were well and respectfully treated (no politics, fair food and drink).

Prices very high of all articles. If X price in Dec. 1941, today's is 50X, and if y = price in Sept., 1945, today's is 6y. Currency is becoming valueless and it seems nearly impossible to buy anything, and little if any foodstuffs. Seems complete disorganisation. Dr. Boerma working on left ankle which slowly improves. Occasional Saturday concerts and now request programmes - only instrumental and/or community singing. Dissension great over food shortage and poor supplies (very tasty, thanks own cooks). Still living on a day - to - day existence, hoping for daylight and release!! Eating 15 to 20 small raw chilies daily and seem to be good for skin and general condition. Eating rough ground pepper corns - all to stave off hunger - smoking a lot of poor tobacco and straws (when have funds). Income monthly F 1.50 from lessons (English, Dorgee) F3.00 from J and hope to re-sell tobacco etc. for another F. 1. or so monthly, total say F5.50 to buy smokes,

including cigars, salt, pepper, chilly, sugar, canteen coffee, onions, ginger, ketjup, limes, garlic (IF PROCURABLE). Will there be a showdown in next few days over food position and shortage?

7/5/44. Mixing spoon of salt ketjup with pepper and hot tea - helps - not unlike OXO !! in flavour.

1944 April free rations for about 750 people in Kilos.

Raw Vegetable grade A	1839 kg
" ..... " B	3481
(equal 75% of grade A quality)	
Veg. own gardens	135
Salt Fish	835
Fresh Fish	115
Cockles (shell fish)	144
Meat	15
Rice (raw white low quality)	4269
Onions	8
Tapioca root raw	1478
Above is Total for month (weights)	
Tapioca flour (ongle ongle )	1313
Eggs	349
Salt	332
Sugar	132 ¼
Tea	58
Coconut oil	7 x 4 ½ gall. Tins or 115 Kg.
Chilly	35 ½ Kg.
Curry Powder	9 Packets
Maize	2,286 Kg.
Spices	65 ¼
Coconuts	15 nuts
April own Kitchen fund spent	F 883.74
March	F 1,306.22
April Coconut Oil	F 71.02
March	F 557.73
Funds are available of ours but no good	
Katjup April	F. 213.60
Katjup March	F. 54.89
Onions April	39.90
Onions March	122.88

April own Kitchen fund spent F 883.74

March F 1,306.22

April coconut oil F71.02 March P557.75

Funds are available of ours but not good.

Ketchup April F.213.60 March F.54.89

Onions 39.90 122.88.

The above free rations should be compared with basic !! allowance.

On 7/5/44 had visit and inspection. Speech sounded apologetic but in reality have seen four periods (1) Looting (2) Face slapping and kicking shins (5) Tolerance (4) Sympathy!! with no material improvements.

Breakfasts now flour water (worse than ever) !! Use one drop Ag. NO3 on wet sore, then salicylic ointment. No mosquitoes here - pleasant sitting in court in evenings with Schilden. Local intensified itch, very bad some nights when sleeping as CLAW myself. Bottom sores and crutch. Llewelyn died on 11/5 from malnutrition (+ T.B). Younger men very rude to older men. No maize at all for some two or three weeks and none likely again. Black market now an open one but require money - sugar F.8 per kilo. Pulse 52 per minute !! More tapioca roots again for supper. New system for second helping of food when available. Reading Russell's fifteen chapters of Autobiography (wonderful in places, especially on HOME). No sugar now supplied except black market. Schilden's birthday 14/5 had a cigar and a soup CUBE!! Prices rising daily of everything.

Written on 11/6/44.

J. now allow kitchen (15/5/44) to buy through Black Market which means getting more local produce. Against cash allowance of F. 4.50 from J. this is useful to buy fish and other eatables also Soya cakes, sweet cakes, etc to augment food NECESSITY. Can this cash allowance be a writing on the wall of the world's position? Scales to weigh ourselves not allowed!!! Concerts about two monthly, very good with orchestra. Why was Pladjoe Refinery of Batavia Petroleum Maat not destroyed nor the Shell Coy's property). Oosten here at time and also a Prisoner since April 1944. Same in Bucharest, Roumania ?!!!! Van Sternum. Also Pladjoe never been bombed so oil still flows and refined - 5,000 tons monthly they say. Read some good books - Philip Gibbs The Great Argument - Grey Wolf (Mustafa Kemal) by H. C. Armstrong - Chad Haan .

19/5 Getting maize again (No. V.B.1 but Tapioca flour and maize). Kitchen fund buying beans too - altogether food better in quality and quantity (incl. own purchase).

. . More air activity (Naval 0's (1940's) said to be Messerschmitts(?) copy). Resolution of confidence in camp management and appreciation better promised food. Some pig

one day - very rarely get it about once every six weeks, wild pig, two or three ozs. (75 gr.) each.

Read Anthony Adverse.

In camp a lot of snarling wolves and spitting fiery cats (dreadful!) one must attack and not defend oneself to hold one's own especially against younger men ( disgraceful conduct to older men at times ) - a low opinion of humanity now. Receiving a little sugar now. Two deaths (four in month to date). On 22/5 got 20 bags of 100 kg. each rice, four bags maize, 40 kg. tapioca flour, 100 kg. salt, 17 packets curry powder, five (4 gall.) tins coconut oil, 80 kg. sugar for eight or nine days for 750 people. Can use J. cash to buy from outside through shop or private black marketeers (profiteers up to 500%). Now see real human nature characters laid bare and naked, and am appalled at low standards (profiting on one's impotence, black market rampant). Am keeping good grip on myself and fighting my way on and through very successfully - tenacity doggedness - doing it for my love of wife and daughter and hope to see it through with help of God. My firm belief that W. wants me helps me on (W. said "Rather a poor G. than no G. at all" spurs me on). Am told look drawn, full of lines on face, haggard and like 65 years old !! T.G. so far generally feel healthy and well. Now rice is steamed and very excellent (with no crust). Lumbago on left side (took week to clear up) but very potent attack (cured by exercise and woolen sock). Dr. Boerma working on leg (left ankle and now shows signs of clearing up after 19 months!) Dr. West said it could not be cured even if he sent me to Charitas Hospital !!! J. rations plus Kitchen and Bean fund (say Fl. 250 plus Fl. 080 monthly total F 2,330 own subscriptions) makes more diet, but does not do more than cover a very bare maintenance, in fact weight is still being lost by me! Chief lack is proteins carbohydrates and Vit. B and no fruit. The fish is same as we used most to manure coconuts, small dry salt sardine type. On 28/5 Holderness (about 45) died. Read Seven Wonders of South Africa.

Owing exorbitant price, coffee rose from F. 3. to F 19 per Kg. All morning camp free issue stopped, but sufficient tea from J is available. On 30/5 about 205 more internees came from Pangkor Pinang and were housed in Tin Winning (?) - next door, connected by a covered way. Four British included. Their weights are low, believe 150 average 41 Kg. (91 lbs.) and heaviest was 51 Kg. Another death in camp. On 31/5 one P. P. man died. At night had fever but T.G. cleared up after five days when temp dropped from 104.3 to normal in 24 hours. A type of dengue flue. So much Malaria here, lucky to avoid it so far. My left ankle is now practically better, thanks only to Dr. Boerma – after seven weeks personal attention. Now able to bathe whole body after 19 months of leg resting. Swelling (phlebitis) also much down but still left with renewing itchy skin eruptions and small blisters (few go into sores).

Rice now (written 12/6/44) procurable – black market for F. 30 per Kg. (F. 3,000 per bag or 148 !!) On 2/6 Schroeder died, Malaria and heart. Selling sugar issue. I get free 180 grs. and sell for F. 2 which enables me to spend F. 4.50 monthly (allowance Limited) on food. J gave me F. 4.50, of which F. 1.50 goes to Bean fund for extra kitchen supplies. Another P. P. death on 6/6. On 8/6 Morris (35) died. After fever got bad Neuritis left

shoulder and arm. Slowly clearing up (12/6). Cured by exercise and woolen sock and 10 min. daily sun daily. Making a rice brew with RAGI yeast fermenting cooked rice for 40 odd hours, rice flavour and slightly sherry taste. Typical breakfast is a dessert of plate of maize and tapioca flour or tapioca flour only, or rice porridge and if maize only then half plate. Typical lunch about 200 gr. dry (about 400 cooked) steamed rice, two vegetables (one green) salt fish (or dry) very little sambal sauce (spiced), coconut flakes or fish sauce or soya cake - all covers a dessert plate. Keep half of rice and brew it till 10 a.m. following morning to allay hunger. At about 6 p.m. or earlier have supper - usually little steamed rice, vegetable, fish and sambal (together 3/4 dessert plate). Occasionally peanuts, rarely pig. Altogether very insufficient. Breakfast around 7 a.m. and lunch 1.30, supper 6 p.m. When had fever, J. Drysdale of Malaya Collieries looked after me well. Very indebted to him.

Now (around 10/6/44) buy own soya cakes and dried fish - up to say 12 cts. daily. If had money could live like Duke through black markets. On 9/6 Fletcher died (heart? aged 68). No extra food for convalescents in camp nor fruit - nothing. J. food less for last few days especially breakfast and supper. Beri - beri much on increase (lack of Vit. B1) and lots of cases. Own risk much increased as legs swelling a little and scrotum but manage to get some Vit. B. privately. On 11/6 Zimmermann (British, Singapore aged 42 died). Four camp breakers caught away at night and five found outside fence - Commander getting very annoyed and rightly as these people are after black market profiteering. During May 1944 I spent Fl. .50 bean fund sub. Cigars 75 cts. coffee 25 cups at 1.7 cts. 45 cts., pepper 8 cts., Salt 7 cts., Ginger 9 cts., Tob[acco]. straws 27 cts., Ketjup 90 cts. Tobacco 90 cts., Tamarind 10 cts., Chilly 42 cts., Sugar 96 cts., Cucumber 10 cts., Cake 91 cts., Soap 40 cts.. Total spent in May F. 8.35 of which F. 4.50 from J. Teaching English (Dorgee) stopped end of May so more now from J. and selling sugar only!! A hard life. In June buying monthly soya cake and dried fish.

Written above 12/6/44. Hospital since 1/6 removed to Tin Winning and occupies half the total sleeping space (over 100 cases chiefly Malaria, pyrexia, and beri-beri) some septic sores, chronic cases of heart, kidneys, stomach, etc.

Written 7/7/44. Camp breakers handed over to J. Gestapo total 10, and whole camp punished by closing off outside buying etc. (no corporeal punishment). Sleeping well. Study out Dr. West lecture on Dietetics and see where so much shortage lies. Attitude of rest and camp management (coward, physical and moral hide behind others). Only time now for International policy but will remain Camp No. 1 (Rep. Dutch Government). Why does he not take over-full charge and deal direct with J. He had the position and the authority. Man of poor appearance.

Sold 45 cts. Tin bully beef for F. 12.50. Records here all show birth 24/4/1886.

Roberts aged 31 died. Started issuing Palm Oil, vitamin A chiefly. Reading Vanessa (H. Walpole). On 17/6 re-started fever. Continued for some time and promised place in Hospital but still not got in there 8/7/44. People sick in blocks get little extra - position very difficult. Dr. Boerma looking after me. Shortage of quinine and atebtrin makes

treatment difficult. Told on 19/6 by Captain S. that rations will be further reduced as we are in War Zones. Possibilities of fishing to be looked into (with fish all around!!). Little or no fish now supplied. On 20/6 unpolished rice (best of all) supplied us. Own Garden party now under own control for own vegetables from outside plots near Jail. Read Islands of the Mediterranean by P. Wistach (N. York). Orders to reduce rations from higher authorities. From 24/6 getting banana daily (about) through Hospital, but pay for it, up to 15 cts. each, some mangosteens too. Up a lot at night passing water (once every 1 – 1 ½ hours). Sleeping well.

On 25/6 Roberts died from Beri beri. Abide with me from Father Bakkers choir when coffin leaves camp. Am feeling exhausted with fever, weak, skin and bones and hollow cheeked - dreadful but that is war! On 26/6 A. J. Taylor of S. K. Estate died. (T.B.???) either allies rescue us soon or disease will overtake us due under-nourishment.

9/7/44. Beri beri, malaria, increasing, no powers resistance nor recovery, no reserves bodily, weights so much reduced (own about 8 ¾<sup>3</sup> stones against 13 ½ stones). Had diarrhoea around 26/6 but quickly cleared thank goodness. Offered a place in Hospital on 26/6 but stupidly turned it down - however, hope to get in to-day 9/7/44. New kitchen fund scheme. I joined Group B1 as managed to sell my watch for about F 75.00. Reading Dynasty of Death.

Speech by own leader follows J. interview but little outcome. On 28/6 Laybourne died also one Dutch. Appetite good and eating all possible, plus buying soya bean cake and fruit. Night sweats. Weather very hot and dry. Free sugar issue – 100 gr. two or three times monthly. Handing all my camp property over to J. Drysdale for disposal, if end comes here. He has done me best of any and is sound, responsible Scot. Very weak. Got one egg from Hospital (two altogether by 9/7/44). Sores in mouth started 29/g but cleared up after three weeks. Prince Bernhard's tiffin, very excellent, chiefly bought fish. On 30/6 - two Dutch died. Weight 56 kilos (down four Kg. Since 15/4/44). Enright dead. J. calculates 250 Kg. Ubi – 75 kg. Rice. Elsewhere is shown daily temperature of fever which leaves me weak, emaciated and thin. V. d. Schilden also got fever but improving. On 3/7 had a very bad chilly attack and had to put on all available clothes to keep warm. Sold watch for F 55 on condition after war can repurchase for £ 10 sterling (per v. d. s.). Now trying to sell ring to buy extra food. Elliot dead. Dysentery now taking a lot of patients – hence no place in Hospital for me. Over 140 sick in Hospital and 185 in blocks out of 920 population. Own Hemoglobin very low, under eyelids but good appetite thank goodness. On 6/7 two Dutch died and 7/7 one and on 9/7 one, called Lang. Still no fish but getting un polished rice, palm oil, green peas, ground nuts, (mostly bought by ourselves) no maize, more ubi again – require fish (special request and letter to J.). ITCH very bad from four to 10.00 pm Small skin eruptions from knees to neck, due ubi. (written 9/7/44). Still with fever and hope to get into Hospital as am exhausted and done all in but heart still good (I think) no more black-outs.

On 10/7/44 admitted to Hospital, thank goodness. One Dutch dead. Skin and itch irritability very severe. On 11/7 old Boswell died (three places from me). One Dutch

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<sup>3</sup> 122 lbs

died. In Hospital have corner place adjoining bathrooms and lavatory (Ward B) under Dr. West. Feeding same as outside but get extras such as green peas daily costing 7 cts. and occasional soups (fish, once chicken) at 10 cts. and soya bean cake at 16 cts. daily. H. costs 5 cts. daily and soya bean cake at 16 cts. daily. All voluntary attendants but do well and work hard. Whole organization excellent and Dr. West doing wonderful job - full marks with Harrison of P. M. S. Railways as Manager.

Get occasional fruit (one or two weekly) Pineapple or papaya piece or banana. Wonderful appetite and eat all but completely without strength (physical) feel as weak as when left Penang Hospital in 1940!!! H. Hammett (British leader) says if no money does not matter as special funds available to cover extra foods, fruit etc. recommended by Doctor. Am trying to sell my ring for F20. or above through him so he says does not matter if don't sell. Hospital probably up to 140 patients or more mostly fever (malaria) Beri - beri and dysentery, from last two most deaths - all follows 2 1/2 years malnutrition MURDER without bullets!!!! Also number septic sores. Diet still no maize but tapioca roots instead. Vitamin B injection once and Vit. B. solution twice daily made from BRAN.

12/7/44 fever (malaria) recurs. After talk with Dr. McKern (late Penang) now certain MALARIA and relapses set in. On 13/7 fever bad and no supper. Sore groin gland, phlebitis leg starts - near scrotum. On 14/7 feeling better and at 11 a.m. fever clears up !! On 15/7 during afternoon lost accommodation (focal) control of eyes for about few minutes but no recurrences (all due weakness, following starvation). Sleeping very badly two to four hours in 24. Dr. W. gave dope with wonderful effect, thank goodness. Now feel very weak, exhausted, hardly able rise two feet to bed. (slow, slow !!) Good concert of request numbers - mine SPRING SONG which played. Itch very bad but new ointment helpful (prevents sleep). Diet, including purchases much better in Hospital than in camp and more quantity - can eat it all and feel like another 50% especially breakfast (Rice pap) at 7 a.m. and lunch at 2 p.m. - with own saved food and sometimes fruit - 11 a.m. Very hot past six or eight weeks - now a water shortage with rationed supplies. On 16/7 temp. still normal. On 17/7 Phlebitis leg below knee bluish, swollen stretched skin, no pain, resting. Not sleeping four in 24 hours but improving. Evans aged 59 died. On 18/7 Hallam (over 55?) and 1 Dutch died aged 30 (Beri beri). All deaths, especially younger men due B.B., Malaria, Dysentery or mixtures of these. Phlebitis leg still swollen below knee, but groin gland better. Itch clearing up a little. Minimum 12 months malnutrition and 2 1/2 years semi-starvation, on J. diet has killed us off - nothing else. Our reserves gone and capital rapidly wearing out; like old machine with no care. Sleeping better six or so hours in 24. Only a speedy release will defeat our diseases, otherwise all condemned to slow DEATH.

Drysdale made me wonderful practical and useful walking stick. He has been wonderful to me - helpful and practical. 18/7/44 Is itch due Cyanide poison as outer skin of tapioca root contains Pot. cyanide (like gases in war?) Being ticked off by Hospital Attendant for doing wrong things! Lying up in bed most of day (19/7/44) since last fever - no reading and little sewing - no energy - - less sleep 6/24 hours. Making yeast rice for 11 a.m. self.

Good appetite - eat all. Resting phlebitis swelling below knee. Some headaches (get powders from Dr.)

Written 8/8/44 (abbreviated chronological) 19/20 July night fever - Penrice (No. 2 Straits Steamship dead) 1 D. dead - Phlebitis swelling gone (22/7) Feverish not too well, one egg (23/7) Fever abating - 1 D. dead (24/7) No fever - Very weak - Headaches - sleep well - 1 D. dead (all or most B. B. or Dys.) (25/7) Good sleep - no fever - Headaches - cannot read, but MUST sew - first free salt from J. 25 grs. pepper 50 gms. (?) - 80 cts. coconut oil for 200 cs. (26/7) Better sleep - new bamboo pipe (50 cts.). Headaches (27/7) Diar. started (28/7) Diar. cleared? (28/7) Good sleep. (28/7) Diar improving. D dead. (Dys.) Shuffling along - Bed all day - very weak NO strength - Deltoids, knees, sagging face and skin over all - two dead (Langise, Cable M. Penang) - Free open Hosp. Facilities buy all fruit, soya cake, soup (times) - Diar. 4 p.m. (29/7) Good sleep. Diar. Gone and feel better and Dr. West much personal attention and care - Comm. Speech, keep up spirits - everything possible done (??) realise our poor conditions - Seki cabled to get better food, etc. (30/7) Evans, Sr. dead - Itch and body rash very bad - still Diar. (31/7) Diar. Cleared - Fever started? Capt S. here (improvements??) Slept from 8 p.m. 30/7 to 11 a.m. on 31/7. Vit. B. inj. (1/8) Slept well - Diar. Clearing - no supper in camp, lunch 4 p.m. Hammet re-elected B.R. (2 to 1) over Drysdale - Very weak as low as hen left Penang Hospital in 1940 - voice poor and weak (2/8) Good sleep - Headaches bad - Dia. clearing - Coconut oil and Kerosene for itch and rash all over body - In bed all day long now - Better quality food and enough bulk with Hospital extras. Nesfield - Campbell dead (3/8) Feel better generally - Fair sleep - Diar. gone. Bad itch and rash at nights - more mental energy today - Ankles, tummy swelling (Beri-beri) also scrotum (4/8) Diar. finished? Sleep well - up every 1 1/2 hours to pass water - Egg - Deltoids very weak. (5/8) Diar. gone - Egg. Fair sleep - Poorer food, much ubi (6/8) Diar re-started. New committee with Oosten (B.P.M. Shell Coy) Chairman - Hammett is Vice-Chairman. Letter to J. 36 deaths in June and July due mal. Nourishment. Diar cleared - No vegetables from tomorrow (??) (none on Island) (7/8) 1 D. dead - Good sleep - now cheek by jowl in Hospital (space nil now) . 130 patients and 150 in rooms. Eyesight very weakening - J. Drysdale so good to me (8/8) Diar. Clear - voice almost gone (weakness) Can I hold out?? Serious water shortage- no rain for 10 or so weeks (9/8) Fair night - news of new women's camp and transfer over in about a month - Beri-beri swelling still bad - will try to write diary DAILY in future - No water to wash (shortage) Food less - All healthy camp members work every second day (one off, one on) - Coffee special in a.m. and green peas for lunch - Death records may not be accurate as suppressed for Hospital patients (10/8) Fair night but sleep a lot in day - reckon 7 to 8 hours in 24. Capt. Seki, better invalid food (eggs, etc.)?? - beri-beri swellings - Application for loan - feeling better mentally and more uplift!

(11/8) Fair night but sleep a lot in day - reckon 7 to 8 in 24 hours - Feeling little stronger with wonderful appetite - Still get extra fruit, green peas, soya cake and fish (when there) no eggs, no proteins, occasional one to 2 ozs. pig sauce - Swelling (beri-beri) of scrotum, part belly, legs and feet, but everything possible done with available material - No reading owing headaches so lie back in bed all day and think of W and A!! Tobacco very short now. (12/8) Fair night. Marlowe died. Itch less due Kerosene oil and coconut oil -

sold ring for F20. (should have got F30 due v. d. s. advice). Beri beri swellings no better - Rice less, also vegetables - No tobacco - Special morning coffee (wonderful). Vit. B. medicine for Beri beri x 2 daily and green peas special - no reaching yet. Too tired and weak and in a room corner with no window - Dr. West wonderful really (13/8) - Trustcott dead - Voice weakens daily (not nice). Air alarms, nights started - Lights out 7 p.m. No tobacco - swelling same - special private extra Vit. B. (14/8) Better night - no air alarm - Lights out - (never on) small lamps only. Little more pig and fish NO green vegetable, little rough ones, always little green peas, peanuts, palm oil now - Itch very bad (due oversalted food?) Still rainless - water very short. Good extra coffee (special) 10 a.m. - Am next to lavatories, baths, etc. No tobacco. Headaches bettering - swellings same as 13/8. (15/8) Swellings slightly better (double dose B) and higher foot rests - Good night - No air alarm - no lights, only small lamps (oil). One D. dead. - Little more pork and fish, less ubi - no tobacco - NO water. Itch less, eat less salt and sugar (?) and no kerosene in oil. Pryor (over 60) died B. B. opposite bed - We are all on sloping cement beds with anything between (some have nothing) (16/8) Beri- beri swellings much better, but voice hardly exists - Feeling little stronger but in bed (on cement) all day - No air alarm - no headaches, thank, goodness No water even to wash. (third day). (17/8) Swellings almost normal - Good night - Two D. dead (Dys.) Voice slightly better - no water (18/8) Swellings almost gone, thank goodness. Good night - voice improving - no water - Itch still bad (all over body, but no sores - only rash, using coconut oil) (19/8) Swellings all finished - Voice still very weak, as well as body - Itch dreadful all night - No rain nor water. New management Res. of Pal. as adviser (20/8) Very itchy night. Diar. Little sleep. New pipe from Drysdale (excellent smoking, but no tobacco) - (21/8) Violent itch from 8 p.m. to 1 a.m. - Little sleep. Un. Diar. (8 in 24 hrs.) Little sleep, cannot get comfortable on hard cement - Feeling stronger - Voice still weak but possibly improving - No light except minute oil lamps - no tobacco. (22/8) Wonderful sleep - Itch less - Rain today - Tobacco in - Un. Diar. Must refund all Hosp - expenses and costs (F25.75 to 21/8 incl.) despite previous understanding - (from 12/7) (23/8) Very bad itchy night, little sleep. Un. Dia. (med. Dr. W) - Voice very weak - Got to cut down expenses of extra food purchases as spent F.25 in Hospital in 42 days (must reduce to F10. p. month.) (24/8) Wonderful night - Di. no better - Hammett promised me small loan as destitute - no green veg. probably get green peas to make up - Voice little better - sitting out in sun for hour. 25/26/8. Poor night -wonderful night - no electric light on 26. Dia. finished. Itch dreadful at times, all day - 1 D. died (27/8) Good night - no electric light. - Itch bad in evening - Feeling stronger - Voice weak - two banana fritters (wonderful). Bed all day (weakness) but hope to get out in sun more - (27/8/44)

Heavy rain and water sufficient - No swellings now - No ubi for weeks so ubi doesn't affect itch!!! Little greens - more fish and little meat - green peas and pea-nuts - Only rice with oddments for each meal, porridge alone breakfast - in Hospital buy extras and sometimes fruit.

Period 28/8 to 8th Sept. Voice still very weak but general improvement over period especially as periodic Diarrhoea now stopped (Hope!) Deltoids not so worrying - Sitting outside more in afternoons and evenings, mornings on chores - no reading yet -

vegetables still too little - no oil or only little - more fish now daily, but again ubi for part supper - got "destitute" loan of F7 monthly - swellings seem finished but ITCH still bad, but little less (cure cold tea water), rash still - sleeping fairly well when itch permits - Headaches fever or finished - Less deaths - No air alarms, lights out (electric) 8 p.m. More rain, hence more water - Bugs increasing - general inspection one day (nothing to it). End is near?? a.m. coffee stopped - Head always wizzy and balance uncertain!! When shall I break through that - Due malnutrition and undernourishment - Stegomyia worse - Queen Holland's Birthday on 31st/8. Wonderful food all day i.e. plenty paid by subscription. Two dysentery inoculations, thank goodness. Rice now again reduced to 300 grms. daily and 380 ubi (if available). Have turtle soup (very little) now, say x 2 or x 3 weekly. Condiments and spices reduced but food still very savoury. 3rd Sept. Dearest W's Birthday. Always little hunger, especially a.m. but keep food from previously which helps from 10 to lunch-time - Am really only a SHELL NOW - Told me can send a P.C. on 11th Sept. Beri Beri still bad - One ravages oneself in order to appease the itch, at times it is dreadful and maddening.

Period 9th Sept. to 8th Oct. 1944. How long I shall be able to continue to write up this Diary not certain - so weak and exhausted and no better. Voice very weak - Deltoids getting worse - In bed all day - - Not fit to read - Vegetables better also all Hospital assistance - Swelling all gone - Itch still bad also rash but so dry skin - sleeping 10 hours dally - little nourishment in food - American Red Cross packages for all camp (good but not enough for 860 people) Deaths high rate still (7 in five days) - Continual night air alarms - No rain again (water much rationed) - Got money from Loan Account F.10 in Sept. and Doctors special food free in October. Bottom very sore - Bugs bad - Wuzzy head, goes round and round (Stegomyia) Balance sense poor (wobbly) continual ear buzzing. On 11th Sept. to new Ward A. 15/9 Cholera inoculations. Second free supply green peas - 82 ozs. bed and room allowance - On 19 received very welcome letter from Norman of Feb. 1944. 25 words. Received inoculation of Cholera (2) and another Dysentery on 5/10. Women to own new camp from various places - Feeling very bad on 5/10 - How long can I last out - Only money by selling tobacco and free sugar goes to buy food when not too expensive - Spent F. 50 in 2 months but still starving - Dr. West transferred on 26/9 by J. to Palembang? (Dr. Boerma takes over and treats me better) Typhoid inoculation Dr. B. says my trouble is ANAEMIA but PULSE is strong - on 2/10 new F2.25 shop system with free special food if Dr. recommends - These may be my last entries (so weak and tired) -

[Indeed that was the last entry. Gordon Reis died one month later at 2.30 p.m. on Thursday November 2, 1944].

Overloop 14

Muntel Jarl 23 M

Commod 8/10/41

Welke bevelen zijn er ten aanzien van den gevangene gegeven.	Verriicht de gevangene arbeid? Zoo ja, welken?	Dag, maand en jaar van het vonnis of arrest van veroordeeling of vrijpraak.	Dag, maand en jaar van het vertrek of ontslag.	Krachten welk bevel of beschikking.	Handteekening of teken van den eijer bij opening en ontslag.	Dag, maand en jaar en handteekening van den besturenden Ambtenaar.	Aanmerkingen.
Period to 8 <sup>th</sup> Oct: 1941 - Voice very weak - Delirious getting worse - In bed all day - Not fit to read - Vegetables little also all Hospital assistance - Swelling all round - Stomach still bad also rash but so dry skin - Sleeping 10 hours daily - Little nourishment in food - America red cross packages for all camp (good but not enough for 860 people) - Deaths high rate still (7 in 5 days) - Continued night and alarm - No rain and water much reduced - Got mail from home Apr FIO - Sept. 4 <sup>th</sup> Dr. special for free in Oct. - Bottom very sore - Anger back - Wandering, thinking of death, for round & round of sleeplessness - Badly some poor (nobody) took it even though they were on 11 <sup>th</sup> Sept. No new food A - 15% Cholera inoculation - Sound free supply good for per - 82 days. No more allowed - On 19 received very bad news from home 11 Feb 1941 1/2 1/2 (words) - Received word from (2) on 20th Sept. - On 21 <sup>st</sup> 10 more to come in camp for various places - Feeling very bad on 21 <sup>st</sup> 10 - How long on 2 last port - Anger very bad							<p>① to Palembang? (D.V. Boelma takes over + sends me letter) Typhoid inoculation - D.V. says my trouble is A N A E M 1 A but PULSE is strong - On 2/10 new F2.2.5 shot system with free special food (D.V. recommends) - That many very last letters (so weak + tired) -</p>

The last two pages of Gordon Reis' account of his imprisonment.

# APPENDIX

[The notes below continue those of the diary and were made by Gordon Reis]

## MEDICAL RECORDS

compiled by  
DR. G. F. WEST (Medical Officer) Muntok  
Banka  
Sumatra.

Month	Outpatients Attendances	In-patients Hospital	Dysentery & Diarr.	Malaria	Berri- Berri	Population
Oct. 43	3384	28	32	11	0	705
Jan. 44	3726	51	24	57	12	728
Apl. 44	3732	68	4	176	69	730

Hospital accommodation is limited and is really only a converted block and lean-to shed.  
All above written 10/5/44.

From Russell's autobiography (written 15/5/44)

“When a man has had a severe illness, he has taken a large sum out of his capital. Unless he has the wisdom to replace it, he must be permanently poorer. Concentrate all efforts on getting better. Live as healthy a life as possible and give mind and body a complete rest. You must replace the capital, or, at any rate, some of it, then you may in spite of your disabilities be able to take your part in the life and work of the world”

My comment on above - How much does the above affect me? What is my true strength? Has this life taken more or less out of me than realized? If more, can I replace the capital or part of it? Home, Sweet, Home! with W.S.C.R. seems the only cure!

18 /7 /44 - After the fever (malaria) and relapses - the position is still worsened for me.

Copy of letter to be handed to Sergt. Tokin for delivery to Capt. Teki and Colonel? on a.m. 7/5/44.

Extracts only here.

N.B. Presume this letter reached above officers but no evidence.

No. 1 Food difficulties - steady decrease of rations. Quantity and nutritive value less.

Physical health deteriorated and powers of resistance to disease low.

## Statistics Cases.

Month	Beri Beri	Malaria	Weights Average	Population
Oct 1943	0	11	Loss 0.9 Kg.	735
Jan. 1944	12	57		
Apl. 1944	69	176		

## Average Weight

Oct. 43	-0.9
Nov	-0.4
Dec.	-0.6
Jan 44	-0.3
Feb.	Nil
March	0.9
Apl.	1.0

Since Oct. 12 deaths and on 2/5/44 one from B.B.

Nippon (Jap) Dr. visited said of 60 sick lacked vitamin B and Protein also lack quantity and essentials of food. Present rations declining:-

	Jan 1944	May 1944
Rice	120 daily	138
Tapioca Flour	100	45
Ubi	550	180

Food short in Jan. Request more and better food. Under-nourished. Worst for children (permanent damage) and older men, 150 over 50 or 20% of camp.

Present Commandant doing his best, hence all food from Palembang - try to help us.

Copy of extract from speech made by Capt. Seki to internees at Muntok on p.m. of 7/5/44.

I, Capt. Seki am in charge of internees South Sumatra. Commandant in Palembang and Padang before. Sympathise in difficulties and understand all wishes. Realise my big responsibility. Know food is insufficient and poor quality - sleeping also restricted and poor living rooms and conditions. No proper Hospital. Aim to arrange things as well as possible. Your wishes and my intentions in accord BUT war on and war effort comes first. Far from your countries and families and conditions not as pre-war for living. You are not only ones. My countrymen also interned - your countries and that is WAR. Cannot satisfy all your wishes but will do utmost. In first place help yourselves and especially bodily health. In April Jap. Military took over from Jap Civil and this is big

Improvement (?! sic). Wait a short time and further improvements due Military control. Now to inspect other camps and will return again. Now Sergt. Tokin, under my supervision is in charge - send all requests to him who will settle and arrange all !!!!

Weights in Kilograms or stones & Ibs. Weight Malaya 1/6/42. 13 st. 7 Ibs [189 Ibs.]. 15th of month weights.

Kilos	1942	1943	1944
Jan		75 ½	62 ½
February		74	63 ½
March		71 ½	61
April		71	60
May		70	X
June	68	69	56 [123 Ibs.]
July	71	68 ½	
Aug	74	70	
Sept	73 ½	71 ½	
Oct	74	63 ½	
November	73	64	
December	75	63 ½	

X Scales forbidden (60 kilos = 9 st. 6 ½ Ibs.  
75 Kilos – 11. 8 Ibs)

6.35 Kilo 1 Stone (14 Ibs)

Written 16/6/44.

Extracts from Dr. West's lecture on Nutrition  
Dietetics given in Palembang Camp 1943.

1 lb.	=	0.4536 Kr.
1 Kg.	=	2.2046 Ibs.
1000 grs.	=	3.52 ozs.
453 gr.	=	3.52 0zs.
1 stone	=	6.35 Kg.
1	=	14 Ibs.
70 Kg.	=	11 stone
28.35 gr.	=	1. 0z,

Approx. 3 1/2 ozs.  
100 grams.

Food stuff.	Carbo-	Pat.	Pro-	Cal.	Vlt.	Vit.	Vit	Ca	P	Pe.
Daily Need	Carbs.	Fat	Protein	Cal.	Vit	Vit	Vit	Ca	P	Fe
70 Kg. Man				Val.	A	B	C			
According to										
work done										
	350	50	70	2000	2000	200	20	0.5	1.0	0.01
	to	to	to	to	to	to	to	G.M	G.M.	G.M.
	450	70	90	3000	3000	300	30			
					I.U.	I.U.	I.U.			
Rice -	75	2	5	330				+	+	+
Polished										
Rice	75	3	5	330	100	70				
Unpolished										
Gaplek (Tap.	70		1	250						
dried)										
Maize	70	4	10	330	500	35	10	+	+	+
V B1. Kayu	40			160		20	40	+	+	+
(Tap)										
Soya Beans	27	17	36	413	180	150		++	++	+
Green Peas	64		21	350	270	60		+	+	+
Broen Beans	25		10	125		75	15	+	+	+
Grd. Nuts	20	45	20	600		300		+	+	+
Grd Nuts	20	45	20	600		70				
Coconut		45	4	400		20				
Kang Kong	4		4	36	14000	25	50	+	+	+
Bayam	2		3	30	10000	12	40	+	+	+
(spinach)										
Sawi	1		2	16	13000	37	90		+	
(Cabbage)										
Cucumber	4			25	450	8	8	+	+	
(Sweet Ptt.)	40			180		30	10	+	+	
Ubikladi										
Long Beams	4	1	2	38	800	30	20	+	+	
Taogen	4		4	40	200	80	100	+	+	+
Sugar	95			450						
(White)										
Coc. Oil	-	98	1	800						
Fish Fresh	-	1-15	15-20	100		+	+	+	+	+
Fish Dried	-	1-15	30-40	200		+	+	+	+	+
Beef	-	10	20	200		+	+	+	+	+
Pork		10-	15-20	250		+	+	+	+	+
		30								
Tempe		10	20	400	100	100		+	+	
Chili					8000		160		+	
Onions	7		1	34		8	7		+	
Bananas	20			100	200		70			
(two)										

Taogen (newly sprouted K. Hijau (green small peas)) Tempe (soya bean cake) x Frd. - Fried. Tap - Tapioca x Bld. -Boiled. x Pot - Potatoe, Cal.Val. Calorific value x vit - vitamin. Ca. - Calcium x P - Phosphate x fe - Iron. I.U. International Units. M.G. Milligram G.M. - Grams x 4- plus x Ubikayu - Tap. root. Kang Kong a green vegetable

x Cho - carbohydrates. Kachang Tanah - Monkey ground or peanuts. Soya Bean or Kachang Kedeleh or K.Jepun x

Food requires (1) Carbohydrates and fats (2) Proteins (3) Minerals (4) Vitamins.

(1) Carbohydrates and fats. Calories rich. Heat and energy Moderate work 70 kg. man – 3,000 cal. daily non-worker in camp requires 2,000 cal. If too little Cho. and fats increased get Acidosis. Reduce fat, and increase Cho. no digestive disturbance but certain substances present in fats would be missing (not good). Where cold climate require fats, Cho. doesn't matter. Fat has Vit. D., which is got from sun in hot countries. Tropical dweller requires little fat.

Bread, flour, rice etc. have 60 – 90% Cho, and 4 to 5 calories per grain. 100 gr. or 3 ½ ozs. give 400/500 calories. Animal foods little Cho., root veg. tubers, peas, beans 20 – 40% Cho. when fresh; when dry up to 60% Cho. Fruit much less than veg. Durians, bananas and apples, oranges up to 25%. Food richest in Cho. not necessary richest in calories. Fats. (1) Animal fat (2) Vegetable fat. More fat in (1) Cereals little fat, fruit little or no fat. Veg. little fat, not more 1%, except K. tanah (ground nuts or called monkey or pea nuts) 48% fat - Soya bean or Ka. Kedeleh 45% or K.Jepun – 17% fat. - Coconut 40% fat. Coc. oil almost 100% fat but no vitamin nor minerals. Fats have also valuable substances other than calories (see Vitamin).

(2) Proteins, are nitrogenous. Body requires daily 1 gr. per kg. of body weight, 70 kg. or 11 stone man requires 70 gr. or 2½ ozs. daily. Protein from animal or veg. from about 20 Amino acids. Animal fat better as have more amino-acids. Richest in proteins are fresh meat 20%, fresh fish less and eggs about 12%. Dried fish and meat about double as water extracted. Cereals up to 10%, maize 10%, Rice 7% Veg. as K.tanah 30%, soya beans 25%, brown beans 8% Potatoes 2% good quality, rich in Cho. Potatoes also Vit. B. and C. hence valuable. Root and leafy veg. little protein. Fruit little and bananas only 1%.

(3) Minerals called Ash. Ca. P and Fe mostly required. Ca. and P. Vit. D. for hard tissue, adults require 0.5 grs. Ca. and 1 gr. P per day. Milk and cheese good. Meat, fish and eggs contain them. Green leafy veg. up to ½ % Ca. Peas and beans have P, especially ground nuts and soya bean, up to 1% P. Adult requires 1/100 gr. or 10 milligrams iron daily - from milk, meat, fish, eggs, cheese, brown bread, vegetables (chiefly Mint, parsley, leeks, spinach and Kang Kong) Iodine essential. Salt 5-10 gr. daily.

(4) Vitamins lack leads to diseases - Said to contain so many I.U. or International Units per 100 gr. or 100 c. Vit. A. taken as Vit. A. direct or in form of pro-vitamin (?precursor) Vit. A. or Carotene. Carotene broken down to Vit. A. in body. The colourless Vit. A. is from animal and carotene from vegetable. Vit. A. is Anti-Xerophthalmic Vit. Xer: is night blindness and growth stoppage. Vit. A. called anti-infection Vit. and associated with fat metabolism. Lack of A and fat lowers resistance to infections. Rich in A. (or its equivalent carotene) are fish liver oils, red palm oil which contains 40-50,000 I.U. in 100 c. i.e. 4-5000 I.U. in 10 c. or 1 large spoonful - more than

a day's need. A also in milk, butter, eggs, animal fat some green vegetables, 10 gr. or 1/3 oz. butter has 100 I.U. and one large egg has 1.500 I.U. or half a day's need. Milk fairly rich - 1 litre (1  $\frac{3}{4}$  pints) has 1-3,000 I.U. Not much A in fruit oranges, papaya, pomeloes, tomatoes, mangoes, bananas, richest average banana is 50 gr. with 100 I.U. Vit. A. hence 50 bananas daily!! Some leafy veg. have lot A. (Chekur manis spinach) Kangkong, Sawi, Chinese Cabbage, Malayan Spinach or Bayam or Amaranth. 28 gr. or 1 oz. Kangkong or spinaches or cabbage enough for one day A. Salad vegetables half as rich as Kangkong group. Peas and beans little A. Kachang Tanah little (poor supplier) Carrot not so rich only 1/10 as rich as Kangkong - Spinach group.

(B) Vit. B. Now B1 and B2 both usually found in same substance, B1 more important, anti-neuritic, known as Thiamine. Lack leads to stoppage growth, loss in weight (G.S.R.) Beri-beri. Lack Vit. B2. called nicotinic acid leads to severe skin disease (Pallagrai) B2. is energy Vit. Vit. B. in yeast eggs, milk, meat, some Veg. germ layer of cereals but lost in white bread and polished rice. Daily required is 300 I.U. per adult. Of veg. K. tanah has 300 I.U. in 100 gr. or 3  $\frac{1}{2}$  ozs. when raw or steamed. If dried and fried reduces Vit. by 75%. K.H., Soya beans, and brown beans next rich in B. but only  $\frac{1}{4}$  of raw or steamed K. Tanah. Potatoes, Kanghong, Spinach, Cabbages have 1/10 Vit. B. as raw or steamed K. tanah. Cooking generally reduces amount Vit. B. Fruit has little Vit. B. best are raisins, tomatoes, pears, apples and oranges.

(C) Vit. C. Called anti-scorbutic Vit. also known as ascorbic acid. Lack produces scurvy, characterised by hemorrhages from body chiefly mucous membranes (or gums). Lime juice good. Vit. C. in fresh fruit and vegetables, little in milk. Adult requires 50 milligrams daily (not measured in I.U. like other Vits.) Most fruits rich in C papayas, bananas, oranges, tomatoes, one banana of 50 gr. has enough C for a day. Rich in C. are parsley, mint, chilli, Kanghong, salads, cabbage, spinaches, peas, beans have about 200 Mgs. per 100 gr. - 15 grs. or  $\frac{1}{2}$  oz. for a day's need of Vit. C. K, Sa, Ca, Sp. have good C. and about 40 gr. or 1  $\frac{1}{2}$  ozs. - one day's need. Peas and Beans have half of K.K. group.

(D) Vit. D. Is anti-rachitic Vit. - lack is rickets. Ultra violet sun rays manufacture D in body. In cold climate require fish-liver oil. Irradiated sterol, substances with Vit. A. have Vit. D. as animal and veg. fats, eggs, milk - need is 400 I.U. daily. Vit. D. and Vit. A. connected with Ca. and P metabolism in body, plus ultra-violet rays also necessary - controls growth and calcification. In tropics Vit. D. deficiency does NOT arise. Vit. D. deficiency in temperate country.

(B) Vit. E. Anti-sterility Vit. Found in germinated cereals green veg., meat, eggs, Wheat germ oil sometimes useful for sterility.

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Food into 2 classes (1) Less important calorific foods (CHO's and fats) (2) More important protecting and building (proteins, minerals and vitamins).

N.B. Allow for various seeds to germinate only - not to sprout. Tauchoo Tjoh sprouted soya bean.

Kitchen and bean Fund 29/6/44

H. A. Hammett Esq.,

I beg to make application for loan from new Fund. My present financial position is that I have F8. cash. My pre-war occupation was V.A. and Manager of Estates with Messrs. S.P.E.F. of K.L. Director of Rubber Coy. and on Rubber Research Institute Board etc.

Repayment of my loan granted could be effected on C.B.R. A.C. London or Singapore .

Should any loan be granted me, I am prepared to repay same on following basis : Incl. all Hospital purchases and expenses.

For loan of	F 40	I shall repay	F 60
	50		85
	60		110
	70		135
	80		160

Trusting this will be favourably considered.

H.A.H. 11/8/44.

Since last writing you re loan, my ring has been sold for F 19 nett. I would still, however, having no income, being ill, request that my letter be given consideration.

-----

11/9/44.

Hope both well, no word since Singapore. Is A. married? Maintaining weight nine stone. Check money cabled W. pounds Fifteen hundred, three hundred, fifty A.4 hundred self, fifteen hundred Sydney Bank.

Five hundred A. Colombo Fifty, nothing owing bank (42). Hope early meeting.

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From 1/7/44 - Kitchen fund - monthly buying limits from Toho (Camp shop.)

- (A) 1. Those already paid F.24 in full F.15 .  
 2. F.12 6.50  
 3. more than F6 & less than 12. 5.50.



In January 1942, an amount was cabled from Chartered Bank New South Wales, Sydney, Australia of £500 English to credit account of own name and/or W's and/or A's. This money should be recovered and remitted to London as conditions permit.

A letter of credit for G.S.R. value £400 English (four hundred) drawn in Singapore payable in London for 12 months expiring on 26.1.1943 No. 84/26 has not been used at all at time of writing and this should be recovered if not used later (Nothing ever drawn on it). W. took Home Travellers Cheques on Chartered Bank for £50 and an equivalent of £50 (say rupees 650) was cabled to Chartered Bank, Colombo, Ceylon hoping you would call there on your way Home. This should also be recovered. It was cabled for payment to A. on identification there.

The above complete final financial transactions in Singapore and every item should be checked over and all dues recovered.

My account with Chartered Bank, Singapore left a credit of about Straits Dollars 200 say two hundred only.

In addition to above the Chartered Bank held in Penang a letter from the P. & O. Shipping Agents, Penang that they owed A. a return passage from Penang to England. The equivalent of this should be recovered.

In addition the Bank held in Penang in W's name about 13,000 \$ Ordinary and Cum. Pref. shares in Sunge, Sepang, Ltd. (I was a Director of the Company, Secretaries S.I.P.E.F. of Kuala Lumpur) and about 1300 Wilkinson Process shares, as well as originals of Wills of self and W.

All shares in own and W's name are with Chartered Bank, London at Home and some in my name with Reside and Bryant, Members London Stock Exchange, 5 Tokenhouse Buildings, King's ArmYard, London. No shares were held by me in own safe or possession. Detailed book of list of shares were lost at sea (see later).

My credits with Malayan Planters Provident Fund included two 15 year Endowment Policies one of which was due for payment on 24.4.1942 and the other, I think in 1945 or 1946. These two policies were with Royal Life and Standard Life (I think). The Provident fund is now probably under control of the Rubber Growers Association in London.

The above concludes financial matters but if reference is further necessary it will be made under letter A Finance.

Reference A. Finance. Written on 10.5.42. I omitted to record that later on in Muntok camp that I borrowed Straits \$200 from a Mr. A. H. Wright to whom I gave an I.O.U. This was essential as I had no money at all, other than the Letter of Credit which was useless as a Prisoner.

The names of the Provident Fund Insurance Companies should be available by seeing Sun Life of Canada Head Office. Proposal Form about Sept. 1941 as references (the Sun Life Policy was rejected eventually by me).

Personal and two cars insurance policies were lost on the ship but I wish to record that Bennies Cohen of Singapore and London could submit evidence that, including piano, my total house property, apart from Estate property, amounted to, I think, \$21,000 = all in.

Will - all for W.S.C.R. failing to S.A.C.R. with C. Bank I. as executors.

Batu-Dawan Coy. of Rubber Estate Agency, Bunge House, 71 St Mary Ave. E.C. owe me commission for book year ending 30<sup>th</sup> September, 1941 (8/6/42)

Remember I am a life member of READERS DIGEST of America. No copy seen since October/September 1942.

17/7/42. I got a further loan from A. H. Wright of Johore, making total Straits \$ 275 - and gave him a letter to the Chartered Bank, London to cover the total. The original I.O.U. has been destroyed. It was mentioned earlier on.

Jewellery Insured per Guthrie? & Coy. through Eagle Star and British Dominions Coy. Should claim for losses in Singapore also refund unexpired part of policy (3/9/42).

Loan of £15 equivalent Papineau and £3 equivalent v.d Schilden.

Written 6/6/42.

The following is intended for Mrs. W. S. C. Reis (or Miss S.A.C.R.) c/o Mrs. Cran, Little Court, Frodds Lane, Merrow, near Guildford, Surrey and is written by G.S.R, late of Batu Kawan Estate, Malaya. Only finance is covered hereunder and these notes are a duplicate in case the originals by another route, go astray.

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All financial matters should be gone into with Chartered Bank in London. About mid-January, 1942 a T/T was made of £1,500 to W's account in London from Singapore and £1,500 to my own account. Early February 1942 £350 was also T/T to W's account in London. In January 1942, an amount of £400 was T/T to open an account in London with Chartered Bank for A. It should be made clear that these transfers were made from War Savings and Savings Bank Credits in Malaya and were free of any bank overdraft. Originally the Bank lent money to pay up to say £3,000 but this was refunded and the Singapore Bank cabled London telling them to free the lien on my shares with them. The total of above amounts to £3,750. In January 1942, an amount was cabled from Chartered Bank Singapore to Bank of New South Wales, Sydney, Australia of £500.

English to credit account of self and/or W. and/or A. This money should be recovered and remitted to London as conditions permit.

A letter of credit for G.S.R. value £400. English (four hundred) drawn in Singapore, payable in London, for 12 months expiring on 26.1.1945 No. 84/26 has not been used at all at time of writing this (6.6.1942). This should also be recovered if not used later.

W. took Travellers Cheques on Chartered Bank for £50 and an equivalent of £50 (say rupees 650) was cabled to the Chartered Bank, Colombo, Ceylon, hoping you would call there on your voyage. This was to credit A., so if not received, should be recovered. The above completes final financial transactions in Singapore - every item should be checked and all money recovered as necessary. My account with Chartered Bank, Singapore left a credit of about Strait Dollars 200 (say two hundred only). In addition to above the Chartered Bank held in Penang a letter from the P. & O. Agents, Penang that they owed A. a return passage from Penang to England. The equivalent should be recovered. In addition, the Bank held in Penang in W's name Shares in Singei Sepang Ltd. of about 13,000 \$1 ord. and cum. pref. and about 1,300 Wilkinson Process shares, as well as originals of own and W's wills.

All shares in own and W's name are with Chartered Bank London and some in my name are with Reside and Bryant, 5 Tokenhouse Buildings, Kings Arm Yard, London. No shares were with me in office safe, detailed book of list of all shares were lost at sea.

Credits with Malayan Planters Provident Fund included two 15 - year endowment Policies, one of which was due for payment on 24.4.1942, and the other, I think in 1945 or 1946. These two policies were with Royal Life and Standard Life (I think). This fund is probably now under control of Rubber Growers Association in London,

ABOVE WAS WRITTEN WHILST Prisoner of War in Palembang Jail, Palembang, Sumatra about 5 to 7<sup>th</sup> June, 1942.

I omitted to record that commission is due me for book year ending 30/9/1941 from Batu Kawan Coy. R.E.A. Bunge House, 71 St. Mary Ave. E.C.

My household and cars Insurance Policies were lost at sea, but Bennie S. Cohen of London and Singapore could confirm.

Value of my property (not Estates) at Bungalow as around Straits Dollars 11,000 (eleven thousand) including etchings, piano, personal belongings, excluding jewellery and Ford and Morris Car.

7/6/42

These notes have been handed to good friend of mine Mr. T. K. Wilson of Bruas who will be leased to advise on any matter.

I have drawn up on other pages a complete history of events from 28/1/42 to date and hope it will reach W.

14/6/42

N.B. T.K. Wilson died at Muntok 22<sup>nd</sup> Nov. 1944.

G. S. R. died at Muntok 2<sup>nd</sup> Nov. 1944 at 2.30 p.m.

J. Drysdale

Below is the identity tag worn around my grandfather's neck during his time as a POW.



GOVERNMENT OF THE MALAYAN UNION  
STATE OF SELANGOR

STATUTORY DECLARATION.

I, John Drysdale, of Kuala Lumpur, Director of Companies do solemnly and sincerely declare as follows:-

1. From the 16th day of-February 1942 until the 2nd day of November 1944 and afterwards I was a Civilian internee in the hands of the Japanese in the Muntok & Palembang Camps, Sumatra, in the Dutch East Indies.

1. One of my fellow Civilian internees in these Camps was Gordon Stanley Reis whom I knew as a planter of Batu Kawan Estate, Province Wellesley, Malaya. — S. The said Gordon Stanley Reis died in Camp on the 2nd day of November 1944 and the reason for his death was beri-beri due to malnutrition by reason of the shortage and nature of food and inadequacy of medical treatment and the conditions under which he was obliged to live while as a civilian internee.

AND I make this solemn declaration conscientiously believing the same to be true and by virtue of the Statutory Declarations Enactment.

SUBSCRIBED and Solemnly  
DECLARED by the said JOHN DRYSDALE  
Kuala Lumpur in the State of Selangor  
this day of 1946

sgd. J. .Drysdale.

Before me:-

Magistrate,  
Kuala Lumpur.

Mr W.S.C. Reis, (Continued p.2)  
 P.O. Box  
 Morrow  
 Murray

36, Park Road  
 Bowral  
 N.S.W.  
 Australia  
 14<sup>th</sup> Dec. 1945

Re. G. S. Reis (Deceased)

Dear Mr Reis, I was with your husband at the time of his death, some time before that sad event he handed to me various papers which he wished to be sent to you in the event of his death. These papers comprise 1 his diary which ~~was~~ he kept going from the commencement of internment until a few days before his death, 2 his last will & testament, 3 a list of investments & monies, 4 a letter of credit for £400, 5 his passport with sundry papers inside it, 6 a bundle of letters. To these I have added 7 his death certificate & 8 a promissory note in favour of Mr A.H. Wright (deceased). I am sending all of these to you per ordinary registered mail tomorrow. I did not know your husband in Malaya although we had several mutual friends <sup>there</sup>, but I knew him well during all the time of his internment & was very close to him during the last years of his life. He kept reasonably well until the middle of 1944 when he had malaria & beriberi. Repeated attacks of malaria in conjunction with malnutrition from which we all suffered, weakened him & the effect was progressive. He became weaker & weaker until he died. He was in the camp hospital for four months & during the last month was very weak. He went into a state of coma early on the morning of 2<sup>nd</sup> Nov. 1944 & passed away quietly at 2.30 pm on that day. He was buried the same day in the cemetery at Mantok & the death certificate gives particulars. Everything possible was done

2

Boursal

N.S.W.

4/12/45

for him by the doctors hospital staff & I did everything I could for him also she told me he was making an entry in his diary to that effect. He was just too weak to pull it through. A brief history of our internment may be of interest to you. We were interned at Muntok on the 16<sup>th</sup> Feb 42, after capture at sea by the Japs, in the Banka straits. We remained in a Quarantine Camp there for one month & were then transferred to Pladjoe the site of the Oil refineries near Palembang. We remained there for one month & worked as dock labourers. Then we were taken to Palembang jail where we remained from mid April 42 until Jan 43. We were next taken to an atlap camp about two miles outside Palembang where we remained until Sept 43. Then we were taken back to Muntok & occupied the jail there until March 45 when we were transferred to Belaloe camp near Lahat in Sumatra where we remained until released at the end of Sept. Your husband of course, did not make this last move.

Your husband's diary will tell you the whole story, but if there is anything more I can tell you I shall be very pleased to do so if I can. I sympathise with you & your daughter very sincerely in your sad loss. I am a Glasgow man, but I am having a recuperation holiday here with my wife & family & am rapidly regaining my health. I do not yet know when I shall be in Scotland, but when I do get there I shall get in touch with you & hope to have the pleasure of meeting you.

Yours faithfully  
John Stysdale

CIVILIAN INTERNEE CAMP 14/3  
 PALEMBANG - SUMATRA 1943  
 HOW ARE YOU AND ALL. HOPE BOTH  
 FIT, WELL AND REACHED ENGLAND.  
 TRUST ALL. LOOKING AFTER YOU. LEFT  
 SINGAPORE 12/2/1942 + REACHED HERE  
 AFTER LOSING EVERYTHING AT SEA.  
 KEEPING FIT AND NOW MAINTAINING  
 WEIGHT 11 1/2 STONE. NOTHING RECEIVED  
 FROM YOU SINCE LEFT. ADVISE UNCLE  
 SKINNER + WRIGHT CABLED RUPEES  
 650 TO ALLWYNNE, CHARTERED  
 COLOMBO. THOUGHTS ALWAYS WITH  
 YOU BOTH. ALL RECORDS SHARES LOST.  
 CHECK REMITTANCES LONDON - ME  
 £1,500 - YOU, £1,500 + £350 - ALL £400 -  
 3 NAMES SYDNEY £500 - MY LETTER  
 CREDIT EXPIRED 26/1/1943 for £400  
 NOTHING SPENT N<sup>o</sup> 84/26. HOPE  
 FINANCES DO NOT WORRY AND  
 ALL IN ORDER. YOUR NATIONAL  
 SAVINGS + DEFENCE BONDS WITH  
 CHARTERED, LONDON. DO NOT  
 WORRY ABOUT ME, ALL GOES  
 WELL, GOOD CLIMATE + HEALTHY.  
 LOOKING FORWARD TO NEXT REUNION  
 ALL LOVE BOTH. See G.S. REIS

## Japanese Death Certificate

<u>DEATH CERTIFICATE</u>	
NAME: Gordon Stanley <u>REIS</u>	
Occupation: Rubber Planter.	
Place & date of birth:	Edinburgh, Scotland 25 April, 1886. 28-4-1886
Place & date of death:	Muntok, Banka. 2 November, 1944. (2-30 p.m. local T.)
Cause of Death: Senility and MALARIA.	
<p><i>Death certificate changed by J. S. ... 1946</i></p> <p>Muntok, Banka <i>J. S. ...</i> Medical Officer 2 November, 1944. <i>- mi</i></p>	
<p>Buried 2 November, 1944, at Muntok-Cemetery, Church of England Service read by Mr J.E.T. Hasselhuhn.</p> <p>Wooden Cross with name and date of death marks grave.</p> <p>Next-of-kin: Wife- c/o Cran, Little Court, Trodds Lane, Merrow, Surrey.</p> <p>Personal effects in Camp handed to Mr J. Drysdale, (Malayan Collieries)</p> <p><i>15th Nov 1944</i></p>	

## Gordon Reis's Will

126

Blair &amp; Kells

ORIGINAL

J. T. Williams

A Commissioner for Oaths

This is the last will and testament of me, Gordon Stanley Reis, planter of Batu Kawan Estate, Malaya, and at present interned by the occupying authorities in Palembang.

I revoke all previous Wills and codicils. I appoint my wife, Winifred Simpson Can Reis, to be my executrix jointly with the Chartered Bank of India, Australia & China, Bankers, London.

I devise and bequeath all the property, real and personal of which I am possessed to my wife, Winifred Simpson Can Reis. Should my wife predecease me I devise my executors to utilise one half of my estate to purchase an annuity payable to my Daughter, Sheila Athyngne Can Reis for life, and to hold the remaining half on trust for my said Daughter until she attains the age of 26. upon which date the capital should be paid to her and before that date accumulated interest paid to her quarterly.

In Witness whereof I have hereunto set my hand this fifth day of August, 1943.

Signed: *G. Reis*

Signed by the Testator and for his last will in the presence of us both present at the same time who in his presence and in the presence of each other have hereunto subscribed our names as Witnesses.

*C. Andrews*  
Hansfield Road  
Singapore.

*W. Mansfield*  
Hansfield Road,  
Singapore.

**GORDON STANLEY REIS** deceased. Pursuant to the Trustee Act 1925, all persons having CLAIMS against the ESTATE of **GORDON STANLEY REIS** late of Batu Kawan Estate Malaya who died on the 2nd November 1944 are hereby required to send particulars thereof to The Trustee Department Chartered Bank of India Australia and China 38 Bishopsgate E.C.2 on or before the 9th November 1946 after which date The Chartered Bank of India Australia and China, the Executor, will proceed to distribute the assets having regard only to valid claims then received.  
 Dated 9th August, 1946.  
**NISRET, DREW & LOUGHBOROUGH**, 23, Austin Friars, London, E.C.2, Solicitors for the said Executor.

The Times, August 1946

Doctor West from 'Camp News'

Vol. 1 No. 28 **CAMP NEWS** Dec. 5, 1942  
 Terongpek Echo Incorporating (publishing) Hot'n Lene Hot News

**SCOTS CELEBRATE**

No bagpipes skirled, no haggis was unveiled, no whiskey was drunk in Palembang jail the night of Nov. 30,— and without all these how can true Scots celebrate St. Andrew's Day or Night? But they did, nevertheless.

That genius of the kitchen, R. A. H. Beissel von Dymnich, and his staff, stirred a witches brew of fruit, vegetables, jungle grass, the left forelock of a cross-eyed orang-utang bred beneath a full moon, and then spiked the concoction with tiger milk (also known as arak, shook the whole thing three times and served hot. After sleeping off his seventh helping that hide bound old Highlander, Jock Brodie, declared the brew was better than any haggis ever steamed up in Scotland.

Although the scheduled program inaugurating Palembang's first St. Andrew's Society was rained out, Scots gathered in a Block 8 cell and sang songs of their country. Civilian Scots in Palembang ~~partinets~~ are J. C. H. Aitken, S. A. Anderson, L. Burn J. C. Brodie, D. Banks, R. F. B. Begg, Gordon Burt, Sir John Campbell, A. H. Caruthers, A. F. Cranna, W. P. Douglas, J. Drysdale, J. S. Elliot, A. Fraser, J. G. Gilchrist, W. Graham, H. Harley Clark, G. S. Inglis, D. H. Livingston, R. Meldrum, T. K. Wilson, J. MacGuffin, D. R. Matheson, R. G. V. Miller, W. R. Napier, T. H. Paton, F. G. Ritchie, J. H. Stanners, C. Q. Starkey, H. B. Sym and D. C. Thomson.


Efforts of Jock Brodie were largely instrumental in founding the society, which was to have installed F. G. Ritchie as Chieftain, had not rain interfered.

**NEW YEAR'S EVE SHOW MEETING**

There will be a meeting of all persons interested in helping or participating in the New Year's Eve show Monday after tea at the rear of the west walk.

**FOR SALE** ...One pair grey trousers. Price SIX guilders. See Clarke, Block 2  
**WANTED**... Pair knee length stockings, size 11, See Kramer Room 25 Block 4  
**TOOTH PASTE FOR SALE**... camp made, recommended and guaranteed. 30 cents per tube. Bring your empty tubes to surgery for filling.

**MAN OF THE WEEK**



A pain in your tummy, a spot or an itch,  
 A cut while conveying, in need of a stitch,  
 Whatever your trouble, he'll use all  
 his powers  
 But do, please, remember the surgery  
 hours.

Clark, G. S. Inglis, D. H. Livingston, R. Meldrum, T. K. Wilson, J. MacGuffin, D. R. Matheson, R. G. V. Miller, W. R. Napier, T. H. Paton, F. G. Ritchie, J. H. Stanners, C. Q. Starkey, H. B. Sym and D. C. Thomson.

Caricature of Dr. G. F. West, drawn by Ronkes-Agerbeek, in Camp News for Dec. 5, 1942. Verse below picture probably by Camp Bard Curran-Sharp. See 3y Eastern Windows index page 349 for references to Dr. West's activities.

copy

Asst. Secy. House,  
Race Course,  
B. Timah, S'pore  
1st Feb. 1942.

Dearest,

A short-line to tell you that after seeing off the ship, I mean after saying cheers, I went to the Bank re A's Traveller's cheques for £50-. They could do nothing about it except cable or rather T/T to Colombo to the Chartered Bank an amount of Rupees 650 to cover the cost or equivalent of the £50-. I hope this has been safely received. You will get this for Lr as identification at the Bank - I called to you c/o Chartered Bank saying this had been done. So do get the money if not necessary T/T it to Londn. It has just struck me that perhaps your passafco will

have to be paid for to London from  
 Colombo as the Govt. here have probably  
 paid them only to Colombo - If you  
 require urgent cash I think Gov. or  
 Fraser may advance it; if not you will  
 just have to call Chartered Bank London  
 for it - There is no more news, but my  
 thoughts are always with you and tell  
 Allwyn <sup>to remember</sup> her promise to look after her  
 money - Lots of love

Geo

---

<sup>i</sup> According to MacDougal Grixoni died of Beri-Beri Kachang ijau's magic was demonstrated on our first two cases of pronounced oedema: an Englishman named Grixoni and a Dutch Catholic brother. They expanded like balloons. Within one week Grixoni's weight shot up 19.8 pounds and the Brother's 26.4, due entirely to water in the tissues. Doc West obtained enough kachang ijau, through a Japanese guard and the black market, to feed them large amounts. In a few days the swelling began to subside. In two weeks they were completely "deflated." The Brother survived internment and Grixoni died, but months later and of malaria and dysentery, not beri-beri.

Men who lay in the Muntok beri-beri ward were those for whom there was not enough kachang ijau and who consequently could not be "deflated" like Grixoni and the Brother.

<sup>ii</sup> S.S. Straits Settlements