

Hints on

Life in

ERITREA

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The Land -- Geography and Climate

Everybody knows that Africa is an enormous continent, and everyone knows it is backward. But till you've been there, it's difficult to imagine just how large it is, and what backwardness in action looks like. If you have any ideas of Africa being one big jungle steaming with lions, snakes and insects, get rid of them. You're going into a part of Africa which is hot, no one can deny that, and which has some jungle, to say nothing of lions and insects, but most of what you're going to see will be stretches of sand, bare hills and gullies, and open plains with trees. This is East Africa, the part that hooks up under the Arabian peninsula, and up to fifty years ago its chief distinction was the fact that it was a world centre of the slave trade. The land as a whole was poor, stony, and dry; agriculture broke a man's back, and the country behind it, the unknown centre of Africa, was too primitive to make trading worth anything. Its most important export was people.

The particular part of East Africa you're going to is called Eritrea. This name is just political, because there is nothing to mark it off from the great Abyssinian highland, which slopes gradually down to the Red Sea. The chief cities in this part are Massawa and Asmara. Massawa is hot, very hot, and flat. It lies on a strip of dry, sandy land along the coast, and at Massawa itself this sandy strip is seventeen miles wide. It gets wider towards the south, increasing to about 250 miles. The temperature averages about 86° all year round, which means that it hits some very high peaks. There aren't more than 20 days of regular rain all year round, all of it in the winter "rainy season". Asmara is much better off from this point of view. It's located in a very high part of the country, about 8500 feet up, and has a regular rainy season in summer, and a fairly comfortable climate, -- dry, windy and temperate most of the time. Its maximum temperature is 86°, but in winter it gets as low as freezing point. It rains there about 59 days a year.

There are big modern sections in Asmara and Massawa. You'll find a Governor's palace, hospitals, courthouses, a theater, hotels, and so on. There are many European houses, mostly villas with verandas and balconies. The native section is separate from the European quarter, and isn't much but some little thatched huts.

The biggest section of the country lies to the north, and is made up of narrow, parallel mountain chains called roras. The country west of Asmara is fairly flat and low. The plains are never higher than 3,000 feet. There are a few active volcanoes in the southern part (but some distance away from Massawa) and there have been some earthquakes. But there's no point worrying about them; they don't happen often and if they do, they just happen. They're not very bad anyway.

Agriculture, such as it is, is the most important thing in Eritrea. The Italians were trying to build up some industries, but they never got further than a few municipal developments in Asmara and Massawa, such as electric plants, cement factories and tanneries. There are a lot of cattle in the country, and a lot of sheep and goats, as well as some camels. They grow a good many cereals, some cotton (in the irrigated plains west of Asmara), and a little coffee. They have some mines also, for iron, manganese, lead, and especially gold, in which Eritrea takes sixth place in Africa.

There's a fair share of big game in Eritrea, outside the cities. There are lions, leopards, cheetahs (a kind of slender leopard with feet like a dog's), hyenas, jackals, civots, giraffes, antelopes and so on. A lot of elephants have been killed off, so the rest are now kept on reservations. There are all sorts of birds, and a lot of crocodiles and pythons in the river valleys of the interior.

The People -- Races and Languages

Most of Africa is pretty well known by now, so if calling it the Dark Continent has any sense it can only have something to do with the skins of the people. The skin of practically everyone in East Africa is very dark, and at first they may all look very much alike to you. But aside from their skins they're very different from each other in other ways. Don't make the mistake of lumping all the people together in one bunch called "Natives". The differences among the people are important to themselves, and after you've been there a while will be to you, too.

You'll find every sort of face among these dark-skinned people: faces that look like our own Negroes, faces that will remind you of Jews, faces with thin, regular features. Even the color will vary from a light tan to very dark chocolate and almost black.

For many centuries East Africa has been a melting-pot for all sorts of people; in comparison, our own melting-pot seems very limited. The reason there are so many dark-skinned people with European features is that there have been many migrations from the north and north east, especially Egypt and Arabia. These people kept pressing into eastern and northern Africa century after century, intermarrying with the darker peoples, staying a while, then being pushed further south by new waves of immigrants. The result is that you can see all sorts of faces, and hear many different languages. The name of Abyssinia itself is taken from an Arabic word meaning "mixed".

Most of the people in Eritrea are Abyssinians, who were Arabic immigrants a long time ago, and since then have mingled with the dark

er peoples in the region. These Abyssinians generally speak a language called Tigré, and sometimes a related language called Tigrina. The Abyssinians in Abyssinia speak Tigré, too, but also another related language called Amharic. These languages are all written in the same script, called the Ethiopic script. Ethiopia is the ancient name of Abyssinia and is still sometimes used. The literature in these languages doesn't amount to much, as the Abyssinians have only been writing them for fifty years. Before that they used to write in a language which has been dead for a long time, called Ethiopic, from which both Amharic and Tigre and Tigrina are descended, in much the same way that Italian and Spanish are descended from Latin. Ethiopic has mostly been used for religious purposes.

In addition to these languages, you're likely to hear a good deal of Arabic spoken. There are some settlements of Arabs along the coast, and a small community of merchants in Asmara and Massawa. But Arabic, which has an old and very rich literature, and is spoken over vast territories throughout North Africa and the Near East, is used by a lot of people beside Arabs as a common tongue. Arabic is also the language generally used for writing by Muhammadans, or Muslims. Since the majority of the people in Eritrea are Muslims, Arabic is more important than you'd think from the actual size of the Arab communities.

There are about 600,000 people in Eritrea, of which 450,000 speak Tigre. There are about 6,000 Arabs, mostly concentrated in Asmara and Massawa, where they are merchants. Asmara and the villages around it have a population of about 15,000 natives and 3,500 Europeans; and Massawa, and its surrounding villages, about 11,000, the city itself having a little more than 3,500 native inhabitants and about 700 Europeans.

Religions

Aside from the languages, the most important divisions among the inhabitants of Eritrea are based on religion. You may be surprised to hear that more than a third of the population is Christian, and has been so for many centuries. Their Church, which is called Coptic (a corruption of a Greek word for Egypt) is one of the oldest known. It differs on a number of points from the Roman Catholic Church, and of course from Protestantism, but these differences are not so noticeable as are the differences in habits of living between them and European Catholics. There is a good deal more superstition in the Coptic communities, and practices which seem more at home in Africa than in Europe. A majority of the inhabitants, considerably more than half, are Muslims or Muhammadans, belonging to the religion generally called Islam or Muhammadanism. There are also about 30,000 Roman Catholics and 3,000 Protestants.

Islam is a religion that arose in the seventh century A.D., founded by an Arab named Muhammad, and carried over an enormous area in a short space of time by the Arabs, and later by Persians and Turks. There are about 260 million Muslims in the world. The most important thing to remember is that they regard Muhammad as a divinely inspired prophet, and have many special religious practices, some of which are like those of the Jews, such as not eating pork. Be careful not to offend either Muslims or Copts. People are likely to be touchy about the way their religion is treated by outsiders.

The following are some of the beliefs of the Coptic Church:

1. It denies that the Holy Ghost emanates from the Son as well as the Father.
2. It denies that the will of the Father is different from the will of the Son. (This is known as the Monophysite doctrine).

3. It maintains that the soul is created from the souls of the parents in the act of generation.

4. It denies that there is a Purgatory.

5. It does not admit the rites of confirmation and of Extreme Unction.

The following are the chief characteristics of Islam:

1. "There is no god but God, and Muhammad has been sent by God".

2. God's decisions cannot be altered.

3. Good and bad deeds are rewarded or punished at the moment of the believer's death; when two angels descend from heaven and judge his life. Paradise rewards those chosen for it with all the good things of the earth.

4. A public prayer must be made five times a day (after first washing the hands, feet and face) always facing Mecca, the sacred city of Islam.

5. Public prayers in assembly every Friday.

6. Almsgiving.

7. The reading of the Kuran, the Bible of Islam, which is the basis of religious and civil life.

8. Fasting every Ramadan (a Muslim month) from sunrise to sunset.

9. A pilgrimage to Mecca at least once in a lifetime.
10. It is forbidden to drink wine, to eat the flesh of unclean animals, and to gamble.
11. Circumcision is required for every boy between the ages of seven and eight.
12. A Muslim is permitted to have a maximum of four wives.

Of course there are many modifications of these principles in different parts of the Muslim world, and there are a number of sects. Also, especially in East Africa, many of the Muslims are more lax than elsewhere. But as mentioned above, it is always wise to steer clear of arguing such ticklish matters as religion and custom in strange parts of the world.

In general, you must not think of the inhabitants of East Africa as being primitive, even though they may strike you as being inferior from the point of view of education and customs and so on. They have a very long history and very old traditions, and are very proud.

Hints on Behavior

Before leaving the United States, be innoculated for typhoid and vaccinated against small-pox. Be extremely careful about exposing yourself to infection when you get to Africa. Your system is not accustomed to the different conditions, and things that won't bother an African may kill you.

Take a fine-mesh mosquito or sand-fly net. Mosquitoes carry malaria, which you always have to watch out for, and sand-flies carry sand-fly fever, a three-day jag which may leave you as weak as water and easy prey for other diseases. Quinine will help malaria. Carry a bottle of 100 five-grain tablets with you and keep it full. The only cure for sand-fly fever is time.

Unless you're specifically told otherwise, drink only boiled water. There are aqueducts in Asmara and Massawa which bring in fresh water, but you must always be especially careful in tropical countries.

Beware of anything raw. Always boil milk. Practically everything you eat or drink is likely to be carrying tropical parasites your body isn't accustomed to. If you eat raw vegetables or fruits, first wash them thoroughly yourself in a solution of potassium permanganate, then rinse them in boiled water before eating. Dysentery and cholera must be watched out for. They are both highly dangerous diseases.

Typhus is carried by body lice, so sleep on your own bed, and keep it as far off the ground as possible. Be careful around public places, where fleas, bedbugs, and lice are apt to be.

Drink as little alcohol as possible, and try to keep clear of whisky and gin. Alcohol may have very bad effects on you in the tropics.

There is a good deal of syphilis and other venereal diseases about, and medical control may be inadequate. So be careful.

The glare of the sun, especially in Massawa, is very strong, and you will have to protect your eyes. Get good sun-glasses, and take along an extra pair. While working you can wear shorts, but have some long trousers for the evenings to protect your legs from mosquitoes and sand-flies. Take along plenty of short-sleeved shirts. Take along woolen clothes, also, and warm blankets, for the cold winter evenings and nights. Sandals are better than rubber shoes for the climate. In Asmara you may need rubbers for the wet season in winter. All you need in the winter for outer wear, is a light topcoat and a light raincoat. Take along a light sweater also.

As for recreation, you will have to provide it yourself. Cards checkers, chess, etc., can all be taken along. If you feel like going hunting, there is a lot of game outside the cities, especially Asmara.

You must learn how to shop. Bargaining is an art you must learn as quickly as possible if you don't wish to be cheated all the time. Merchants will almost always ask for much more than they will take, depending on how green you look to them. Pretend you are not particularly interested in the thing you want to buy; the less interested you appear, the quicker the price will drop. Bargaining is just a game: don't shout or lose your temper.

Eritrea formerly used Italian money, and the British have doubtless brought along their own. The Lira is the basis of Italian currency. Each Lira is divided into 100 centesimi (pronounced chent-ayzeemee). The Pound is the basis of British currency. Each pound has 20 shillings, and each shilling has twelve pence. Here are some approximate values that may be useful:

| <u>U.S.A.</u> | <u>British</u> | <u>Italian</u> |
|---------------|--|----------------|
| \$5 | £ 12 shillings | 85 Lira |
| 1 | 5 shillings | 18 Lira |
| 24 cents | 1 shilling | 4 Lira |
| 5 cents | twopence half-penny (pronounced tuppence haypenny) | 1 Lira |
| 2 cents | 1 penny | 40 centesimi |
| 1 cent | 1 half-penny | 20 centesimi |

Of course the war has upset things a good deal, and you will have to learn the exact value of American money on the spot.

In addition to these official currencies, a great deal of use is made of what is called the "Maria Theresa dollar", which is somewhat larger than one of our old-fashioned silver dollars. It is worth about 40 cents.

Be extremely careful about anyone who offers you "bargains" in exchanging your money.

One reason that most of the natives will probably try to cheat you in changing your money, as well as in selling you things, is that they consider all Americans very rich: you may even be asked whether it is true that American streets are paved with gold. So be careful in all dealings with them, but it is wise not to take being cheated too personally, since in these parts a smart business deal is taken as a matter of course.

Political Condition

The Italians took possession of Massawa in 1885. They established the Colony of Eritrea in 1891, and then in 1937, after they

conquered Abyssinia, they united the colonies of Eritrea, Italian Somaliland (on the southern side of the East African 'hook') and Abyssinia into one colony called Italian East Africa or the Empire of Ethiopia, in which Eritrea was merely one province (in Italian: Governo). The Italian government tried to build up a great colony of Italian workers and farmers in their new Empire, so that when the British conquered it last year there were more than 50,000 Italian civilians in the region. It is now under British military rule.

Reading Hints

In case you get interested in the country or the people, you might have a look at some of the books listed below. For all practical purposes Eritrea may be considered as a part of Abyssinia:

"Savage Abyssinia" by J. E. Baum (1927).

"Abyssinia on the Eve" by Ladislav Farago (1935).

"A History of Abyssinia" by A.H.M. Jones and Elizabeth Monroe (1935)

"War over Ethiopia" by W. J. Makin (1935).

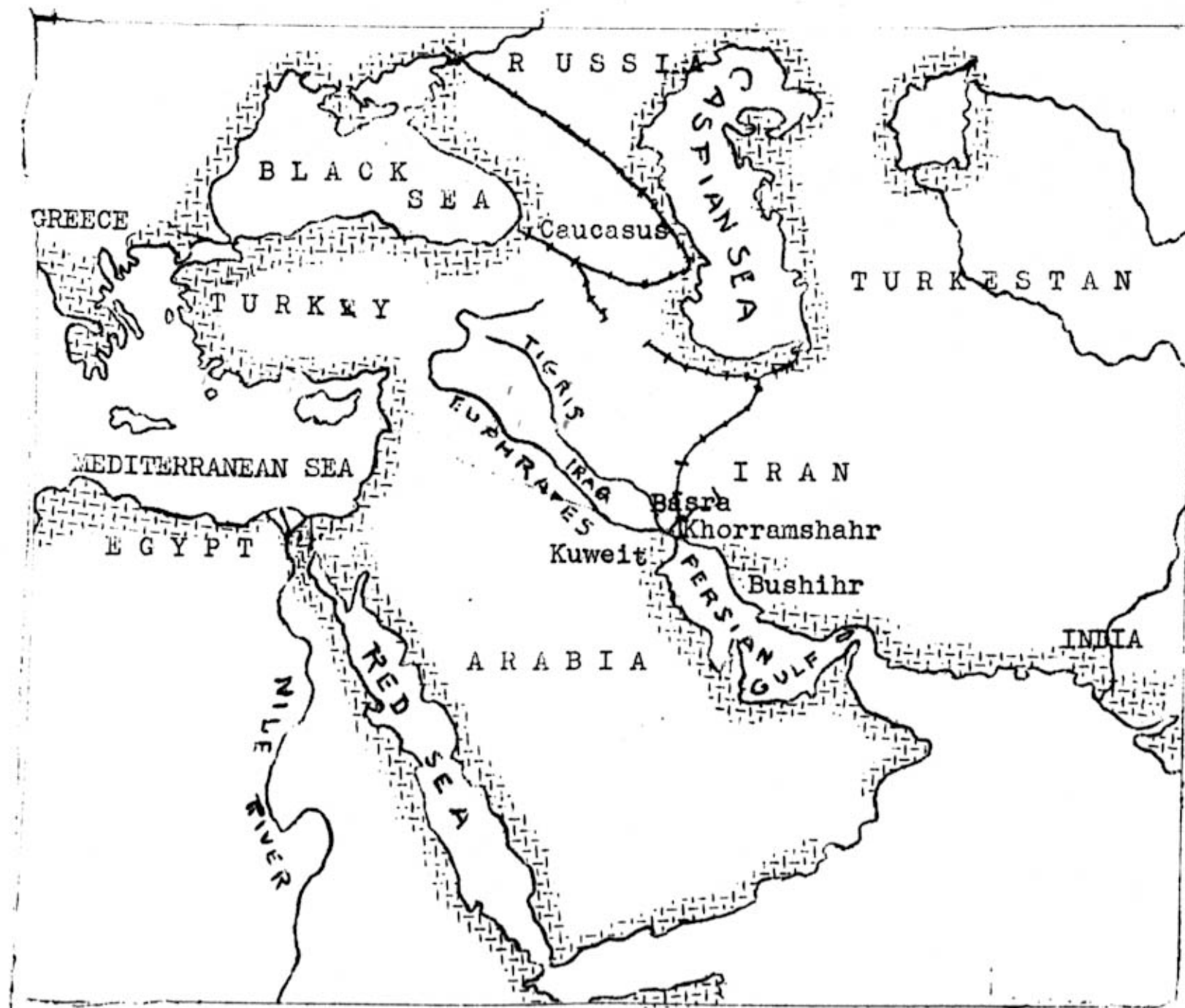
"Eye-Witness in Abyssinia" by H. Matthews (1937).

Hints on

Life in the

PERSIAN GULF

AREA



HOW TO KEEP ALIVE IN THE PERSIAN GULF

The Persian Gulf is one of the world's least known regions. On a line almost 2,000 miles long running from India to Egypt, this region is the only place where supplies in large quantities can be trans-shipped to Russia, so it has become an Allied front. As a ship sails northward for 600 miles, it passes between Iran (Persia) on the east and Arabia on the west.

Political Divisions

At the head of the Gulf several countries come together: Iran (Persia) on the east, Iraq (Mesopotamia) on the north, and various Arab states to the west. All are now under the control of the British, ~~so political boundaries are unimportant.~~

Geography

The head of the Gulf is almost on a line with the southern tip of Florida. Three large rivers flow into it -- the Tigris and Euphrates, which join at the city of Basra and form the Shatt al-Arab (River of the Arabs), and the Karun River which flows in from the east at Khorramshahr a few miles below Basra. These rivers carry an immense amount of silt and are filling in the Gulf at the rate of 72 feet a year. The land is absolutely flat with numberless streams, lakes and swamps. Date palms cover the banks but do not extend very far inland because they need irrigation. For 345 days in the year the sun shines and in summer sends the thermometer up to 130° F. in the shade. It is sometimes so hot that you will raise a blister if you take hold of a steel tool lying in the sun. Rains fall only between December and March. It never snows on the shores of the Gulf -- yet on the high mountains to the east snow

can be seen in winter. Both the winter and summer are uncomfortable, the winter because of its chilly dampness and the summer because of its steamy heat. The great story teller Marco Polo claimed that his sword melted in its sheath when he reached Basra!

The main ports are: (1) Kuwait, in an Arab state on the western shore; (2) Basra, where the rivers join to form the Shatt al-Arab. This is a flourishing Iraqi (Arab) port and railhead city, with a fine hotel; (3) Khorramshahr, in Iran, where the Karun River pours into the Shatt al-Arab; (4) Bandar Shahpur, further east in Iran, the Iranian Railway terminus; and (5) Bushihr, on the Persian Gulf, farther southeast in Iran.

Ahwaz is an Iranian port on the Karun River 72 miles north of Khorramshahr, while Abadan, on an island, has one of the largest oil refineries in the world.

Products

Thousands of tons of dates are produced by the millions of date trees that cover the river banks. Pearls are found by divers in the shallow waters of the Gulf. Oil from points in Iran about 125 miles north of Abadan is pumped down to the port where it is refined and shipped in tankers. Other oilfields on Bahrein Island in the Gulf and in Arabia are exploited by American companies. This is one of the most important oil areas in the world, producing about 10,000,000 tons per year.

People

The people are mostly Arabs. They are a tough breed, whose ancestors came from the Arabian Desert and conquered the Gulf area. In the interior of Arabia they are absolutely independent. In Iran

are tribes called Ghasgais who speak Turkish. They spend the summer in the mountains, the winter in the low country. Brigandage is their favorite sport. They have a reputation for plundering caravans, kidnapping foreigners, and extracting the last penny in a business deal.

Around the oil fields, one finds the greatest mixture of peoples. In addition to Arabs, Turks, Kurds, Lurs, Persians, Armenians, Russians, Americans, and various kinds of Europeans, there are about 4,000 Indians from India and 2,500 British of the oil company's regular staff. Now there are also large numbers of British officers and colonial troops in the area.

Languages

The most used language is Arabic. Other groups speak their own languages, but many people know two or three. American and Britishers usually know only English, but some of all the other groups know English also -- thus, English is the one common language. Arabic is a harsh sounding language -- Persian very smooth.

How to Shop

Buying and selling is an art which will cost a lot to those who do not know its rules. The seller will always ask far more than he expects to receive -- sometimes twice as much. The buyer must point out all the faults and offer much less than he is willing to give. One pays a high price for hurry. Pretend that you don't want the article and its price will drop at once. Fixed prices are known only in one or two European-operated stores in the cities.

Money

There will be several kinds of money in use. They represent the coins of several nations. The table below will give you values of these in terms of American money, as they are now. Of course they may change.

| U.S.A. | British | Indian | Iraq | Iran |
|-------------------------|---|-----------------------|-------------------------|------------------------|
| 100 cents = 1 dollar | 12 pence = 1 shilling 20 shillings = 1 pound | 16 annas = 1 rupee | 1,000 fils = 1 dinar | 100 dinars = 1 rial |
| 1 cent | | | | |
| 2½ cents | 1 penny | 1 anna | 2½ fils | 8 dinars |
| 5 cents | 3 " (thrupence) | 2½ annas | 12½ fils | 1 rial |
| 20 cents | 1 shilling | 11 annas | | 2 rials |
| 30 cents | 1 s. 6 d. | 1 rupee | 75 fils | 12 rials |
| 1.00 one-dollar | 5 shillings | 3 r. 5 an. | 250 fils | 40 rials |
| 4.00 four-dollars | 1 pound | 13 rupees | 1 dinar | 160 rials |

These values are not absolutely exact but an approximation. As you can see, one must be careful in exchanging American Dollars. The markets are full of men who will be glad to get your dollars and give as little in return as possible. The money changer con-

siders it a duty to skin the innocent -- and especially Americans, as they are all "rich people". They have seen a few films from Hollywood and are sure that all Americans live in palaces with money to throw around. You will be asked if it is true that in America they pave the streets with gold bricks. A man who has to live on 20 cents a day considers that he is merely assisting you to be generous when he cheats you of half your money. Exchange your money through a bank or someone whom you know well. It will be a long time before you have learned all the tricks of exchange that the local professionals use.

Economic Conditions

Because of a lack of water at a distance from the rivers, much rich land is unusable and the people are very poor. In the country districts they live on a subsistence level and have no luxuries, even lacking many necessities for healthy life. Food is insufficient. They cannot buy medicines or machines, and practically all work is done by hand. Few own their own land but are like sharecroppers, paying 30 to 40 percent of the crop to the landlord. The standard of living is exceedingly low. Day laborers receive about 15 cents per day and skilled labor is not over 50 cents a day. Few can go to school, so most cannot read or write. For protection against brigands and to be near water, the people live in villages and cities where the houses are crowded together with narrow alleys for streets. The average house has only one or two rooms and most people have only one suit of clothes, which they patch indefinitely. Houses usually contain no furniture -- people eat and sleep on the floor, which is often covered only with a straw mat or a small home-woven rug.

In the cities also, poverty is obvious everywhere, but there are a few merchants and landlords whose income allows for

comfortable and even luxurious living.

Sanitary Conditions

The Near East has no sanitation as we know it. In the villages, animal dung is plastered on the house walls to dry and then used as fuel for cooking. Houses have no toilets or latrines. Any open space is used and most often the area around the village spring or well is the public toilet. Water is so scarce that the few streams are used in washing the dead, laundering the clothes, bathing the baby, and also for drinking. There is no isolation for infectious or contagious diseases. Because people live in constant contact with animals, fleas, bedbugs, body lice, and other insects abound. Sheep and camel ticks (carriers of spotted fever) crawl from the stables which are usually attached to the house, or actually inside it.

The population of the Near East should have died off long ago by all rules of health. Even a bath is usually taken in a common pool which has the water changed every two or three weeks, depending on the "thickness" of the water at the time. Weaklings have died in infancy and only the tough have survived. Disease germs seem to do them little harm. But Europeans and Americans die like flies if they expose themselves as the easterner does.

Only in the cities is any effort made to prevent and cure disease. Vaccinations and a few primitive health rules have been introduced. There are a few municipal hospitals. Progress in the past fifteen years has been considerable, but one should never relax precautions. Homes of educated Iranians and Europeans show what can be done in making living clean and comfortable, but they are rare. The penetrating and burning rays of the sun are the only

disinfectant for most of the people. ~~In the East the Sun was a God in early beliefs -- it did the best it could to save the people from their own pollution!~~

Religion and Social Customs

Ninety-five percent of the population follow the religion founded by Mohammed, the Prophet of Arabia, in the VII century A.D. This religion is called Islam, and its followers are called Muslims. There are two main sects (like Catholics and Protestants), the Sunnis of Arabia and the Shishe of Iran, who despise and hate each other. Yet common to both are many ideas and practices. The more important are:

Beliefs

1. A belief that God is One.
2. Muhammed was the last Great Prophet. The Hebrew Prophets and Christ they regard as true but out of date.
3. His revelations collected in a book called the Quran (or Koran), which means "The Readings," contain all essential Truth.

Practices

1. Muslims must pray five times a day, facing toward Mecca, where Muhammed lived.
2. Muslims must make pilgrimages to the cities of Mecca (Arabia), Kerbela (Iraq), or Meshed (Iran).
3. Abstinence from touching certain animals and eating certain meats and foods (dogs, pigs, wine). One month in the year

is a Fast. During Ramadhan* they cannot eat nor drink from sunup to sundown. As a result it is difficult to get regular work done during that month.

4. Polygamy is allowed -- up to four wives and limitless concubines, but extra wives are expensive to keep, and therefore a privilege of the rich. In Iran and Turkey polygamy is legally almost impossible now.

5. Segregation of the sexes. Men and women cannot associate together. The women wear heavy veils and "chadurs" which cover them like a tent. A woman caught speaking to a man who is not a close relative is promptly punished by her brother, husband, or father. Men are very jealous in keeping their women folk away from all other men.

6. Muslims consider all other religions inferior. Christians and Jews are tolerated but not treated as equals. Their touch will defile food or desecrate a holy place. Other religions (such as Hinduism) are considered absolutely false.

Actually, these practices are changing rapidly. Many educated Muslims really belong to the growing twentieth century world and associate freely with foreigners. Many have studied in American, French, or British schools and are people of western outlook, habit, and dress. Some have studied in Europe or America and returned as doctors, teachers, or officials. But among the great masses ideas change slowly and the westerner must be careful not to arouse the antagonism of the people. There are millions of Muslims to whom

*

In 1942, this month falls from September 12th to October 12th.

these practices are of great importance and to ignore them endangers individuals as well as whole groups. The Indian mutiny started over the British issuing bullets greased with tallow from cows -- considered sacred animals by the Sepoys. Where the religious ideas of the natives are ignored, riots and even wars can start.

Politics

The air is now tense. Germans and Italians for years have been encouraging Arabs to revolt. Arabs and Iranis as well as Iraqis have grown to dislike and suspect all foreigners. They feel that the great industrial nations are interested in weakening the smaller states and then exploiting their wealth and destroying their independence. The history of the Near East has been one of clashing European rivals who have used every means to stir up revolts and make alliances against each other, and the Arab, Turk, or Irani would like nothing better than to see them all disappear. In 1941, European states brought about a war in Syria, a revolt in Iraq, and an armed invasion of Iran. Patriotic and sincere natives fear that European powers will ignore their rights. Ambitious and crooked politicians are waiting for a chance to stir up trouble. Hitler and Mussolini pose as the champions of Islam and use any violation of its practices in their radio propaganda. There is strong anti-British and anti-Russian feeling everywhere. The native people know Americans as doctors (you will find American hospitals and schools in many large cities), teachers, business men, and tourists. American financial advisors have made a fine reputation. The United States has been a disinterested power, and the easterner has the least dislike for us as a nation -- and the most trust. Much depends on good will and cooperation in the contact of the East and West now going on. If they trust us, they can be of great help. If they dislike us, they are expert saboteurs and wreckers with a history of 5,000 years of practice.

Supplies

The country is normally self sufficient in food. Yet the war and the arrival of foreign armies have upset the balance entirely. Each nation must supply much of the food, all of the clothes, shoes, and equipment (including medicines) for its nationals. There is practically no industrial development (aside from oil) in the region. All supplies will be short, for they will mostly come by ships from India, Africa, or even the United States. There will be bread and dates, but little else of local produce. The clothing worn by the British consists of shorts, shirt, and a pith helmet. The westerner should never go out in the sun without a pith helmet or a hat that reflects the sun's rays as his skull has not developed that ability. Failure to do this may produce sun- or heat-stroke and physical collapse or unconsciousness.

Health Rules

1. Before leaving the United States, be inoculated for typhoid and vaccinated against smallpox. Pump your system full of every aid to combat diseases, for you will find them everywhere. Keep certificates of all inoculations and when you arrive see an American or European doctor and check on any additional needs.
2. Take a fine-mesh mosquito or sandfly net. Mosquitos and sandflies carry two knockout punches -- mosquitos carry malaria which is rampant everywhere; and sandflies carry dengue or sandfly fever, a three-day jag that leaves you weak as water. The sandfly is about 1/20 the size of a mosquito. It can scarcely be seen, and a very fine mesh is necessary to keep it out while you sleep. It is active only in the evenings and at night. Quinine will help malaria. Carry a bottle of 100 five-grain tablets with you. Keep it full. Only time seems to help sandfly fever.

3. Be sure to drink ONLY boiled water. There is no sterilized water. Local drinking water, examined under the microscope, is full of bugs; alive and kicking. Boil it -- drink them dead! Tea is safe to drink.

4. Beware of anything raw. Boil milk -- it is not pasteurized and is handled by men who are carriers of every disease you don't want. Vegetables and melons are fertilized by the refuse of cesspools and latrines and carry almost every known human parasite. If you eat raw vegetables or fruits, first wash them thoroughly yourself in a solution of potassium permanganate -- then rinse them in boiled water before eating. Remember, dysentery has carried off many a good man. There are several varieties of it -- all bad. Cholera, which is worse, is transmitted by water -- taken as a drink or on vegetables or fruits. Cholera is highly fatal. The patient often dies before he can get to a doctor.

5. Avoid beef. (a) It is tough -- the animals work on the farm 'till they die of old age. (b) It is full of tape-worm cysts. This intestinal parasite is not dangerous but very annoying and hard to cure. Mutton is better anyhow -- or chicken.

6. In wartime, typhus appears. It is carried by body lice. So sleep on your own bed. Take a folding camp-cot to keep off the ground and keep it clean. Most of the year you will sleep outdoors anyhow because of the heat, but avoid places such as public tea houses and cafes, where fleas, bedbugs, and lice are likely to be. Typhus is deadly and often leaves the memory impaired.

7. You will need woolen blankets for winter -- only cotton sheets for summer.

8. Alcohol. In a tropical climate, alcoholic drinks are far more harmful than in the United States. Limit yourself to beer and don't drink whiskey or gin. Nature oversupplies you with heat -- you will burn your system out with an extra load.

9. Syphilis and other venereal diseases are everywhere, medical control of prostitution very lax. European prostitutes or entertainers, of whom there are a few, are just as infectious as their eastern rivals. Prophylactic treatment is not always available and is a specialty of quack doctors.

10. House plumbing is unknown except in the oil company houses. There are no flush toilets or bathtubs. Toilets should be built on models used by the British army. Bathtubs can be improvised from local materials. In summer you can get hot water by leaving it out in the sun for half an hour.

11. Toothbrushes, paste, soaps, and shaving materials must be bought before you start from the United States. Only very inferior qualities can be found locally, if any.

12. What to wear (for civilians only). The glare of the sun is terrific and you must protect your eyes. Have an oculist fit you with polaroid glasses and take along an extra pair in case of one being broken. You will wear shorts while at work, but have

linen long trousers for the evenings to protect your legs from mosquitos and sandflies. Carry along plenty of short-sleeved shirts. For the chilly winter, you will need woolen clothes and warm blankets for the cold evenings and nights. Shoes with rubber soles will cause your feet to burn and sweat -- some form of sandals are coolest. For the short wet season, you must have rubbers. There is no street paving and every rain turns the ground into glue -- or soup. A light overcoat and a light raincoat are all that one needs in winter. These will be put away nine months of the year. During the spring and fall, a light sweater is handy to wear after sundown when the air cools considerably.

13. Recreations. You will find nothing prepared out there. if you enjoy cards, chess or other indoor games, you must carry your sets. Tennis, volley ball and soccer can be played but courts or fields have to be made and all the equipment taken with you. Swimming is dangerous in places as there are man-eating sharks in the Gulf, but protected "holes" are possible.

For those who like reading and wish to learn something about the history and customs of the people, a list of books is appended, which might be found through residents in the area (oil staff or missionaries).

General Suggestions

Never forget that as an outsider you are NOT as well adapted to life out there as are those who were born there -- and you can't "take it" as they do. In a few years you might become adapted, but unless you watch carefully, you'll be given just six feet of ground. And poppies won't cover your grave -- only camel thorn.

Miscellaneous

The Calendar. In Islamic countries, the years are dated from the time that Mohammed the Prophet, fled from Mecca to Medinah. That was the year 622 A.D. or the year 1 A.H. (After the Hejirah or Flight). The Muslim have two calendars -- one, a Lunar calendar based on 12 revolutions of the moon which is about 354 days long -- 11 days shorter than our sun (solar) year. So 33 of our years make 34 lunar years. By this calendar which is used for all religious holidays etc., it is the year 1361 A.H. The year began January 19th and will end on January 7, 1943. The State uses a reformed and modern solar calendar so that according to this it is the year 1320. ($1942 - 622 = 1320$) New Year's comes on March 21 and in Iran is the most important national holiday.

January 19, 1942 = New Year's 1361 (Lunar) = 10th month 1320 (Solar)
January 8, 1943 = New Year's 1362 (Lunar) = 9th month 1321 (Solar)

Telling time. The Muslim count the hours from the morning prayer (which comes at daybreak and therefore shifts with the season) until noon. Then he follows the sun as we do till evening prayers, when he calls it night. After evening prayers he calls it "So many hours after night". Thus 10 P.M. to us might be two to five hours "after night has begun". To the Muslim the day is counted from sunset. Friday begins Thursday at sunset, etc.

Train schedules and Government offices follow our clocks except that there is no A.M. or P.M. They run from 1 to 24 o'clock. From 1 to 12 A.M. is the same as our time but 1 P.M. is 13 o'clock. 10 P.M. is 22 o'clock. This is the general practice in Europe.

There will be some confusion in driving cars. The British drive to the left while the rest of the world drives to the right. You will have to find out what system the British are using in Iran -- or you might wreck a few valuable cars and necks which can't be well spared.

Officially, weights and measures are on the scientific system of grams-meters.

The following scale shows the relations of these to our own.

Weights

| | |
|----------------------------|---------------------------|
| 1 ounce (dry)..... | 28.3 grams |
| 1 lb..... | 454. grams |
| 2.2 lbs..... | 1000. grams or 1 kilogram |
| 2000 lbs (a short ton).... | 907.2 kilograms |
| 2200 lbs (a long ton)..... | 1 ton (metric) |

Measures

| | |
|--------------------|-----------------------------|
| 1 inch..... | 2.54 centimeters |
| 1 foot..... | 30.48 centimeters |
| 1 yard..... | 914.4 centimeters |
| 39.37 inches..... | 1000 centimeters or 1 meter |
| 1 mile (5280 feet) | 1.6 kilometers |

The Arabs, however, use their own weights and measures which you will have to learn when you get there. There are several local systems.

Writing

The script used by the people is the Arabic alphabet. It writes from right to left. We have borrowed the Arabic numerals for our own counting systems but have changed the forms slightly so that they will not be easily recognized at first.

Books

The country you will be working in, is one of the oldest centers of civilization on earth. Its history is written in mounds along the rivers under which remains of cities thousands of years old are still lying. A railway cutting or trench may strike a pavement of some dead city whose name is known but nothing more. Clay tablets with ancient writings will be found from time to time. For those interested in a bird's eye view of this part of the world, either in ancient or modern times, the following books might be found in the library of some resident in one of the towns:

Morier, J. "Haji Baba of Isphahan". This comedy character is one of the best known of the East -- and you will still find his friends around you.

Filmer, H. "The Pageant of Persia". A travelogue of the provinces of Iran and their history and description.

Shean, Vincent. "The New Persia". One of our well known journalists gives a history of the years 1919-1926.

Colonel Lawrence of Arabia "Revolt in the Desert"
"Seven Pillars of Wisdom"

A fascinating story of the Arab revolt against the Turks
1914-1919.

Dunsterforce, L.C., Major-General. "The Adventures of
Dunsterforce". This is the narrative telling of the British in
Iran during the last war in 1917-1918.

Manuel, E. "The Wild Asses". The record of a bus load of
American college students who travelled through in 1937.

"The Arabian Nights". A collection of stories that grew
around the Court of the great Caliph Harun Ar Rashid, where Arab
and Persian met to give birth to one of the great ages of civiliza-
tion -- the Tenth Century A.D.