

8-11-45

SEAMEN'S GUIDE

TO
TRINIDAD

Introduction.

This book has been compiled for your Information. It should prove of great use to such of you as are strangers to Trinidad.

It is obviously unnecessary to point out to you that many things are rather difficult to obtain. Local fruit and vegetables, however, may be had in abundance and so may Rum. Do not forget, however, that rum is plentiful, comparatively cheap, but extremely powerful.

To combat hooliganism the police are taking strong measures against drunkenness and for your safety you are advised not to frequent places other than those given in this booklet. Do not wander about the streets or the Savannah at night or alone and do not forget that rum has rather a delayed action.

Wherever you go, to whomsoever you speak, remember that if you discuss the movements of ships, you risk your own life and the lives of your comrades.

THE INFORMATION OFFICER.

Information Office,

Red House, Port-of-Spain.

ALPHABETICAL INDEX.

	Page
Allied Seamen's Canteen, San Fernando	32
American Seamen's Club	36
British and Allied Merchant Navy Club	30
Cable Service in Trinidad	9
Consulates in Port-of-Spain	22
Currency	21
Island of Trinidad	3
Medical Facilities for Seamen	44
Missions to Seamen	41
Mount St. Benedict	23
Places of Interest	23
Prophylactic Stations	38
Religious Informations, etc.	27
Royal Naval Club	29
Sailors and Soldiers' Club	39
Salvation Army's Sailor's Home and Men's Hostel	43
Tariffs of Cables from Port-of-Spain	16
Telephone Service	20
Tramway and Bus routes	6
U. S. O. Club	35
United Seamen's Service	33
United States War Shipping Administration	33

The Island of Trinidad.

Trinidad, a British possession is one of the largest of the West Indian Islands and is situated 10 degrees north of the Equator, 1974 miles from New York. It is 1755 square miles in area. Originally known as "the land of the Humming Bird," or, in the native language "Iere," it was Christopher Columbus who christened the Island Trinidad.

Columbus first anchored here in 1498, taking possession in the name of the Crown of Spain. At that time the island was inhabited by several tribes of Indians, described by Columbus as: "Well proportioned and not dark black, but whiter than any other Indians that I had seen; of very graceful gesture and handsome form; wearing their hair long and straight cut in Spanish style."

The most important of these tribes were the Chaimas and Arouacks. A 'Cacique'! or chief of the tribe ruled over these and the office was hereditary, passing on his death to the eldest child of his sister. The Spaniards had their own ideas about government and to these ideas slaves were essential. The Indians were therefore soon forced into slavery and continued as slaves until by weight of public opinion in other European countries, the Spaniards issued an edict freeing the Indians. Freedom came too late for the Indian races. They were slowly dying out and by the beginning of the 19th century a mere handful remained.

Public opinion however, does not seem to have gone so far as to forbid slavery altogether and after the release of the Indians, the Spaniards imported negro slaves from Africa at the rate of 48,000 per year.

In 1595 Sir Walter Raleigh, searching for El Dorado, the land of gold and treasure visited Trinidad, landing where an overflow of asphalt from the Asphalt Lake met the sea. He described the asphalt as being superior to that found in Norway as it "melteth not with the Sunne as pitch of Norway."

In 1780 many French agriculturists settled in Trinidad, perhaps looking for better conditions than those which were to bring about the French Revolution only a few years later. Seventeen years after this the English, never at that time friendly with Spain, sent Sir Ralph Abercromby and Rear-Admiral Harvey to capture the island. The Governor surrendered without a battle and Trinidad became a British colony.

Slavery was abolished throughout the British Empire in 1834 and this led, to the introduction some years later, into this island, of the East Indian immigrants who were indentured to planters for a term of years.

Exports from Trinidad include asphalt, sugar, molasses, rum, cacao, coffee, copra, coconuts and bitters. Angostura Bitters being manufactured in the island.

The all-year-round temperature in Trinidad during the day averages 85 degrees F., while at night the temperature averages 74 degrees F.

There is little rainfall from January to the middle of May and northeast winds bring cooler weather during the last two months of the year.

From May to December the 'wet season' means almost daily rains.

On March 27th, 1941, an Agreement was signed under the name of the 'Anglo-American Leased Bases Agreement.' This provided for the lease to the United States of America, for the period of 99 years, of sites for the construction of Naval and Air Bases in Trinidad, Jamaica, Bermuda, St. Lucia, Antigua, Newfoundland and British Guiana.

So we forged another link in that chain of friendship and co-operation which exists between the United States of America and the British Empire

Tramway and Bus Routes.

The Trinidad Electricity Board operates the following Tramway, Trolley Bus and Omnibus routes connecting the city and urban districts of Port-of-Spain. The Staff are well acquainted with places of interest and visitors will be always courteously advised on application as to the route they should take to reach their destination.

Tramway Routes:—Fare—4 cents on all Sections.

1. St. Clair—The St. Clair car runs from the Railway station through Frederick Street. At the Transfer Station there is a regular 15 minutes connection of all car routes, enabling passengers to transfer from one tramway route to another without any additional charge. The intending passenger must ask, however, for a transfer ticket. From Frederick Street North the car continues to the Queen's Park Savannah and stops at the Queen's Park Hotel entrance. The terminus is on the North West of the Queen's Park Savannah at the entrance of Maraval Valley and Lady Chancellor Road.

2. St. Anns.—The St. Anns car also travels up Frederick Street from the Railway Station alternately with the St. Clair car, turning east on entering the Queen's Park Savannah. This car serves the Royal Naval Club and the Merchant Navy Club.

3. Belmont—This car operates along South Quay passing the Customs and King's Wharf, the city terminus being at Laventille. This car passes along St. Vincent Street.

4. Cocorite.—The city terminus is lower Charlotte Street and the suburban terminus is the Roxy Theatre. The Cocorite car passes along Charlotte Street to Park Street and west along Tragarete Road.

Omnibus Routes.

Cocorite.—There is a regular 20 minutes service operated between the railway station and the Cocorite terminus. The through fare on this route being the same as Tramway Service, there are however shorter stages. This service runs along Marine Square, Park Street, Ariapita Avenue, Ana Street to St. James and Cocorite. The route acts also as a feeder service for the Cocorite tramway from which a transfer may be obtained.

Maraval.—This bus leaves the Railway terminus every 30 minutes. The through fare is 8 cents. The bus passes along the Queen's Park Savannah West St. Clair, Boissiere Village, La Seiva and to Maraval.

Long Circular Road.—The Basic service is every 40 minutes from the Railway Station and the fare is 4 cents. The bus passes along Duke Street, Wrightson Road, Colville Street, Cipriani Boulevard, and the Queen's Park Savannah to Boissiere Village and along Circular Road.

Trolley Bus Routes.

Mucurapo.—A 15 minute service operates from the Railway Station to Mucurapo Road passing along South Quay, Edward Street, Park

Street, Ariapita Avenue, Mucurapo Road. This route is within easy reach of the U.S. Army Docksite Camp and the camp on Mucurapo Road. The through fare is 4 cents.

St. James.—There is a 15 minute service from Marine Square North (Henry Street). This route passes by the Railway Station every fifteen minutes then *via* Henry Street and along Tragarete Road and through St. James to the trolley bus Turning Circle at Mucurapo. Transfers from the Cocorite tramway are not available on this route.

**"If you, your lips would keep from slips,
Five things observe with care;
To whom you speak, of what you speak,
And how, and when, and where."**

**THE CABLE AND WIRELESS OFFICE
IS SITUATED AT 65, MARINE SQUARE.**

GLT Service.

Social Telegrams to British Empire points at one-third of the Full Rate. Maximum rate 10¢ per word. Minimum charge as for 12 words.

NLT Service.

Where applicable, one-third of the Full Rate, with a minimum charge as for 25 words.

EFM Service.

The EFM Service is available for messages to and from members of H.M. Army and Air Forces and from personnel of the Royal Navy and Merchant Navy. Three texts from the following list may be used to form a message destined to any point in the British Empire, Egypt and Iceland.

No charge is made for signalling the address.
To India 60¢

In all cases, an "EFM" will consist of any three standard wordings selected from the List of Standard Texts. The signature of 1, 2 or 3 names, the last word being the surname, is transmitted free.

To all British Empire points,
and Egypt 60¢ per message.

To Iceland 72¢ „ „

A similar "Standard Text EFM Service" is available at 60¢ per message to members of the United States Forces for messages to the United States of America. Personnel of the U.S. Navy and Marine Corps must get their EFMs. passed

by the U.S. Naval Censor before handing them in at this Company's office. U.S. Army personnel must forward their EFMs through their own A.P.Os.

† NOT AVAILABLE TO U.S.A.)

The charge for these EFMs is 60¢ per message, except to Iceland for which the charge is 72¢.

Other cheap telegraphic rates are available for use in cases where the standard text is not considered appropriate.

Names in signatures and addresses are limited to three words, the last word being the surname. One or two initials or "first names" **ONLY** may precede it.

CORRESPONDENCE.

1. Letter received many thanks.
2. Letters received many thanks.
3. Telegram received many thanks.
4. Parcel received many thanks.
5. Parcels received many thanks.
6. Letters and Parcels received many thanks.
7. Letter and telegram received many thanks.
8. Telegram and parcels received many thanks.
9. Letters sent.
10. Parcel's sent.
11. Letters and parcels sent.
12. Many thanks for letter.
13. Many thanks for parcel.
14. Many thanks for telegram.
15. No news of you for some time.
16. Writing.
17. Urgent.
18. Please write or telegraph.
19. Please write.
20. Please telegraph.
21. Please reply worried.
- † 22. Airmail letter received many thanks.
- † 23. Letters arriving regularly.

- † 24. Have you received letters.
- † 25. Your letters not received.
- †144. Please address letters home.
- †145. Have you received telegram.
- †146. No parcel for some time.
- †147. Write same address.
- †148. Parcel sent.
- †149. Writing regularly.
- †150. Your parcels not received.
- †151. Have you received parcel.

GREETINGS

- 26. Greetings.
- 27. Loving greetings.
- 28. Fondest greetings.
- 29. Love.
- 30. Darling.
- 31. All my love.
- 32. All my love dearest.
- 33. All our love.
- 34. Fondest love.
- 35. Fondest love darling.
- 36. Best Wishes.
- 37. Greetings from us all.
- 38. Loving greetings from all of us.
- 39. Best wishes from all of us.
- 40. Fondest wishes from all of us.
- 41. Best wishes and good health.
- 42. Kisses.
- 43. Love and kisses.
- 44. Fondest love and kisses.
- 45. Well.
- 46. All well at home.
- 47. Best wishes for Christmas.
- 48. Best wishes for Christmas and New Year.
- 49. Loving wishes for Christmas.
- 50. Loving wishes for Christmas and New Year.
- 51. Loving Christmas thoughts.
- 52. Happy Christmas.
- 53. Happy Christmas and New Year.
- 54. Good luck.
- 55. Keep smiling.
- 56. My thoughts are with you.
- 57. Many happy returns.
- 58. Birthday greetings.

- 59. Loving birthday greetings.
- 60. Happy anniversary.
- 61. You are more than ever in my thoughts at this time.
- 62. Best wishes for a speedy return.
- 63. Good show keep it up.
- 64. Best wishes for New Year.
- † 65. May God grant you a year of happiness.
- † 66. God bless you and keep you safe.
- † 67. My thoughts and prayers are ever with you.
- †152. Love and best wishes for New Year to all at home.
- †153. Best love from Daddy.
- †154. God be with you till we meet again.
- †155. God bless you.
- †156. Love to Daddy.
- 157. My love and greetings on Mother's day.
- 158. My love and greetings on Father's day.

HEALTH.

- 68. Family all well.
- 69. All well children evacuated.
- 70. All well children returned home.
- 71. All well and safe.
- 72. Are you all right.
- 73. Are you all right worried about you.
- 74. Please don't worry.
- 75. Hope you are improving.
- 76. Please telegraph that you're well.
- 77. Are you ill.
- 78. Have you been ill.
- 79. Illness is not serious.
- 80. Illness is serious.
- 81. I have left hospital.
- 82. In bad health.
- 83. Health improving.
- 84. Health fully restored.
- 85. Son born.
- 86. Daughter born.
- † 87. Well and fit.
- † 88. Delighted to hear you are safe and well.
- † 89. So glad to hear you are better.
- † 90. Have not been ill.
- †159. Hope you will soon be better.
- †160. Have not been well.
- †161. Injury is not serious.

- †162. Anxiety unnecessary.
- †163. Going into hospital.
- †164. Operation over condition satisfactory.
- †165. Hope children all well.
- †166. Both well.
- †167. Twins born.
- †168. How are all the family.
- †169. Injury is serious.
- †170. Am in hospital.

PROMOTION

- 91. Congratulations on your promotion.
- 92. Very pleased to hear of your promotion.
- 93. Delighted to hear about your promotion.
- † 94. Have been promoted.
- † 95. Have been decorated.
- † 96. Have received commission.
- † 97. Congratulations on your commission.

MONEY

- 98. Please send me £*
- 99. Please send me \$*
- 100. Have sent you £*
- 101. Have sent you \$*
- 102. Can you send me any money.
- 103. Glad if you could send some money.
- 104. Have received money.
- 105. Have you received money.
- 106. Have you sent money.
- 107. Thanks for money received.
- 108. Have not received money.
- 109. Unable to send money.
- 110. Sorry cannot send money.
- †111. Do you need money.
- †112. Have paid £* into your banking Account.
- †113. I do not need money.
- †114. Can you make me daily allotment.
- †171. Have sent money.
- †172. Can you increase the allotment.
- †173. Are you receiving allotment.
- †174. Business very bad grateful financial assistance.
- †175. Except to be able to send you money next pay day.

*(Note:—The actual amount in words to be inserted and transmitted immediately following the text number).

CONGRATULATIONS

- 115. Congratulations on anniversary best wishes.
- 116. Congratulations lasting happiness to you both.
- 117. Glad and proud to hear of your decoration everybody thrilled.
- 118. Loving greetings and congratulations.
- 119. Good luck keep it up.
- 120. Wish we were together on this special occasion all my best wishes for a speedy reunion.
- †121. Very pleased to hear you have passed examination.
- †122. Best wishes to all at home.
- †123. Our thoughts are with you..
- †124. Love to all the family.

WAR DAMAGE

- †125. ———injured and in hospital.
(Note:—The name to be inserted and transmitted after the text number).
- †126. Injured and in hospital.
- †127. Sorry to hear of damage hope all well.
- †128. Sorry to hear of injury and hope not serious.
- †129. Sorry to hear of injury and hope progress favourable.
- †130. Sorry to hear of injury and hope soon be better.

MISCELLANEOUS

- †131. What things do you need most urgently.
- †132. Have done as you asked.
- †133. Rumour not true.
- †134. No.
- 135. Very happy to hear from you dearest am fit and well.
- 136. Hearing your voice on the wireless gave me a wonderful thrill.
- †137. Hope to see you soon.
- †138. Hope.
- †139. Your telegram not received.
- †140. Yes.

These can be inserted in front of items 180 to 188 inclusive:—

- †176. Father.
- †177. Mother.

- †178. Wife.
- †179. Fiancée.
- †180. Writing telegraphing frequently.
- †181. Writing weekly.
- †182. Writing regularly receiving no reply.
- †183. Anxious welfare no news recently.
- †184. Receiving letters regularly.
- †185. Receiving letters occasionally.
- †186. Well receiving allotment.
- †187. Recovered operation returning home.
- †188. Is entering hospital.

BEREAVEMENT

- †141. Sorry to tell you———died.
- †142. Sorry to hear———died.

(Note:—The name to be inserted and transmitted immediately after the text number).

- †143. The Lord bless and sustain you in your loss.

NOTIFICATION OF PERSONAL BROADCAST

- †189. Hope to broadcast greetings from B.B.C. Listen . . . (day of week to be added by filer).

190.

191.

192.

193.

194.

195.

196.

197.

198.

199.

- †200. My address . . . (Admitted from M.E.F. only)

Note:—Texts marked † are not available to the United States of America.

CABLE & WIRELESS (West Indies) LTD.
(Incorporated in England)
LIST OF TARIFFS FROM PORT-OF-SPAIN.

West Indies.					Full Rate	CDE.	Deferred
Antigua, Montserrat	\$.20	\$.12	\$.10
Barbados, Carriacou12	.08	.10
British Guiana:—Georgetown20	.12	.10
Other Offices22	.14	.11
Dominica16	.10	.10
Grenada08	.05	—
Jamaica30	.18	.15
St. Kitts20	.12	.10
St. Lucia12	.08	.10
St. Vincent10	.06	—
Cuba36	.22	.18
Guadeloupe36	.22	.18
Porto Rico34	.21	.17
St. Croix, St. Thomas, Turks Island30	.18	.15
Martinique32	.20	.16
Paramaribo26	.16	.13
Aruba, Curaçao..40	.24	.20
Ciudad Trujillo48	.29	.24
Hayti66	.40	.33

16

Cable & Wireless (W.I.) Ltd. LIST OF TARIFFS FROM PORT-OF-SPAIN—Cont'd.

United States.					Full Rate	CDE.	Deferred	NLT. Message 25 Words
1st Zone—New York City (except Yonkers), Brooklyn, Long Island City, New Orleans, La., Key-west, Fla.	\$.36	\$.22	\$.18	\$ 3.00
2nd Zone—Yonkers, Connecticut, District of Colombia, Delaware, Maryland, Massachusetts, New Hampshire, New Jersey, Vermont, New York State, Pennsylvania, Rhode Is.40	.24	.20	3.34
3rd Zone—Maine42	.26	.21	3.50
4th Zone—Alabama, Georgia, Illinois, Indiana, Kentucky, Michigan, Mississippi, North Carolina, Ohio, South Carolina, Virginia, Tennessee, West Virginia, Wisconsin44	.27	.22	3.67

17

Cable & Wireless (W.I.) Ltd. LIST OF TARIFFS FROM PORT-OF-SPAIN—Cont'd.

United States—Contd.

	Full Rate	CDE.	Deferred	NLT. Message 25 Words	
5th Zone—Arkansas, Colorado, Florida (except Keywest), Iowa, Kan- sas, Louisiana (except New Orleans), Minnesota, Missouri, Montana, Nebraska, New Mexico, Oklahoma, North and South Dakota, Texas, Wyoming ..	.47	.29	.23½	3.92	18
6th Zone—Arizona, California, Idaho, Nevada, Oregon, Utah, Wash- ington State50	.30	.25	4.17	

Other Destinations.

To any British Empire point not quoted above	\$.30	\$.20	\$.15	\$ 2.50	
Azores80	.48	.40	6.67	
Portugal83	.50	.41½	6.92	

Cable & Wireless (W.I.) Ltd. LIST OF TARIFFS FROM PORT-OF-SPAIN—Cont'd.

Other Destinations—Contd.

	Full Rate	CDE.	Deferred	NLT. Message 25 Words	
Spain84	.51	.42	7.00	
Sweden78	.47	.39	6.50	
Switzerland80	.48	.40	6.67	
Egypt :— 1st Region96	.58	.48	8.00	
2nd Region99	.60	.49½	8.25	
3rd Region	1.04	.63	.52	8.67	
Madeira :— Funchal94	.57	.47	7.84	
Porto Santo96	.58	.48	8.00	
Argentine Republic70	.42	.35	5.84	
Brazil—(Company's Offices)60	.36	.30	5.00	
Colombia Republic96	.58	.48	8.00	
Panama84	.51	.42	7.00	
Uruguay80	.48	.40	6.67	
Venezuela78	.47	.39	6.50	
China :—Macau	1.50	.90	.75	12.50	
Other Offices	1.42	.86	.71	11.84	

* Other rates upon application.

The Telephone Service.

To make a call to a Telephone in Port-of-Spain or the Country:—

- (1) Consult Telephone Directory.
- (2) Lift the receiver and give the Operator the number, (if you have not been able to find the number in the Directory, ask for Information).
- (3) Do not put any money in the Coin Box until the Operator tells you to do so.

The charges are:—

Local call—6 cents (a three penny bit).

Long Distance Calls—6 cents plus the toll charge for a 5 minutes talk.

Long Distance Charges—See inside cover of Directory.

FOR FURTHER INFORMATION SEE
TELEPHONE DIRECTORY PAGES 3—11

There are Public Telephone Call Boxes at the following places:—

Port-of-Spain.

Trinidad Government Railway (General Waiting Room)—South Quay.

Treasury & Government Post Office. St. Vincent Street.

Telephone Company's Offices, 54, Frederick St.

Royal Naval Club, 20, Queen's Park East.

Queen's Park Hotel, 5, Queen's Park West.

Telephones (Country).

There are Public Telephone Call Boxes at all the Telephone Exchanges listed on the inside cover of the Directory.

Currency.

English Coinage is used.

Notes: Trinidad notes are issued in denominations of \$1; \$2; \$5; \$10; \$20; and \$100. The rate of exchange is \$4.80 to the £ or 4/2d per dollar. 1/2d. = 1 cent.

Foreign Money.

The purchase and sale of Foreign Monies is restricted to Authorised Dealers appointed by the Government. These are:—

Barclays Bank (D. C. & O.)	Port-of-Spain and San Fernando
Canadian Bank of Commerce	Port-of-Spain
Royal Bank of Canada ..	Port-of-Spain and San Fernando

These three Banks are situated on Marine Square and are open for business between the hours of 8 a.m. and 12 noon daily.

Although your shore friends might be charmed
With news of how your Ship is armed,
The types and number of her guns
Make useful data for the Huns.

—DONT TALK.

List of Consulates in Port-of-Spain.

Country	Address	Tel.
BELGIUM—	Residence at Caracas	—
„	1, Alcazar Street—	6066
BRAZIL—	14, Frederick Street—	6692
CHINA—	6, St. Vincent Street—	4131-7563
„	11, Charlotte Street—	5202
COLOMBIA—	13, Victoria Avenue—	6805
COSTA RICA—	24b, Frederick Street—	5976
CUBA—	6/8, George Street—	5469
DENMARK (& ICELAND)—		
	33, Marine Square—	4261
HAITI—	40, Marine Square—	4704
JUGO SLAVIA—	47, Frederick Street—	4671
LATVIA—	40, Marine Square—	4704
LIBERIA—	33, Norfolk Street—	6618
MEXICO—	78, Marine Square—	5686
NETHERLANDS—	16, Henry Street—	4030
NORWAY—	6/8, George Street—	5468-9
PANAMA—	18, Chacon Street—	4166/7 & 331
PERU—	47, Frederick Street—	4671
PORTUGAL—	4, St. Vincent Street—	6535 & 1154
SWEDEN—	72, South Quay—	4211 & 7932
U. S. A.—	15, Queen's Park West—	4761-6779
„	15, Queen's Park West—	4761-6882
„	15, Queen's Park West—	4761-1164
„	Brighton — —	—
URAGUAY—	2, Broadway—	4936
VENEZUELA—	3, St. Clair Avenue—	8955
„	3, St. Clair Avenue—	8955

Port-of-Spain, the capital of the island stands where the Indian village of Conquerabia once stood. Six miles away is the old Spanish capital of St. Joseph. Here is the oldest Roman Catholic church on the island with beautiful stained glass windows and marble altar. The present church was however built in 1815.

Maracas Falls. These consist of two falls 500 feet in height but it is only possible to see the lower fall owing to the contour of the ground. The road ascends the Maracas Valley in the direction of El Tucuche and shortly becomes impassible to cars and only hardy walkers should attempt to get to the Falls. The walk however is through the beautiful Maracas Valley and the falls beautiful rather than impressive.

Blue Basin. A short drive from Port-of-Spain, through Diego Martin, there is a famous beauty spot—Blue Basin. You can drive 9 miles and then walk about $\frac{1}{4}$ of a mile. There are some huts for undressing if you wish to bathe in the clear pool into which the water falls and which is called the "Blue Basin." It is a favourite picnic spot.

The great Pitch or Asphalt Lake at La Brea is one of the wonders of the world. It covers 114 acres and is of great importance commercially to the Island. It is rather disappointing in appearance being a grayish black mass and the surface has been compared to the skin of an elephant. It is safe to walk where one wishes on the asphalt though your feet will sink a fraction if you stand in one place for any time. Heavy objects like motor cars are apt to sink further. Interesting bones and objects

have been unearthed from time to time in this Lake and some of these are to be seen at the Royal Victoria Museum. It is leased to the Trinidad Lake Asphalt Operating Company of London. The Trinidad Oil Fields Operating Company have a refinery here from which gasoline and kerosene are shipped.

The Public Library is situated at 8, Knox Street opposite Woodford Square and has reading rooms well stocked with American and English magazines. There are over 25,000 volumes in the Library which is opened free to the public during weekdays from 8.30 to 20.30 but as a temporary measure the Library is closing at 18.00.

The Botanical Gardens, in the grounds of which stands Government House, are situated to the north of Queen's Park and hold many very lovely plants of tropical and subtropical countries. To the west of the gardens, 300 feet up the hillside is to be found a lovely view of the harbour. Higher still, from Lady Chancellor Road the view includes Port-of-Spain.

The Constabulary Band plays on Sundays and Wednesdays in the Botanical Gardens at 17.15 to 18.45. However, when the moon is full the Band plays on Wednesdays at 20.15.

On Tuesdays the Band plays in Woodford Square at 17.15 unless the moon is full when the hour is changed to 20.15.

Museum. The Royal Victoria Institute, situated at 115, Frederick Street, is open every weekday from 9 a.m. to 4 p.m. and on Saturdays from 9 a.m. to 12 noon. Though small this museum is worth a visit. Exhibits vary from

vampire bats to bones of a prehistoric giant sloth once inhabiting this land. There is a collection of moths, snakes, shells, eggs and fish and outside the building are exhibited anchors from the ships of Columbus. Admission is free.

River Estate.

Cocoa Plantation in Diego Martin District.

Take Petit Valley or Diego Martin Bus either by Railway Station, South Quay 9¢ or 12¢ each.

5 miles from Port-of-Spain.

Village of 'Albinos'

Near Blue Basin.

Diego Martin District.

Laventille Hill.

View of City—Church—Old Fort—

View of Caroni Swamp

Belmont Trams—or Queen Street to Piccadilly to Prince Street, to Rosehill, to Fort. Half hour's walk.

Mount St. Benedict.

Monastery—Benedictine Fathers

In the hills.

Bus out along Eastern Main Road to St. John's Road. Turn left along St. John's Road to the Mount.

Walk up ca. 2 miles.

Sugar Cane Plantation.

Southern Main Road. Near Caroni Estate. 5 miles out.

Imperial College of Tropical Agriculture.

St. Augustine. 7 miles from Port-of-Spain—along Eastern Main Road

Bicycles for Rent.

Rental— .30¢ per hour.
 \$1.15 per day
 approximately.
 \$3.50 per week.

J. Hodgkinson,
 62, Queen Street.
 'phone 4525.

Frederick Street is the main shopping centre.

Certain Shops shut at 16.00 on week days and 12.00 on Saturdays; some close on Thursday afternoon.

Chemists: Messrs. Govia Ltd., Frederick Street. Messrs. W. C. Ross & Co., Ltd., Frederick Street.

Cinema Shows commence at 16.45 and 20.45. The last show ending approximately at 23.00.

Newspapers.—There are no morning newspapers on Mondays. Other weekdays:—The Trinidad Guardian and the Port-of-Spain Gazette. There is only one evening paper, the Evening News. **Sundays:**—The Sunday Guardian and the Port-of-Spain Gazette.

Religious Information, etc.

Anglican Sunday Services at Trinity Cathedral Woodford Square:—

7.00 a.m.	Holy Communion.
9.30 a.m.	Morning Prayer.
7 p.m.	Evensong.

Greyfriars Presbyterian Church, Woodford Square, East.

Christian Science. First Church of Christ, Scientist, Port-of-Spain, is at 3, Rookery Nook, Maraval. Services are held on Sundays at 9.30 a.m. and 6.30 p.m., and Meetings on Wednesdays at 6.30 p.m. The Reading Room is open on Tuesdays and Thursdays from 10 a.m. to 12 noon.

The Christian Science Society is situated at 52, Richmond Street, Port-of-Spain. Services are held on Sundays at 9.30 a.m. and 7 p.m., and Meetings on Wednesdays at 7 p.m. The Reading Room and Free Lending Library are open on Tuesdays and Fridays from 4.30 p.m. to 6.30 p.m., and the latter for a short time after the Wednesday evening Meeting.

The Seaman's Welfare Officer is Mr. A. R. Starck who is at the Harbour Master's Office. He will be pleased to see you, to give you advice and to tell you something about the port.

Free Masonry. Any Free Mason wishing to attend a Masonic Lodge should also contact Mr. A. R. Starck, who will advise him on the matter. Telephone number 6894. Address:—The Harbour Master's Office, Navy Station, The Wharf.

The Apostleship of the Sea.

A branch of the Apostleship of the Sea is established at Ave Maria House, 28, Duncan Street. There is a good Reading Room which is at the disposal of visiting Catholic Seafarers.

The Parish Priest of Port-of-Spain Father C. P. McGivern, O.P., is honorary Catholic Chaplain to the port of Port-of-Spain. He visits the ships at the Wharf regularly.

The Sunday Masses in the two Catholic Churches nearest the Harbour are:—Cathedral 5, 7, 8. 9.30 a.m., Sacred Heart Church 6.30 and 8.30 a.m.

**Be guarded Sailor, do not tell
If you do, a Nazi shell
Will come whizzing through the air
And soon the steamer won't be there.**

The Royal Naval Club.

The Royal Naval Club, situated at 20, Queen's Park East, caters for the welfare of all Royal Naval Ratings stationed on or visiting the Island. U.K. Troops stationed here are also eligible for membership.

The Club is on the North side of the Savannah and within easy reach of the Docks and the M.L. Camp.

Membership fee is nominal—6d. per month but personnel of all visiting ships are admitted free of charge.

There is a bar, a restaurant where a good full course meal can be had for 40 cents and sleeping accommodation costs 24 cents for a bed in the Dormitory or 36 cents for a cabin.

There are Billiards, Table Tennis, Draughts, a Reading Room and a plentiful supply of writing materials for that letter home.

Weekly concerts are held and dances to which lady residents of the Island are invited. Every Thursday from 5.30 till 9 p.m. a Tea Dance is held while on Friday nights a concert is given. Admission to the Tea Dance is 24 cents and the Concert is free to the members and their friends.

Telephone 2291 (Members phone).

6743 Manager.

The British and Allied Merchant Navy Club.

Port-of-Spain.

Seamen's Club.

St. Ann's Road, St. Ann's. Telephone 7495.

Officer's Club.

Coblentz House, St. Ann's. Telephone 8107.

The Management Committee extend a hearty welcome to all members of the Merchant Navies of the United Nations. You are members of this Club during your stay in Trinidad and you are cordially invited to any of the social functions and to the facilities offered in the Club.

The Merchant Navy Club bus leaves on the hour and half hour from the Customs Jetty, calling at No. 2 Wharf Gate and the Flying Angel Hostel. The bus is free and runs from 6.00 p.m. to 10.00 p.m. every day with an extra service on Saturdays and Sundays from 2.00 p.m. The last bus leaves the Club for the waterfront at 10.30 p.m. every night. St. Ann's tram from Frederick Street passes the door; fare 2d. (4 cents).

Seamen's Club: Beer and light refreshments are obtainable. The bar is open daily including Sundays from 11.00 a.m. to noon and from 4.00 p.m. to 10.30 p.m. Quarters and meals can be obtained at the following rates :

Bed and Breakfast	..	72 cents.
Lunch	..	42 cents
Dinner	..	48 cents

There is a nurse in attendance for one hour each morning. There are two billiard tables, table tennis, darts, writing materials, books, magazines and newspapers, a piano, radio,

gramophone and facilities for bathing. Football matches can be arranged, gear is provided. Entries are invited from Merchant Seamen for boxing contests held on Saturday evenings, gear is provided. Picnics and sightseeing tours are arranged by the Manager..

Here is a weekly programme:

Sunday: 8.30 p.m.	Musical evening with well known artists. (Light refreshments free).
Monday: 8.30 p.m.	Cinema show at the Club.
Tuesday: 7.30 p.m.	Free tickets issued to the De Luxe, Globe and Empire Cinema theatres.
Wednesday: 8.30 p.m.	Musical evening. Well known artists, community singing, orchestra, etc. (Refreshments free).
Thursday: 7.30 p.m.	Free tickets issued for the De Luxe, Globe and Empire Cinema theatres.
Friday: 8.30 p.m.	Merchant Navy Glee Club, General Get-together night.
Saturday: 8.30 p.m.	Boxing. Merchant Navy Seamen contests and exhibitions. Entries invited. Souvenirs for winners.

Officers' Club:—In the historic mansion of the late Sir George Huggins, surrounded by beautiful and spacious grounds, there are billiards, writing and reading rooms, a lounge, dining room and sleeping quarters.

Quarters and meals can be obtained at the following rates:—

Per day	\$2.00
Bed and Breakfast	\$1.00
Lunch42
Dinner48

A Bar is open daily (including Sundays) from 10.00 a.m. to noon and 4.00 p.m. to 11.00 p.m

Picnics and sight-seeing tours are arranged by the Manager. The weekly programme of entertainments includes:—

Tuesdays: Merchant Navy Glee Club
8.30 p.m. Grand Get-together evening.
Orchestra.

Thursdays: Dance for Merchant Navy
8.30 p.m. Officers only. Ladies attend
to act as hostesses.

Allied Seamen's Canteen.

San Fernando.

This canteen is situated at King's Wharf and the telephone number is 52.

Opened in March, 1943, it caters for Seamen in San Fernando and sells beer and soft drinks. The kitchen is run by the Women's Voluntary Services of San Fernando thereby enabling prices to be kept practically at cost.

The main purpose is to accommodate and rest Seamen and 15 to 36 can sleep here.

There is a ping pong table, library, gramophone, piano and small games.

The Chairman is Mr. A. B. De Lima.

All Allied Seamen are welcomed.

U.S. War Shipping Administration.

**Recruitment and Manning Organization,
5a, Chacon Street, Port-of-Spain. Tel:—8455.**

The Recruitment and Manning Organization of the War Shipping Administration maintains a representative in Port-of-Spain for the purposes of providing licensed and unlicensed personnel for vessels calling at this port, attending to the needs of American seamen in this port and facilitating medical care, repatriation, general information and a variety of other services.

Licensed and unlicensed merchant marine personnel with American papers should register at this office for early assignment to ships.

Masters are requested to contact this office for information and co-operation in respect to disciplinary matters, discharges and sign-offs.

United Seamen's Service.

Town Office:—5a, Chacon St., Port-of-Spain.

**Club Office:—American Seamen's Club,
St. Ann's Road, Port-of-Spain.**

United Seamen's Service, established to provide recreational, residential and health facilities for the members of the American Merchant Marine throughout the world, has representatives in Port-of-Spain.

United Seamen's Service, with National Headquarters at 39, Broadway, New York City, was created at the instance of the War Shipping Administration and is now world-wide in scope. USS is setting up facilities in ports all over the world for the convenience, pleasure, and welfare of the American Merchant Marine.

In addition to clubs and canteens, War Shipping Administration and USS operate rest homes in the United States for the American Merchant Marine. Information about the services and location of these rest homes may be obtained from and WSA or USS representative.

When you arrive in an American or foreign port look for a USS residence club or canteen or representative.

In Port-of-Spain the USS operates an American Seamen's Club described elsewhere in this Seaman's Guide.

Town Office:—The United Seamen's Service has a desk in the Marine Section of Port-of-Spain at No. 5a, Chacon Street, in the offices of the Recruitment & Manning Division of the War Shipping Administration, under whose sponsorship the USS operates. Here all types of assistance and personal services are given to members of the US Merchant Marine. Telephone 8455.

When chatting in a friendly pub
Or at the Merchant Navy Club,
FORGET the name of your old tub,
REMEMBER details help the sub.

—DONT TALK.

The U.S.O. Club.

The USO is an American organization and is primarily for the use of Soldiers, Sailors, Marines, Merchant Seamen, and other war-connected men. It is open to service men of other nationalities provided they are the guests of Americans.

The USO Club is on the left along Wrightson Road after leaving the harbour launch at the Customs Wharf. It is beyond the Harbour Canteen. The hours are 9.30 a.m. to 11.15 p.m. and below is printed a daily programme:—

Sunday:—10.00 a.m. Catholic Mass; 11.00 a.m. Protestant Service. 6.45 Community Singing; 7.00 Movies. 9.00 Movies.

Monday:—6.00 to 7.00 p.m. Girls' practice Roller Skating. 7.00 to 10.30 Roller Skating; 7.00 Spanish Class. 7.00 Dramatic Club.

Tuesday:—6.00 to 11.00; Basketball (in season).

Wednesday:—7.00 to 9.15 Bingo; 7.00 Dramatic Club.

Thursday:—6.00 to 7.00 Girls' Practice Roller Skating. 7.00 to 10.30 Roller Skating.

Friday:—6.45 Jewish Service; 8.00 to 11.00 Dance.

Saturday:—8.00 Plays, Band Concerts and Special Features.

USO Club Services.

Radio
Ping pong
Game room
Free juke box

Magazines
Horse Shoes
Checking room
Public telephone

Money exchange	Showers (free soap and towels)
Stamps and Stationery	Lending library
Comb. radio-phonograph	Shoe shine stand
Lounge	4 pool tables
Dark room	Pianos
Letter drop	Club room
Writing Lounge	First aid kit
Dormitory for servicemen	Personal services
Cafeteria and soda fountain	Classical record library.

The American Seamen's Club.

No. 1, St. Ann's Road, Port-of-Spain.

The American Seamen's Club in Port-of-Spain, to which all men and Officers of the American Merchant Marine are invited while in port, is operated by the United Seamen's Service and the War Shipping Administration. Make this Club your home whenever you arrive here—for a few hours or for several days.

The American Seamen's Club is located at No. 1, St. Ann's Road, just north of the British and Allied Merchant Navy Club. To get there take a St. Ann's tram from Frederick Street at Marine Square or a taxi.

The Club is open for service at all times, with a resident manager and assistant available for help and consultation. Telephone 8831.

Among the services available at this USS facility are:

American style meals and lunches.

American beer and soda fountain service (ice cream, milk shakes).

Sleeping accommodation for 50 men
(moderate rates).

Showers, towels, soap.

“Slop Chest” (American cigarettes, toilet
articles, etc.)

Recreation and games room (ping pong,
checkers, chess, cards, etc.)

Outdoor recreation areas (volleyball, horse-
shoe, shuffle-board, etc.)

Lounge and Club Room.

Open Grill in recreation patio.

Work Shop with well equipped tool chest.

Radios and phonograph, record collection.

Piano.

Writing facilities, free stationery.

Mailing service.

Reading facilities, books, current popular
magazines.

Money exchange.

U.S. Money Orders arranged for.

Personal Services.

Information.

Check Room.

Telephone.

Chiseller's Corner.

Bulletin Board.

Message Center.

From time to time special feature events are
staged at the Club. A regular weekly program
of activities is set up.

PROPHYLACTIC STATIONS are found at the following locations:

Port-of-Spain.

1. Near Gate 3 U.S.O., Wrightson Road. No. 21 on map.
2. Harbour Police Station, South Quay and Frederick Street. No. 23 on map.
3. Corner of Park and Ariapita Avenue.
4. Shore Patrol building, opposite Naval Headquarters, Wrightson Road. No. 22 on map.

San Juan.

1. Corner of Sixth Avenue and Second Street.

San Fernando.

1. 45, Pointe-a-Pierre Road.
-

Inquisitive people who ask you questions about your ship, may be dangerous. Report any such incidents to the Master of your ship.

The Sailors and Soldiers Club.

HARBOUR CANTEEN.

The Sailors and Soldiers' Club Harbour Canteen is one of the most popular places with seamen in Port-of-Spain, and its doors are open to all sections of the Allied Fighting Forces. The work of the Canteen is carried on voluntarily by lady helpers under the able management of Miss Marjorie Darwent, Canteen Manager.

The Harbour Canteen is situated a few blocks to the left after leaving the Harbour Launch at the Customs. A short walk along Wrightson Road leads to a roundabout (Traffic Circle) and the Harbour Canteen is just through the gate to the left. Membership is restricted to the Merchant Services and the Fighting Forces and admittance is gained on Seamen's Passes or proof of identity.

The Canteen is open from 7.30 a.m. to 11.00 p.m. and hot meals are served from the opening hour until 9.45 p.m. The bar is open from 5.00 p.m. until 11.00 p.m. with an extra hour on Sundays and public holidays between 11.00 a.m. and 12.00 o'clock midday. Soft drinks are served throughout the day and all Beer must be consumed on the premises.

A well-stocked shop is available for those whose shore leave is short, and the ladies in charge are always willing to help in obtaining articles which the shop does not stock, so that the man who is too busy to do his own shopping ashore may have it done for him by leaving instructions with the lady in charge of the shop. Apart from the above, the social side is catered

for with a Juke Box, piano, ping pong and a 2 table billiard room. Playing cards, cribbage boards, etc. may be had on application to the office.

Sleeping accommodation for 40 men is available, with 21 private cubicles and cots in the Dormitory. Full board of four meals a day and lodging costs \$2.00 a day and a cot may be had for 30¢ per night. Meals are served as near as possible to cost price; Beer at 1/- and soft drinks at 6¢. The office of the Canteen Manager is open from 8.00 a.m. until 4.00 p.m. and any information may be obtained there. Papers, money and articles of value can be handed in there for safe keeping, and in general the office is used as a port of call for a thousand and one enquiries which visitors to the island may make. The Club is managed by a committee of members and His Excellency the Governor is President. Mr. J. B. L. Todd, M.B.E. is the Chairman of Committees.

CARELESS TALK COSTS LIVES.



THE MISSIONS TO SEAMEN.

Patron:

His Most Gracious Majesty King George VI.

Patroness:

Her Most Gracious Majesty Queen Mary.

President:

The Earl of Athlone, K.G.

TRINIDAD STATION, B.W.I.

Patron:

His Excellency The Governor.

Patroness:

The Honourable Lady Clifford.

President:

The Lord Bishop of Trinidad.

Vice-Presidents:

Commodore P. E. Phillips, D.S.O., R.N.

R. R. Campbell Esq.

Chairman of Local Committee:

Capt. A. Bertram Smith—Harbour Master

Chaplain:

Rev. A. P. Hutchison.

THE "FLYING ANGEL" HOSTEL

Wrightson Road—Port-of-Spain.

Telephone 6995 - - P. O. Box 561.

The "Flying Angel" now greets you in Trinidad.

Hostel.

The Hostel (opposite No. 2 Gate) has accommodation for 16 Officers and 50 Seamen. Full board can be provided. All visiting seamen are welcome. Meals are available at specified hours.

The lounge and writing room are open to all seafarers. Refreshments, cigarettes, toilet requisites, etc. are on sale at the shop. A barber's shop is provided for seamen only.

Visiting.

The Chaplain endeavours to visit ships coming into Port. If he doesn't see you please come and visit him at the Mission.

Hospital.

If any of your shipmates are taken to hospital please advise the Chaplain, who will visit them.

PICNICS AND RECREATIONAL FACILITIES IN CONJUNCTION WITH THE MERCHANT NAVY CLUB.

Outings.

If you want a half day or full day outing arranged please get in touch with the Chaplain.

Recreation.

If you have a Football or Cricket team games can be arranged on Tuesdays, Thursdays, and Saturdays. Gear can be provided.

Swimming.

Swimming Parties can be arranged for limited numbers on Monday and Wednesday afternoons.

Services.

Seafarers Services are held in the Mission Chapel on Sundays. All seamen are invited.

Morning—Holy Communion 7 a.m.

Evening—Mission Service 8 p.m.

The evening service is followed by an hour's music and refreshments.

The Empire depends on you

You depend on God.

The Salvation Army's Sailors' Home and Men's Hostel.

Situated at 27, Edward Street, the Hostel's telephone number is 4710 and Captain R. C. Palmer-Barnes is the Officer in Charge. Rooms may be had by the week at \$1.50 for a private room or \$9.50 including 3 meals per day.

A bed in a dormitory costs \$1 and \$1.12 per week.

Breakfast costs 36 cents.

Dinner 48 cents.

High Tea 36 cents.

Soft drinks are obtainable in the Canteen which also sells cigarettes and matches.

There is a Reading and Writing room and a Radio, and you can play Billiards, Ping Pong, Darts and dominoes.

There is a weekly service on Tuesday evenings at 7.30, held in the Recreation Hall. Tel. 4710.

Mount St. Benedict.

The Benedictine Fathers are always glad to receive and entertain to the best of their ability Seamen of the United Nations arriving on the Island. Refreshments can be served in the Guest House at moderate prices.

Dutch seamen will be interested to know that there are several of their countrymen at the Mount always glad to receive them.

Medical Facilities for Seamen.

(a) Hospitals:

In Port-of-Spain a well equipped hospital exists at which seamen suffering from serious illness or injury may receive treatment. On recommendation from the Colonial Hospital or from a Doctor, merchant mariners who need rest and recuperation are admitted to a Convalescent Home provided by the Emergency Care Organisation. This Home, known as "Daljarrock" is situated in the St. Ann's valley close to the Merchant Navy Club. A qualified Matron is in charge of the Home, which is staffed by nurses of the British Red Cross Society. Catering and entertainments for the patients are arranged by members of the Women's Voluntary Service. "Daljarrock" has accommodation for 22 patients. It has radio, gramophone, darts, table tennis and other games, well furnished lounge and verandahs and is surrounded by beautiful grounds with a putting green. The Home is open to all Merchant Mariners of the United Nations and its facilities are also extended to members of all other war services including the Armed Forces.

At St. Augustine, some 10 miles from Port-of-Spain, a nursing Home well situated in spacious grounds and delightful surroundings accommodates convalescent sick seamen. The Home is conducted by the British Red Cross Society of Trinidad and Tobago and there are qualified doctors and nurses in attendance.

(b) First Aid Facilities:

Plans are being made for the immediate erection of a First Aid Post and Daily Clinic in

a special building on the Wharf area at Port-of-Spain. Daily Clinics will be held and a Medical Officer will be in charge assisted by Red Cross Nurses.

(c) Venereal Diseases:

In the Port-of-Spain Hospital grounds is a well equipped, up-to-date Venereal Diseases Clinic conducted on modern lines by a specialist Medical Officer with a well-trained staff of nurses and attendants. The Clinic is open daily and provides facilities for the diagnosis and treatment of the V.D. It is hoped shortly to provide, in addition, a prophylactic station which will be available in the wharf area at Port-of-Spain.

(d) General:

A Medical Officer has been appointed by Government specially to care for all sick or injured seamen. This Medical Officer meets all arriving seamen who have suffered injury or exposure in the course of their duties at sea. They are immediately given first aid treatment, rapidly examined for quarantine purposes and handed over to the Welfare Officer who arranges for their accommodation under suitable conditions.

The Medical Officer works in close association with the Welfare Officer and it is part of his duties to visit the various camps and homes and clubs in which seamen are housed, to give them treatment, arrange for their removal to hospital if necessary, and to control the general sanitary conditions under which they are housed.

V. D. Department.**Clinics:**

Female	Monday	9.30—12.00	13.30—16.00
Male	Tuesday	17.00—19.30	
Female	Wednesday	9.30—12.00	
Male	Thursday	9.30—12.00	17.00—19.30
Female	Friday	13.30—16.00	
Male	Saturday	9.30—12.00	

Irrigations, etc.

Monday	
Tuesday	
Wednesday	6.00—20.00
Thursday	
Friday	
Saturday	
Sunday	8.30—11.30

Vaccination against Small Pox.

All visitors to the colony are expected to give a certificate of recent vaccination or alternatively to report to the nearest Health Centre for vaccination.

Vaccination is compulsory in this colony and visitors who fail to comply with the above may be prevented from landing or kept under surveillance until they re-embark or produce the necessary evidence of protection against small pox.

NOTES.



