

Fred Cottier**Rest Periods in Arakan**

The Royal Welch or The Royal Berks would take over from us and that gives a chance to wash our underclothes in the stream and get some hot bully beef stew curry into us. Clean our weapons up and change of duties. It vitalised the whole of the body, a change of duties, even though you were still under enemy fire, artillery fire that was nothing compared to being under small arms fire and having to sit and watch and wait. You could relax and get down to writing a decent letter. And the main thing was getting a wash and your underclothes washed, that refreshed you up. And even in some cases men got their hair cut in such a fashion, they got it cut. And you got your beard right down, shaped. I mean three or four days growth wasn't very comfortable.