Fred Bedlington Punishment

So the next morning I was marched into the military prison and they put a notice up on the board "The following prisoner of war has been awarded" - awarded mind, I would rather have had a slice of bread but - "awarded four days arrest for repeatedly working badly despite repeated admonition". They just locked you up in a cell and you got a meal every third day, and the other two days you just got your black coffee and two slices of bread in the morning and two slices of bread and black coffee in the afternoon. And you were just sleeping on a wooden board with your one blanket and the cell had broken windows and it was cold weather. And the only time you got out was for a few minutes in a morning to empty your slops. That was the only contact you had with anybody really to talk to. There was quite a few friends in. And the fellah next door to me, in the next cell to me, he was a German paratrooper that had dropped on Crete, and he was doing punishment in there as well.