John was born in 1891 at Kimberley, South Africa, the son of Frank Gerald Duncan Carnell and Mary Eileen Carnell, nee Mannix. He married Phyllis Master in 1910 and had two children, John Wilfred Chester born 1911 and Dorothy Maud born 1913.

John enlisted in the AN&MEF on 11th August 1914 stating that he was a commercial traveller and gave his wife, at "Hadlow", Ben Boyd Rd, Neutral Bay as his next of kin. He returned from Rabaul and was discharged, term expired on 18th Jan 1915. Although discharged from the AN&MEF, he was ill and remained on paid leave from the Army up until November 1915, being treated for Malaria.

In 1917 he divorced Phyllis on the grounds of Phyllis's "misconduct". Later the same year he marred Irene (Rene) Maclean Bethel and he and his wife and two children, John and Dorothy, were granted service pensions with effect from 18th September 1918.

In 1917 John was appointed "provisionally and temporarily" a Lt with the Senior Cadets.

His son John, served in WW2, service number NX1462, serving in the middle East before becoming a prisoner of war in Italy. Having joined the army in 1930, he was discharged after release on 8th August 1945.

John died in Penrith in 1967.