

BATTALION FORMATION
Chapter 9

To form in line with companies in line (for ceremonies):

a. Before the ceremony, the adjutant sees that the battalion position on the parade ground is marked with as many flags and markings as are needed. One flag is placed on each flank of the line on which the battalion is to form. The adjutant takes his initial post for the ceremony six steps to the right of the right flank marker facing down the line.

b. When a band is to participate in the ceremonies, the adjutant prepares a signal or a specific time for adjutant's call to be sounded. The left flank man of the band is 12 steps to the right of the right flank marker as shown in figure 2, and 6 steps to the right of the adjutant. (fig. 2 on next page)

c. Companies are marched in column of threes (fours), from the left flank of the battalion position so as to arrive successively at a position parallel to and in rear of the line. The command of execution for their movement is so timed that they will step off at the first note of music following adjutant's call. The line of march is far enough from the line on which the battalion is to form to permit alinement of the guides of the right company by the adjutant. As each company arrives in rear of its position, it is halted and faced to the left. The company commander then commands GUIDES O' LINE. At this command, the guides of each platoon double time at port arms to their positions on the line of flags (final line), come to order arms, and execute right face to face the adjutant. The adjutant alines the guides of the right company; the guides of the other companies cover the guides already on the line. As soon as the guides have established themselves on the line, the company is moved to the line of guides. The company commander halts the company so the right man of the front rank halts with his chest approximately six inches from the guide's right arm. If the company is at right shoulder arms, the company commander gives Order, ARMS. The company is then alined. On the command Dress, Right, DRESS, the right man of the front rank moves forward until his chest touches the guide's right arm.

d. When the units have reached their position on the line, the band stops playing. The adjutant then move by the most direct route to a position midway between the line of company commanders and the battalion commander. He halts and faces the battalion.

e. When all units are dressed, the adjutant commands Guides, POST. At this command, the guides move to their positions in ranks by taking one step forward, executing a face to the right while marching, advancing the right foot one step and bringing the left foot alongside the right foot. They then face about.

f. The adjutant the commander Present, ARMS. faces the battalion commander, salutes, and reports, "Sir, the battalion is formed."

g. The battalion commander returns the salute and orders, "Take your post, sir." The adjutant passes to the battalion commander's right and takes his post on line with the staff. The battalion commander then commands Order, ARMS. He may then command several movements in the manual of arms.

h. The commander of troops may direct a ready line to be established in rear of the final line. These lines are approximately 30-yards apart. This permits the commanders to form their units on the ready line in the same formation as on the final line, prior to the adjutant's call. When adjutant's call has been sounded, first the guides and then the troops are moved to the final line on the commands of their commanders, from right to left. The ready line may be used for any formation.

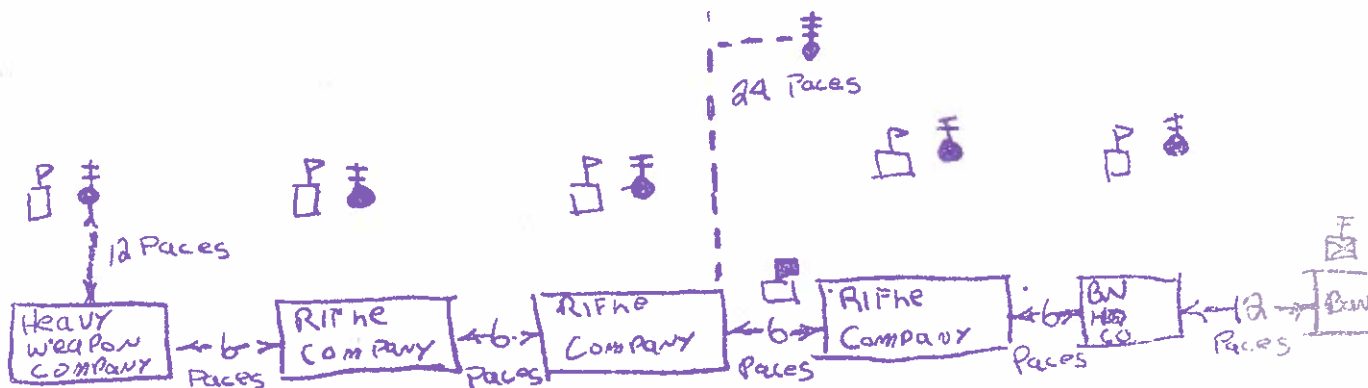


Figure 2. Battalion in Line with Companies in Line

COMPANY INSPECTION Chapter 10

General:

The company is the basic unit for inspection. Battalion, regimental, and higher commanders or inspecting officers inspect each company in its own area, or have it march to a designated place at a specified time for inspection. Under special conditions, an entire battalion or regiment is formed and inspected in one large formation.

Company inspections:

a. Formation. The company forms in line of platoons in line or in column of platoons in line. When transportation is included in the formation, it forms in line 5 yards to the rear or as directed. The drivers remain with their vehicles. Transportation is inspected separately from the foot elements, or as directed.

b. Procedure:

(1) The company commander commands PREPARE FOR INSPECTION. At this command, platoon leaders command Open Ranks, MARCH. After verification of the alignment, the platoon leaders march three steps in front of their platoons, halt, face to the left and command, Ready, FRONT. After this movement has been completed, the platoon leaders take one step forward, halt, face to the right and await the inspection officer.

(2) Ranks having been opened, the company commander commands AT EASE. The company commander then inspects the company. During the inspection, officers, non-commissioned officers, and guidon bearers not in ranks come to attention at order arms as the inspecting officer approaches. As soon as inspected, they resume the position of at ease. The company commander may direct the executive officer or the first sergeant to join him and take notes during the inspection. When so directed, the executive officer or first sergeant places himself to the left rear of the company commander and accompanies him throughout the inspection. The inspecting officer, beginning at the head of the column or right of the line, makes a minute inspection of the arms, equipment, dress, and appearance of the men. As he approaches each platoon, its leader brings the platoon to attention and salutes. As soon as inspected, the platoon leader places himself to the right rear of the company commander and accompanies him throughout the inspection the platoon.

(3) The inspection is made from right to left in front of from left to right in rear of each rank.

(4) The inspecting officer moves from man to man by facing in marching to the right, taking two short snappy steps so as to position himself in front of the man to be inspected. He then executes a left face, facing the man.

(5) Each man individually executes inspection arms when the company commander is directly in front of and facing him. This enables the company commander to observe the manual of the person being inspected.

(6) To inspect a rifle, the company commander takes the rifle with his right hand by grasping it at the upper hand guard just above the upper sling swivel. As soon as the rifle has been grasped, the individual being inspected releases the rifle and lowers his arms and hands smartly to his side as in the position of attention. A suggested method of inspection that insures smartness, snap, precision, and a thorough inspection is as follows: Lower the rifle with your right hand, keeping the barrel to your right, and place the thumb of your left hand on the forward portion of the follower and glance into the barrel. The thumb nail will reflect adequate light for the barrel and chamber inspection. After completing the barrel inspection, grasp the small of the stock with your left hand and raise the rifle to a position in front of your body, forearms horizontal, barrel up and muzzle to your right. Move the rifle to your right, keeping the barrel horizontal, and inspect the upper portion of the rifle beginning with the front sight and working to the heel of the butt. To inspect the lower portion of the rifle, release your left hand from the small of the stock, and regrab the rifle with your left hand just forward of the receiver on the lower hand guard. Immediately rotate the rifle to the left, regrabbing it at the small of the stock with your right hand, palm up. The barrel is down and horizontal. Start this portion of the inspection at the toe of the butt and work left to the gas cylinder lock. As you complete the inspection, release your right hand from the small of the stock. Regrab the rifle with your right hand at the upper hand guard in the original manner. Return the rifle to the individual in the same position from which it was taken. The soldier takes the rifle with his left hand at the balance, immediately closes the bolt, pulls the trigger and executes order arms.

(7) When the rifle is inspected without handling, each man remains at inspection arms until the company commander has moved to a position in front of and facing the next man in line. He then comes to order arms. When the last man in the line has been inspected, he comes to order arms when the company commander has moved to his rear.

(8) The men armed with the automatic rifle, carbine, and pistol execute inspection arms as prescribed in the manual for their weapon. They resume their original positions after their weapons have been inspected, as outlined above.

(9) On completion of the inspection, the platoon leader salutes the company commander upon his departure. The platoon leader then takes his post three steps in front of the guide, faces down the line and commands, Close Ranks, MARCH. When the ranks have been closed, he moves to a position six steps in front and center of his platoon, faces the platoon, and commands AT EASE. He then executes about face and assumes the at ease position.

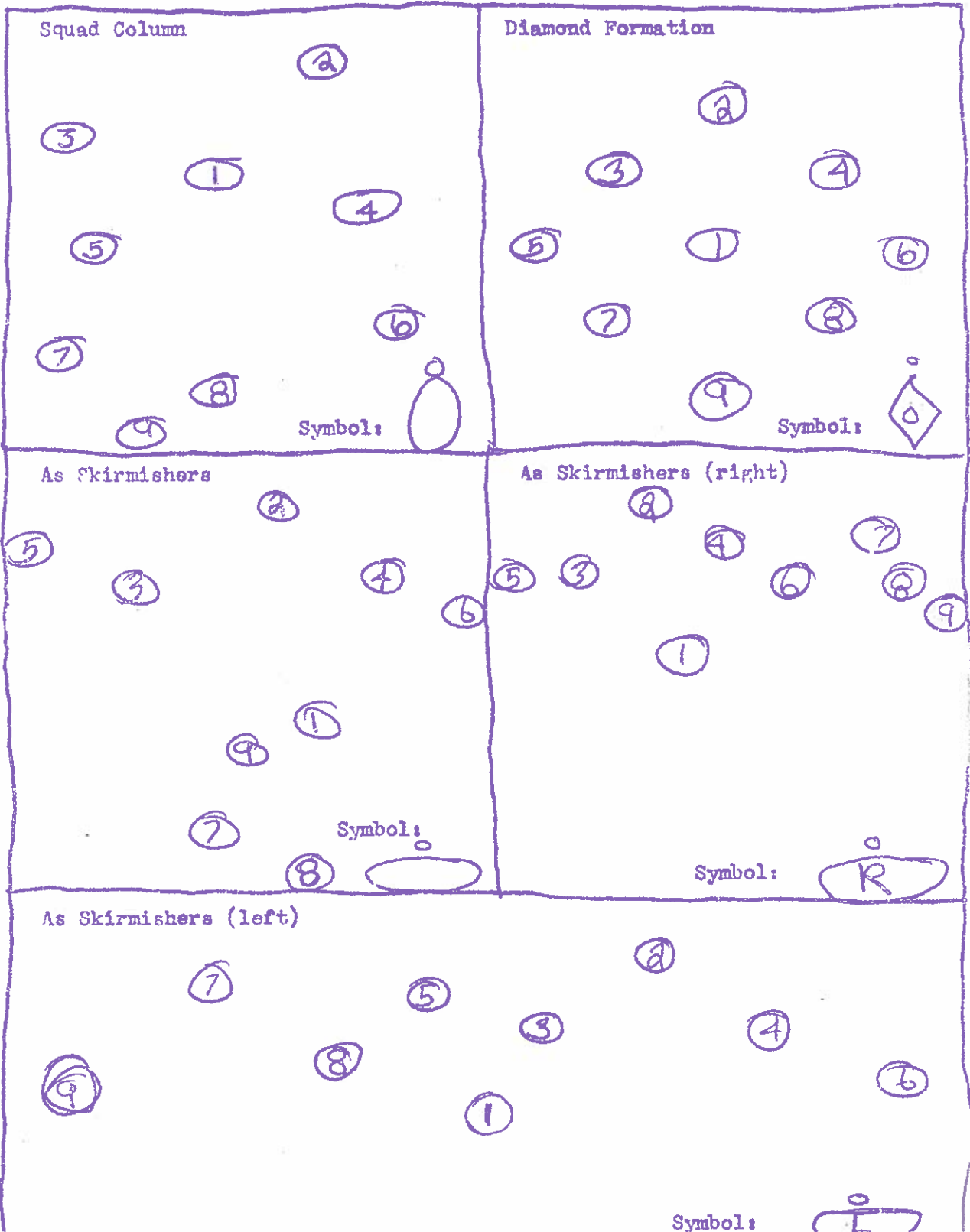
(10) The company commander may direct the platoon leaders to make a detailed inspection of the arms or other equipment of the men of the platoon.

(11) When the company is inspected by an officer of a higher command, the company commander, on the approach of the inspecting officer, commands Company, ATTENTION. He then faces to the front, salutes and reports by saying "SIR, CAPTAIN JONES reports A Company ready for inspection." The same procedure as outlined above is followed, substituting the works inspecting officer for company commander and company commander for company executive officer and first sergeant.

(12) During the inspection, squads and platoons are given at ease only when directed by the inspecting officer. The command is given by the unit leaders.

COMBAT FORMATIONS
Chapter 11

The purpose of combat formations is to enable a group of men to attack and/or defend themselves properly and efficiently. The following are the squad formations.



SIGNALS Chapter 12

General Arm-and-Hand Signals:

Attention—Move hand above head rapidly from side to side.

Ready—Extend the arm toward the leader or individual for whom the signal is intended, hand raised fingers extended and jointed, palm toward the leader.

Forward—Face and move in the direction of march; at the same time, extend the hand vertically to the full extent of the arm and hold it in that position until the signal is understood.

Down; Take Cover—Turn toward the unit or group and raise the hand, palm down, in front of the elbow, forearm horizontal; thrust the hand and forearm downward about 12 inches and return to original position.

Double Time; Increase Speed; Rush—Carry the hand to the shoulder, first closed; rapidly thrust the first upward vertically to the full extent of the arm and back to the shoulder several times.

Quick Time; Decrease Speed; Walk—Raise the elbow to a position above and to the right(left) of the shoulder and extend the forearm to the right(left), hand above the head, palm to the front.

Change Direction—Carry the hand that is on the side toward the new direction across the body to the opposite shoulder and, with the palm turned in the direction of the change, swing the forearm in a horizontal arc, extending the arm and hand to point in the new direction.

Action—Thrust the first several times in the direction toward which it is desired to go into action.

Cut of Action—Strike the closed first of one and rapidly several times against the open palm of the other.

Join Me; Follow Me—Point toward the person(s) desired, and beckon them to you.

Cover our Advance—Repeatedly strike top of helmet with open hand.

Squad—Extend one arm toward the squad leader, palm of the hand down; distinctly move the hand up and down several times, holding the arm steady.

Section—Extend one arm toward the section leader, palm off and down, and describe large vertical circles.

Platoon—Extend both arms toward the leader(s) for whom the signal is intended and describe large vertical circles.

Column—Extend arm horizontally straight to front, palm down; then drop it smartly to the side.

Diamond Formation—Raise both arms over the head, elbows slightly bent and palms joined.

Skirmishers AR Team Right (LEFT)-Raise both arms laterally until horizontal; swing arm, on side toward which the team is to move, upward until vertical and back immediately to the horizontal position; repeat movement several times; hold the other arm steadily in the horizontal position until signal is completed.

Edge-Extend both arms downward and to the side at an angle of 45° below the horizontal.

Vee-Extend both arms upward and to the side at an angle of 45° above the horizontal.

Echelon Right (left)-Extend the arm, on the side toward which the column is to be echeloned, upward to the side at an angle of 45° above the horizontal.

Tactical Column-Extend both arms horizontally straight to the front, palms down, then let them drop smartly to the sides.

Assemble-Raise the hand vertically to the full extent of the arm, fingers extended and joined, and describe large horizontal circles with the hand and arm.

Enemy in Sight-Hold the rifle horizontal above the head with the arms extended.

Range or Battle Sight-Extend the arm fully toward the leader or men for whom the signal is intended, with the first closed.

Commence Firing-Extend the arm and hand waist high in front of the body to their full extent, palm of the hand down; move them several times through a wide horizontal arc.

Elevate; Depress-Extend one arm toward the gunner(s) concerned, with the palm of the hand toward the ground. Move the hand in a short upward (downward) movement by flexing it at the wrist, exposing one finger for each unit the gun is to be elevated (depressed).

Fire One Round-Face the gunner for whom the signal is intended, and extend one arm above the head. Cut the arm sharply downward.

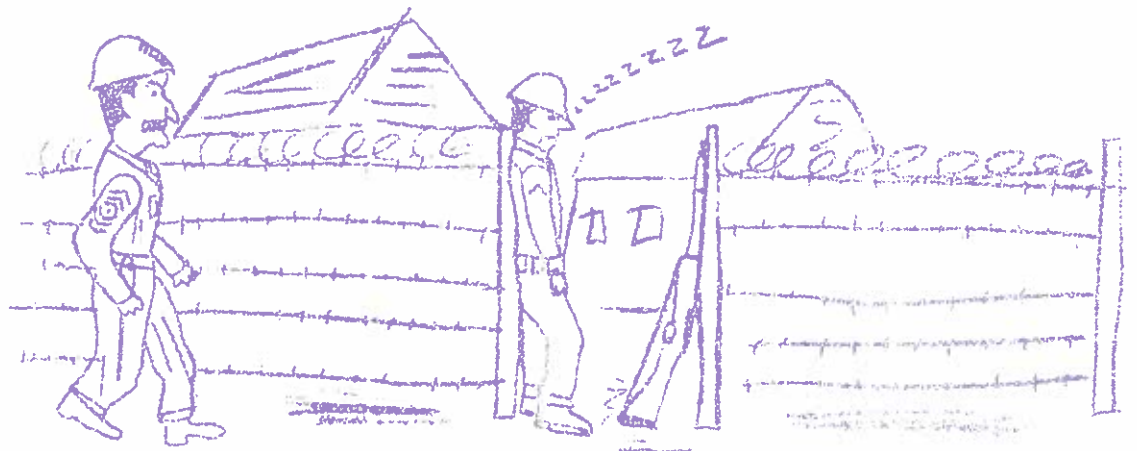
Cease Firing-Raise the hand in front of the forehead, palm to the front, and swing it and the forearm up and down several times in front of the face.

Fix Bayonets-Simulate the movement of the right hand in removing a bayonet from its scabbard and fixing it on a rifle.

Mount; Load Trucks; On Carts-Extend the arm horizontally to the side, palm up, and wave it upward several times.

Dismount; Off Carts; Unload Trucks-Extend the arm horizontally to the side, palm down, and wave it downward several times.

INTERIOD GUARD DUTY



"Pvt. Jones.....!!"

F. Keillemer

INTRODUCTION
Chapter 1

The purpose of interior guard duty is to preserve safety and security of all public property and buildings within its post. Its duties are to preserve order, protect property, and enforce police regulations. Some of the definitions are as follows:

- 1) post. when used other than in the sense of a sentinel's post, it will be used to include a garrison, station, camp or bivouac.
- 2) company. whenever this term is used, it will mean a troop, battery, or similarly organized unit.
- 3) guardhouse. whenever this term is used, it will mean a guard tent or any other designated location for the guard.
- 4) commanding officer. whenever this term is used, it will mean the commanding officer of a post, station, or garrison.
- 5) challenge. whenever this term is used, it will mean a word or distinctive sound used to cause an unidentified person or party to halt and be identified. Always use the word HALT for the first challenge then the secret word.
- 6) password. whenever this term is used, it will mean a word or distinctive sound used as an answer to a secret challenge, which identifies the person or party desiring to enter or pass. The password is always secret.

The proper method of challenging is as follows:

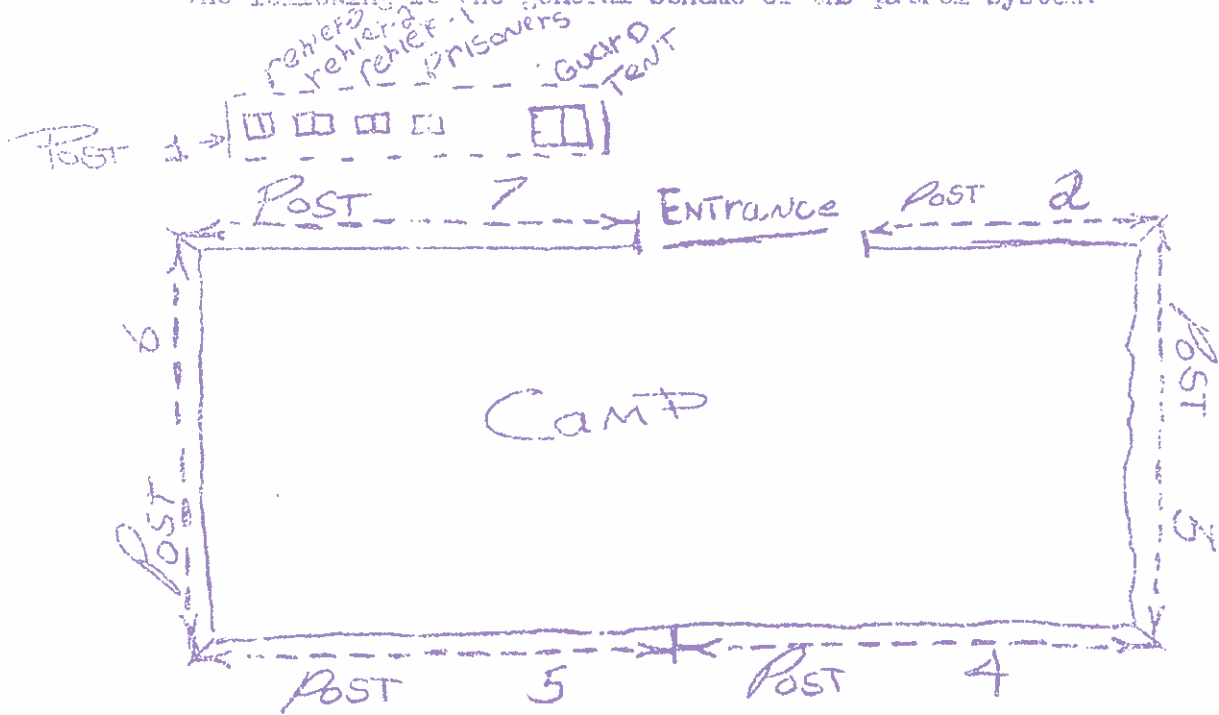
sentinel--HALT, who is there?
 person----(gives name and rank)
 sentinel--advance on and be recognized
 person----(advances with identification) if not.....
 sentinel--calls: CORPORAL OF THE GUARD, POST # 5, and defends himself if necessary.

Posting systems:

The following are the two different types of posting systems for interior guard duty:

- 1) Patrol system- This system consists of two groups: the patrol and a reserve. Certain key men should stay on guard while others are changed over a period of time. The daily tour for each guard is from 6 to 8 hours. However this time may be reduced upon request of the proper commander. Each relief is inspected before going on duty. The reserve is maintained at the guardhouse.

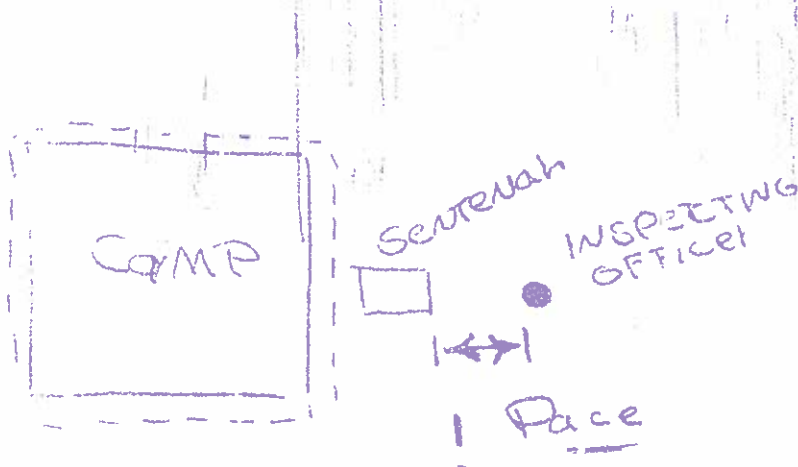
The following is the general scheme of the patrol system:



2) Fixed Post system- this system is more formal than the other and involves more men over a period of time, as the guard is changed every 24 hours. In this system, each post is stationary and the posts are a lot closer to each other as there is no movement. The duties for the non-commissioned officer in charge of either the Patrol or Fixed Post System are as follows:

- a) He will promptly report to the commanding officer any violations of orders.
- b) He will answer the sentinels calls promptly.
- c) In case of fire, he will give the alarm.
- d) whenever he leaves his guard, he will post capable member to it.

The following are the positions of the sentinial & inspecting officer when the sentinial is inspecting on his post:



DUTIES OF OFFICERS, NON-COM, AND PRIVATES OF THE GUARD
Chapter 2

1) Commanding Officer:

He selects the guard, prescribes the regulations, and makes sure that the guard is functioning properly.

2) Officer of the Day:

He is responsible for the proper performance of duty. He does not command the guard, he just supervises.

3) Commander of the Guard:

He is responsible for the discipline and instruction of the guard. He also receives and obeys all orders from the Commanding Officer and Officer of the Day. He is the officer who inspects the guard, when necessary.

4) Sergeant of the Guard:

He has supervision over all non-coms of the guard, is responsible for all property, lists all articles checked out for the guard, forms the guard, and has charge of all prisoners. He also is responsible for the proper guard of the guardhouse and he keeps the keys to the prisoners tent.

5) Corporal of the Guard:

He has the job of receiving and obeying all orders from all of his superiors. He is the person who assigns the sentinels their posts, makes up the list of sentinels, and instructs them.

6) Privates of the Guard:

The privates of the guard are assigned to the different posts as a sentinel. All privates must know the 11 general orders thoroughly, as well as all other personnel. The privates of the guard must also abide by the following orders relating to his post:

- a) allow no prisoners to escape.
- b) allow no one to communicate with the prisoners without authority from a superior.
- c) challenge any person or party in the same manner as other sentinels.
- d) call the corporal of the guard in case of fire and disorder or any disorderly persons.
- e) learn, apply, and obey all of the 11 general orders.

ORDERS
Chapter 3

Classes:

Orders for sentinels are of two classes:

- a) general orders applying to all sentinels
- b) special orders applying to particular posts and duties

Special Orders:

The number, limits, and extent of his post will constitute part of the special orders of a sentinel. The limits of his post will be so defined as to include every place to which he is required to go in the performance of his duties.

General Orders:

Every cadet must know the 11 general orders which are listed below.

- 1) To take charge of this post and all government property in view.
- 2) To walk my post in a military manner, keeping always on the alert and observe in everything that takes place within sight or hearing.
- 3) To report all violations of orders I am instructed to enforce.
- 4) To never quit my post more distance from the guard house than my own arms will permit.
- 5) To quit my post only when properly relieved.
- 6) To receive, obey, and pass on to the sentinel who relieves me, all orders from the commanding officer, officer of the day, and all officers and noncommissioned officers of the guard only.
- 7) To talk to no one except in the line of duty.
- 8) To give the alarm in case of fire or disorder.
- 9) To call the corporal of the guard in any case not covered by instructions.
- 10) To salute all officers, and all colors and standards now used.
- 11) To be especially watchful at night, and during the time for challenging, to challenge all persons on or near my post, and to allow no one to pass without proper authority.

G. O. No. 1:

To take charge of this post and all government property in view, a sentinel will report immediately to the corporal of the guard every unusual or suspicious occurrence noted. He will arrest all suspicious-looking persons and all persons involved in a disorder occurring on or near his post. He should be especially on the alert.

G. O. No. 2:

To talk my post in a military manner, keeping always on the alert and observing everything that takes place within sight or hearing.
A sentinel is not required to patrol his post in any prescribed manner, but he must be constantly alert observing everything that takes place within his sight or hearing.

G. O. No. 3:

To report all violations of orders I am instructed to enforce.
A sentinel will report a violation of orders at the first opportunity. He will arrest the offender, if necessary.

G. O. No. 4:

To report all calls from posts more distant from the guardhouse than my own.
To call the corporal of the guard for any purpose other than fire or disorder a sentinel will call, "Corporal of the guard, Post No. 3."

G. O. No. 5:

To quit my post only when properly relieved.
If relief becomes necessary by reason of sickness or other cause, a sentinel will call, "Corporal of the guard, Post No. 3, relief." or communicate by telephone if one is available. Sentinels will leave their posts for meals as specifically directed by the commanding officer. If a sentinel is not relieved by the new sentinel at the expiration of his tour, the old sentinel will not abandon his post, but will call the corporal of the guard.

G. O. No. 6:

To receive, obey, and pass on to the sentinel who relieves me, all orders from the commanding officer, officer of the day, and all officers and noncommissioned officers of the guard only.
During his tour of duty, a sentinel is subject to the orders of the commanding officer, officer of the day, and all officers and noncommissioned officers of the guard only; but any officer is authorized to investigate apparent violations of regulations by members of the guard.

G. O. No. 7:

To talk to no one except in the line of duty.
When persons make proper inquiries of a sentinel, courteous answers should be given. When challenging or holding conversation with any person, a sentinel armed with a rifle will take the position of port arms.

G. O. No. 8:

To give the alarm in case of fire or disorder.
In case of fire, the sentinel will immediately call, "Fire, Post No. 3." and give an alarm or make certain that an alarm has already been given. He will then take the necessary action to direct the responding fire apparatus to the fire. If possible, the sentinel will extinguish the fire. As soon as practicable the sentinel will notify the guardhouse of his action. Sentinels shall immediately transmit to the guardhouse information of any disorder and will take proper police action with regard thereto.

G. O. No. 9:

To call the corporal of the guard in any case not covered by instructions. If any difficulty comes up of which the sentinel is in doubt, or which he cannot handle himself, he calls the corporal of the guard. If he is on Post 5, for example, he calls, "Corporal of the guard, Post No. 5."

G. O. No. 10:

To salute all officers and all colors and standards not covered. Sentinels render salutes as follows:

- a. sentinels posted with a rifle salute by presenting arms.
- b. during hours for challenging, the first salute is rendered as soon as the officer has been recognized and advanced.
- c. a sentinel in conversation with an officer does not interrupt the conversation to salute another officer, but if the officer with whom the sentinel is conversing with salutes a senior officer, the sentinel also salutes.
- d. a sentinel on post or a guard on duty salutes whether outdoors or indoors.
- e. no salute is rendered by a guard when saluting would interfere with the proper performance of his duty.

Persons entitled to the salute are commissioned officers (both male and female) of the Army, Navy, Marine Corps, Air Force, and the Coast Guard; all female personnel in grades corresponding to those of commissioned officers; and commissioned officers of Allied nations.

The saluting distance should not exceed 30 paces. The salute is rendered when the person to be saluted is 6 paces distance. Hold the salute until the person saluted has passed or the salute is returned. The salute is rendered but once if the senior remains in the immediate vicinity and no conversation takes place. If a conversation takes place, the junior again salutes the senior upon departing or when the senior departs.

When the flag is being lowered at retreat, a sentinel on post, not engaged in the performance of his duty, stands at attention at the first note of the "National Anthem" and renders the prescribed salute. Normally, he faces toward the flag while saluting, but he may face in another direction if the duty in which he is engaged requires it. At the last note of music he resumes walking his post.

G. O. No. 11:

To be especially watchful at night and, during the time for challenging, to challenge all persons on or near my post, and to allow no one to pass without proper authority.

During challenging hours, if a sentinel sees any person or party on or near his post, he will advance quickly along his post toward such person or party, and when within about 30 paces will challenge sharply, "HALT, WHO IS THERE?" The sentinel ordinarily continues to advance while challenging, but he may halt if circumstances require. After challenging, he places himself in a steady position from which he may act quickly, if possible. The sentinel should require the challenged person or one of the party to advance toward a light, or any other desired area. The sentinel should always allow only one person to advance, since there is always the possibility of being rushed. The sentinel must satisfy himself beyond a reasonable doubt that the person or party challenged are what they represent themselves to be and have a right to pass. If he is not satisfied, he should call the corporal of the guard. When a secret challenge and pass word are used, the secret challenge is given after the person has been advanced to be recognized as prescribed above. The secret challenge and pass word should be given in a low tone so as not to be overheard by others. A sentinel must never allow himself to be surprised, or permit two parties to advance upon him at the same time.

Inspection of a Sentinel:

While being inspected, a sentinel sees the inspector at an oblique, with his rifle at port arms. He still must be on the alert for happenings in the vicinity of his post, even though he is being inspected. He should face in the direction which will be possible for him to see all that is going on, unless the inspecting officer otherwise directs.

FORMATIONS

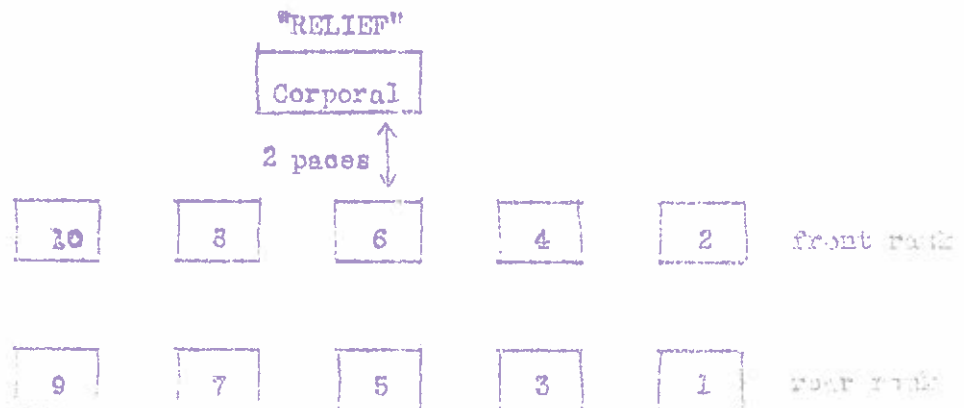
Chapter 4

Forming the Guard:

At all formations the guard forms under arms. When directed to turn out, the guard is formed and the inspection is conducted as prescribed in regulations for inspection of a company or platoon. The post of the senior noncommissioned officer, if commander of the guard, is the same as in the case of an officer. If not commander of the guard, it is in the line of file closer and in rear of the right file of the guard. The next in rank is right guide, the next left guide, the other in line of file closer, each corporal being usually in rear of his relief. The reliefs form in numerical order right to left. At night the roll may be called by reliefs and numbers instead of names. Thus, the first relief being on post; "Second relief, corporal; No. 1; No. 2; etc. Third relief, corporals; No. 1; No. 2; etc." If the sergeant is also the commander, he forms the guard as sergeant of the guard and then takes his post and proceeds as commander of the guard.

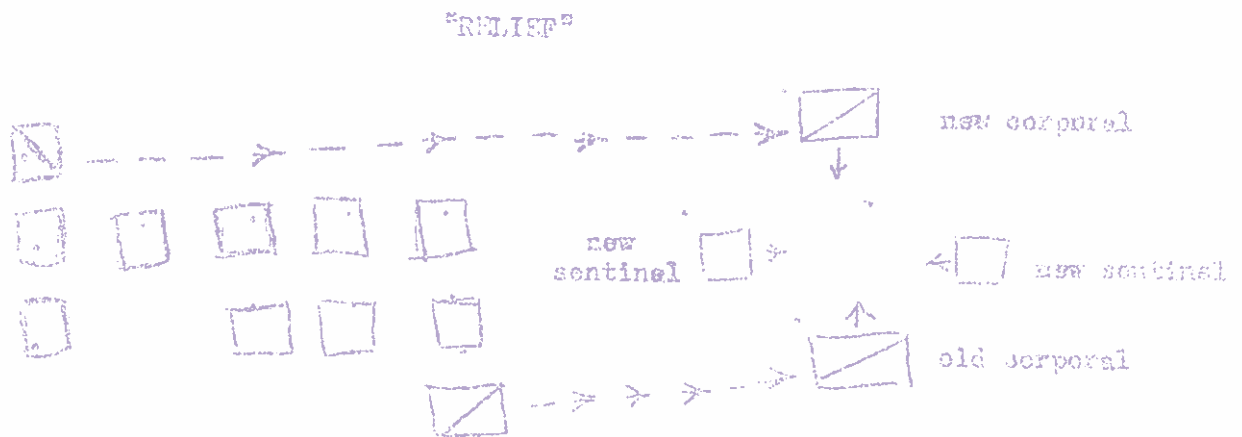
The Posture of Reliefs when Patrol System is Employed:

At an appropriate time before sentinels are due to go on post, the corporal inspects them, checks their appearance, fitness for duty, condition of arms if carried, issues ammunition if required, and assures himself that they understand their instructions. When the relief is large, it may be more convenient to form the relief, call roll, and inspect the sentinels in ranks. The corporal then reports to the commander of the guard that his relief is ready to be posted, or, if so directed, sends the sentinel to their posts without so reporting. The corporal sends his sentinels to their posts by the direct order, "Private Jones, Private Smith, take your posts," or if the roll has been called, "Take your posts." Each sentinel will then proceed to his post. One sentinel relieves another by inspection at a particular point at a prearranged time. The following is a diagram showing the number system when forming a relief:



30 (Continued) Post & Relief, Taking a Watch & Sign of Sentinels:

The sentinels keep the same order they do in the Patrol System. However, instead of letting the sentinels go to their separate posts on their own and so, the corporal makes the relief team go to each post and post the new sentinel while he picks up the old sentinel. The following is the formation used in receiving the new sentinel and picking up the old sentinel: (During this time, the old sentinel relays any orders he is supposed to, to the new sentinel according to the sixth general order.)



The procedure is as follows:

(the relief approaches the sentinel)
 sentinel: HALT! WHO IS THERE?
 corporal to relief: 1. relief, 2. HALT.
 corporal to sentinel: relief.
 sentinel: advance one to be recognized.
 (corporal advances and is recognized)
 sentinel: advance relief.
 corporal to relief: 1. forward, 2. MARCH, and when at 6 paces: 1. relief, 2. HALT.
 (then all the persons take their posts as shown above)

The corporal of the word is reminded to assign the number of each man to the post corresponding number of his post as to avoid confusion.

FIRST AID



"Medic! Medic!"

F. Zeillemaker

FIRST AID AND HYGIENE

HEALTH OF THE ARMY

Chapter 1

The best way a person can help himself, is to learn all about first aid and hygiene. This chapter is about the training of first aid and hygiene, however, even though the Cadet can read and study this section, he must apply it to gain knowledge. This pertains to any subject. In the Army, the Medical Department is in charge of the health of the command as a whole. The health of a person depends upon himself and his commanders. Sanitation of a unit is accomplished by the Corps of Engineers. This organization actually plans, constructs, and maintains all waste disposal facilities, and controls the insect and rodent problems.

PERSONAL HYGIENE

Chapter 2

Personal hygiene refers to measures taken by the individual to help him keep his body physically fit. The cause of disease is germs. Germs enter our body in the following ways:

- 1) eating food or drinking water contains bacteria
- 2) breathing in germs
- 3) cuts in the skin, this causes infection

An unclean body may favor the entry of disease germs. You should bathe yourself at least twice a day, if possible. The following is the method for taking care of blisters:

- 1) wash the blister with soap and water
- 2) sterilize a needle by heating it in a flame
- 3) open the blister by sticking it at the lower edge
- 4) cover with adhesive tape or blister

Proper shoes should be worn at all times and only wool socks should be worn on marches. Never wear cotton socks on marches. Toenails and fingernails should be kept cut and clean. The following are the methods for preventing trenchfoot:

- 1) never stand in water or mud
- 2) remove wet socks
- 3) lace shoes loosely
- 4) sleep with feet in elevated position
- 5) wear shoe-pacs, overshoes, or articles
- 6) practice massaging regularly

The best way to avoid diseases is to keep your body clean and when you are ill, treat yourself accordingly and practice what you have learned. When applying a dressing, NEVER TOUCH THE SIDE OF THE DRESSING WHICH GOES NEAR TO THE WOUND. Protect yourself at all times from insects, rodents, and infected persons. Be sure of proper housing, clothing, mess sanitation, waste disposal, and water. Monthly physical inspections are required to keep the unit in good health.

FIRST AID Chapter 3

A first aid pouch should be carried on your person at all times. When taking round pills, remember: always take water with them, otherwise do not take them. The following methods should be taken for protecting wounds:

1) Stop bleeding - do this with pressure of a dressing applied at the place of bleeding. Never use clothes. Raising the part of the body that is bleeding, will also be of some help. If this does not help because of severe bleeding, apply a tourniquet as follows:

- a) make a loop around the limb
- b) pass a stick through the loop
- c) twist the stick around enough to stop the bleeding
- d) bind the free end of the stick to the limb by another loop

When applying a dressing, remember: DO NOT TOUCH SIDE OF WHICH GORE LIES TO WOUND.

2) Protect the wound - do this by applying over the wound to keep the germs out
a) Prevent shock - do this by the following methods:

- a) make person comfortable
- b) keep his head low
- c) keep him warm
- d) lay unconscious man face down

Shock is the feeling of weakness, trembling, and cold sweating. Maybe unconsciousness will develop, so be careful with the person. Move him as little as possible.

Burns and Fractures

Burns should be treated with a liniment and be covered with a dressing. Fractures are labeled into two different kinds. The simple fracture, which is the bone broken, and the compound fracture, which is the bone broken and it is injuring tissues around it. You must be careful in handling fractures, because a simple fracture may develop into a compound fracture if not handled properly.

Broken backs and necks must be treated very carefully and moved only when absolutely necessary. If a person with a broken back or neck is moved, his body and head must be level. Stomach wounds must be treated by a medical officer. Never feed him anything or give him water. Chest wounds should be covered and made as airtight as possible. For wounds should be treated by applying pressure and by stopping bleeding. Then tie a bandage over the jaw to protect the wound and his face from frost and treat him for shock. Morphine is usually available to ease the pain.

Artificial Respiration

This is used mostly when the heart is beating. The following is the method for artificial respiration:

- 1) lay the person face down with his head turned sideways on crossed hands
- 2) kneel down in front of the person's head and place your hands in the small of his back
- 3) rock forward, keeping your elbows stiff
- 4) rock back, sliding your hands down his body to the elbows
- 5) lift the elbows about the height of his head and lower again
- 6) repeat this method

Do not give up hope of recovery, even after two hours. Only stop giving artificial respiration when told so by a Medical Officer, if he proclaims the person dead. A person shocked electrically should be moved from the wire and given artificial respiration. When a person recovers from artificial respiration, keep him warm and give him warm liquids regularly.

CAMPBELL'S MANUAL Chapter 4

General:

Any accident can occur at any time, so every person should know the principal signs or symptoms of common injuries and the simple first aid measures useful in their immediate care. It is well for a person to wish to aid those who have met with an accident, but the most useful and correct first aid. The wrong thing may harm the injured person rather than help it. In case of doubt as to what to do, there is one important rule: secure at once the service of a doctor. While waiting for his arrival, measures should be taken to assist the patient in being comfortable.

Minor Wounds and Burns:

Simple cuts seldom bleed severely and they usually stop bleeding as soon as a dressing is applied. Use one which is sufficiently large enough to cover the wound completely. Keep the wound clean by not touching it, be absolutely sure of protecting it by applying a dressing as soon as possible. As in the case of simple wounds, small burns are a constant hazard unless adequately protected because they are easily infected. Apply burn ointment if it is available and cover the areas with a suitable dressing. In the absence of an ointment, cover the burn with a clean dressing just the same. If the burn is extensive, take the patient to a hospital and drink a large quantity of water.

Foreign Body in the Eye:

If a foreign body is in the eye, close the eye gently and allow the tears to accumulate; then while the lid is down grasp the lashes of the upper lid and gently lift the upper lid from the eyeball, at the same time slowly rolling the eyeball up and down. If this method does not work, try flushing the eye with cold water. Never rub an eye which has a foreign body in it. If an eye is irritated with an acid, flush it with a mild alkaline solution such as baking soda. In any serious case, don't fool with your eye, but go to a doctor immediately. When there is any foreign body in the ear, don't try to remove it with a pin or stick. Go directly to a doctor. To remove an object from within the nose, blow gently. Foreign bodies in the throat which can be reached, may be taken out with the fingers while the head is down. A foreign body which cannot be removed by your hands, it is best to go to a medical officer.

Snake Bites:

Immediate attention is mandatory. Bites on the extremities require the use of a tourniquet applied above the elbow or knee between the bite and the heart, in order to prevent the fast flowing of poisoned blood. It must be only tight enough to stop the return flow of blood to the heart. A cross $\frac{1}{4}$ inch deep and $\frac{1}{2}$ inch long must be cut at each fan mark to permit free bleeding. Suction by suction apparatus or by mouth should then be instituted and continued for at least one hour with the tourniquet in place. These steps can be taken by the victim without assistance from others. Should the bite be on any part of the body where a tourniquet cannot be used, the crosses must be cut, suction begun, and medical aid secured. In all cases of this nature, the patient must remain as quiet as possible--no running or walking is to be tolerated.

Insect Bites and Stings:

These can often be prevented by sleep under a mosquito net, wearing a head net and gloves, and by using insect repellent. To apply insect repellent, pour the repellent into a small amount of the liquid over the exposed skin surfaces.

One application will usually keep insects away for two hours. For severe insect stings such as those caused by bees and wasps, the application of a folded cloth thoroughly wet with cold water will help relieve discomfort. Do not scratch the affected area; to do this increases the danger of infection. First aid for poisonous spider bites is the same as for snake bites.

Unconsciousness:

Unconsciousness may be complete or partial. It may result from a number of causes, and treatment must be along general lines. An unconscious person with an odor of alcohol on his breath should not always be considered drunk. An intoxicated person may not have an alcoholic breath. It is always wise to consider the possibility of apoplexy and skull fracture in every case of unconsciousness. In examining an unconscious person, look carefully for the cessation of breathing and for symptoms of poisoning, bleeding, or sunstroke, as special treatment for these must be given at once. Lay the patient on his back with the head and shoulders slightly raised. Apply cold cloths or an ice pack to the head. Insist on absolute quiet; do not move the patient unless urgent, and then do so very carefully. Have sufficient cover to keep him warm. Use no stimulants until the patient is awake.

Fainting:

Except as a symptom of severe shock this condition is seldom dangerous. Lay the patient on his back with the head lower than the rest of the body if practicable, loosen clothing, give plenty of fresh air, and give stimulants (when consciousness is regained) carefully and slowly. A cold compress on the head is beneficial; it is usually placed on the forehead or the back of the neck. Sprinkling cold water on the head and face can be done in lieu of a compress. The arms and legs may be rubbed, rubbing from the hands or feet toward the body. Aromatic spirits of ammonia inhaled in small doses are considered useful.

Effects of Heat:

Get the victim into the shade and remove his equipment and heavy clothing. Cool him by applying a cold wet cloth* to his head and face. Sprinkle large amounts of water over his body. Fan him continuously. If he is conscious--or when consciousness returns--give him cool salt water. This is made by dissolving a quarter of a teaspoonful of table salt in a canteen of water. Give him plenty of water and if his skin gets dry, repeat the cooling with water and fanning.

Warning signs of heat exhaustion are:

headache

dizziness

red or purple spots before the eyes

shortness of breath

occasional vomiting

cramps in stomach and muscles

sense of weakness

Frostbite and Freezing:

Frostbite and freezing are mostly preventable, but when they do occur and error in the technique of prevention usually is responsible. They have an insidious way of causing trouble almost without the casualty being aware. Your buddy may be the first to notice that your ear is turning white or he may make you think of your feet when you stumble. When in the cold a good rule is to look out for your buddy and then he will look out for you. Watch for the signs of freezing, which may include numbness and the feeling of stiffness from frostness. Exposed parts in which the circulation is poor are the ones that will be first affected. Keep the body warm and dry, but prevent sweating; avoid constricting bands and tight clothing; maintain good circulation are the main preventive measures. Treat a frostbite gradually, avoiding too much heat. Pain is an indica-

tion that the frozen part is being thawed too fast.

Electric Shocks and Burns:

Shocks result from contact with wires. The most important thing to do is to remove the person from such contact. This is always likely to be dangerous and should not be attempted until the rescuer has some way of insulating himself, otherwise he may receive as severe a shock or burn as the person he is trying to rescue. Always take steps to have the power cut off, before attempting to separate the victim from the current. It may be easier to rush the wires aside, or the victim away from the source of the current. In doing this, use a lot of dry wood. Once the victim is removed from the current, if he is unconscious, only artificial respiration.

Poisons:

For a treatment of poisons, it is best to make the victim vomit. Give the following fluids in order to do this; preferably lukewarm, soft water
salt water or soda water
diluted water
one tablespoonful of mustard in warm water
tickling the throat with the finger will often usually induce vomiting.