

## Personal Hygiene

Instructor \_\_\_\_\_

Place \_\_\_\_\_

References FM 21-10 Par 202-210

Materials Note book and pencils for students.

1 toothbrush, toothpaste, can of foot powder, needle, matches, soap.

1. What is personal hygiene? Attempts by the individual to avoid infections and to stay in top personal condition.
2. What do you do in case of illness? Seek prompt medical attention.
3. How do we prevent infection?
  - a. Keeping clean with soap and water.
  - b. Protect yourself from the cold and keep from getting chilled.
  - c. Eat enough of the right kind of food.
  - d. Keep in good physical condition.
  - e. Sleep at least 7 to 8 hours a day.
  - f. Prevent undue fatigue.
  - g. Keep morale high through good recreation.
4. Care of the mouth. Clean teeth twice a day. Brush inside and outside away from the gums. Demonstrate. Salt or soda may be used in th place of toothpaste. Seek out medical aid at the first sign of a cavity. Get teeth checked at least once a year.
5. Care of the body. Filth invites disease germs. At least two baths a week are necessary. This must be increased in hot wheather. Pay close attention to crotch, arm pits, face, hands, feet. Hand must be washed after each trip to the toilet. Under clothes must be changed twice a week.
6. Care of the feet. Must be kept dry, warm, and fitted properly with socks and shoes.
  - a. Shoe fit. Shoes should not bind or be tight when full body weight is placed on the foot. Should not be loose enough forwthe foot to slip.
  - b. Sock fit. Wool socks used in hiking. Cotton worn for dress. Toes should move freely, but not loose enough to wrinkle. Socks with hole or with darned hole will cause blisters while marching. Warning wool socks may shrink and become too tight after washing.
  - c. Cleanliness. Feet must be washed and socks changed daily. Wash feet thoroughly with soap and water. Dry completely to avoid fungus growth such as athletic foot. Accasional massaging is a good idea when feet are cold and bathing facilities are not available. Toe nails should be trimmed straight across. Feet should be dusted daily with foot powder. Also dust shoes and socks.
  - d. Blisters. Strilize the area and a needle - Pop the blister coming under the lower edge of the blister. Mop up the fluid with a clean cloth. Cover the blister with a strip of tape and leave on until the blister dries up in several days. Demonstrate.
  - e. Corns, bunions, ingrown toenails and serious blisters should be referred to trained medical aid.
  - f. Athlete's foot. A fungus growth that spreads rapidly. Treat immediately. Keep feet dry. Don't go barefooted or it will spread to others. Consult medical aid. Same applies for jock itch.
  - g. Trench foot. Will be covered in a film.

7. GENERAL RULES FOR AVOIDING DISEASE in the field.

- a. Do not drink water that has not been tested safe. Do not drink from another man's canteen or cup. Drink only from safe water sources.
- b. Do not urinate or take any bowel movements except at the designated latrine.
- c. Be sure that your mess gear is properly cleaned before and after use. Use soap and water. Rinse off.
- d. Avoid the bite of mosquitos or other insects.
- e. Do not lie on damp ground. Avoid drafts.
- f. Prepare drainage ditches around your sleeping area.
- g. Prepare your bed before dark. Insulate yourself from the ground with straw, twigs, etc and you will be warmer.
- h. Do not exchange personal items such as toothbrush, soap, etc.
- i. Daily bowel movements are desirable, but in the field on a concentrated diet you may be slightly irregular. Consult medical aid before the use of a laxitive.
- j. Drink plenty of water if available, but do not drink large quantities of cold water when overheated.
- k. Wear loose fitting clothing. Keep it dry and change as quickly as possible when it gets wet.
- l. Dispose of wastes such as uneaten food in proper designated places.
- m. Avoid contact with diseased persons.
- n. Improvise washing facilities if possible if the unit is to stay in an area more than three days. See par 309 for suggestions or details.

Test

Review with the use of questions all of the above until the class can give the correct answers. Make a set of questions to cover each of the lessons.

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Roseville U H S

I. Instructor's Guide, Map Reading, Basic, 10 Hours.

FIRST HOUR

References GTA 5-2, Charts 1-7  
Map Reading for the Soldier, PP 2-15

Content

1. Introduction
2. Contours
3. Practical exercises follow after the completion of chart #7. Issue map and have students find point out contours. Have students locate hills, draws, cliffs, ect.

SECOND HOUR

References GTA Map Reading 5-2, Charts 8-15  
Map Reading for the Soldier, PP 16-31.

Content

1. Names of land forms. work over chart 10 (P21) in detail. Have students learn names.
2. Signs and symbols. Issue hand outs. Let students work on the sketch map at home.

THIRD HOUR

References GTA 5-2, Charts 16-17  
Map Reading for the Soldier, PP 32-35

Content

1. Review signs and symbols for 20 min. ( see references for the second hour)
2. Grid coordinates. After the principal is learned from the charts issue Fort Sill Map and problem #1, grid coordinates. Talk your group through the first two problems

Fourth Hour

References GTA 5-2, Charts 16-17  
Map Reading for the Soldier, PP 32-35

Content

1. Review the principals of grid coordinates.
2. Use the Fort Sill Map and problem #2 for a 30 Min practical exercise.

#### FIFTH HOUR

References GFA 5-2, Charts ~~19-23~~ 19-23  
Map reading for the Soldier, PP36-45.

##### Content

1. Explain map scales and how to figure distances.
2. Issue problem #5 and spend half of the period on the problems.

#### SIXTH HOUR

References GFA 5-2, Charts ~~24-30~~ 24-30  
Map Reading for the Soldier, PP 47-59

##### Content

1. Azimuth
2. Use of the compass
3. Three different types of north

#### SEVENTH HOUR

References GFA 5-2, Charts 31-37  
Map Reading for the Soldier, PP60-71

##### Content

1. How to march a compass course
2. Use of the compass at night
3. Use of the compass in orientation of the map

#### EIGHTH HOUR

References GFA 5-2, Charts 46-49  
Map Reading for the Soldier, PP 86-93

##### Content

1. Use of the photomap
2. Use of photos.

#### NINTH HOUR

References GFA 5-2, All  
Map Reading for the Soldier, All

##### Content

Each instructor will prepare a five minute ~~summary~~ review of his hour of instruction. He should allow some time for questions.



























#### TENTH HOUR

Written Exam


CONVENTIONAL SIGNS AND MILITARY SYMBOLS

In map reading it is necessary use a large number of signs and symbols to show objects that can be shown no other way. The conventional signs are the easiest to understand since they largely resemble the objects that they represent. We show you a few so that you get the idea but after that we expect that you will use common sense to work out the meaning of the sign. The Military symbols are a little more difficult since they entail the learning of both organization and a shorthand method of listing military units.

CONVENTIONAL SIGNS

<p>Vegetation (GREEN)</p>  <p>WOODS</p>  <p>WOODS</p>  <p>Orchard</p>		<p>BUILDINGS (Black)</p>   <p>School</p>  <p>Church</p>  <p>Ruins</p>	
<p>WATER (BLUE)</p>  <p>River</p>  <p>Swamp</p>  <p>Lake</p>		<p>ROADS</p>  <p>Heavy Duty</p>  <p>Light Duty</p>  <p>Trail</p>  <p>Dirt Road</p>  <p>Bridge</p>	
<p>RAILROADS</p>  <p>Tunnel</p>  <p>1 Track</p>  <p>2 Tracks</p>		 <p>Barbed Wire Fencing</p>  <p>30m X 137</p>  <p>30m X 137</p> <p>Cruck Marks</p>  <p>WELL</p>  <p>Spring</p>	
<p>RR OVER PASS Highway under Pass</p> 		<p>WATER</p> <p>STEADY STREAM all year flow</p>  <p>MAY BE DRY</p> 	

# MILITARY SYMBOLS

 A box or square is used to represent any military unit

C.P.  Add a flaggy staff and you have a command post.


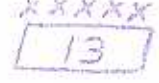
O.P.  A Triangle represents an observation post

Sign on top of box indicates size of unit. Sign inside box type of unit




Squad 	Section 	Platoon 
Infantry	Artillery	Armored

Company 	Battalion 	Regiment 
Armored Cavalry	Armored Infantry	Airborne Infantry

Combat Command or Brigade 	Division 	Corps 
---------------------------------------------------------------------------------------------------------------	-----------------------------------------------------------------------------------------------	--------------------------------------------------------------------------------------------




Army 	Army Group 
--------------------------------------------------------------------------------------------	---------------------------------------------------------------------------------------------------

Chemical



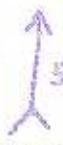
 Antiaircraft		 Amphibious
-------------------------------------------------------------------------------------------------	-------------------------------------------------------------------------------------	------------------------------------------------------------------------------------------------

 Engineer	 Military Police	 Transport
----------------------------------------------------------------------------------------------	-------------------------------------------------------------------------------------------------------	-------------------------------------------------------------------------------------------------



 Medical	 Ordnance	 Signal
--------------------------------------------------------------------------------------------	----------------------------------------------------------------------------------------------	--------------------------------------------------------------------------------------------

B Co 15th Inf. 	XX  91 Inf. Div.	2nd Platoon A Co 10th Bn 
----------------------------------------------------------------------------------------------------	-------------------------------------------------------------------------------------------------------	----------------------------------------------------------------------------------------------------------------

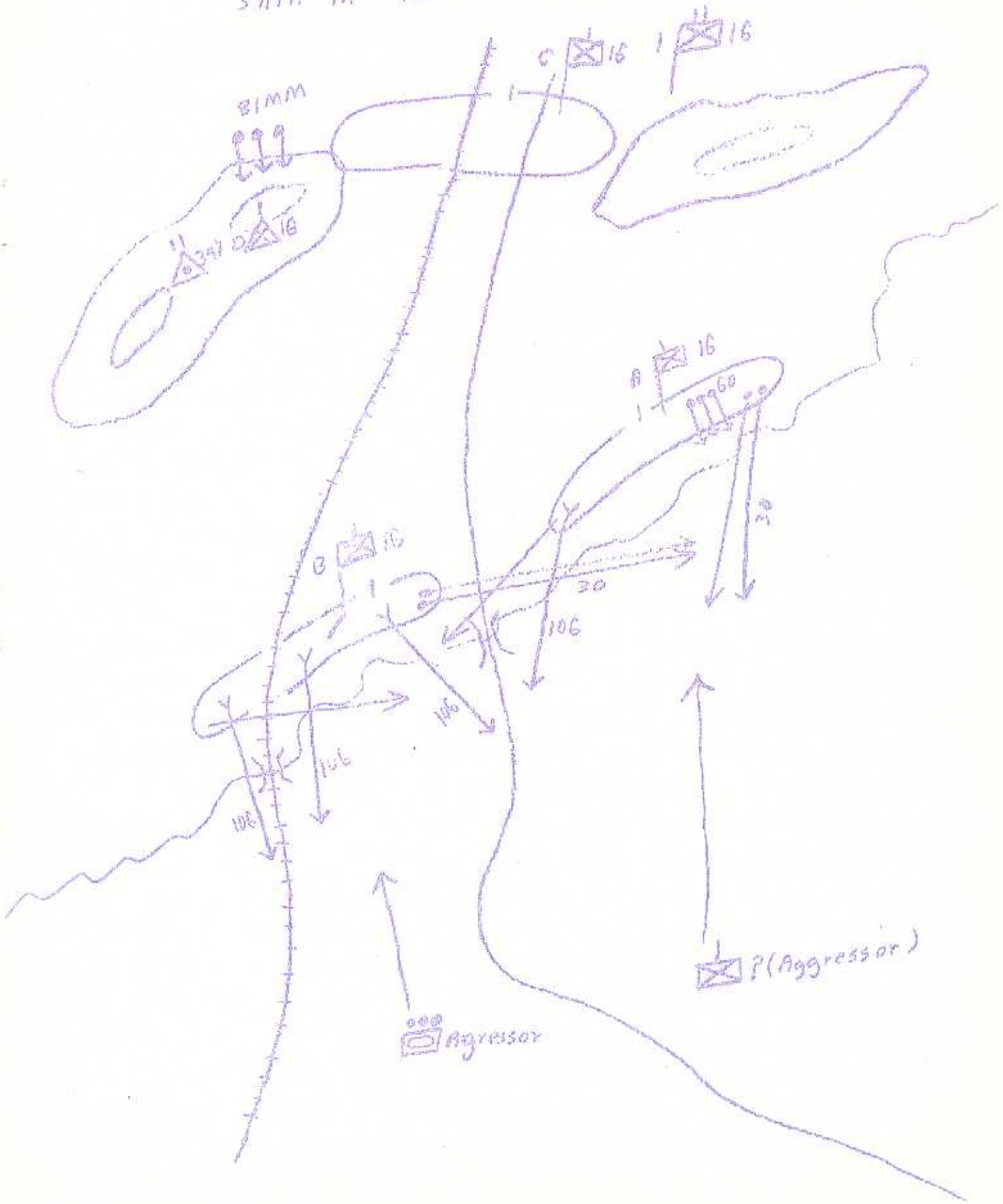
O.P. 2nd Platoon A Co 10th Bn 	C.P. 3rd Armored Division 
EA 	C.P. 1st Armored Div. 

 Light M.G. or Auto Rifle	 Heavy M.G.	 Recoiless Rifle or Rocket Launcher
--------------------------------------------------------------------------------------------------------------	--------------------------------------------------------------------------------------------------	--------------------------------------------------------------------------------------------------------------------------

 Mortar	 Cannon
-------------------------------------------------------------------------------------------	--------------------------------------------------------------------------------------------

Area occupied by a platoon 	Area occupied by a company 
--------------------------------------------------------------------------------------------------------------------	---------------------------------------------------------------------------------------------------------------------

Here is a rough map showing  
some military units. Try your  
skill in identification.



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MAP READING. PROBLEMS IN SCALE AND DISTANCE

Fort Sill Map 1: 25,000

1. Find the distance in miles by the most direct road route between the following points.

- a. 562381 to 555410 \_\_\_\_\_
- b. 548360 to 523375 \_\_\_\_\_
- c. 550323 to 508346 \_\_\_\_\_
- d. 562381 to 552357 \_\_\_\_\_

2. Find the distance in yards between the following points by the most direct road route.

- a. 507355 to 523375 \_\_\_\_\_
- b. 545408 to 535422 \_\_\_\_\_
- c. 478424 to 529441 \_\_\_\_\_

meters

3. Find the distance in ~~meters~~ by the most direct road route between the following points.

- a. 566354 to 587383 \_\_\_\_\_
- b. 545378 to 545408 \_\_\_\_\_
- c. 458340 to 508346 \_\_\_\_\_

4. Find the distance in the unit indicated between the following points by the most direct route.

- a. 489397 to 455403 in yards \_\_\_\_\_
- b. 489335 to 456352 in meters \_\_\_\_\_
- c. 531398 to 567383 in miles \_\_\_\_\_



## Exercise in reading grid coordinates. #1

1. 566368      First break the number in half into 566 and 368. Next using only the first two numbers of each set to find the 56 and the 36 line. Remember to read right up. Next trace with your fingers the 56 and the 36 lines and you find that your fingers run together. This shows the 56-36 square. Now in your mind move right .6 of the square and up .8 of the square. You should find the Stevens Bridge.
2. 547362      Ever's Knob
3. 552322      Highland Cemetery
4. 572385
5. 537385

10th Bn CCC  
Map Reading

Name \_\_\_\_\_

Exercises in grid coordinates. Fort Sill Map

1. 537358 \_\_\_\_\_
2. 554364 \_\_\_\_\_
3. 489397 \_\_\_\_\_
4. 552341 \_\_\_\_\_
5. 55634024 \_\_\_\_\_
6. 564383 \_\_\_\_\_
7. 498392 \_\_\_\_\_
8. 481440 \_\_\_\_\_
9. 502419 \_\_\_\_\_
10. 546360 \_\_\_\_\_
11. 537355 \_\_\_\_\_
12. 467402 \_\_\_\_\_
13. ~~4X~~  
556402 \_\_\_\_\_

10th Bn GOC  
Roseville U M S  
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Instructor's Guide Sheet  
Squad Tactics. Six (6) Hours

FIRST HOUR

References: Hand out sheets 1, 2, and 3. No unclassified information is available in printed form. Class Charts 1, 2, and 3.

Content

1. Presentation of the squad column, diamond, and skirmishers.
2. Advantages and limitations of each formation.
3. Divide class into provisional 9 man squads and have them assume each formation with the charts in clear view.

SECOND HOUR

References: Same as above

Content

1. Review formation's advantages.
2. Drill squads in formations.

THIRD HOUR

References: Same as above.

Content

1. Have the squads move in formations and change direction of march.
2. Move from formation to formation.

FOURTH HOUR

References: Same as above.

Content

Practice formations over open ground. Encourage the proper use of the ground.

FIFTH HOUR

References None

Content

Practical squad attack problems in the range area. Make the max use of blank ammunition.

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Squad Tactics (Cont)

SIXTH HOUR

References: None

Content

Practical squad exercises in the range area. Use blank ammunition.

Evaluation

No written test is administered in this subject. Company officers will accompany each squad on their problems and rate the performance of the squad and individual squad members. Each squad in the problem will be critiqued immediately after the problem.

Note. The size of the open area will allow three squads to be employed concurrently in the problem. This should not, however, be mistaken as platoon tactics as no attempt is made to control the squads through the employment of a platoon headquarters.

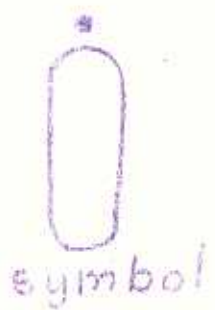
As material becomes available this unit should be converted to the eleven man squad. However this will necessitate no change in the organization of instruction.

# THE SQUAD COLUMN

This formation offers the max control. It is used when a unit must be moved quickly or at night. It is generally used in the woods or in rear areas. It is a poor fighting formation with little power to the front.



Column  
(sqd. or Plt.)



## AS SKIRMISHERS

This is the basic assault formation. The squad has the max-fire powers to the front. It is best used when the enemy is definitely located. It is primarily a fighting formation. Control is difficult because the men are quite spread out. It offers poor fire power and protection against an enemy who strikes at one of the sides (flanks).

Note that the squad leader and the 1st squad leader are to rear so that they can exercise the max. control. When under fire at close range the squad advances in a series of bounds or short rushes taking the max. use of cover. One half of the squad under the squad leader moves forward covered by the other half under the 1st. When the first half reaches a new position they in turn cover with fire the forward movement of the second group.



A<sub>2</sub> Skirmishers

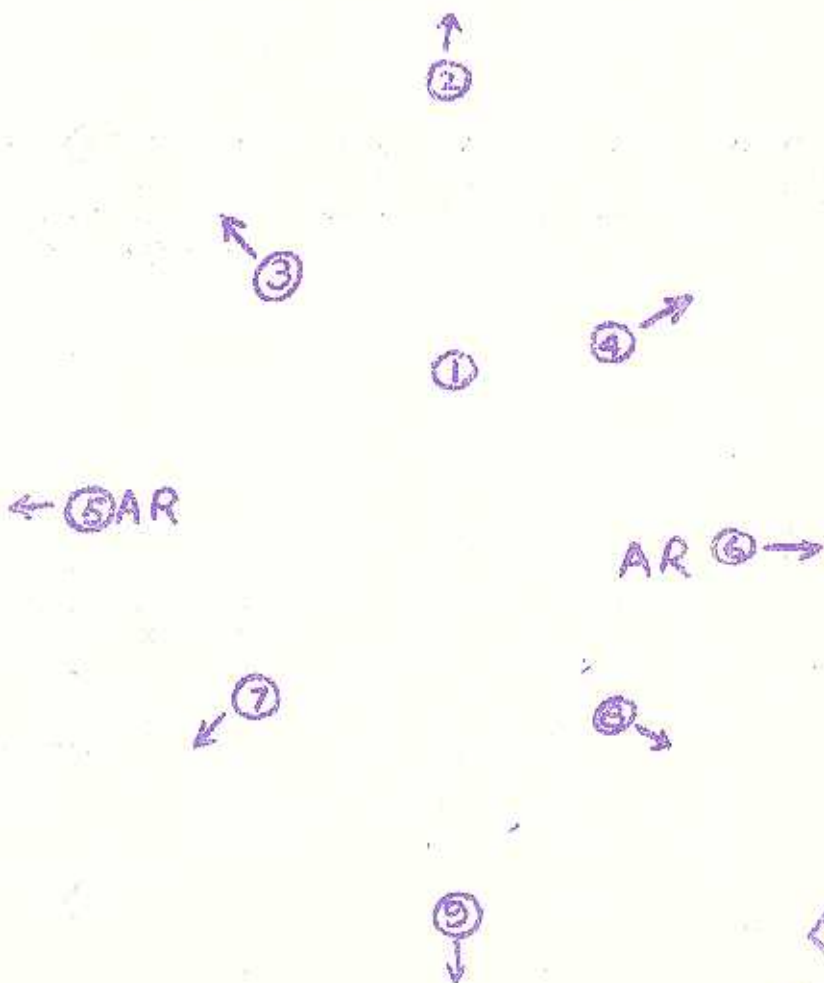


## THE SQUAD DIAMOND

It is the best ~~position~~ formation for patrols and other situations where the position of the enemy is not known. It gives all around security and gives good fire power in all directions. It is also easily controlled. Excellent for use in woods or very broken ground.



Squad Diamond



symbol

10th Bn CGC  
Roseville U H S  
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INSTRUCTOR'S GUIDE

Weapons Training. Fifteen (15) hours

Note: The success of this part of the program is primarily dependent upon the cooperation of the local National Guard units. These are the only source for the borrowing of weapons. It is natural quite impossible to conduct an effective weapons training program without actually have the weapons. The local unit here is quite cooperative in the loan of weapons so we are rather lucky. However the Guard units own needs for the weapons have first call. Therefore the commandant must remain very flexible in planning such training. He must expect last minute cancellations in loans. This is rather irritating when it occurs but can not be helped.

FIRST HOUR U S Rifle, cal 30, M-1903

References: FM 23-10, Sep 45, Par 1-6, 302a, Special Handout.

Content

1. General characteristics
2. Nomenclature
3. Disassembly and assembly

SECOND HOUR U S Rifle, cal 30, M-1903.

References: FM 23-10, Par 1-6.

Content

1. Review nomenclature
2. Practical exercises in disassembly and assembly

THIRD HOUR US Rifle, cal, 30 M-1903

References: FM 23-10, Par 7-12. Cleaning materials

Content

1. Care and cleaning of weapons
2. Practical exercises



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FOURTH HOUR U S Rifle, cal 30, M-1

References: ROTC Manual, Indiv Wpns, PP 408-417,  
418-421.

Content

1. General characteristics
2. Operations
3. Disassembly and assembly

FIFTH HOUR U S Rifle, cal 30, M-1

References: ROTC Manual, Indiv Wpns, Pp 408-417

Content

1. Practical exercises in disassembly and assembly

SIXTH HOUR U S Rifle, (carbine), M-2

References: ROTC Manual, PP 433-443

Content

1. General characteristics
2. Operations
3. Disassembly and assembly

SEVENTH HOUR U S Carbine, cal 30, M-2

References: ROTC Manual PP 433-439

Content

1. Practical exercises in assembly and disassembly

EIGHTH HOUR Browning Automatic Rifle

References: ROTC Manual, PP 447-456

Content

1. General characteristics
  2. Operation
  3. Disassembly and assembly
- Note: Do not disassemble the trigger housing

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NINTH HOUR Browning automatic Gun

References: ROTC Manual PP 447-451

Content

1. Practical exercises in disassembly and assembly

TENTH HOUR U S Pistol, cal 45, M-1911A1

References: ROTC Manual, PP 451-466

Content

1. General Characteristics
2. Operation
3. Dissassembly and assembly

ELEVENTH HOUR U S Pistol, cal 45, M-1911A1

References: ROTC Manual, PP 461-466

Content

- Range firing

THIRTEENTH HOUR U S Machine Guns, M-1919A6, M1917

References: FM 23-55, Par 26-34, PP 5-18

Content

1. Genral characteristics
2. Operation
3. Employment

FOURTEENTH HOUR Rocket Launchers

References: ROTC Manual, P 478-483

Content

1. General characteristics
2. Operations
3. Employment
4. The principal of the shaped charge

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FORTY EIGHT HOUR Hand and Rifle Grenades

References: ROTC Manual, PP 466-477

Content

1. General Characteristics
2. Operation
3. Employment

FIFTEEN

References: All of the above

Exam

INSTRUCTOR \_\_\_\_\_

DATE \_\_\_\_\_

COURSE Wpn Trg

HOUR \_\_\_\_\_

LESSON M-1

AREA \_\_\_\_\_

CLASS \_\_\_\_\_

TRAINING AIDS

REFERENCES \_\_\_\_\_

REMARKS

OBJECTIVES Teach the student general characteristics of wpn and assembly and disassembly

Outline	Time	Remarks
<p>I INTRODUCTION</p> <p>Currently this is the best military rifle in the hands of troops. It is very rugged and capable of delivering a high rate of fire. The weapon as issued is very accurate for a military arm. It is now to replace by a weapon of similar design but one that is some what lighter and shorter.</p>	1 min	
<p>II General characteristics.</p> <p>Wt 9.5 lbs</p> <p>8 Rnd clip Show to the class. Pass around.</p> <p>Gas Operated Explain what this means P 2 and 6 of M-1 chart</p> <p>Air cooled</p> <p>Range 3450 yrs M-2 Cartridge.</p>	5 Min	Use M-1 Chart Use M-1 hand Out
<p>III LOADING</p> <p>Demonstrate Loading with a dummy clip</p>	2 Min	Wpn and Dummy clip
<p>IV ASSEMBLY AND DISASSEMBLY</p> <p>Disassembly</p> <ol style="list-style-type: none"> <li>a. Three main groups. Pull Trigger Guard Down and out. Lift up receiver.</li> <li>b. Lay receiver barrel down. Pull back and up on the follower rod and spring</li> <li>c. Drift out follower arm pin.</li> <li>d. Lift out Bullet guide, Follower arm, Operating arm catch, and follower</li> <li>e. Pull operating arm to rear up and out.</li> <li>f. Pull bolt toward the front up and out.</li> <li>g. Un screw Gas Cylinder lock &amp; screw.</li> </ol>	35 Min	Issue Wpns.

Outline

Time

Remarks

k. Do not remove the Gas Cylinder.

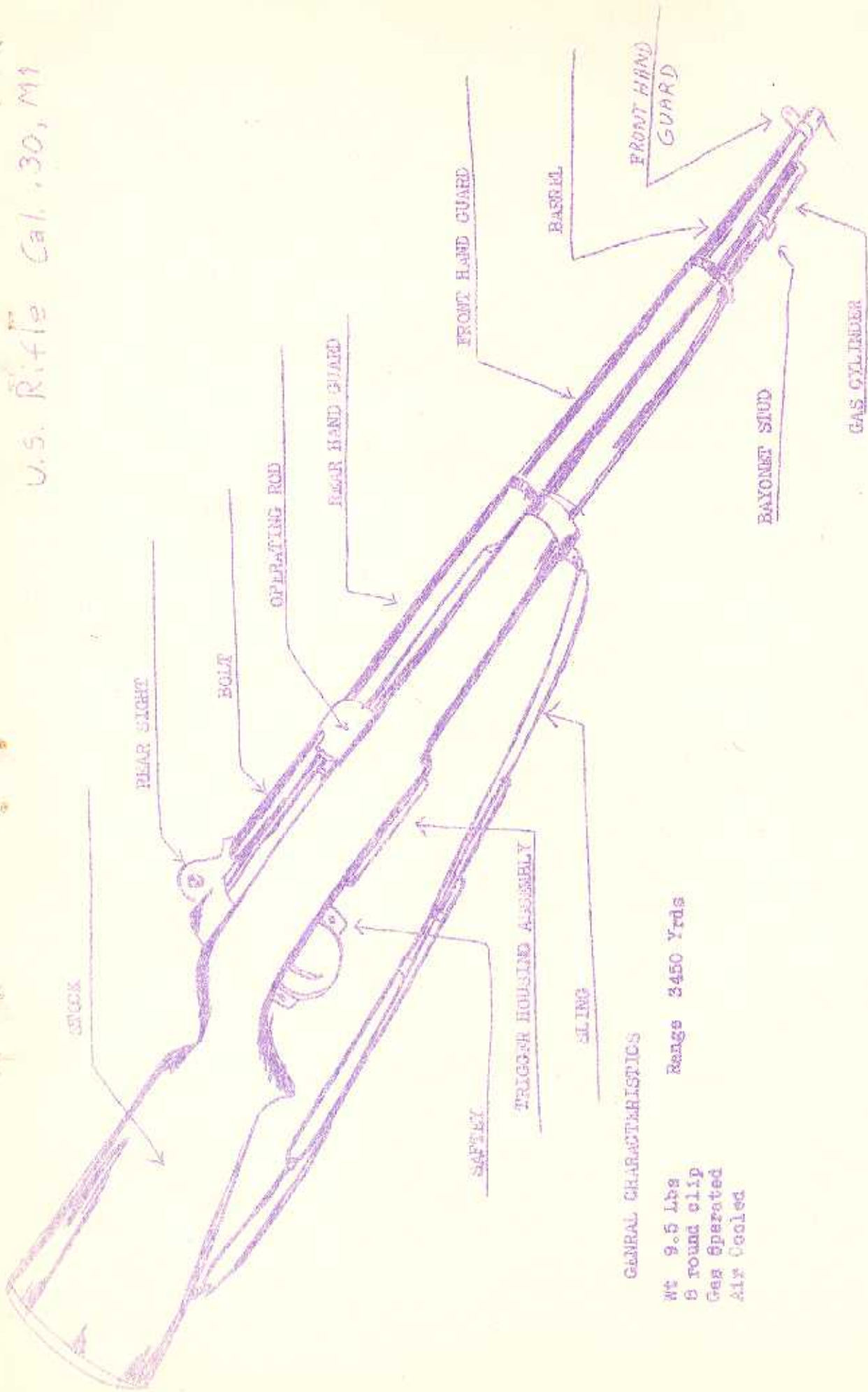
## ASSEMBLY

- a. Replace Gas Cylinder Lock Screw
- b. Replace Bolt. Hold by lug insert down to the rear at a 30 degree angle.
- c. Insert operating rod into cylinder 1/4 inch. Rotate the hump of the rod up and engage the operating lug of the bolt. Run forward to the locked position. NO BIND.
- d. Insert follower moving part to ward the bolt
- e. Replace bullet guide.
- f. Insert operating catch assembly making sure that its arm engages the lug of the clip release. Replace follower arm.
- g. Insert operating catch pin
- h. Insert follower rod and operating spring. Engage the follower rod and the follower arm making sure that the hump in the rod is down.
- i. Work action for a test.
- j. Replace the three main groups.

Repeat the process until each man has completed assembly and disassembly of the wpa.

V Review Review all points that caused trouble in the practical exercises.

U.S. Rifle Cal. 30, M1



GENERAL CHARACTERISTICS

Wt 9.5 lbs  
8 round clip  
Gas Operated  
Air Cooled  
Range 3450 Yrds

Subjects for which there are no instructor's guide

#### DRILL

The scheduling of drill must be flexible. This is to allow for the differences between units. However drill must be scheduled at least two weeks in advance to make sure that instructors are fully prepared. Drill to must be progressive. Also if the unit's size permits the basics must be separated from the more advanced men. If this is not done the advance men will very bored with elementary drill.

#### MASS GAMES

Games may either be scheduled in a block or be scattered through the year. I favor block scheduling with the block falling in the "dead" period following the state inspection to the end of the year. The state inspection is the climax of the cadet year. All training points to it. Such a block scheduling allows the unit to complete all training prior to the inspection. Also the period after the state inspection is a period of reduced unit effectiveness and the game provide a good tapering off activity. Also this allows the un-hurried turn in of all government property.

#### UNSCHEDULED TIME

This is largely slack time. This allows the unit to compensate for time lost in registration, assemblies, and reduced days. Unless slack is left in the program the desired training will never be accomplished.