

My Life
in the
SERVICE



★ MY LIFE
IN THE
SERVICE

THE DIARY OF

JAMES E. LA FRENIER

1218 BROWN ST. SAGINAW, MICHIGAN



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Your experiences in the armed forces of your country are your part of living history. By all means **KEEP A DIARY!** Times without number, historians and writers have found more information of real human interest in the diaries of enlisted men than in the studied accounts of generals and admirals. This book, conscientiously kept, may prove to be the living record of your destiny five hundred years from now!

By keeping a diary, you provide a record that can be referred to in after years for verification should any question arise. Although the Army, Navy, and Marines keep official records of all the men in the armed forces, there are many ways in which their records can be lost or destroyed in time of war. Your personal record may supply vital information that is available at no other source.

It is particularly essential to record any disability or hospital treatment received, whether on duty or on leave. This should be a detailed account—giving dates, names of Medical Officers and Examining Physicians—with complete facts concerning hospitalization.

Because the events recorded in these pages are likely to be the most significant of your life, and the ones most worthy of remembrance, **DON'T TRUST THEM TO MEMORY.**

Keep a written record. You will be glad you did so—countless times—when you have need to recall incidents, places, dates, and close companions. In many cases diaries have been turned to profit for their authors: newspapers and magazines have published them—with permission from the War or Navy Department—to give their readers a true, firsthand picture of service life.

Especially planned for convenience, this book has designated pages for every pertinent entry—names, addresses, dates, places, people, autographs, and photographs. By all means **PHOTOGRAPHS!** One picture is said to be worth a thousand words . . . get as many pictures as you can, of people and places, for an illustrated diary is the best of all!

And if for any reason it becomes inadvisable for you to keep your diary with you, if your duties are such that the book should not be in your possession, **DON'T STOP MAKING ENTRIES!** Send your diary home or to a friend for safekeeping. Then while you are away, send your entries home in letters—regularly. Keep your diary up to date by proxy.

Remember, the value of this record lies in the future; the time to create that value is now. Resolve to make an entry, however short, **EVERY SINGLE DAY!** Make this book a treasure trove of rich memories.



IDENTIFICATION

Name JAMES E. LA FRENIER

Rank PLC/Sgt./S/SGT./ Serial Number 16175853

Unit _____

Stationed at LOWRY FIELD, DENVER, COLORADO

Religion _____

Date of Birth DEC. 15, 1923 Weight 145

Color WHITE Color of Hair BLACK

Height 5'9" Color of Eyes BROWN

Birthmarks or Other Distinguishing Features _____

NEAREST RELATIVE OR FRIEND

Name MRS. E. LAFRENIER

Address 1218 BROWN ST.

City SAGINAW State MICHIGAN

MY PHOTOGRAPH, taken _____ Where _____ When _____

MOUNT
PHOTO
HERE



★ SERVICE RECORD ★
TRANSFERS AND CHANGES IN RANK



ST. PETERSBURG, FLORIDA
7 WEEKS PVT

LOWRY FIELD, COLORADO
10 WEEKS PFC.

ARMY AIR BASE 2nd AAF
SALT LAKE CITY, UTAH
11 DAYS PFC.

AERIAL GUNNERS School
WENDOVER FIELD, UTAH
The asshole of the 48
Graduated Sgt.

Poyote, Texas
Another hell hole

Dyersburg, Tenn.
One of the best
camps I've ever been
to.

Topeka, Kansas
A swell camp, but
we weren't there
long enough.

Camp Kilmer N.G.
Not a bad place, but
our stay was short.

Meadly Heath, England
A First class dump.
It was an old tile factory

Dec. 25, 1943

477 Bomb Sq. 303 Bomb Group
Our final camp (3 hops)
wasn't a swell place
Our group has one of
the best records for
combat missions of any
outfit over here. Have
been here now about
2 1/2 months.

Feb. 3,

Promoted to Staff
Sgt. as of today.

★ PHYSICAL RECORD

ON ENTERING THE SERVICE

Date DEC. 8 1942 Weight 195
 Chest—Normal _____ Expanded _____ Waist _____

Date MAY 21, 1943 Date _____
 Weight 153 Weight _____
 Chest—Nor. _____ Exp. _____ Chest—Nor. _____ Exp. _____
 Waist _____ Waist _____

Date _____ Date _____
 Weight _____ Weight _____
 Chest—Nor. _____ Exp. _____ Chest—Nor. _____ Exp. _____
 Waist _____ Waist _____

Date _____ Date _____
 Weight _____ Weight _____
 Chest—Nor. _____ Exp. _____ Chest—Nor. _____ Exp. _____
 Waist _____ Waist _____

Date _____ Date _____
 Weight _____ Weight _____
 Chest—Nor. _____ Exp. _____ Chest—Nor. _____ Exp. _____
 Waist _____ Waist _____

Date _____ Date _____
 Weight _____ Weight _____
 Chest—Nor. _____ Exp. _____ Chest—Nor. _____ Exp. _____
 Waist _____ Waist _____



CITATIONS, AWARDS AND DECORATIONS

Date _____ MARCH 7, 1944
 Weight _____
 Chest—Nor. _____ Exp. _____ AWARDED THE AIR
 Waist _____ MEDAL

Date _____ JUNE 10, 1944
 Weight _____
 Chest—Nor. _____ Exp. _____ AWARDED 3 OAK
 Waist _____ LEAF CLUSTERS

Date _____ JUNE 14, 1944
 Weight _____
 Chest—Nor. _____ Exp. _____ AWARDED THE
 Waist _____ DFC.

Date _____
 Weight _____
 Chest—Nor. _____ Exp. _____
 Waist _____

Date _____
 Weight _____
 Chest—Nor. _____ Exp. _____
 Waist _____



MY BUDDIES

IN THE SERVICE

- ★ Name and Nickname • Where I Met Him • What I Liked and Disliked About Him • What We Did • Home Address • Picture

★ MY BUDDIES ★



P.F.C. Robert C. Johnson
2063-86th Ave
Oakland California
Lowry Field, Denver, Colorado. A hell of a
nice guy.

Pvt. Frank Kotyck
6614 Ginger Dearborn, Mich.
St. Petersburg Florida. A timid, bashful
guy, but a good egg.

Sgt. Mungie S. Casiro L.F. Colorado
A swell guy, full of hell. Went out on
a good drunk together here.

Sgt. Edward F. Szymanski
60 So. 3rd St. Brooklyn N.Y.
A nice fellow. Invited him to come and see
me after the war. Hope we're able to keep the date.



★ ★ MY BUDDIES IN THE SERVICE



Pod. Frank Sgalinski St. Peter
1408 James St. Essexville, Mich.
A swell guy. Our likes are about the same.
Likes to drink also.

Pod. Robert Seman St. Peter
20016 Stoeppal Detroit, Mich.
Not a bad guy, but has his bad points.

Pod. Alfred L. Lempher St. Peter & L.F.
12363 Greenlawn Detroit, Mich.
A piece of a fellow. Full of hell. Got a
girlfriend in Midland.

Cecil H. Lemp Doland, S. Dakota
Loury Field Colorado + AG. school Wend-
over Field Utah.

PFC. Robert C. Leding
55 South 17th St.
Kansas City, Kansas

George W. Lee
1126 Valley St.
Carthage, Mo.
One of the swellest guys
I've met.

Frank L. Bidenthour
Summit Circle
Concord, N. Car.

Steve C. Propst Jr
Jackson Missouri
RFD 2 Box 76



★ ★ MY BUDDIES IN THE SERVICE



Arthur Perlstein
1475 Grand Concourse
Bronx New York
apt I-43

Sgt. James J. Pitas
192 Bank Street
Fond du Lac, Wisconsin

W. R. Parse
910 E 25th St
Kansas City Mo.

Sgt Norman J. Maul
93 Delaware St.
Tonawanda
N.Y.

Sgt. Robert E. Lauf
15 Lawest Ave. - FU-2347
Dayton, Ohio.

Sgt. Ruben R. Miller
Hankinson, No. Dak.

Ray T. Haisler Jr.
Sunflower Plantation
Margherum, Alabama
Good Luck Hummer - "Bama"

LEO COHEN
775 E. 175th STREET
BRONX, NEW YORK CITY
PHONE - TREMONT 2-4524



★ ★ MY BUDDIES IN THE SERVICE



Al Notarmuzi
820 8-14TH AVENUE
Brooklyn - New York

Jack J. Price
R.F.D. #2
Navarre, Ohio

Lowrey A. Weed, Jr.
46 E. Market Street
Long Beach, Cal. - N.Y.
[Long Beach 2949]

THE FOLLOWING PAGES CONTAIN THE DIARY OF MY LIFE IN THE SERVICE

This simple record of my daily experiences and thoughts has given me pleasure in the writing of it. If for any reason it leaves my possession, I would like to have it forwarded to:

Name MR + MRS. E. LAFRENIER

Address 1218 BROWN ST.

City SAGINAW State MICHIGAN



Left Lowry Field, Denver, Colo
April 18 and arrived at the Army
Air Base, Salt Lake City, Utah
on April 19, 1943. The camp and
system is rotten, but the food is
pretty damn good.

April 20

I passed my Aerial Gunners
test today and tomorrow I take
the low pressure chamber. We
got my fingers crossed. I flunked out at
8000

Sunday May 9. Went to Aerial Gunners school
Wendover field, Utah

We've been here 10 days. I like the camp
even if it is rugged. Effed to start
school next Mon. Also effed to wash
up. The schools tougher than hell.
Went mountain climbing
today with Al Wright

All actual heroes are essential men,
And all men possible heroes.

—E. B. Browning



Sun May 16

Am waiting for a personal inspection. It's snowing a little out + its colder then hell in the barracks. Been here 17 days and am still waiting to start school. We expect to get paid this coming Tuesday.

May 21

Al + I start tomorrow morning as armorer here at the German school. Don't know how its going to work out with the school. Got paid tonite. Five three cents left. Still haven't started school.

May 27

Got a 2 day pass today and Al + I are heading for Cty. Mexico.

May 30

Arrived in camp at 11:30 AM. yesterday. We were 2 1/2 hours late on our pass. Got out of it O.K.

June 1st

I finally started school today

June 9.

So far school hasn't been bad.

June 11.

Take my final in Ballistics today. I have to make 70 or better or else.

July 11.

Well, I graduated Fri mite July 9. At the present I'm a sergeant (Sucks). We're suppose to go to the 19th at Pysote Texas, Tuesday. It might be just a rumor. It sounds like a good deal.

"My Combat Tour of the European
Theater of Operations"

1.
DEC. 11 EMDEN GER.

On this day we made our first raid. Boy! was I scared. I never realized what flak was like, but I sure know now. When it starts bursting around you, you really get that helpless feeling. According to the older crews, it was a milk run, but I'll never forget it. He didn't even see a German plane

2.
DEC. 13 BREMEN GER.

Our second mission took us over the much raided port of Bremen. It also was a milk run. No fighters and very light and inaccurate flak. I'm sort of getting over that scared feeling now.



Righteousness exalteth a nation.
—Proverbs XIV: 34

3.
DEC. 30. LUDWIGSHAVEN GER.

This was our longest raid. We were on oxygen for $4\frac{1}{2}$ hours. Saw 6 yellow nose FW190's. I got a few shots at them. Had the worst flak we've ever had over the target. Didn't even get a scratch on the plane. I think I saw two pursuits shot down. Don't know whether they were ours or not. The mission took 8 hours.

1944

4.

JAN. 21 BOIS COQUEREL FRANCE

This was our first real milk run. We were in the air $3\frac{1}{2}$ hrs. No flak or fighters. We made two runs on the target and then we think we missed it. The altitude was 12,000 ft. Temp. -15°

Proclaim liberty throughout all the land unto all the
inhabitants thereof.—Inscription on the Liberty Bell

5.

FEB. 3 WILHELMSHAVEN GER.

Another milkrun. Little flak and no fighters. We had a perfect escort. We bombed from 28,000 ft with a temperature of -44° . Boy! it was really cold. The clouds were up to about 26,000 ft. We had heavy con-trails. This being our 5th mission, we are getting the Air Medal.

6.

FEB. 11 FRANK FORT GER.

A long raid and very tiresome. Out oxygen about 4 hours. I think we might have hit the target. We had fairly heavy flak but it was damned accurate. We picked up our first flak holes in 6 missions. Temperature was -43° . We think we saw some ME. 109's.

Just draw on your grit; it's so easy to quit—
It's the keeping your chin up that's hard.—Robert W. Service

7.

FEB. 20 BERNBURG GER.

This was an eight hour mission. Encountered bad flak on the coast of France. We bombed from 16,000 ft. The flak over the target wasn't too bad. We saw about 20 enemy fighters. No passes made at us. One straggling B-17 caught hell from 3 fighters. It didn't go down tho. Picked up one small flak hole in the wing. Missed the target as usual. Temp. -25° .

8.

FEB. 21 DIEPHOLZ GER.

What a beating this town took. I could see very large fires burning as we left it. I guess the railroad yards took the worst of it. Didn't see any fighters and very little flak. We were four hours on oxygen. Temp. -35° .

The less there is of fear, the less there is of danger.—Livy

9.

FEB 24 SCHWEINFURT GER.

This makes the fifth raid this month for us. We shot only 1 German fighter and he knocked down a 17 from our high sqd. It was a ME 110. I didn't get any shots at him. It was a very clear day over Europe.

Germany is still covered with snow. We bombed from 23,000 ft. Temp was -35. We were in enemy territory for about 3 1/2 hours. Picked up one small flak bomb. The flak over the target wasn't too hot. Fairly heavy and inaccurate.

Establish the eternal truth that acquiescence under insult is not the way to escape war.—Thomas Jefferson

10.

FEB 25 AUGSBURG GER.

We made our longest raid on this target. The trip took about 9 1/2 hours. We were on oxygen about 5 1/2 hours. Saw about 50 German fighters. Shot about 200 rounds. Bombed from 23,000 ft. Temp -35°. It was a very clear day over Germany and the target. I think we hit the target. The bombardier had to release our bombs with a screw driver. One of them made a direct hit on a farmer's house and another directly on a road. I saw about 6 forts go down and two enemy fighters. One 24 went down right behind us. 3 fighters hit him twice before his no. 2 engine caught fire and the crew bailed out. A piece of flak hit my parachute. A nice souvenir.



Confidence begets confidence.—Proverb

11.
MARCH 2 FRANKFURT GER.

This is the first target we've hit twice. We saw alot of flak but none was near us. We saw about 6 enemy fighters, but no attacks on us. Our fighter support was very good. We bombed from 25,500 ft. and the temp was -45°. I thought that I froze both of my feet today, but it was a false alarm. Saw 3 bursts of red flak today. I don't think we hit the target. Lt. Henderson finished his 25th mission today. Boy! was he happy.

Almost everything that is great has been done by youth.
—Disraeli

12.
MARCH 22 BERLIN GER.

I finally got another raid in. We didn't see any fighters, but really caught hell from flak. At one time we had about 15 min. of solid flak. It was heavy and accurate. We only got one hole in the ship. Our target was a railroad station in the center of the city. We think we hit it. We bombed from 26,000 ft. The temp. was -44°.

When we assumed the soldier, we did not lay aside the citizen.—George Washington

13.
MARCH 26 ST. POL FRANCE.

Boy! did we catch hell from flak today. I got two big pieces of flak holes in the tail. I got hit in the rear with another piece, but no damage done. Saw our navigator go down in another ship. I think they all got out O.K. We hit the target, I guess. We bombed from 21,400 ft. It wasn't very cold. No enemy fighters. The flak was very heavy, but was it accurate! I got another piece of flak for a souvenir.



When duty whispers low, Thou must,
The youth replies, I can.—Emerson

14.
MARCH 28 DIJON FRANCE

This was our first milk run in a long time. It was the clearest day I've ever seen over Europe. We blasted the hell out of the target. We bombed from 18,000 ft. Temp. was -25° . We saw no flak or fighters. Our fighter support was fair. I could see smoke from the target for at least 150 miles. We were in enemy territory about 3 hours. On oxygen for 5 hours.

Independence now and Independence forever!

—Daniel Webster

15.

APRIL 9 MARIENBURG GER.

This mission was 12 hours. Actual flying time was 11 hrs 45 min. We bombed from 15,000 ft. We had no escort from Denmark to the target and back to Denmark. We saw ~~two~~ ^{three} fighters and caught our only flak over ~~the~~ Denmark. Temp. was 15° below. We hit the target pretty damn ~~at~~ good. My legs got so stiff and sore that I could hardly move them.

Even God lends a hand to honest boldness.—Menander

16.

APRIL 10 BRUSSELS BEL.

This was another milk run. We were up about 4 hours. Saw no fighters and caught a little flak, which was just accurate. The bombing was done from 21,000 ft. with pretty good results. We made two runs on the target. Saw quite a few fires on the air field, which were probably planes. We were on oxygen for about 3 hours.

Let it be your pride to show all men everywhere not only what good soldiers you are, but also what good men you are.—Woodrow Wilson

17.
APRIL 11 SORAU GER.

This mission was about 11 hours. The weather was pretty bad over the target. We hit a flak area and they knocked the hell out of another group. Saw one Jap go down into a river and 8 chutes come out. One chute opened, then burst up. He had it. Saw another Jap go down on fire. We bombed from 13,000 ft. thru a heavy haze. That town was really plastered. Didn't see any enemy fighters and caught a little flak, which was pretty accurate. Temp. was -15° below. One P-51 came in to the group head on and the fellows ~~opened~~ opened up on him. He went away smoking. 4-47's tried the same stunt, but burned away just in time. This is the 3rd straight raid in as many ~~days~~ days. Is my tail dragging.

A mysterious bond of brotherhood makes all men one.
—Carlyle

18.
APRIL 13 SCHWEINFURT GER.

What a mission this was. It was the roughest I've seen yet. About $\frac{1}{2}$ hr. away from the target, the fighters hid us. They made about 3 passes at our group, getting one plane. Then they hit our high group and when they finished, they had 7 or 8 B-17's to their credit. I saw about 5 explode before anyone got out. About 10 all told got out of the remaining planes. I didn't even notice the flak over the target which was heavy & fairly accurate. After the target, we had the heaviest escorts I've ever seen. There were fighters all over the sky. I saw one dog fight, in which over 100 fighters were engaged. We bombed from 18,000 ft. and in ~~about~~ about 5 hrs. The mission was about 8 hrs long. Bombing was fair. The fighters were Fw. 190's and ME 109's. Temp. -30°

Fear not.—Gen. XLII: 23



19.

APRIL 18 ORANIENBURG GER

Our second trip to the vicinity of Berlin and a real milkrun. Our group encountered no flak or fighters. Our target was 20 miles from the ~~B~~ big "B." I could see the city of Berlin fairly clear. I think we hit the target. I saw two forts go down, but that's getting to be an old story. The mission was $7\frac{1}{2}$ hours long and we were on oxygen 5 hours. Temp. -32°

Millions for defense but not a cent for tribute.
—Robert G. Harper

20.

APRIL 20 SOTTEVAST FRANCE

We went back to France again. Our target was some construction works. We missed the target. We bombed from 21,000 ft. and the temp was -15° . We were on oxygen about 3 hours. No fighters, but we had some flak. It was light and accurate. I got another piece for my collection. I took some pictures on this mission.

Safeguard the health both of body and soul.—Cleobulus

21.

APRIL 24 LANDSBERG GER.

This was about an 8½ hours mission. We saw about a 100 enemy fighters, but didn't see many forts go down. The target was pretty well hit. The temp was -25° and we were on oxygen for about 6 hours. Our escort was pretty good. The flak was very light and fairly accurate. I saw Paris for the first time today. I also saw the Eiffel (?) tower real plain. I took some pictures on this trip.



Valor is the soldier's adornment.—Livy

22.

APRIL 25 METZ FRANCE

What a mixed up mess this was. The groups in our wing were flying thru each other all the way over and back. Then the lead navigator gets lost. We arrived back at the base one hour late and almost out of gas. Three crews landed on the coast, because they were out of gas. Even with all of this we just about blew the target off the map. We bombed from 21,000 ft with the temp. -25°. We were on oxygen for about 4 hours. We encountered very little flak and it was inaccurate. No enemy fighters were seen. We had a very good escort.

Worth, courage, honor, these indeed
Your sustenance and birthright are.—E. C. Stedman

23.
APRIL 27 TOUL FRANCE
This airfield was really hit. The results were supposed to be excellent. We were on oxygen about 4 hours and the mission was about 6 hours. All flash was observed and no fighters. I saw one fighter taking along the runway on an airfield. It was a pretty big plane. I saw 3 forts go down. Six shuttles came out of the first two, which exploded. The third one went down burning, but I think the pilot put the flames out. I didn't see it crash. We bombed from 18,000 ft. and the temp was -35°. We had a beautiful escort.

Where liberty dwells there is my country.

—Benjamin Franklin

24.
APRIL 30 LYON FRANCE
We met about 50 fighters going into the target and the same gang coming out. They only got one fort and everyone got out of it. Our bombing was with fair results. We bombed from 20,000 ft. The temp. was -30°. We were on oxygen about 5 hours. It was about an 8 hour mission. We saw no flash. Our escort was pretty good.

It is better to lose a battery than a battle.

—General Zachary Taylor

25.

MAY 19 BERLIN GER.

We went to the big B again. The mission was about 9 hours long. Bombing altitude was 25,000 ft. and a -40° below. We had moderate, but very accurate flak over the target. No other flak and no fighters. One B-17 was hit by flak over the target. He was out of the high spd. One of the engines, nacell and all was knocked out of the wing. The plane went into a dive & exploded. I guess 5 got out O.K. I picked up another piece of flak in the tail.

He went forth conquering and to conquer.—Rev. VI: 2

26.

MAY 30 HALBERSTADT GER.

Our target as usual, was an airfield. Our group missed the target. It was 7 hours long. Temp. was -25° below. We were on oxygen 6 hours. We had flak only once and it was below us. We saw about 30 fighters, but no attacks on our outfit. I saw two B-17's go down. Eleven chutes came out of the two. We had a very good escort. Our only damage was a cal. 50 hole in the wing. We bombed from 23,000 ft.

Fight the good fight of faith.

—I Tim. VI: 12



27.
JUNE 2 PARIS FRANCE

I finally put in another milk run. Our target was a marshaling yard about 20 miles from Paris. Our group didn't get any flak and no enemy fighters were seen. We bombed from 20,000 ft and I believe we missed the target. The target temp. was -23° and we were on oxygen for two hours. We had a beautiful escort. I saw 6 chutes going down, but didn't see any plane in trouble.

The greater the difficulty, the greater the glory.—Cicero

28.
JUNE 4 LE TOUQUET FRANCE

It was another milk run. We hit our target, I think. It was on the coast. We were in France 13 min. Our only flak was five bursts and they were way out of range. No fighters. We bombed from 23,000 ft and it was -25° . We were on oxygen for 3 hrs.

Do your duty in all things. You cannot do more. You should never wish to do less.—Robert E. Lee

29.

JUNE 5 CHERBOURG FRANCE

Our target was about 20 mi. from Cherbourg itself. We made three runs on the target, then I think we missed it. We had no flak, which is surprising for that area. We bombed from 25,000 ft. and the temp was -36° . We were on oxygen for 4 hours. No enemy fighters were seen.



We have room for but one loyalty, loyalty to the United States.

—Theodore Roosevelt

-30-

JUNE 7 CONDE FRANCE

This is suppose to be the end of my operations. Our target was a highway junction. I think we missed it. It was 10/10 cloud cover. We bombed from 22,000 ft. and the temp. was -29° . We were on oxygen for about $3\frac{1}{2}$ hours. We saw no flak or fighters. I saw about 20 of our fighters. All I saw of the invasion was boats going back and fourth across the channel.

The cause of freedom is the cause of God.—W. L. Bowles

731

CHERBOURG FRANCE

Our target was a railroad bridge at the base of the Cherbourg pen. We saw no flak or fighters. The only part of the invasion I could see, were the landing craft. It seemed like the water was full of them. We bombed from 21,000 ft. and the temp was -27° . We made two runs on the target and then missed it. One of the other groups hit it tho. This mission finished up my tour. We led Kimbolton, which is one of the other groups in our wing.

The roll of honor consists of the names of men who have squared their conduct by ideals of duty.—Woodrow Wilson

Our country! in her intercourse with foreign nations may she always be in the right; but our country, right or wrong!—Decatur

PLACES I HAVE BEEN



DATE, DESCRIPTION, AND MY IMPRESSIONS OF
PLACES I WANT TO REMEMBER HAVING VISITED

Sunday April 9 Mrs. Bug took Sam
C., two other fellows, Elaine, and myself
up in the Rocky Mountains, Denver, to her
cabin. Climbed two mountains and went horse-
back riding. Had a hell of a good time.

Army Air Base, Salt Lake City, Utah
Arrived on April 14, 1943, left April
29, 1943.

Wendover Field, Utah. Arrived
on April 30, 1943. Really a rugged
camp.

PLACES I HAVE BEEN



May 27-29, Elko, Nevada.
Boy! what a town. I'm really going to
miss those nice, big steaks. Had a
hell of a good time with ~~fast~~
Janet, a little red head 9' 1/2" like
to see her again. The town is full of
gambling. The bitch-hiked over. I
? stayed at the hotel Nevada.

New Castle, England

Don't know much about the town.
Visited the town at night and the town
being blacked out. I didn't get to see the
place.

Northampton, England.

A nice place considering it's
English. Spent one half day there on
my birthday. It's a typical English
City.

PLACES I HAVE BEEN



London, England.

We visited London on our first two day pass. From what I saw of the place it isn't too bad. We didn't get to see any of the historical spots because our time went to fast and so did our money. These Englishmen sure like to skin us. The people over here are so damn ignorant, it's pitiful. You can insult a girl right to her face and she thinks it's a compliment.

PLACES I HAVE BEEN



FIRST AID

The first aid measures here described are not intended to replace the aid and advice of a physician. They are suggested procedures to be used in emergencies. Accidents are acute emergencies; they require prompt, cool action in order to avoid catastrophe. The discussion that follows outlines several procedures which should prove beneficial until a doctor arrives.

In any accident, the most important considerations, in the order named are: (1) the control of excessive bleeding by stopping the rapid escape of blood from injured vessels; (2) the immediate institution of artificial respiration if breathing has ceased; (3) the combating of shock. The symptoms of shock are (1) pallor; (2) cold sweat; (3) dilated pupils; (4) weak and rapid pulse; (5) subnormal temperature; and (6) general weakness (tendency toward fainting). Effort should be made to reassure the patient concerning his condition. If possible, a badly injured person should not be moved, and injured parts of the body should not be handled unnecessarily. Normal body heat should be maintained by blankets and hot water bottles.

Artificial Respiration—This is employed whenever normal breathing has ceased. Cessation of breathing may be due to electric shock, suffocation from poisonous gases, or drowning (caused by water filling the upper air passages). The best known and most practical method is the Schaeffer Prone-Pressure method, which consists of the alternate application of pressure to force air out of the lungs and release of pressure to draw air into the lungs. Before applying this treatment, false teeth, chewing gum, or any foreign substance should be removed from the mouth. The patient should be placed face down with his head turned to one side and resting on his hand. The tongue should be drawn forward and to one side of the mouth. If there is water in the air passages, the patient should be lifted with hands placed under his abdomen, so that whatever water is present may drain out. But this should all be done very quickly, as seconds may mean the life of the patient. It is impor-

tant to keep the jaws open. The operator should kneel astride the patient's knees, place the palms of the hands upon the back of the lower chest region, and gradually but firmly exert pressure forward and downward; then remove the hands quickly. The pressing and releasing should be rhythmic, about 12 times a minute, giving 5 seconds for the double movement of compression and sudden relaxation. Artificial respiration should be continued for as much as 6 hours or more if the patient does not resume normal breathing sooner.

Burns and Scalds—As there is no essential difference between burns and scalds, the treatment of them is the same. The fundamental principle in the treatment of burns is the prevention of infection. Burned tissues are devitalized and are more apt to become infected than normal tissue. Infection constitutes a threat to life and even if overcome, results in unsightly scars and crippling deformities. Cleanliness, therefore, is the simplest and most effective measure in the treatment of burns. Burned surfaces should be washed with soap and water and should be covered with a dry sterile bandage. Severe burns cause shock, the treatment of which is the most important first aid measure in such conditions.

In treating burns caused by strong acids or alkalis the caustic agent should first be removed by gently washing with water. Baking soda may then be employed for neutralizing a burn of either type.

Cuts—These are dangerous for two chief reasons: (1) They cause a loss of blood, which might be very serious; or (2) they may introduce infection into the blood stream. Virulent and deadly germs, present in the air and on the skin, need only the tiniest opening imaginable to penetrate the skin and cause a severe illness and even death. In treating small cuts where bleeding is not profuse, the most important consideration is the prevention of infection. For this reason bleeding should be allowed, so that any germs that have entered the opening may be carried away by the flow of blood. After the wound has bled for a short while, it should be thoroughly cleansed with soap and water. Small cuts usually stop bleeding of themselves.

In the treatment of large cuts, however, the most important consideration is the prevention of the loss of blood. Direct pressure upon the bleeding point is the most valuable single measure in the control of bleeding. Pressure should be applied continuously until the bleeding has stopped and a clot of blood formed. Elevation of the wounded

part will also help, because in this way the blood pressure in the part is reduced and clotting is facilitated. Tourniquets have been much advertised and much abused. The commonest errors are in too loose an application, which still permits bleeding, and in too tight or too long an application, which injures tissues and deprives them of their vital blood supply. Their use should be limited to those accidents which involve the severance of large arteries. In that case anything like a belt, cord, rope, or piece of clothing may be twisted above the bleeding point and tightened up until the bleeding stops. It is always advisable to release the tourniquet at least every fifteen minutes in order to flush the parts below it with blood, and thus help to prevent a complication like gangrene.

After the flow of blood has been stopped, the area around the wound should be cleansed with soap and water, and any foreign matter such as dirt should be removed from the wound. The person administering first aid should make sure that his own hands are rendered clean by thoroughly scrubbing them with soap and water.

Dislocation—When the strain producing a sprain does more than stretch the ligament by tearing it, there is a dislocation of the joint, evidenced by the change in shape, by pain, and by swelling. Hot towels should be applied, the patient placed in a comfortable position, and the doctor summoned.

Sprains are partial or complete tears of supporting ligaments of a joint, due to excessive motion in some direction. It is very difficult even for a physician to differentiate between a severe sprain and a possible fracture; X-ray may be necessary. However, before the doctor arrives, it is advisable to place the joint in the most comfortable position and elevate the injured part as high as possible. A light pressure with a snug but comfortably-fitting bandage may be applied. The bandage should be kept wet with cold applications of water for the first few hours; then with hot water.

Fractures—The first aid that a fracture receives may determine its healing results. There is no need of haste to transport the patient somewhere. The first thing to consider is the treatment of the shock which is present in almost all cases of fractures. The patient must be kept warm; stimulants may be administered. Clean and sterile dressings should be applied to compound fractures (fractures in which bone fragments project through the skin), but no attempt should be made

to reduce or manipulate the fracture in any manner. Most important of all is to splint the injured member with four points of fixation—two above and two below the fracture. After the splint is adjusted, the patient may be moved (in a horizontal position) and any unnecessary jarring should be avoided.

Heat Prostration or Heat Stroke—This occurs in tropics or zones in which there has been a long-continued heat wave. It is brought on by ill health, intemperance, a susceptibility to heat, or because of previous attacks. The attacks start with faintness, dizziness, headache, nausea, and difficulty in walking. The skin becomes pale, cold, and moist; the pulse becomes rapid though weak; breathing is very rapid; and the pupils of the eyes become dilated. The victim should at once be placed in a recumbent position and cold towels applied to his head. If his temperature has dropped below normal he should be kept warm with blankets and hot water bottles applied to his body. Stimulants such as aromatic spirits of ammonia may be used by inhalation. Nothing should be given by mouth until the victim is fully conscious.

Sunstroke—This is brought on by continued exposure to bright sunlight. The first signs of impending sunstroke are dizziness, dry skin, headache, weakness, and rapid breathing. Shortly afterward there is intense thirst, restlessness, flushed face, rapid pulse, throbbing of arteries in face and neck, and twitching of the muscles all over the body. The patient should immediately be taken out of the heat to a cool place, his clothing loosened, and cold compresses applied to the head, neck, and chest. The rest of the body should be continuously fanned and sponged with cold water. The head should be kept high and cooled. A little cold salt water may be administered internally.

Nose Bleed—The causes of nose bleeds are numerous. Most frequently they are caused by blows upon the nose, by scratching the nose to remove dried secretions, by high blood pressure, and by fractures at the base of the skull. Most nose bleeds cease spontaneously; therefore it is best to keep the patient quiet. The upright position of the patient lowers the blood pressure and favors clotting. The patient should be directed to breathe quietly through the mouth, in order not to loosen the clots. The nose should not be blown. Time honored remedies such as placing ice on the back of the neck are of value chiefly in that they keep the patient quiet and in an upright position. Repeated or uncontrollable hemorrhage demands a physician's care.

General Lieut. Gen. Maj. Gen. Gen.



ARMY INSIGNIA



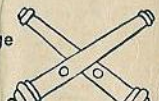
Pilot's Badge



Senior Pilot's Badge



Command Pilot's Badge



Field Artillery



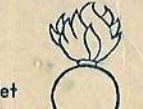
Air Corps and Flying Cadet



Engineers



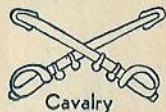
Warrant Officer



Ordnance



Dental Corps



Cavalry



Aide to Brig. Gen.



Veterinary



Coast Artillery



Chemical Warfare



Medical Admin.



Private 1st Class



Corporal



Aviation Observer's Badge



Infantry



Signal Corps



Nurses Corps



Captain



Military Police



General Staff



Sanitary Reserves



Lieut. Col. (silver)



1st Lieut. (silver)



Military Intelligence



Inspector Gen.



Medical Corps



Colonel



Major (gold)



2nd Lieut. (gold)



Quartermaster



Chaplain (Christ.)



Chaplain (Jewish)



Master Sergeant



Regular Sergeant



Staff Sergeant



Technical Sergeant

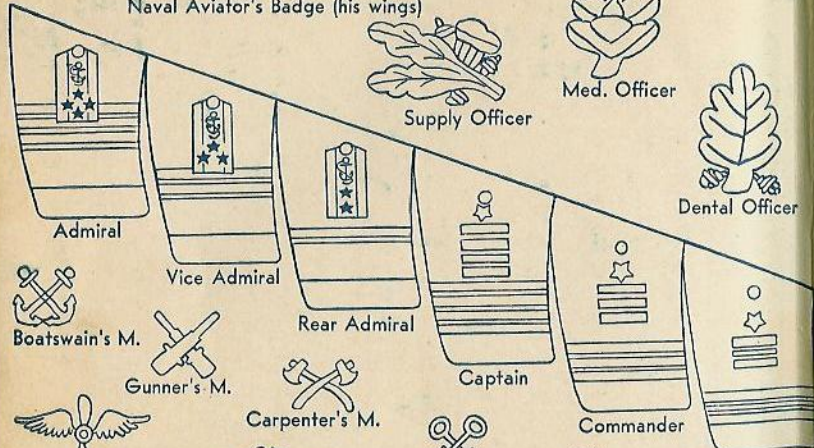


First Sergeant

*** NAVAL INSIGNIA



Naval Aviator's Badge (his wings)



Admiral

Vice Admiral

Rear Admiral

Captain

Commander

Lieut. Commander



Boatswain's M.

Gunner's M.



Carpenter's M.



Storekeeper



Comm. Steward



Cook



Aviation Mach. M.



Aviation Metalsmith



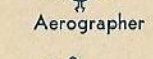
Aviation Ordnanceman



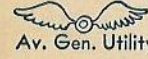
Aerographer



Av. Carpenter's M.



Machinist M.



Av. Gen. Utility



Quartermaster



Turret Capt.



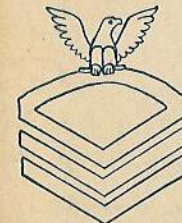
Bugler



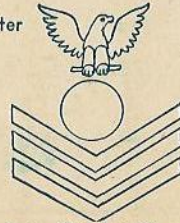
Torpedoman



Fire Controlman



Chief Petty Off.



Petty Off. 1st Class



Petty Off. 2nd Class



Supply Officer



Med. Officer



Dental Officer



Pharmacist



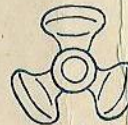
Electrician



Chaplain



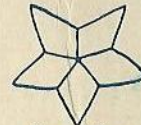
Boatswain



Machinist



Gunner



Line Officer



Radio Electrician



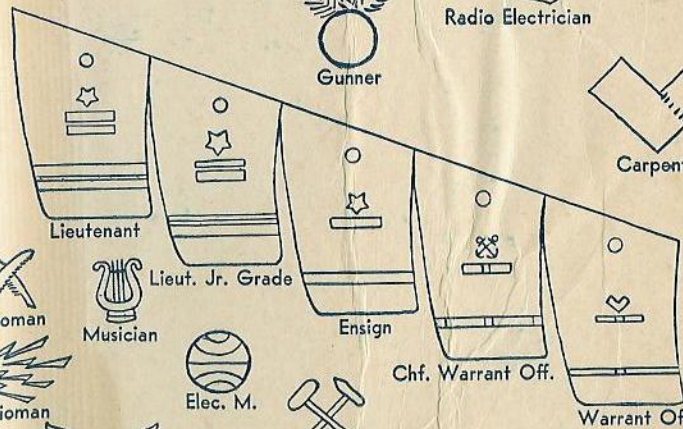
Civil Engineer



Pay Clerk



Carpenter



Lieutenant

Lieut. Jr. Grade

Ensign

Chf. Warrant Off.

Warrant Off.



Yeoman



Musician



Elec. M.



Metalsmith



Radioman



Petty Off. 3rd Class



Signalman



Naval Aviation Observer's Badge



Submarine Officer's Badge