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BEFORE 00.30 B.S.T. (i.e. FOR MORNING PAPERS) ON  
SUNDAY, MARCH 8, 1942. THIS EMBARGO SHOULD BE RESPECTED  
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FOLK DANCES KEEP A.T.S. FIT.

Folk dances of all nations are part of a fitness scheme for A.T.S. in A.A. Command.

The dances include those of Norway, Denmark and Sweden, a slapping dance of the Swiss mountaineers, and a native dance from Cochin-China.

They have been specially chosen to give poise and balance and to develop the control of mind over muscles - important assets in the operation of delicate precision instruments such as predictors, heightfinders and radiolocation units.

Selected girls, from mixed batteries guarding vital points throughout the south of England, have just begun an intensive three weeks' course under Junior Commander Mary Parry, Staff Officer in charge of A.T.S. Physical Training at A.A. Command.

When they pass out, they will return to their gun sites as instructors.

Junior Commander Parry, formerly physical training instructor for Herefordshire County Council, has drawn up a programme which eliminates all gymnasium apparatus.

With a few yards of tape, some bamboo canes and a medicine ball, the instructors-to-be will be able to hold their classes in the NAAFI or in the open.

All the girls now at work under Junior Commander Parry are volunteers, and many of them have already seen action against the enemy.

Typical are Lance-Corporal Jean McQueen and Evelyn Lee.

L/Cpl. McQueen, formerly a telephonist in a Bristol aeroplane factory, is still doing her old job but in new surroundings - the command post of a battery guarding London.

L/Cpl. Lee, who worked in a shop, is now in charge of the predictor team at a West Country Battery. She was on duty when the gun site opened fire on a night-raider, which is thought to have been hit.