

and Army commands followed a consistent program of upgrading both military and civilian workers by providing free off-duty training in typing, communications, and medical skills, or whatever was needed in the local situation. The staff directors of every service command informed Colonel Goodwin that "Training Directors of Service Commands and Technical Services often superimpose additional training requirements over those of MTP 35-2."¹¹⁵ The Air Forces noted the same problem, but the weekly four-hour program of map reading and other courses was already so heavy that it was necessary for Air Forces Headquarters to forbid more practical training.¹¹⁶

Physical Training for Field Units

The most unpopular of the required subjects was the course of muscle-building calisthenics, identical with that used in the training center. From the beginning, training inspectors had noted a certain laxity concerning this requirement. Units in double-decked barracks ordinarily had no indoor room for active exercise, since it was impossible for members to bend, fling arms and legs, or lie on the floor without hitting the beds, coal stoves, or each other. Outdoor training, even if weather permitted it, was hampered by the usual lack of nearby areas large enough and smooth enough for the prescribed exercises. Company commanders had sometimes solved the problem by securing permission to use some large post recreational hall or area, where the company was assembled once a week for an hour of miscellaneous games or exercises, but this system could not be used when the requirement was changed by Military Training Division to 15 minutes a day instead of 1¼ hours a week. Commanders soon protested that it was

impossible to secure a suitable area and assemble the company five times a week. The time consumed in donning proper clothing and marching back and forth to the area was often nearer to an hour a day than to 15 minutes.¹¹⁷

WAC staff directors of Air, Ground, and Service Forces, after a conference, therefore appealed to Military Training Division to remit the daily requirement because of "the administrative difficulty involved in scheduling and operation."¹¹⁸ However, ASF's physical training experts refused, saying, "There was no evidence that the training as required was not expedient from the point of view of the purpose of physical training."¹¹⁹ This, being translated, meant that 15 minutes of daily exercise was considered important enough to merit further efforts to overcome administrative difficulties. Unfortunately, the eventual solution arrived at by most WAC companies was, before dressing for reveille, to spend 15 minutes in such exercises as could be taken in double-decked bunks without awakening shift workers sleeping in neighboring beds. These, although duly entered on company records, were often invisible to the naked eye of the inspector.

Therefore, to enforce more active exercise, Military Training Division proposed a program not used by men: that WAC field units be required to administer a physical fitness rating test every three months, the rating to consist of scores made on four exercises requiring considerable strength, which were currently taught at training centers. These four were known,

¹¹⁵ (1) Min, Stf Dirs Conf, Feb 45, Ft Des Moines. (2) Memo, ASF WAC Off for Dir Mil Tng ASF, 23 Feb 45. SPAP 353 WAC (5-17-43).

¹¹⁶ AAF WAC Hist, p. 42 and n. 1.

¹¹⁷ ASF Hist of WAC Tng, p. 330.

¹¹⁸ Min cited n. 115(1).

¹¹⁹ ASF Hist of WAC Tng, p. 339.