

respectively, as the "dip," the "sit-up," the "wing-lift," and the "squat thrust." WAC advocates of these exercises pointed out that these four taken together would develop muscular strength in every part of the body, which random sports and recreation would never do. Skeptics, on the other hand, noted that the exercises were quite similar to exercises for men, and questioned whether women's efficiency in any capacity would be improved by giving them broad shoulders, narrow hips, and muscular arms and legs, which the exercises undeniably aimed for.

To make the required score of *Good*, a woman was expected to perform all four exercises in succession with a speed dependent on her age. For a woman of 50, from 3 to 8 full dips first had to be made without pause, with the body supported on hands and toes and lowered by bending the elbows until the chin touched the floor and then returned to position. Second, from 28 to 48 sit-ups had to be performed, also without pause, with the body brought from a lying to a sitting position without the use of the hands. Third was the wing-lift, in which the body was face down with the hands clasped behind the neck, and the upper part of the body then raised until the breast left the floor; a woman of 50 was required to do from 69 to 85 of these lifts in one minute. Last was the squat thrust, in which the subject squatted, thrust the legs out behind until the body was straight and rested on hands and toes, returned to a squat, and then to a straight-knee stand; a woman of 50 was required to do from 15 to 18 such thrusts in 30 seconds. For a younger woman, the required scores on all four tests were considerably higher.<sup>120</sup>

Colonel Hobby immediately objected to this test when it was proposed. She informed Military Training Division:

This office is not in agreement with the principles of the proposed Training Circular "WAC Physical Fitness Rating." This disagreement is not based on any expert knowledge of physical training, but on the opinion that, from the point of view of the welfare of the enlisted women, such a system is not appropriate or suitable for women in the field.

The basic mission of the Women's Army Corps is to accomplish given military jobs. Physical training in the field should be held to the minimum necessary for a woman to keep fit to perform her assigned duties, most of which are not strenuous.<sup>121</sup>

Colonel Hobby privately remarked to her staff, "Are they trying to make Amazons of our women?"<sup>122</sup>

In spite of this opposition, ASF training authorities refused to make the physical fitness rating less strenuous. Captain Niles of The Surgeon General's Office, the physical training expert who had devised the exercises, wrote, "It is essential that the organic vigor of WAC personnel in the field be improved." The medical consultant, Major Craighill, likewise favored the exercises as a means of offsetting sedentary work. Finally Major Smith secured Colonel Hobby's approval on the grounds that the test merely provided the field a convenient way of measuring exercises already taught in training centers and illustrated in the WAC Physical Training Manual, and would not be competitive.<sup>123</sup>

Upon publication, however, the directive stated that the test was not optional but "will be administered once every 3

<sup>120</sup> WD Tng Cir 62, 16 Jun 44 and 10 Oct 44.

<sup>121</sup> Memo, Dir WAC for Dir Mil Tng ASF, 13 Apr 44. WDWAC 353.

<sup>122</sup> According to Maj Mattie E. Treadwell, Asst Chief, WAC Br G-1.

<sup>123</sup> (1) Memo, SGO Tng Div for MTD ASF, 9 May 44. WDWAC 353. (2) Memo, SGO Consultant for Women's Health and Welfare for Dir WAC, 18 Apr 44. WDWAC 353. (3) Memos, Dep Dir WAC for Dir WAC, 20 May 44, and for MTD ASF, 22 May 44. WDWAC 353.