

# Alumni Bulletin

Vol. VI.

Indianapolis, Indiana, March, 1923.

No. 2

## THE 1923 SUMMER SESSION.

An unusually early spring day, sunny and warm, was March 2nd, in Indianapolis. It was one of those days that spread the hiking fever among the students. A fine day to begin thinking of the coming summer and the vacation time. Soon we'll all make our plans for the summer, and there's where we wish to put in a word about our next summer session.

The beauty of our camp has repeatedly been told in previous issues of the Alumni Bulletin; the colleagues who have been there have substantiated every word of praise that could be said about beautiful Elkhart Lake and the camp site. It should not be necessary to say much on this subject beyond calling attention again to the fact that in Elkhart Lake one finds a wonderful climate; a fine, clear lake; a well-equipped summer camp particularly suited for the activities to be carried on during a summer session of a normal school of physical education, and the good, interesting and profitable company of the most wide-awake colleagues, men and women. You know all of this, and now you want information about this summer's program.

As usual, the course will last five weeks, beginning July 2nd, and ending August 4th. The program is interesting and varied, including a number of subjects not given heretofore. Among these may be mentioned clog dancing and natural dancing, to be given by Miss Alice Frymir, a graduate of Columbia University, and at present teaching in the Battle Creek Normal School of Phy-

sical Education; the course in clog dancing will be for men and women while the natural dancing course will be arranged for women only.

Then there will be a course in coaching football and basketball. We are glad to announce that "Pat" Page will give the football course. His long experience at Chicago University, and his success achieved at Butler College, make attendance of his course especially desirable. If you don't know him personally, boys, ask one of the graduates of the past three years about "Pat" Page. The name of the coach having charge of the basketball course cannot yet be announced, but we may say that he will be of equal standing as Mr. Page.

For women a course in basketball coaching will also be given by Miss Frymir.

Mr. Stecher will, as usual, be present with his interesting, thought-provoking lectures and his helpful advice. He will give a two-semester hour course in Organization and Administration of Physical Education, a one-hour course in Playgrounds, and a two-semester-hour course in Philosophy of Physical Education.

Courses in Applied Anatomy and Medical Gymnastics, and probably First Aid, will be selected from those of the Department of Anatomy, Physiology and Hygiene.

An innovation will be the daily lesson as arranged for all grades and ages, both sexes. Otto Eckl, director of the Concordia Gymnastic Society of St. Louis, the winner of society competition at the 1921 meet of the A. G. U., will give these lessons.

Such is the 1923 summer program. Don't you agree that the Normal College is offering most interesting and profitable work? Now consider that you may combine all of this with a pleasant vacation, with living in the open during the best part of the summer; consider also that at Elkhart Lake you have the most enjoyable bathing, swimming, canoeing, rowing, hiking, fishing—wouldn't that attract you?

We hope that you will be able to attend the summer session this year. Discuss it with your friends and colleagues, and mention it to public school teachers under your supervision who may wish to take such summer work. Remember, also, that soon you will be required to get your Bachelor degree if you want to rise in your profession; here is offered the opportunity to get additional credit.

The Normal College has provided a beautiful, well-located, up-to-date summer camp, and it provides for an interesting and profitable summer course—all this at considerable expense. It is up to the graduates to assist their alma mater by attending these summer sessions and by trying to interest others in them.

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### CAN A PHYSICAL EDUCATOR OF SOUR DISPOSITION BE SUCCESSFUL?

One of the older colleagues, working in one of the high schools of a large city, for many years active in Turnvereine, and a member of a local organization devoted to furthering sociability among the teachers of physical education, writes to the Alumni treasurer as follows:

"Friend Curt! I thought I had sent you a note a few years ago telling you that I could not see why I should pay to the Alumni Association. I have

so many things to which I have to pay without any other connection with it, just pay and that's all, that I have resolved to quit paying any longer."

To the Alumni who may be a little shocked after reading this epistle, we will say with justifiable pride, that this is the first letter of the kind ever received by the Alumni Association since its inception. Of course, not all graduates of the Normal School and Normal College wish to be members of the Association; however, the greater majority of those active in the profession, and many of those who have gone into other fields, are sufficiently interested in our organization to give one dollar a year for the purpose of keeping the Association alive and for publishing the Alumni Bulletin. Such ties between people having the same aims, are not only desirable but absolutely necessary if the cause for which we are working is to be advanced. The attitude taken by the colleague referred to, must needs lead to isolation of the individual and the breakdown of all organization. Fortunately, there are but few physical educators of such sour and misanthropic disposition, for no one holding such views can be successful in our profession.

We have taken the space to relate this little incident primarily for the information of the readers, but also for the purpose of telling our pessimistic friend that it would behoove him to change his ways and to contribute, not only to the Alumni Association, but to many other organizations whose object is the advancement of knowledge and sociability, and that it might be profitable for him not only to pay his dues but also have "other connection" with such organizations.

## PERSONALS.

Charley Smidl '18 has joined the rank of papas; a boy arrived January 2.

Gladys Seiler '20, living in Cincinnati, has changed her name to Mrs. Kamplain.

The stork brought a baby boy to Lu Belzer Ondr '14.

Esther Wieland, '21, is studying at the Illinois University.

Helen C. Schmitz '17 was married to August Pritzlaff '17, July 22nd. They are now living in Chicago.

Phoebe J. Bentley '19 was married September 9th to U. Fleming, of Shelbyville, Ind.

Hazel Orr '10 is in the west with her mother because of the latter's poor health.

Have you heard that "Reo" Olson '20 is a candidate for a position on the Chicago police force?

Charlene Sargent and Ross Lyons, both of '21, were married December 23. They are "at home" in Bryan, Ohio.

Ray George Schiferle, who attended for one year (1917-18) and is employed in the Buffalo schools, was married December 26, to Miss Gertrude Darmstadter.

Elsie Wolf '21, became, on December 24, Mrs. Irving Greenspahn. The benedict is a practicing physician in Chicago.

On Christmas eve, Carl H. Spitzer '22, was married to Miss Laura Jones. "Spitz" is still instructor in the San Francisco Turnverein.

Buffalo chapter of Phi Epsilon Kappa gave an informal masquerade dance followed by supper on February 3. Normal College folks were there in full force and formed quite a little colony.

Adolph Picker '10 has attached the D. C. to his other titles and has gone into Chiropractics for good having opened the largest office of the kind in Baltimore.

Aleen Seiter '21 was married November 7th to Armin E. Heyman, at Huron,

S. D. At home after December 15th, at 1001½ South Minnesota street, New Ulm, Minnesota.

The marriage of Louise Debus '16 and Wm. Reichelt '17 occurred way back in April of last year, and their classmates will undoubtedly know of it; however, the culmination of another Normal College romance shall be duly recorded here.

March 11 will be a gala day for the Cincinnati Turngemeinde and Dr. Gustav Eckstein '86, who has been instructor there for many, many years. On that date the Turngemeinde, the oldest Turnverein in the country, will celebrate its 75th anniversary with an exhibition at the music hall and banquet for members.

From a supervisor of physical education in a city of the middle west who engaged one of the '22 graduates last fall: "Miss —, whom I secured from the Normal College, proves to be a very valuable girl, efficient, enthusiastic, sympathetic and helpful. I certainly appreciate her and hope that she will stay. Miss — is also making good at the high school; she is well liked by pupils and faculty."

Mr. George Wittich has recently resigned his position as director of physical education in the Public Schools of Milwaukee, Wis., to retire from active teaching. Mr. Wittich has been actively engaged as a teacher and director of physical education for forty years. He graduated from the Normal School of the American Gymnastic Union (then situated at Milwaukee) in 1882. His first position was in Dayton, Ohio, with the Turngemeinde and the Y. M. C. A. In 1886 he went to St. Louis as teacher in the South St. Louis Turnverein and later in the public schools. From there he went to Milwaukee in 1902 as director of the Normal school from which he graduated twenty years before. In 1907 he resigned from this position to assume the directorship in the public schools of

Milwaukee. During these years Mr. Wittich has taught in summer schools in Milwaukee, in Yale University, in Madison, Wis., and in Salt Lake City.

"Japan is so different from what I had expected and I am really enjoying it. The people are most keen and eager to learn and physical training is fast becoming one of the big things here. The schools of physical training of which there are four, follow the Swedish system. I had been here only two months when I was invited to teach aesthetic and folk dancing in the men's physical training school. Ninety men in the class and not one able to speak English! With the aid of a Japanese girl as interpreter I gave the course and the men were so satisfied that they want another. Three other schools invited me to lecture on athletics and other activities in the United States. I want to start a preliminary course for girls to become physical training teachers; until now all physical directors were men." From a letter of Nellie Mershon '17, Director of Physical Education, Y. W. C. A., Tokyo, Japan.

"Our new gymnasium will be finished by June 1st. It will be a wonderful building. In the basement there will be the swimming pool, the cafeteria, bowling alleys, shooting galleries, dressing rooms, etc. The main floor will contain a large hall, two lounging rooms, etc., with two stairways leading to the gymnasium. The latter is on the second floor, occupying almost the entire floor, with rooms for the instructors' offices, therapeutics, etc. The foundation is strong enough to permit the adding of other floors. We limited the membership to 2,000. I am quite busy now, having charge of all the ladies' and girls' classes and the boys up to 16 years; besides I have three classes in classic and interpretive dancing, and every Saturday morning a Kindergarten class of tots from 3 to 5 years. Sometimes I also take charge of the business men's class;

they seem to enjoy my work and I like to teach this class. All classes are large, too large for the old gymnasium; we are eagerly looking forward to getting into the new building." From a letter of Therese Prinz '22, director of physical education in the Altoona (Pa.) gymnasium.

#### PHI EPSILON KAPPA FRATERNITY.

Since the last publication of the Alumni Bulletin, things have been buzzing around the Fraternity House. On Sunday, February 25th, a dance and card-party was held at the house. As our guest of honor, we had Capt. Scully, of the American Red Cross. Capt. Scully is well-known as a life-saver throughout the United States, and we were indeed glad to have him with us.

We are pleased to be able to introduce Messrs. Leo Doering and Albert Helms as future members of our organization. Both men have been formally pledged and will shortly be initiated into the Fraternity.

During the past two weeks, we have been adding to our furniture in the house. We have purchased a davenport, two rockers and a library table. The new pieces are finished in oak, and harmonize well with the other furniture. Now we will be able to entertain large crowds without the necessity of some standing and others sitting on the arms of chairs as has been necessary in the past.

In the near future, new officers will be elected, and it is with a pang of regret that we Senior men will turn over the affairs of the fraternity to our successors. Though, at the same time, we will feel that our business has passed on into capable and worthy hands.

Our new members have proven their worth and we are proud to call them Brothers.

OLIN STORCH, Secretary.  
Alpha Chapter.

## LOST COMRADES

The Normal College and the Alumni Association do not want to lose track of any of our colleagues. We are therefore appealing to the members to send in the addresses of the lost comrades whose present addresses are unknown to us. Letters as well as the Alumni Bulletin sent to the addresses given below, have been returned by the post office because the addressees could not be found.

Backhusen, Dr. Richard, 2905 Gravois avenue, St. Louis, Mo.

Barbour, Mrs. Bentley L. (Gertrude Krug), 2035 Creston avenue, New York City.

Carstens, Agatha, Grafton, Wis.

Dedert, Mrs. Agatha (Cooke), 3114 Central avenue, Indianapolis, Ind.

Eichenlaub, Elmer, 82 W. Summit avenue, St. Paul, Minn.

Feldman, Karl, 2489 E. 89th St., Cleveland, Ohio.

Hartje, Marie, 161 Fisk street, St. Paul, Minn.

Howell, Maude, 3525 Kimbark avenue, Chicago, Ill.

Joerschke, Karl, 2411 Alcott street, Denver, Colo.

Kelly, Mrs. Wm. A. (Marjorie Reynolds), Emporia, Kans.

Noonan, Catherine, 1622 Adams street, Chicago, Ill.

Quast, Louise, 2614 East 34th street, Kansas City, Mo.

Schmidhofer, Elsa, 4050 N. Hermitage avenue, Chicago, Ill.

Schmidhofer, Ernst, 4050 N. Hermitage avenue, Chicago, Ill.

Schmidhofer, Dr. Max, 1755 Belle Plaine avenue, Chicago, Ill.

Stoesser, Fred, 13th & Monroe streets, St. Louis, Mo.

Strohmer, Richard, 318 Columbus avenue, Detroit, Mich.

Wedow, H., 160 Timon street, Buffalo, N. Y.

Whipple, Clarence, University of Michigan, Ann Arbor, Mich.

Wuesthoff, Ernst, 574 Montclair avenue, Detroit, Mich.

Anderson, Arthur, Cincinnati, O.

Beckmann, H. B., Milwaukee, Wis.

Belitz, Dr. A., Milwaukee, Wis.

Bissing, Theo., Los Angeles, Calif.

Hodge, Edwin.

Knapp, C. S., Chicago, Ill.

Nicolai, Wm., Philadelphia, Pa.

O'Donnell, Cornelius, Cincinnati, O.

Schliep, Ernst T.

Shapinsky, Theo., Chicago University.

Volze, Erwin.

Wagner, Carl.

Bornheim, Caroline, (Mrs. S. S. Judd), Chicago, Ill.

Case, Dorothy (Mrs. Sidney Galloway).

Cook, Mabel C., (Mrs. Lonergan).

Denny, Susan.

Douglas, Lula.

Dunlap, Helen (Mrs. Roe).

Granger, Mary (Mrs. Roberts).

Heilbrunn, Cecelia (Mrs. Albert Krass), Chicago, Ill.

Homan, Helen E. (Mrs. Applegate).

Krueger, Alma.

Mitchell, Katheryn, Houston, Texas.

Schneider, Louise.

Thomas, Florence.

Trumble, Anna (Mrs. Patterson).

## SATURDAY NIGHT.

Pat was helping the gardener, and observing a shallow stone basin containing water, he inquired what it was for.

"That," said the gardener, "is a bird bath."

"Don't be foolin' me," grinned Pat. "What is it?"

"A bird bath, I tell you. Why do you doubt it?"

"Because I don't believe there's a bird alive that can tell Saturday night from any other."



### THE THANKSGIVING HOMECOMING.

Celebration of the "Homecoming" of the Normal College Alumni during the Thanksgiving holidays surpassed any in the history of the school. One good proof of this lies in the fact that there were so many visitors at the dormitory that these could not be accommodated in the dining room. From Wednesday, November 29th, until Sunday, December 2nd, the vicinity of New Jersey street and Massachusetts avenue was the scene of a constant hubbub because of the comings and goings of loyal, interested alumni. Moreover, these visitors were kept constantly amused and entertained by a series of events, planned and enacted through the combined efforts of school authorities and students.

As usual, the dormitory and annex held its open house celebration on Thanksgiving day. Music, dancing and a constant chatter indicating the welcoming of alumni making their first appearance, kept these habitations alive with excitement.

On Friday morning an interesting program presented by the Junior and Senior classes occupied the entire forenoon. This was followed by an alumni-student girls' basketball game which ended in a tie; score played off and reverted the honor of victory to the students by a mere two points. The contestants were as follows:

Alumni: "Billy" Schweitzer, Mary Schudel, Genevieve Semon, Dorothy Gordon, Mildred Pence, Georgia Veatch and Esther Howe.

Students: Dorothy Troutman, Sophia Nason, Annabel Weinsheimer, Mary Frank, Laura Rosengarth, Alice Swettenham.

Immediately after the game, the alumni luncheon took place in the Aethnaeum. A system for arousing the interest and response of alumni was suggested, by which the expense of equipping Camp Brosius will be somewhat re-

lieved. Representatives of various localities volunteered their services to secure the support of alumni in their respective districts.

Following the closing of the luncheon with songs, the gathering removed to the large lecture room where Mr. Ziegler, Mr. Stecher, and Mr. Rath made short talks and left the inspiration in each one present to determine to achieve more in his chosen profession.

At 2:30 o'clock, the students "fell in" and exhibited their "knowledge of material" and "teaching ability" before prying eyes of the alumni, to say nothing of the more critical ones of Mr. Stecher and Dr. Ziegler. Then an alumni-student men's basketball game took place which resulted in an overwhelming victory for the students.

At 8:15 a clever program was presented by the Student Alliance followed by dancing until 12:00 o'clock. And speaking of a **busy day**, it took more than the average 2,500 calories to replace the energy expended to keep up with the program of that day.

The hike planned for Saturday was discarded in preference to a program of individual choice and fraternity affairs. Phi Delta Pi Alumni entertained the active chapter with a theatre party at the Murat. On Sunday morning, Delta Psi Kappa active chapter and pledges gave a breakfast and original program to honor their visiting alumni.

These activities closed the formal entertainment, but they did not mark the end of the enjoyment. Just to be in the active, lively energetic atmosphere of 415 E. Michigan street, was, indeed, invigorating. The students and faculty proved such hospitable hosts that every minute of our visit was truly enjoyable and this was the consensus of opinion of the large number of alumni that responded to the call of its alma mater to its "homecoming". The efforts of all those who made the visit such a memorably

pleasant one are surely and greatly appreciated. The alumni who were privileged to accept this hospitality are as follows:

Mrs. Albert Metzger, Louise Metzger Norris, Inez Lemon, Billy Schweitzer, Genevieve Semon, Corinne Guenther Hofmeister, Mildred Bushnell, Mildred Pence, Francis Points, Dorothy Stoops, Lillian Beckman, Hazel Schuenemann, Ermal Thorpe, Anita Hartung, Dorothy Gordon, Anne Hausknecht, Vera Ulbricht, Jeanne O'Connell, Esther Howe, Helen Humphrey, Viola Schneberger, Ruth Olson, Grace McLeish, Josephine Woolling, Mildred Clark, Laura Mead, Mabel Loehr, Louise Nagel, Mary Schudel, Lois Riley, Orol Bridgeford, Harry Pierson, William Streit, Dr. Rud. Hofmeister, George Christopher, Evelyn Cornell, Julietta Gally Ernsting, Martha Rice, Gertrude Kern, Gladys Seiler, Olive Roberts.

Georgia E. Veatch '22.

### ST. LOUIS RECREATION PROGRAM.

That the physical and recreational welfare of an urban people depends largely on community efforts to supply an outlet for pent up energies is coming to be an axiom and in late years municipal governments recognizing this fact have established playgrounds, swimming pools, golf courses, tennis courts, and community centers for its citizens.

So important does St. Louis consider the recreation of its residents that it maintains a division of parks and recreation within its department of public welfare for the planning of athletic contests and the maintenance of playgrounds, parks, and community centers. Approximately \$200,000 was spent during the fiscal year ending April 1, 1921, for maintenance of such activities and over four million persons participated.

Baseball, the most popular game, has grown in attendance from 400,000 in 1914-15 to one million participating in

1921, and was maintained at a cost to the department of \$6,962.88, being a per capita cost of \$0.0069. Soccer attendance increased from 190,000 in 1914-15 to 600,000 in 1921 with a maintenance cost of \$2,034.20, per capita cost of \$0.0034; golf was participated in during the year by 164,036, at a cost to the department of \$18,719.09 or a per capita cost of \$0.114; tennis with 218,710 participants cost the department \$12,299.05 or \$0.056 per participant.

The four public baths and four swimming pools had an attendance during the season of 898,106, the total maintenance cost being \$92,418.48.

Besides these major sports, the Municipal Athletic Association conducted contests in swimming, track, field sports, basketball, field hockey, amateur boxing, rowing, bicycling and horseshoe pitching. The thirty-two playgrounds served 1,812,707 children during the year at a cost of \$67,151.16. The thirteen Community Centers were attended by 270,685 at a total maintenance of \$16,665.73. The automobile tourist camp from July 15 to November 10 accommodated 1,336 tourists. Shower baths and good toilet facilities were erected for their comfort and double camp stoves built.

The city also co-operated with the St. Louis Chapter of the American Red Cross in maintaining a camp for anemic children recommended by various charitable organizations.

A step forward in food sanitation was the passing of an ordinance placing the operation of refreshment stands in parks under this division. Cleaner stands and better food resulted from this change, the revenue reverting to the municipality.

If those men who have an ambition to burn money could only take their money with them when they die, their ambition would be fully satisfied.

# ALUMNI BULLETIN

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ALUMNI BULLETIN

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## BACHELOR OF PHYSICAL EDUCATION.

An important change in the by-laws of the Normal College has been sanctioned by the Board of Trustees: Elimination of the title "Graduate in Gymnastics" and the substitution, for the former degrees of "Bachelor of Science in Gymnastics" and "Master of Science in Gymnastics," of the degrees "Bachelor of Physical Education" and "Master of Physical Education", respectively. The degrees will be abbreviated "B. P. E." and "M. P. E." The two-year course will be continued, but graduates of this course will receive a diploma.

These changes are in accordance with the changes going on in our profession. In the first place, the term "gymnastics" has changed its meaning in recent years. It is now generally associated with apparatus work. At one time it stood as a translation of the German word "Turnen"; the system called by this German word embraces, however, many more activities than "gymnastics" although "Turnen" in Germany no longer means a complete system of physical education as the German physical educators now speak of "Turnen, Spiel and Sport" when wishing to indicate the complete activities indulged in by Turnvereine and public schools. In America, physical education includes all branches of the work: gymnastics, games, athletics, etc. It is

therefore only proper to speak of our graduates as physical educators. The degree given the graduates should indicate clearly what it stands for. The Y. M. C. A. training schools have adopted the same term some years ago. Our graduates holding degrees will shortly receive notice how to proceed in order to have their diplomas changed.

The elimination of the title "Graduate in Gymnastics" is also in accordance with modern trends in education. Before long physical educators everywhere will be required to secure a degree if looking for employment in grade and high schools. Longer training courses will have to be instituted. The Normal College will for the present, continue the two-year course, but will look forward to extending the work over at least three years so that the Bachelor degree may be acquired after another year's work. Present holders of the title should carefully read the short article on another page regarding post-graduate work leading to the degree.

## BOOKS YOU HAVE WAITED FOR.

"Gymnastic Dancing," by Emil Rath. Second revised edition, \$1.50. This is volume 1 of Rath's set of books on "Theory and Practice of Physical Education." The first edition was sold out some time ago, and Mr. Rath's other duties kept him from revising the book sooner. It is now in print and will be ready by March 15th.

It has been considerably enlarged, containing among other additions, new groups of dance combinations, new suggestions as to procedure and dance steps and combinations performed with reed jumping for grades V to XII inclusive.

"Graded Apparatus Work for Men, Lower Grade," Second revised edition, 50 cents. This little volume is also being reprinted now with few changes, and will be ready about March 15th.



**NON-RESIDENT WORK.**

You, no doubt, realize that the well-trained individual is in great demand, that the better his training the greater is the demand, also that the public is willing to pay liberally for this special training. It is a well known fact that in industry and commerce there is a shortage of "big men", men qualified to fill the positions of greatest responsibility and salary. The same holds good in our profession; the number of men and women prepared to serve as average teachers of physical training is large; those who have prepared themselves to handle the larger problems of physical education are few. The demand for the latter is correspondingly large and the salaries are very attractive and are steadily increasing.

The two-year course you completed at the Normal College gave you a good foundation on which to build. Its courses are accepted at full value by other institutions when applied toward degrees in physical education, and give one much information and education. That is valuable in itself. Have you taken advantage of the opportunities to build upon this foundation, the superstructure of a training of greater breadth and service? Have you enrolled in the courses offered in nearly all universities and colleges and in extension and correspondence courses? If not, you have missed an opportunity to acquire knowledge and training that will lead toward a better position and greater service.

That the Normal College is willing, and is, in fact, anxious to help its graduates in their ambition to attain the Bachelor degree, is shown by the fact that it has recently engaged Mr. G. J. Altmann to advise graduates who wish to work toward this degree, also that it has recently simplified the requirements for the third and fourth year. Following is a summary of these requirements as revised:

The requirements of the Department of Physical Training have not been changed. They are, however, varied in the case of such applicants for the degree, as are engaged in the physical training profession, or are non-resident.

The requirements of the Departments of Anatomy, Physiology and Hygiene and of Letters and General Science have been merged, the requirement for each year being thirty (30) semester hours. This revision is in keeping with the trend of the times, and was made largely because it has become increasingly difficult to secure the work formerly listed under the Department of Anatomy, Physiology and Hygiene, as few medical colleges will now accept special students and most of these courses cannot be had except at medical colleges. Such courses dealing, as they do, with the individual as a physical organizer are highly valuable to the physical educator, however, and should receive considerable attention by students working for the degree.

We would further encourage our two-year graduates to take courses in Child and Adolescent and Educational Psychology, Introduction to Education, History of Education, Educational Administration and in the Teaching of Physiology and Hygiene.

Alumni who complete the work required for this degree will be amply repaid not only in increased salary but also in the satisfaction which goes with increased knowledge, service and influence.

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**WELSH GEOGRAPHY.**

A portly Welsh clergyman was struggling to put on his boots when his wife observed: "My dear, you ought to have a valet."

"Well, my dear," replied the witty reverend, between puffs, "if I had a valley where I now have a mountain, it would certainly be nicer!"

## WHAT ARE YOU DOING FOR CAMP BROSIUS?

Have you read reports lately of donations being given by graduates of various universities and colleges to assist their alma mater in enlarging and beautifying their "educational plants"? Collections of this type are going on all the time, the amounts contributed running into millions of dollars every year. One large university erecting a stadium is pledging each student for \$100. What have our alumni ever done, in a larger measure, to help the Normal College?

After listening for many years to the clamors for a camp suitable for holding summer sessions and for spending a nice vacation, the Board of Trustees of the Normal College acquired Camp Brosius at Elkhart Lake, Wis. There is no more suitable or beautiful place to be found. The purchase price and the cost of improvements necessary to put the camp ground into proper shape, involve an expenditure of over \$30,000. The college called on friends to assist in raising this fund, and many members of the American Gymnastic Union have nobly responded, pledging about \$20,000 payable in five years. Of the Normal College Alumni, only one group has acted: the Cincinnati colleagues have pledged liberally.

We hoped that the alumni would at least assist in beautifying Camp Brosius and in securing such articles of equipment as are not absolutely necessary but will add considerably to the pleasure of the summer students among whom we expect to see every one of the graduates at one time or another. The response has not been as liberal as should be expected. We have informed you before that we bought two war canoes and a Mullin boat at a total cost of over \$360, and that we expect the alumni to stand for this expense. We felt that the members would be glad of an opportunity to show their appreciation in this way. Up

to date, we have received \$233.86. Those who have contributed are: Lenore Suder '08; Gustav J. Kern, Charles Geber, Ernst H. Seibert, W. S. Jacobson, Oscar Schmidt, Gustav Goehring, Carl J. Mettler and Gerhard Havekotte, '09; Wm. Hertel '18; Henry Wurth, Anne Hoesterey Braun, Joanna B. Fritz '19; Dorothy Gordon, Elsie Tegetmeyer, Esther Wieland, Anita Hartung, Hugo Thomas, Wm. G. Gilson, Hugo Fischer, Jr., Arch D. McCartney, Charles Siebert, Carl H. Spitzer, Elsie Wolf, Wm. Streit, Charlene Sargent, Evelyn Cornell Romeiser '21, Mrs. Albert Metzger '90; Kate R. Steichmann '14; Louise Schulmeyer '07; Lilly Gally Rice '16; Emil Rath '98; Lola Pfeifer '17; Dorothy Stoops '19.

Now we are going to appoint one alumni in each city to call on all of the colleagues in his or her vicinity and ask for contributions to this fund. There are over six hundred of us teaching. It should be easy to collect not only \$300, but \$3,000 for this purpose. Do your share! Do not wait for the call, but send your contribution at once to the treasurer, Mrs. Evelyn Romeiser, 3149 Northwestern avenue, Indianapolis. Make up your mind that it should not only be a duty, but a pleasure for you to help in making Camp Brosius the most complete summer camp.

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## MID-WEST CONVENTION.

The tenth annual convention of the Mid-West Society of Physical Educators will take place in Chicago, April 19-21. Undoubtedly the program will be at least as interesting as those of former conventions, and there should be a good attendance from the large surrounding territory.

There are hundreds of Normal College graduates in this territory, and many will attend the convention. Chicago alumni have promised to arrange for at least one gathering of Normal College people during the convention.

## THE TEACHERS' COLLEGE MOVEMENT.

The rapidly growing movement to convert two-year normal schools into four-year teachers' colleges is sound in policy and should be encouraged by all the friends of public education. These are the conclusions reported to the National Council of the National Education Association at its meeting in Chicago, February 27, 1922, by its Committee on Teachers' Colleges. Under the chairmanship of President Charles McKenney, of the Michigan State Normal College, Ypsilanti, the committee included Dr. William C. Bagley, of Teachers' College, Columbia University; President David Felmley, of Normal University, Normal, Illinois; President W. A. Jessup, of the State University of Iowa, Iowa City; President John R. Kirk, of the Missouri State Teachers' College, Kirksville; and President Robert H. Wright, of Teachers' Training School, Greenville, North Carolina.

The two main objectives of the study were:

1. To discover the scope of the teachers' college movement, i. e., to what extent normal schools are advancing in rank to teachers' colleges.
2. To gather data which would reveal the practices and standards obtaining in teachers' colleges and their relations to practices and standards generally accepted in college and university circles.

The committee reached the following conclusions:

1. In the opinion of this committee the teachers' college movement is sound in policy. The normal schools began as secondary schools with a professional purpose. As public education progressed they advanced to the rank of junior colleges and with

the further progress of public education it is perfectly natural that they should develop into professional colleges. This development is in complete harmony with the general advancement of organized education. Moreover, it is a necessity if we are to have a body of trained teachers with a professional attitude toward their work. Especially is it important that we should have teachers' colleges in view of the disposition of teachers in service to continue their education. Thousands of such teachers find the work offered by the teachers' colleges during the summer session their greatest single opportunity for academic and professional advancement.

2. The teachers' college movement is still in the experimental stage. While a few institutions have established themselves firmly in the college field and have received general recognition for their work, probably three-fourths of the so-called teachers' colleges are just advancing to senior college rank. It will take a number of years for them to establish their courses, increase their attendance, and standardize their work on a college basis.

3. The movement should receive encouragement from all friends of public education. Legislatures which have been responsible for the legal enactments which have created these teachers' colleges should back them up financially and make it possible for them to develop a physical plant and the faculties necessary for the work which they have been authorized to undertake.

4. The universities should evince a co-operative spirit toward the teachers' college movement. In the great work of education there is room and glory for all. The universities will

find their resources taxed to the limit to care for those who desire to enter their doors. Any spirit of rivalry or over-zealous competition between the educational institutions of a state should cease. The universities and the teachers' colleges should be colleagues and firm friends in advancing the interests of education within their respective states.

5. The normal schools which advance to the rank of teachers' colleges should take the name college. It is idle to ask what is in a name, for there is much in a name. In public thinking the term "school" is applied to an institution below college rank. The name "college" has an appeal which the name "normal school" does not have, and as soon as a normal school is authorized to take up senior college work it should take the name indicative of its rank.

6. The teachers' colleges should address themselves to the task of standardization. If they are to be colleges in name they should be colleges in fact. This means that for the entrance requirements, student's load, content of courses, academic preparation of faculty, faculty load, number of weeks' teaching a year, et cetera, they should "square" with college standards. Teachers' colleges may never hope to have the respect and recognition of the colleges and universities and the public in general until this task of standardization is achieved.

7. And as aid to this standardization, the committee suggests that a more detailed study be made of the organization and administration of teachers' colleges and of the content of the course of study, such report to be made by the present committees or by some other committee authorized for that particular purpose.

### ALUMNI BRANCHES

A noteworthy incident for our Alumni Association is the effort being made to organize our various graduates in the different cities into alumni branches. The first steps toward this end are being taken in Chicago where a committee composed of representatives of the two sororities and fraternity was formed with the object of getting all the graduates of the Normal College and Normal School into one organization. It is a very commendable aim and we wish it the most cordial success. What city will be next? Surely all larger cities like St. Louis, Cincinnati, Buffalo, etc., where many of the graduates are teaching should possess such alumni branches. Get busy, colleagues!

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### LET'S HAVE YOUR NEW ADDRESS

A colleague writes: "What has become of the Alumni Bulletin? I haven't seen a copy for a year. The bill for Alumni dues always reaches me promptly."

The Bulletin is sent as printed matter. In case the addressee can not be found, the printed matter is usually "lost" in the postoffice.

The bill for Alumni dues is sent as first class matter, with a two-cent stamp. Such mail is forwarded in case the addressee should have moved.

In the case of the colleague whose letter we refer to, as well as in all other cases when the Bulletin is not received, the fault lies entirely with the member. Whenever notified of a change of address, the Normal College office makes the changes on the addressing machine at once. Non-delivery of the Bulletin is due to the fact that Alumni will not promptly inform us of a change of address.

**DELTA PSI KAPPA.**

We are now greatly increased in number for we have nineteen new members, all of which have gone through the usual life of a pledge. Our rush party was held on Saturday, November 11, at the Hotel Lincoln. The following Saturday we pledged twenty girls, all of whom we were very proud to present to our alumni visitors Thanksgiving, and as a chance for all to get acquainted, we enjoyed an early Sunday morning breakfast at the Athenaeum on November 30.

All members and pledges returned the first of the new year ready to overcome whatever might confront them. All pledges having successfully passed the semester examinations, we initiated nineteen of them on the 24th of February, the twentieth one, Nadyne Fager, having had to return to her home on account of illness. Those initiated were: Clara Daus, Vera Carr, Margaret Wright, Leah Braden, Martha Schneider, Clara Ledig, Elizabeth Rath, Viola Winterhoff, Marion Snyder, Mera Dinehart, Evelyn Griffin, Margery Wood, Hattie Hettich, Gretchen Stuart, Gladys Larsen, Mildred Watcher, Irma Hartman, Mildred Strohkarck, and Helen Brode.

We were very proud to have with us for the week end of initiation, Viola Schneberger, Josephine Reilly, Virginia Fessler, and Mary Schudel, but we are also sorry to have lost one of our members, Naomi Herrington, who has withdrawn from school and returned home.

A. S. W.

**PHI DELTA PI.**

On January 20th the humble little "dogs" honored their "hignesses" with a dinner and theatre party at English's. The pouring rain interfered in no way with the gaiety. The novel decorations in the dining room proved the ingenuity of the "doggies". After the dinner the party went to the theatre, there to enjoy "The Music Box Revue". Throughout the en-

tire evening the happy spirit was such as one finds where care is thrown to the winds for a time and not a thing happens to mar the pleasure of the occasion.

Plans for initiation were completed awaiting the semester grade reports. The "dogs" had to wear the family hats and carry their heavy suit cases. They were put through rough initiation Friday night. Silence was observed Friday and Saturday. On Saturday, February 24th, formal initiation ceremonies were held at the home of Miss Helen Haight, Zeta. Following the ceremonies a dinner was served. We were pleased to have several of our alumni with us for the occasion.

Miss Esther Hoebner, who was compelled to leave school last year because of ill health, has returned to complete the course.

**IT'S PYORRHEA.**

Have you corns upon your toes?

It's pyorrhea.

Have you freckles on your nose?

It's pyorrhea.

When you hurry do you wheeze?

Are you shaky at the knees?

Are you getting hard to please?

It's pyorrhea.

Have you specks before your eyes?

It's pyorrhea.

Has your head increased in size?

It's pyorrhea.

Are you restless when at home?

Are you bald upon the dome?

Did you ever write a poem?

It's pyorrhea.

Is your liver out of whack?

It's pyorrhea.

Have you pimples on your back?

It's pyorrhea.

Are you itchy anywhere?

Have you dandruff in your hair?

Have you any cash to spare?

It's pyorrhea.



### CORRECTION OF POSTURAL AND FOOT DEFECTS.

Posture and foot conditions exert an important influence on health. They are responsible for many ills, for fatigue, for slovenly personal appearance, for inefficiency. The Detroit Public Schools, realizing the dangers of faulty posture and weak feet, have made their elimination two objectives of their individual gymnastics plan.

"We put so much stress upon good posture in our schools because it is one of the fundamental health habits," writes Augusta H. English, assistant supervisor health education, department of individual gymnastics, in City Health. "When the body is used rightly or in the normal state of health, there is the least possible strain or friction. In good posture the figure should express strength and poise without rigidity and tenseness. The trunk or body being given its greatest length, there is ample space in the upper part of heart and lungs to function properly and for organs of the abdominal and pelvic regions to do the same. This is impossible if the space in which they lie is constricted. Good posture is a position of readiness and efficiency for action, and besides promoting health gives the impression of vigor, alertness, energy, and dignity. It is graceful and pleasant and usually indicates self-control and self-respect.

"If the question is asked whether a boy or girl is less healthy for being round shouldered the answer is that he may or may not be, but while one boy or girl with round shoulders, which carries with it the lessened use of upper ribs in breathing, may escape serious consequences, another may not. One child may go through life with a mild form of lateral curvature of the spine and not suffer but hundreds consult physicians every year because of this condition. Many an individual wears improper shoes without bad results while

hundreds pay with flat feet and suffering. It is wisdom to avoid these dangers."

The department of individual gymnastics prescribes a regime for the child with postural defects—such as hanging on bars, standing with head back, chest up, lungs filled with air, and other exercises tending to correct his defect. Orthopedic treatment is accorded the pupil with postural or structural scoliosis.

The department aims also to help eliminate cardiac weakness by co-operating closely with the physician and giving exercises to strengthen the heart and to aid in increasing the child's resistance to progress of the disease.

A common defect for which the department has a definite procedure for correcting is weak feet or fallen arches. A foot print is made of those pupils giving evidence of foot weakness at the examination and three months later, after a series of exercises have been taken, another foot print is made to determine progress. Five prints representing a good type of foot and working back to the fallen arch are exhibited and the child is stimulated by comparing his own foot print with this scale.

The work done in individual gymnastics is largely preventive and deals first with the student individually and then as a member of a small group. Physical examinations are given in the first and fourth grades of all sixth-grade schools, and in the third and sixth grades of all eighth-grade schools. In the spring a second examination will be made of all pupils selected for special exercise work.

The department is carrying on work in twenty-five schools including elementary and intermediate, and the plan is to increase the number as the staff of teachers is increased. The class period is thirty minutes and attendance in each class is limited to twenty. The schedule of each teacher includes two schools, one of which is visited three days a

week, the other two days. A small number of teachers give whole time to one school. The department also supervises the exercise work in the schools having open-air rooms and the class at the Russell school for children having organic heart disease.

The co-operation of the children has been of the best. They are interested in directions by which faulty conditions can be improved and are eager to get "points" on the health rating cards. Through this work of reclaiming the young, many will doubtless be saved from serious defect in later life.

### BOOK REVIEWS.

"Basket Ball Technique," by Wm. A. Chandler, Coach of the Iowa State College, and George F. Miller, Director of the Stout Institute, is somewhat unique and different from the usual run of books on coaching. Real knowledge of the game, its technique and how to develop a smooth running team is thoroughly discussed.

The book deals first with the squad, how to weed out the less promising material, and explains their method of choosing players according to size, ability, speed and aggressiveness. The idea of checking up each player and keeping notations during practice gives a coach a good conception of each player's ability.

Passing, one of the most important phases of the game, is dealt with next. Team work depends upon accurate passing and receiving and the importance of this is fully explained. The above pass, single and double pass, shoulder pass, hook pass and bounce pass are thoroughly gone into, and a series of exercises for developing them are given.

Shooting baskets which is the essential thing to win games is next taken up. The loop shot, breast shot and swing or under arm shot are discussed and the merits of each explained. A good de-

scription with line drawings of the various bank shots divided into zones are included in this paragraph. There are practical hints how to develop good basket shooters which will help most coaches.

The authors emphasize the importance of reliable foul shooters and show that many games are lost on account of inefficient foul throwing. Stress is laid upon developing this part of the game and instructions how to go about it are given. A few good counter plays are also illustrated in this chapter.

Many clever blocks and turns are explained so as to improve the defensive work of a team. Unusual out of bounds plays and center tip-off plays are shown.

The various methods of offense and defense are thoroughly worked out and for the novice coach this is real basketball knowledge.

The remaining chapters deal with the conditioning of the players and how to take care of injuries which is not known to most coaches.

This little volume on Basket Ball Technique should prove very beneficial to the average coach and especially in the high schools where basket ball is taught mostly by an academic teacher or the regular physical instructor. The book can be had from Geo. F. Miller, Stout Institute, Menomonie, Wis.

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Dewey is a philosopher as well as a psychologist in his most recent book on "Human Nature and Conduct" (Holt & Co.). He refuses in the first place to concede that our much reviled "human nature" is fundamentally bad and blames the moralists for setting up standards so foreign to our innate mental constitution. He objects that most of our methods have been carried over unchanged from a period when men had no scientific knowledge of physical nature. He has a biting word to say about the pedagogic solemnities by which the freshness of youth

is faded and its vivid curiosities dulled. If independent judgment and inventive imitation were fostered educationally, social growth would be a normal process and progress the product of intelligent guidance instead of a chance by-product of accidental upheavals.

Conduct is 100 per cent of our acts. Progress will not be rightly measured until the criterion of remote objectives are replaced by the methods of a business man who proceeds by comparing today's liabilities and assets with yesterday's and projects plans for tomorrow by a study of movement thus indicated in conjunction with present conditions.

No present achievement can be taken to mean a definite sum of accomplishment which will forever stay done and which by an exact amount lessens the amount still to be done. It is impossible to rest upon attained physical or psychic goals. The true criterion of life is activity, and the value of an activity is on the basis of whether it liberates or suppresses, makes flexible or fixed, amplifies or divides. To foster the attitude or scientific outlook and inquiry is the racial obligation of the present time because it is the more urgent need,—adjustment intelligently attained makes for mental and physical health,—when the integrity of human nature with its environment is recognized, we will be more able to cope with the acute problems of life.

### SAD, BUT TRUE

Mary doesn't rouge her lips,  
Neither does she paint;  
Is she a hit among the men?  
You know damn well she ain't.

Leonard—"My, but that is a beautiful arm you have."

Helen—"Yes, I got that playing basketball."

Leonard—"Do you ever play football?"

### SUMMER SESSION DANCES.

The dances taught during the last summer session were, as usual, given to the students in mimeographed form. Graduates who could not attend the summer session but want the material, may procure it at slightly increased prices. This material includes:

Ballet of the Four Seasons, by Karl H. Heckrich. Outline and full directions. Dances: Spring Song, Maypole, French Gavotte, Harvesters, Harvest Boy and Girl, Lady Butterfly, Ballet of Flowers, Sleighbell Polka, Skaters' Waltz. The entire set, \$4.00. The ballet also includes three Chalif compositions: Summer, Autumn, and Winter, which may be ordered through the Normal College office or directly from Chalif's.

Day Series, by Karl H. Heckrich, including five dances: Morning, Noon, Evening, Night and Ensemble. Balloon Dance, also by Karl H. Heckrich. The price of this set is \$3.00.

Spanish Dance arranged to Moszkowsky's Spanish Dance No. 4. Price, 50 cents.

### Folk Gymnastics, by Emil Ruth.

Besides the above, the following compositions may now be had from the Normal College, in mimeographed form:

1. Tytyl and the Blue Bird	-----	\$0.25
2. Liebesfreud	-----	.25
3. Water Nymph	-----	.25
4. Peach Blossom Ballet	-----	1.50
5. Hungarian Rhapsody	-----	.50
6. Dragon Fly	-----	.25
7. Country Dance and Dance Steps to Popular Music:		
a. Avalon		
b. Margie		
c. Whispering		
d. Alice Blue Gown	-----	.40
8. Ball Room Dancing or Social Dances	-----	.15
9. Interpretive Dance Combinations	-----	.25
10. Port de Bras (Advanced Com- binations)	-----	.40
11. Aesthetic Movements	-----	.25