

# Alumni Bulletin

Vol. IX.

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No. 3

## OUR SUMMER SESSION

Once again Camp Brosius calls the Normal College Alumni to the beautiful shores of Elkhart Lake. Spring is here, and the warm summer days will not lag far behind. It is during these hot months of the year that the climate of Wisconsin is appreciated. All who have been at Camp Brosius before agree that no better place can be found for combining work and play, study and recreation.

The summer session will begin June 28 and end July 31. It will be under the direction of Mr. W. A. Stecher.

Graduates will have the opportunity to make five semester hours' credit toward advanced standing, in Educational Sociology (2 hours) and Administration and Supervision of Physical Education (3 hours). The former course will be given by Mr. Fred Schnell, A. M. The Normal College is particularly pleased to be able to announce that Mr. Stecher will give the course in Administration and Supervision. It will be based on the procedure prevailing in the Philadelphia public schools, and is an entirely new course offering much material never before presented. That it will be thorough and complete and will contain much important information, goes without saying. It will be of particular interest to administrators of physical education and to teachers who plan preparation in that direction.

Other academic courses to be given this year are, Descriptive Anatomy, by Dr. Edwin N. Kime, and Applied Anatomy, by Dr. C. B. Sputh.

The practical work will be in charge of Mr. Otto Eckl, Mr. Paul Krimmel, Miss Clara Ledig, and Mr. August Auerheimer. Mr. Ernst Klafs will have charge of the course in swimming and diving.

Thus the Normal College has again prepared to give all those interested in physical education, an opportunity to combine a fine vacation in beautiful surroundings with studies and advancement in their profession. We are sure that many who have been there before, will be glad to come back to Camp Brosius, and we hope that they will induce many others to also attend our summer session.

## COMMENCEMENT

The closing exercises of the Normal College will be held Thursday evening, May 27, two days before the class goes to Camp Brosius. Dr. Henry N. Sherwood, State Superintendent of Public Instruction, has consented to speak to the graduates and visitors at this occasion. Mr. Franklin Vonnegut, President of the Board of Trustees, will present the diplomas, and Mr. Carl A. Spitzer will be valedictorian. Six students are to receive the degree of Bachelor of Physical Education, twelve are completing the three-year course, and nine will receive special diplomas as teachers of physical education.

As usual, the Alumni will give a banquet and receive the new graduates as members of the Association. The banquet will take place Friday evening, May 28, at 6 o'clock, in the Athenaeum.

Alumni who wish to attend must notify Mr. Steichmann not later than Wednesday, May 26.

A demonstration of the graduating class has been scheduled for Friday, May 28, at 3 o'clock p. m.

### THE STUDENTS' TOUR

Successful beyond expectations was the tour of the students which took them to St. Louis, Detroit, Akron, Cleveland, Buffalo, Pittsburgh and Cincinnati for demonstrations of physical education activities. In each city, large audiences greeted them and showed great interest in the performances. Newspapers almost everywhere gave publicity freely and reported most favorably after the event; many not only published pictures furnished them but also sent their staff photographers to take pictures of the students in action. The team was praised for the splendid work, some papers devoting several columns to a description. It was especially gratifying to the Turners and Alumni who arranged the performances that they succeeded in interesting teachers, principals, and other educators, and that hundreds of them attended the performances in the various cities. The following comment taken from a Cleveland paper runs along the same lines as most newspaper articles on the demonstrations:

"The Normal College demonstration at the Western Reserve Gymnasium was a splendid event, and reflects great credit on the faculty and the students of the school. Despite the terrible weather conditions, the gymnasium was crowded. The work of the classes was immensely enjoyed and proved a revelation to the large audience. The execution of the different numbers was faultless and beyond all criticism and received well earned applause; in fact two of the activities were repeated by request. The

exhibition has created a strong sentiment for the Normal College and added to the recognition of the Turnverein work."

One of the students wrote the following regarding the tour:

"On the morning of Friday, April 9, Dean and Mrs. Emil Rath, Miss Clara Ledig, assistant, and twenty-four students left Indianapolis at 7 o'clock en-trained for St. Louis. On arriving at 2 p. m., after a most pleasant trip, a reception committee met the group at the train and escorted them immediately to the Roosevelt High School where the first performance of the Tour was given at 2:30 p. m. The purpose of this demonstration was to stimulate physical education activities among the younger generation of today. An audience of 2500 high school children gasped with amazement as twelve men neatly clad in white jerseys and black trunks ran onto the stage to present fundamental free exercises, the opening number of the program. To say that the entire performance was a success is to state it mildly. The reaction of the audience toward the work was very encouraging.

"After a sumptuous dinner, the evening performance was given at the Moolah Temple to an appreciative audience of about 1500, many of whom were prominent educators.

"The troupe was then entertained at a midnight luncheon given by the St. Louis Alumni at the American Hotel. Here the students learned how physical education was carried on forty years ago.

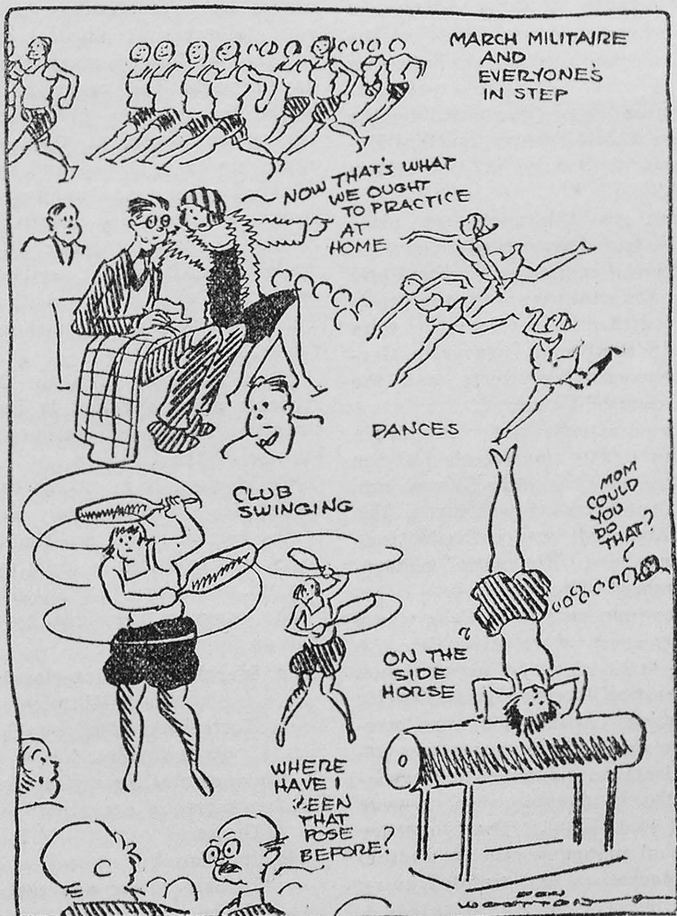
"The party left St. Louis on Saturday at noon and arrived in Indianapolis at 7 p. m. to spend a day of rest in preparation for the long leg of the tour.

"On Monday morning the team again assembled at the Indianapolis Union Station to depart for Detroit. Accord-

ing to instructions of Dean Rath, the time of day on the train was divided into one hour of recreation alternated with one hour of rest or study, a very satisfactory and monotony breaking procedure. This plan was followed throughout the entire tour. Upon arriving in Detroit, a committee met the group and

by means of cabs, transported them to the Hotel Tuller.

"The evening performance was given at the Cass Technical High School before an audience of 1500 and the demonstration was well received. Many old friendships were renewed and new acquaintances made in Detroit. The Turn-



What the cartoonist of a Cleveland paper saw at the demonstration of the Normal College team.

ers entertained the male members of the group.

"Detroit was left behind on Tuesday at 8 a. m. enroute for Akron. A stop-over of two hours was made at Cleveland where a committee met and escorted the team to Klein's restaurant for luncheon. The party then proceeded to Akron, arriving there at 4 p. m. Here again they were welcomed by a committee, and taken to Hotel Akron.

"The performance was given in the spacious Goodyear Gymnasium before an audience of 1200. After the performance, the group was entertained by the Alumni, the Akron Turners, and Phi Epsilon Kappa fraternity at the Akron Turner Hall.

"Cleveland was the next show place of the students and accommodations were reserved by the committee at the Hotel Olmstead. Entertainments for the group before and after the performance were sponsored by the Social Turnverein, Germania Turnverein Vorwaerts, and the College Alumni of Cleveland.

"The largest attendance for any single performance (2600) was recorded at the Western Reserve University Gymnasium, where the demonstration was given. The audience responded very enthusiastically to all numbers. By special request, several numbers were repeated.

"The next jump was to Buffalo, where two performances were given at the Broadway Auditorium. The afternoon performance was intended primarily for school children. About 2000 were present. The evening performance was attended by 1600 very appreciative educators and others. Accommodations were reserved at Ford Hotel. The committee in charge of arrangements in Buffalo was very courteous and fulfilled every possible desire.

"A long and tedious, but interesting journey followed on Friday when the troupe was enroute for the home city

of the Bundes-Vorort. The beautiful country and the destruction wrought by the recent flood of the Allegheny River were viewed with interest by all. The reception committee, as usual, greeted the team, and Fort Pitt Hotel was their home for the evening. All arrangements were sponsored by the College Alumni in Pittsburgh. The performance at Westinghouse High School was witnessed by approximately 1200 enthusiastic followers of physical education.

"Another long journey the following day brought the party to Cincinnati where the program given at the University of Cincinnati Gymnasium was again highly approved and well accepted. Turner spirit was manifested through cordial welcomes and hospitality. Hotel Sinton was the stopping place of the students. After the performance the party was entertained at the Newport Turnverein in the gymnasium and club rooms.

"On Sunday at 12 p. m. the touring students again set foot in Indianapolis, tired but happy, and enthused over the success of the trip.

"In closing, it is fitting to say that the students are sincerely appreciative of the cordial and sympathetic welcome which was extended to them by Turners, Alumni, and others in every city visited."

The program arranged by Mr. Rath was as follows:

1. a. Marching (entire class)-----  
March Militaire (Schubert)
- b. Tactic Exercises on Command  
(entire class).
2. Fundamental Free Exercises (men).  
Two forms of execution:
  - a. Group.
  - b. Individual.

Demonstrating adaptation of rhythmic performance to that of the group and the individual. Fundamental Free Exercises are exercises selected for a clearly and

precisely defined purpose in contrast to the class of Free Exercises given for a general purpose. They lay a foundation for all forms of vigorous activities.

3. a. Exercises on Side Horse.
- b. Vaulting exercises on Long Horse, and Tumbling. (Women).
4. Running Drill with Groupings (men)  
Twinkling Star (Lincke)
5. Club Swinging (women)-----

Valse Brillante

An unusual form of exercises involving totality execution (movements of the entire body) and dance steps.

6. a. Various Forms of High Jumping.
- b. Exercises on the Parallel Bar.  
(Men).
7. Lyric Gymnastics (entire class).
- a. Scales of arm positions.
- b. Legato movements and holds.
- c. Adagio movements.
- d. Allegro staccato movements.
- e. Scales as arm positions, pulling movements.
- f. Legato movements.

Lyric Gymnastics is a type of rhythmic work using music as a basis for selection. It is intended primarily for boys and men. The exercises, however, may be done by girls and women. There is no stereotyped form of execution used, although the general manner of performance may give that impression. The movements are of such type that full freedom of individual execution is maintained in the group action. In that respect, it admits to some extent of self-expression, or to what is perhaps better designated as plastic expression. All movements involve the entire body.

8. Dancing as an Art of Self-Expression.

- a. Balloon Dance (women)-----  
Liebesfreud (Kreisler)
- b. Scarf Dance (women)-----  
Scarf Dance (Chaminade)
- c. Modern Self-Expression—What?  
(Men and women.)

With reference to self-expression, dancing may be divided into what may be termed, in lieu of better names, creative dancing, of which the above are examples, and reproduced dancing, of which clog dancing, The Waltz Ballet, and The Second Hungarian Rhapsody are examples. In the former, the pupil responds with natural movements to a musical composition, to its parts, phrases, motives, and note values, and creates his own patterns for action. He may finally superimpose an emotional quality or an idea as a motive for the dance. Creative dancing admits of the fullest display of self-expression. In reproduced dancing, individual expression can never have full freedom because of the instructor's influence and the effect of the usual stereotyped methods of teaching employed.

9. Clog Dancing: "Dixie", and others  
(men and women).  
A humorous phase of physical education.
10. Andante Cantabile Movements  
(men)-----Melodie (Huerter)  
A type of composition based on the Lyric Gymnastic Work.
11. Second Hungarian Rhapsody  
(dance by Louis H. Chalif) (men and women) Second Hungarian Rhapsody ----- (Liszt)
12. Vaulting over Buck, Horse and Men (men).
13. The Strauss Waltz Ballet (women)  
Tales from Vienna Woods (Strauss)



### NORMAL COLLEGE ALUMNI AT NEWARK CONVENTION

Graduates of our school who attended the convention met for a luncheon at the Achtel Stetter, Friday, May 14th.

Some very interesting informal talks were given by various members of the group. Mr. Rath spoke on the merits of the course given by the Normal College and its standing in the states of the Union. The other talks were given by Mr. Allen and Mr. Delaporte. Besides the speeches made, everyone exchanged views regarding the phase of work in which they were now interested.

Our college had a fine representation from many states of the Union. Next year we hope to have an even greater representation, as the convention will be held in Des Moines, Iowa. The graduates present at the luncheon were as follows:

Lucille Hanks, Bayonne, N. J.; Florence Koenig, Reading, Pa.; Alvina Liebmann, Baltimore, Md.; Bessie Mason, Reading, Pa.; Edna Meyer, Baltimore, Md.; Minerva Stern, Slippery Rock, Pa.; Harry Allen, Philadelphia, Pa.; Carl H. Burkhardt, Buffalo, N. Y.; Dr. Fritz Burger, Kansas City, Mo.; E. C. Delaporte, Chicago, Ill.; Fred Foertsch, Pittsburgh, Pa.; Emanuel Haug, New York, N. Y.; E. Hofmeister, Buffalo, N. Y.; Fritz Krimmel, New York, N. Y.; Henry Kumpf, Buffalo, N. Y.; Mathias Macherey, Newark, N. J.; Larry Molis, Kansas City, Mo.; Dr. Fred Maroney, Atlantic City, N. J.; G. Wm. Mueller, Philadelphia, Pa.; Emil Rath, Indianapolis, Ind.; John E. Schmidlin, Elizabeth, N. J.; Herman Seibert, Bayonne, N. J.; Fred Wiebesick, Elizabeth, N. J.; Otto A. Wurl, Council Bluffs, Ia.; L. Zwarg, Philadelphia, Pa.

### PHI EPSILON KAPPA.

With the closing of another school year, Phi Epsilon Kappa feels it has passed through one of the most successful years of its existence. It has progressed both nationally and locally. We are proud to state that two new chapters have come into our fold. Also we are proud of our home—yes, it is a real home, including a table. Our table, our newest effort, is something to be proud of, and too much credit cannot be given our ex-President, Walter Scherbaum, and our capable ex-Steward, Samuel Blumer, for their ceaseless efforts to make the project a success. Our sleeping quarters have been placed in first-class condition, including painting. New linoleum has been laid in our dining room.

The election of officers was held and the following men were chosen to direct Alpha Chapter for the coming year: President, C. Leslie Boehmer; Vice-president, Ralph Duquin; Secretary, Herbert Suedmeyer; Treasurer, Henry Thayer; Historian-Editor, Ernest A. Senkewitz; Guide, J. Edward Hille; Sergeant-at-Arms, Edward Mumenthaler; House Manager, Henry Thayer; Assistant House Manager, Ralph Duquin; Board of Trustees, Ernest A. Senkewitz, Herman Freuck, Edward Hille; House Treasurer, William Hubbard; Steward, John Garner.

Alpha Chapter is glad to predict a hopeful and cheery outlook. The brothers feel confident that under the leadership of President Boehmer the record of our past President Scherbaum will be equalled—a task indeed. To our ex-President Scherbaum we are deeply indebted for his faithful and tireless services in directing the destinies of Alpha Chapter for the past year.

On Saturday, March 20th, Alpha Chapter gave its annual dance at Hotel Lin-

coln. We came as close to fundamental rhythms as possible with the assistance of a colored orchestra.

On Tuesday, April 20th, Alpha Chapter united with the Indianapolis Alumni, in the Blue Room of the Athenaeum, to celebrate Founders' day. An enjoyable time was had by all. Especially appreciated were the jokes of the Alumni, and the rough initiation of Pledge Schweitzer, who also took his full degree the same evening. The delegates of the national convention reported, and needless to say Alpha is overjoyed by the re-election of Brother Dr. Sputh to the office of Grand President. To Dr. Sputh's efforts can be traced the present high standing of Phi Epsilon Kappa.

Phi Epsilon Kappa, Alpha Chapter, wishes to thank most sincerely all Brothers, Alumni and friends of the college for their kindest and most cordial treatment extended the brothers on the tour. A real brotherhood spirit was manifested and Alpha is indeed proud of its alumni.

To all those affiliated with or interested in Phi Epsilon Kappa, Alpha extends its heartiest wishes for a most successful and enjoyable summer vacation.

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### PERSONALS

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The reason for Carl Baumann's many visits to Indianapolis since his graduation last year became evident when announcement was received of his marriage to Miss Frieda Kosfeld. The wedding took place here on April 5.

Robert Pegel, '25, who entered the Chicago school service as teacher in an elementary school, has already been promoted to a position in Lane Technical High School.

"I enclose \$2 for this year's dues and for a copy of the song book. I was reminded of my obligation by The Alumni Bulletin, which came today. I can not express how much I enjoyed it and how it brings back fond memories of Normal College days."—Laura Elder, '25.

Lucille Rendel, '22, was married in August of last year to P. L. Bruck and lives in Toledo.

After teaching at the New Ulm Turnverein for three years, Fred Naumann, '21, took charge of the work at the Ascension Club of Minneapolis and also took with him a New Ulm girl to whom he was married last year.

"After receiving The Alumni Bulletin and reading it from cover to cover, I always have the desire to write all my past history and send it to the editor of The Bulletin. I trust that The Bulletin will be no less interesting to me when the last of the students with whom I was at college shall have graduated. I returned to Skinner Junior High School last fall as chairman of the physical education department. I felt very happy with my place last year and the work is continuing just as pleasant this year. The school contains two swimming pools which have been opened to the public at night and so I have organized a number of regular classes and am teaching them to swim. My work during the week is evenly divided between teaching in the pool and then in the gymnasium. I have been taking extension work continually since leaving the Normal College, and last summer I attended an entire quarter session of the Colorado State Teachers' College. I have already made arrangements to go there again this summer; with a few more hours I will receive a Bachelor's degree from the Teachers' College, and then I will work for a Bachelor's degree from the Normal College."—Albert F. Helms, '24.

# ALUMNI BULLETIN

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## THE BULLETIN

This issue of The Bulletin has been abbreviated. The reasons for this are two. The editor has found it impossible to collect sufficient material or to write at sufficient length to fill the usual sixteen page issue. The members of the association for the most part, have failed to cooperate in sending in articles. The pressure of closing weeks of school has also made it impossible for the editor to devote much time to the preparation of articles.

If the association wishes The Alumni Bulletin to maintain its high standard and possibly gradually raise its standard, it is imperative that the members assist, either by sending in original articles, personals and the like, or by submitting articles written by others which they think would be of general interest. Let us all join together and determine that this situation will not arise again, doing our share to prevent it by contributing such articles as we think might be of interest.

—G. J. A.

## THE SONG BOOK

The song book is going to be published. We are sure that you will consider this good news if you have sent in your subscription, and especially if in addition to the subscription you have sent words and music of songs that are par-

ticularly pleasing to you. If you haven't done either of these things, get your subscription in at once so as to be among the first to receive the book. The committee, consisting of Mr. Wm. K. Streit, 22 East Sixth St., Newport, Ky., and Miss Clara Ledig, Normal College, has been busy collecting material and is now making a last appeal, so if you have any favorites you want included, send on the words and, if possible, the music score. Our treasurer, Mr. Curt Toll, 326 Riley Ave., stands ready to receive your dollar at any time, the sooner the better.

## THE USEFULNESS OF EDUCATIONAL RESEARCH.

The educational world will not be able to cope with the great task that lies before it, nor can it develop its many branches unless its superintendents, principals, supervisors and especially its teachers are equipped to solve their own problems for themselves. This can and is being done to some extent by educational research.

Research technique and experimental methods, however, are only known by a relative few. Psychologists have always been interested in such methods and now bureaus of research have been established in a number of places, but at that, what is needed most is for the teacher herself to become a research worker.

The teacher has the material at hand to work with—the pupils, and has large enough numbers at her command to make worth-while investigations which will produce conclusive results. Questions of program making and class room technique will be thrown open to investigation and thus the old methods will either be proved or new ones devised. Instead of having University students for subjects, the children to whom the results will be applied, will be the subjects. Then too, in the class room the



teacher often has conditions for much more fundamental and satisfactory experiments than if conducted purely in a psychological laboratory. The teacher is also better able to follow up the findings and this will yield greater returns. Applications may be made to the very persons for whom the data was secured.

Research as such is not a mere appendix to the general processes of science. Research is the reproductive process of science itself. Science grows as there are researches made, hence, a larger number of competent people working in the field will make for greater improvements.

Experimentation ploughs up the mental field. Teachers join the pupils in becoming question askers. They become alert and alive to the truth, sincere and open minded. It is the absence of just such stirrings of the mental soil which is responsible for the supposed fact that teachers fail to improve after years of experience. Another one of the values of research is that it actually pays in terms of cash. McCall states that thru educational research, one year of school time can be saved for each pupil in the United States, amounting to an economic saving of three billion dollars, or twice as much as the annual cost of education at the present time. The nation, the school system, the individual school and the pupil are benefited. He also points out that it also pays an individual financially to engage in research.

The teacher and the teacher's calling is benefited by research work. The teacher actually gets a different "kick" out of doing a thing by herself than if the results are merely handed down. She retains a fresh point of view, and acquires a spirit of inquiry and open minded alertness. It makes her expert as a teacher and leads her to seek problems and to do something in their solution. She becomes accurate, inventive,

independent, thoughtful, industrious, purposeful, and self confident. She has children to study—not merely bugs, stones, books and etc.,—but the most interesting of all materials, human beings. And likewise, she deals with the most engaging period, childhood and youth. The children present to her innumerable interesting aspects, yet each is different in strength, talent, character, origin, growth and need. If teaching children is to include studying them, the job of teaching takes on a new meaning.

In planning an experiment, it is necessary to think it through carefully before doing any actual work in collecting facts and figures. The student should go through every step of the process mentally and have his procedure thoroughly organized. At the same time, his plan must be plastic and permit of variation as one encounters new problems.

The selection of a problem amounts to a great deal. One should be or become a scholar in a specialty. One should read, listen and work critically and reflectively, reacting on every situation with a question mark. Every obstacle must be considered an opportunity for the exercise of ingenuity and not an insuperable barrier. When a research is once started, a number of other problems will grow out of it. Another way to find a problem is not to lose the one already found and this can best be done by keeping a record of "mental flashes" and "inspirations" and filing these ideas and problems.

Some of the elements in good research are:

1. Clear and accurate statement and limitations of a problem.
2. Knowing the background of the problem.
3. Standardizing and controlling technique.

4. Getting results in organized statistical fashion.

5. Giving statement of significance of facts.

Some intellectual immoralities are, carelessness in observations, inaccuracy, slovenliness in logic, generalizing beyond one's data, confusing opinions with knowledge, too much confidence in results, contentment in discussion, poor judgment exercised with research plans, wavering interest, flitting attention and superficiality, rushing to new theories when old ones are not proved useless and invention of new theories to fit one's position.

There are three types of formulation of a problem. The first is the fluttering type—one that reaches in all directions and flies in none. The second is the "pot hole" type in which there is absence of a general plan with no mental reaching for larger implications. The third is the scholarly type which perceives the larger meaning of each minute investigation. First there is a large goal and then it is broken into narrow, specific problems.

A bibliographical survey is necessary in the beginning—immediately after the problem has been selected. This is advisable because the problem may have been investigated before, it will suggest additional, incidental problems, it will help by offering suggestions of procedure and it provides material which will be needed in describing the experiment.

Collecting facts does not constitute all of educational research. It is only one phase of the procedure. After clear definition of the problem, in which there is a precise statement of all questions to be answered, the data must be examined critically. The objective quality does not insure either accuracy or validity. One cannot be unscientific either in collecting or using objective data. Finally, the research worker must maintain a critical attitude throughout his

interpretation of his data and in the verification of hypotheses.

Few if any such question which require the determination of what procedure "should be" employed in the school can be answered merely by collecting and tabulating objective facts. The answers must at least be derived in part from principles and theories in psychology, sociology, ethics and philosophy. "In our enthusiasm for research" says Monroe, "we are moving toward a blind following of announced results of investigations labeled scientific and a period of little progress in education."

There is ample evidence of a tendency to accept as valid the pronouncements of investigators who have assembled an elaborate array of objective facts which in turn have been subjected to elaborate statistical treatment. There seems to be much reverence for such work, particularly if the statistical treatment is so technical and intricate that the reader does not understand it. If the investigator labels his work as scientific, many readers accept it as valid because of this label.

Teachers who have participated in investigations by collecting and organizing facts frequently announce that the question which they have been studying has been settled for all time. The true research worker must not consider his conclusions more valid than is justifiable. Hence, it is necessary to recognize the limitations of research and to cultivate an attitude toward it.

A useful body of information is rapidly being accumulated in the field of education. We have attained a more thorough understanding of the problems studied and have been stimulated to clearer thinking about them. The published results will have a similar effect on those who read them and hence educational research is in a position to make important contributions.

What is true in purely educational

circles is also true of physical education. There is opportunity for much investigation and research in our own chosen field. The surface has hardly been scratched. Let us apply ourselves to this task and be of some real worth to our profession.

W. K. STREIT.

### DELTA PSI KAPPA

Psi Kaps have been more than busy since Christmas thinking and planning for Convention, which will be held at Los Angeles, California, in July. LaFern Amos and Helen Young, our representatives, are looking up every possible time-table, and are anxiously awaiting the time when they take a train for the "Land of Sunshine."

On April 21st our alums and active girls were invited to the home of our Grand President, Mrs. Albert Metzger, for dinner. Needless to say, we had a wonderful time playing games and thinking and talking of all our sisters who could not be there.

April 24th found all Psi Kaps wearing the gold and blue beneath their pins, which signified that a new chapter at Dallas, Texas, had come into our bonds.

Alpha installed her new officers for the coming year on the night of May 12. The new officers are: President, Helen Young; chaplain, "Frat" Brallier; vice-president, "Jo" Hollingsworth; recording secretary, "Katy" Wolf; corresponding secretary, "Pat" Wolff; treasurer, "Em" Wagner; chapter reporter, Priscilla Lockwood; sergeant-at-arms, "Fern" Amos; historian, Erma Thorup.

Now—Camp! We are thinking only of the wonderful times we will have together in those short weeks at Camp Brosius and not of the parting of the ways,

which will come at the end of June. We hope to see you Sisters while we are up there. Remember your pleasant hours and come back and enjoy more wonderful hours with us.

### IN MEMORIAM

After devoting a life-time to furthering physical education, Fritz Knorr went to the Great Beyond at the end of April. For thirty-three years he directed the classes of the Turnverein in Lawrence, Mass., and for many years he also had charge of the playgrounds of that city. He came to this country at an early age but already interested in physical training which he later chose for his profession. His untiring efforts in the cause of physical education led the Board of Trustees of the Normal College to award him an honorary teacher's diploma in 1914.

Margaret Jacobs Hufford, who graduated from the Normal College in 1917 and who was married soon after, died at her home in Elba, N. Y., last year.

### OMEGA UPSILON

Omega Upsilon at Station T-H-E-T-A, of Indianapolis, broadcasting—

Our activities since the last report have been rather few. The year seems to have been unusually busy, and other things occupied the time formerly reserved for social affairs.

By means of the tour, we have heard from and seen many of our graduates, who have been placed on the "Never See Again" list, so we all owe a vote of thanks to the promoters of the tour movement.

Convention! The Omega Upsilon Convention was held by Gamma Chapter at

New York City, April 30, May 1-2. Estelle Andrews, active, who graduated from A. G. U. last year, went as the delegate from Theta. The results were very satisfactory. There were several amendments made, and any of you wishing to know about them, write in to Theta.

Saturday, May 1st, was Omega Memorial Day, thus the Omega rose on our members.

That same afternoon, Peg and the rest of us paddled up the river for our intended steak fry, only it turned out to be a wiener roast. Did we have a good time? Ask us!

Election of new officers resulted in Adele LaDuron taking the presidency, and Blossome Olmsted being future secretary-treasurer. The new officers were installed on Wednesday, May 12. We look forward to another good year, under new leaders.

Camp now seems to hold promises for a repetition of our many good times.

Station T-H-E-T-A now signing off at one-thirty. Goodnight.

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### PHI DELTA PI

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With the coming of spring we all began looking forward to our annual spring dance. Many plans were made and the day was set for May first, the place—the Rainbow room of the Severin Hotel. May was ushered in with a high temperature for the time of the year, but in spite of the heat, many Phi Deltas and friends were present and between figuring out what the special dances were, which Evelyn Adler and her committee had cleverly planned, and trying to find a cool spot, everyone, from all reports, had a most enjoyable time.

Another important event was the election of Alpha's new officers for 1926-27. At installation May 6, Sara Marshall, Indianapolis, took the chair; Charlotte Eck,

Miamisburg, Ohio, became corresponding secretary, and Clara Simon, Baltimore, treasurer. We wish the new officers every success for the coming year.

Now we are all looking forward to going to camp at Elkhart Lake, and to the swimming, boating and other sports we shall enjoy there.

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### MUSCULAR ACTIVITY.

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Stress and strain studies of muscular activity in order to determine the nature and extent of mechanical efficiency are published in Muscular Activity by A. V. Hill. (Williams and Wilkins Co., Baltimore.) The work's technical and attempts to find energy-heat equivalents in chemical reactions in the muscles. The fatiguing of muscles and the recovery processes are discussed with much detail and the last lecture advances the term "oxygen debt" to explain the means by which the muscular system can do more work than can be accounted for by their supply of oxygen taken during the period of work. An oxygen debt can pile up during tension, he says, and the period of recovery is the time the muscles require after ceasing work to regain the oxygen lost. An oxygen debt of 0.35 per cent in nearly all the muscles is practically the exhaustion point.

The ability to "go in debt" for oxygen requirement is very important in work requiring strenuous effort over short periods. It is indispensable to the athlete. The limit of activity is reached when lactic acid products accumulate in the muscles owing to the oxygen-intake limitation of the circulatory and respiratory systems. Resting values of remission periods in strenuous work are thus apparent. Lactic acid is the "governor" of oxidation, and carbohydrate is the fuel of muscle.