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Alumni Bulletin

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No. 2

The New School at I. U.

Since the announcement of a new school of Health, Physical Education and Recreation by Indiana University was printed in the November issue of the Alumni Bulletin, many Alumni have inquired how this will affect the Normal College. We can assure them that the College is to be operated as in the past since it was merged with the University. The following statement gives more details regarding the set-up of the new school.

As one of the initial steps in the postwar development program to enable the University to discharge its responsibilities to coming generations, the trustees established a School of Health, Physical Education and Recreation to be set up as soon as a dean is chosen.

The school will bring within one division all present activities in health, physical education and recreation and will be organized to advance graduate and undergraduate training in a growing field given added impetus by the war. The new school will consist of the following departments:

Physical education for men and for women, each separate and functioning as at present.

Professional physical education with technique and theory courses for training athletic directors, teachers of physical education, coaches, and research and graduate study courses.

Health and Safety, offering courses in safety training and in health and safety for teachers with a program for research and graduate study.

Recreation, coordinating campus recreational activities and facilities with supervision of student intramural sports, courses in recreational technique for directors of community and school recre-

ational programs, research and graduate study.

Normal College of the American Gymnastic Union, organized on the junior level as it has been since its merger with the University.

Intercollegiate athletics, included only in order that persons involved in the athletics program may participate in proper distribution of space and facilities and that staff members of the athletics department may be properly used in other programs of the new school.

Ten Veterans in Class

The second semester brought a slight increase in the number of students as six new veterans entered: three for the sophomore and three for the freshman class. The total number of veterans in both classes now is ten.

We are happy to announce the return of Fred Martin who served as 1st lieutenant in the Navy. Indiana University has re-employed him as instructor in the Normal College. When he went into service, Mrs. Connie Zimlich and Mrs. Lola Lohse were engaged to take over some of his classes; both will be retained for the second semester, but Mr. Martin has taken over some of their classes and also some from Mrs. Hester. He will also have charge of track and field work and swimming at camp in June and will be head counselor on the boys' side during the children's camp.

REUNION IN ST. LOUIS

During the convention of the American Association for Health, Physical Education and Recreation in St. Louis, a reunion of Normal College Alumni will be held Friday, April 12, at noon. Vera Ulbricht and Louis Kittlaus are in charge.

JP

Some Still in Service

As far as we know at this time, about one-half of the Normal College Alumni and students who were in the various services, have returned to civilian life. Some are still overseas while others are doing their share in various capacities in this country.

At last reports, Stephan Rychnowski is in China. Josef Hoog is also "studying Chinese".

The following have gone to Indiana University to complete their College work: Thomas Gouchnour, Walter Mikolajek and Warren Steele.

An interesting letter came from Clarence Edmonds who is at Fort Custer, Michigan:

"A note of interest as to your former student: for the past year I have had the pleasure of organizing and directing the Remedial Evercise (corrective exercise) Program for orthopedic, neuro-surgical and general surgical casualties at the Convalescent Hospital of Percy Jones Hospital Center, administering about 1400 treatments daily.

"Sitting in a class in kinesiology or corrective exercise five years ago I could by no stretch of the imagination have foreseen the way in which Health and Physical Education personnel could be so easily changed from correcting postural defects to assisting in the strengthening and re-education of smashed bodies such as this war has seen.

"Surely a Health and Physical Education school which overlooks the possibilities of corrective exercises in its curriculum will have missed the boat completely for it is indeed one of the biggest possibilities in the field and from all indications is the coming thing in all hospital, sanitarium and convalescent centers throughout the country. The benefits derived from early active exercise in the convalescence of almost all types of disability cannot be stressed too highly.

"Hope to be present at the next home-coming."

From Tokyo, Emil Miklas wrote in January:

"Since last you heard from me, much has happened to make my life more interesting and varied. After I was commissioned I attended the air forces intelligence school in Orlando and then was transferred to a bomber command in India. The air flight from New York to Calcutta was truly a fantasia, for the stops at Bermuda, Azores, Casablanca, Tripoli, Benghazi, Cairo, Karochi and Calcutta and the flights over the Atlas Mountains, the Holy Land, the Sahara—all combined an experience that made one pinch himself to feel that it was reality and actuality. Then I had extended stays in Delhi, New Delhi, Agra (and the Taj Mahal) and Kashmir. Departure from India to Okinawa was by way of Ceylon, Perth, below Australia and through the Phillipines. After only nine days on the 'rock' I was transferred to Tokyo as liaison officer. This has been the closest I have come to the results of the combat. (On Okinawa the bulldozers have changed the face of the island.) Reports are that 52% of Tokyo has been destroyed. Newspaper readers do not know what that means; it has to be seen. Miles and miles of a huge sprawling city have been annihilated, utterly devastated. Millions are rendered either homeless or parentless and untold numbers will starve this winter. Yet, after more than three months here I have found it difficult to develop what should be pity or commiseration; the Japanese possess a psychology to which Americans can not become attached. My three years of service and 44 points seem to make it barely possible to attend Home-Coming."

A CONFERENCE is a group of persons who, individually, can do nothing, but as a group can meet and decide that nothing can be done.

Personals

Appointments and Transfers

Charles Hertler is now state supervisor of Health and Physical Education in Montana. He has aroused considerable interest among school people for his program. Instead of issuing pamphlets and lecturing to groups as is usually done, he takes a group of pupils unknown to him and demonstrates what he is talking about.

Two other Normal College Alumni in Missoula, Mont., are Clarence Porter, now superintendent of schools, and Carl Klafs as director of physical education in the elementary schools. Carl has already achieved a good measure of success.

Three Alumni formerly in the Indianapolis schools, have returned from service and are teaching again: George Farkas as supervisor and Steve Geisler as teacher; also Wm. Treichler at Technical high school. We hear that Geisler will take a year off for work at Indiana University. Roy Seyferth also returned.

Since Bill Klier was discharged from service he went back to his former position as physical director of the Moline Turners. Arnold Trummer who had taken his place, went to Lincoln Turners in Chicago.

Harry Warnken has accepted the position of physical director of the Detroit Turners, succeeding Emil Pletz who has gone into business, but also is still national secretary of the American Turners.

Having received his discharge from the Navy, Fred Martin is now teaching in the Normal College again, thus relieving Mrs. Hester of her too arduous task. Fred will also teach swimming and track and field work in the June camp and be head counselor on the boys' side during the children's camp this summer.

Fred Cooper has been appointed superintendent of the Iowa State Training School for Boys at Eldora; before that he taught at Fort Dodge, Iowa.

Gertrude Nicke Hendricks is now teaching in the Fayetteville, N. Y., high school near Syracuse.

George Kuhn has been discharged from service and went back to teach at Ebenezer, N. Y., high school.

Mary Norwich Baltz is teaching at the Pine Hill, N. Y., school; Wm. Baltz has just been discharged from service.

Faye Skerker has been released from the Waves and is teaching at School #17 in Buffalo.

Louis Goldstein has also been discharged and is now teaching in Buffalo again.

So are also Carl Heinrich and Randolph Mineo.

Betty Barnard Montoye is working in the testing department of the University of Illinois which Henry is attending to work for his Master's degree.

Helen Young has returned to Miami University as assistant professor; she is also critic teacher.

Because the teacher was sick, children in the Riverside, Ill., schools did not have gymnasium work. The George Wallentas built a house there last summer and so Mrs. Emma Hunt Wallenta offered her services as substitute.

* * *

Weddings

Both having been discharged from service in late fall, William Treichler and Mary Crites were married December 1.

On one of his last furloughs before his discharge from service, Louis Goldstein got married.

Walter Mikolajek visited at Normal College and brought his wife with him; he is attending Indiana University now.

So is Warren Steele who also got married and visited Normal College in January.

The marriage of Doris Boettjer to Harry Stewart of Bloomington took place December 21.

Another Alumnus who got married after discharge is Edward Stanley (Wis-

niewski). He and his bride visited Normal College in January.

Rhoda Cameron was married some time ago; her name is Mrs. Jack Tracy and she lives in Edgar, Montana.

Tom Holevas married Marion Elizabeth Mills in Kalamazoo; she is a sister of Mrs. Clem Grabner.

The marriage of Juanita Davis to John Lennox took place December 26. Mr. Lennox is a brother of Lola Lohse.

Released from the Waves early in December, Catherine Risch became Mrs. Thomas Fossey later in the month. She will make her home in Miami, Fla.

Births

* * *

Babies arrived last year in the homes of the following Buffalo Alumni: Leslie Boehmer, Herbert Suedmeyer and Robert Duerr.

Dave Lohse now has a little sister who arrived November 14.

Richard and Doris (Diestel) Roberts are the proud parents of a baby girl that came in November. Dick is substituting in the Manual Training department of the Buffalo schools.

* * *

Elizabeth Holtzhauser is now a practicing physiotherapist in Philadelphia.

Dr. Carl B. Sputh, Sr., and Mrs. Sputh spent a January vacation in Biloxi on the Gulf.

Gretchen and Harvey Lecollier visited Chicago and Wisconsin during the holidays.

James Butler has been released from service and has gone into business—of all things, a liquor store.

Kaseal (Casey) Peckoff is in a hospital, having recently undergone an operation; he will return to work in March.

Priscilla Lockwood Campbell has moved to Sullivan, Indiana, where her husband is now superintendent of schools.

After eighteen years of teaching Physical Education Margareth Greiner has been made placement counselor at Lake View high school in Chicago.

Dr. Henry Schneider in Philadelphia has been elected to membership in the International College of Surgeons.

Since coming back from service Frank Bild has taken the bar examination in St. Louis and is now practicing law.

Mera Dinehart Richard and husband adopted a seven months' old boy at Thanksgiving. They live in South Bend.

Two Buffalo Alumnae, Hazel Rueckhardt Nilson and Bertha Otte Aydelotte have returned to teaching after a leave of absence.

Wesley Benzee is in civilian clothes and looks fine after his long stay in a hospital; he works for the Dunlop Tire & Rubber Co. in Buffalo.

George Jacquin spent the holidays in a hospital, but has recovered from his operation and returned to his school where he is assistant principal.

We are sorry to report the death of Mabelle Muenster Schueler's husband, Norman (Dick) Schueler in New Holstein, and of Viola Winterhoff Wirth's father in Indianapolis.

Last summer August and Helen Pritzlaff went to Annapolis to see their son receive his Ensign commission. He is an engineering officer and now on the destroyer Ault in San Francisco.

Rudy Heis visited Philadelphia during the holidays. After leaving Buffalo right after its worst snow storm this winter he encountered the worst in Philadelphia in 25 years with 12 inches of snow.

During the summer, Fred P. Jacobi received his Bachelor degree from the University of Iowa, while Ruth Ann Frasier completed the requirements for the Master degree at the same institution.

At a bowling match between Cleveland and Cincinnati schoolmen held in Columbus, January 19, several Alumni participated in the ten team meet which was won by Cincinnati, three sets to two. Gus Kern (470), Jacob Kazmar (481) and Karl Bauer (447) rolled for Cleveland, while Carl Schultmeier (463) Henry Schwegler (529), Earl Vornheder (461)

and W. K. Streit (516) participated for Cincinnati. The men enjoyed lunch, singing and "post mortems" after the match and agreed to continue the competition next year.

Richard Hockin keeps busy in Jersey City as teacher of physical education in high schools, swimming coach at Dickinson high school and is also helping out in the city's recreation department. He would appreciate hearing from classmates.

Buffalo Turners are getting ready for their annual circus and Andy Lascari is kept busy with the preparations. Two of his star performers are Albert Coakley who is now teaching in Buffalo, and Elfriede Wandrey Townsend, who also teaches there.

When Bobbie Larsen went to the Sovereign hotel in Chicago for swimming she found Mildred Schaefer in charge of the pool. During the day Mildred works at the Niles township high school where she is chairman of the Physical Education department.

Radio listeners who know Emil Rahm of Rochester, New York, were privileged to hear his voice over the air one day in January. He and Mrs. Rahm are vacationing in Hollywood, California, and were interviewed over the radio on their 55th wedding anniversary. Mr. Rahm is a graduate of the 1890 class.

At a recent meeting of the regional and technical committees of the American Turners in Detroit, there were almost enough Alumni present for a reunion: Otto Eckl, Therese and Emil Pletz, Carl Hein, George Heesch, Louis Thierry, Charles Geber, John Stocker, Oscar Simmen and Harry Warnken.

Several Alumni are enrolled in a water safety course conducted jointly by the Red Cross and the Chicago public schools; August H. Pritzlaff, Director of Health and Physical Education, is in charge. Among those participating are Otto Harz, Ralph Marx, Arthur Buehler, Wm. Gilson and Gladys Larsen.

As a sideline to orthopedic surgery, Dr. Herman L. Matern has taken on the directing of a nurses' class in physical education at one of the hospitals in Worcester, Mass. State authorities demanded that all training institutions have a recreation program and Dr. Matern volunteered for this job. He has thirty nurses in the class.

Book Review

Health Care of the Family, by Ramona L. Todd and Ruth B. Freeman. 530 pages with 69 illustrations. W. B. Saunders Co., Philadelphia. \$3.00.

This is a fine new book by two members of the School of Public Health faculty of the University of Minnesota, one an M. D. and the other a R. N. It presents the health problems from a new angle, that of health care for the family. Community hygiene has usually been stressed, but the authors point out that the extent to which national health may be achieved will depend in a large measure upon the daily health care afforded in the family group.

They present the problems in a very thorough manner. The book is divided into four parts: Environment and Prevention of Disease; Reproduction; Individual Health Care, and Home Care of Illness. Excellent advice is given. This is a splendid text and can be highly recommended for class work as well as for the individual seeking information along those lines.

The rapid progress true science now makes, occasions my regretting sometimes that I was born so soon. It is impossible to imagine the height to which may be carried, in a thousand years, the power of man over matter.

O that moral science were in a fair way of improvement, that men would cease to be wolves to one another, and that human beings would at length learn what they now improperly call humanity.

Benjamin Franklin, 1780.

WHY CALISTHENICS?

Faced with the problem of exercising large numbers of men in limited areas, the Chief of the Bureau of Naval Personnel in 1942 sought the advice of a Civilian Committee of Physical Training Educators. Their suggestions were incorporated in the present comprehensive Naval Physical Training Program which has for its primary purpose to prepare men for combat duty.

As a result of the committee's recommendations a Physical Fitness Manual for the United States Navy was compiled. In this book there is a list of 27 vigorous activities which are the foundation of the Navy Physical Training Program. Near the top of the list is calisthenics. The Civilian Advisory Committee agreed that these exercises properly directed could be both beneficial and enjoyable. Their success is predicated on efficient leadership. They should be varied and at the same time should be motivated with their applications to the duties the naval personnel must perform. This correlation between the exercises and the work for which they are a preparation should always be kept clear in the minds of the men.

If calisthenics are intelligently interpreted and if imagination is shown in their variation they will be of greater value to the participants. Other advantages to calisthenics are as follows:

1. Every member of a group gets the same amount of exercise. In other activities some of the men are waiting "for the ball to come their way" and do not exercise as much as the others.

2. Postural defects may more easily be remedied by formal exercises. Special exercises can correct functional postural defects.

3. A harmonious use of all parts of the body can be achieved thus insuring that no muscles will be overlooked, and some strengthened at the expense of others.

4. Coordination can be made smoother

through calisthenics, or the formal breakdown of the different parts of a movement. For example, improving a man's ability to climb up and down cargo nets can be achieved by giving him formal calisthenics in leg and arm exercises.

5. Physiological benefits are in the regularity of the cardio vascular responses, and the respiratory responses. In many activities the heart and lungs are stimulated to irregular reactions. These responses cannot be controlled as easily as in calisthenics.

However, it is to be borne in mind that in spite of the above enumerated advantages of calisthenics the Civilian Committee on Physical Fitness did not recommend that even on shipboard that all exercise should be given in the form of calisthenics. Calisthenics alone will not develop muscle as easily and as effectively as combatives. Then again calisthenics have no competition appeal except as they are indirectly connected with the measurement of individual achievement in tests.

Nevertheless, calisthenics intelligently directed will help keep men fit, and should be considered as an integral part of any program.—11th Naval District Bulletin.

Conventions

The national convention of the American Association for Health, Physical Education and Recreation will be held in St. Louis, April 9-13. The program has not been completed, but the St. Louis physical educators promise a full and interesting meeting; Louis Kittlaus is convention manager and all Normal College Alumni in St. Louis are supporting him.

The Midwest District convention has been scheduled at Columbus, Ohio, for March 20-22.

Forty to fifty per cent of the American men going into the armed forces cannot swim.

STUDENT ACTIVITIES

Freshmen

Well, it was a long, hard pull, but after counting noses I see that the freshmen all came through our finals without any serious effects. That is, all but Betty Byrne who spent the last two weeks vacationing at Long Hospital. Just foolin', she has had the chicken pox and is making up her semester examinations a week late.

We are proud to announce that three veterans have been added to our class this semester. The freshman class now consists of seven boys and nine girls.

Christine Matthews.

* * *

Sophomores

Finals are over! We're breathing again! Spring is headed our way and the new semester is grinding right along. We have three additions. No. 1 is Robert Mayberry who returned from the class of 1941-42. Bob is here with his wife. He served three years in the Coast Guard. Another returnee of the same class is Harriet Talmadge who was Ph. M. in the Waves. The third member, new to our class, is Patrick Fiumano, also from 1941-42, who spent 37 months in the Marine Corps.

Our social life has been at a standstill since Christmas. At that time we had a swell party in the gym with an exchange of gifts. It was one party that did not end in a volleyball game; we danced.

Several in our class are planning to attend the national convention of the A. A. H. P. E. R. in St. Louis, April 9-13. We are looking forward to it with much interest as it will be our first convention as "professionals". We hope to meet many Alumni there.

Jacque Armantrout.

Burkhardt Retires

Having reached the age of 70, the compulsory retirement age for municipal employees in Buffalo, Carl H. Burkhardt re-

tired at the end of the last semester. A graduate of the Normal School class of 1905, he assumed charge of the Physical Education department of the Buffalo schools in 1910. What he has achieved in this position was stated by Dr. Robert Bapst, superintendent of the Buffalo schools, at a testimonial given Mr. Burkhardt, February 2, at Hotel Statler. He told of gymnasiums and swimming pools being practically unknown in the Buffalo schools in 1910; now 78% of the schools have double gymnasiums while most of the high schools and some elementary schools have swimming pools. He also pointed out that Mr. Burkhardt could be called the father of school playgrounds in Buffalo; he started them in 1927 with 17 playgrounds, while now there are 47.

The testimonial luncheon was attended by 500 persons, among them the 200 employees of the Physical Education department. Mr. Burkhardt was presented with a purse of \$500.00, a check of \$50.00 from the New York Western Zone of the A. A. H. P. E. & R., a jeweled pin from Phi Epsilon Kappa and a pin from the Public School Athletic League. Besides Mr. Bapst, Mayor Dowd and Ellis Champlain of the State Education Department spoke.

Mr. Burkhardt says that he is too young to retire; he does not know as yet what he will do, but he will undoubtedly find something in the field of Physical Education in which he has been interested for almost fifty years. The Normal College owes him a great deal for his work as a member of the Board of Trustees for many years and for his interest in all the graduates who are teaching in Buffalo.

Splendid Gift

Mr. Leo M. Rappaport who in 1941 subscribed \$1,200.00 to the Normal College Scholarship Fund and paid it in four annual installments, has added another \$300.00 to his donation so that his total contribution to this fund is now \$1,500.00. Many Thanks!

ALUMNI BULLETIN

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The Eloquent Peasant

Among the fragments of literature that have come down to us from the remote past, one of the most ancient is that which contains the tale of the Eloquent Peasant. It was popular in Egypt some 4,000 years ago, where it was circulated as a tract of social protest not unlike Uncle Tom's Cabin. The story tells of a peasant who was defrauded of his means of livelihood by an unscrupulous official, and of his vain attempt to secure justice. The Eloquent Peasant epitomizes centuries of social history in the East and is the pathetic personification of the cry for justice.

We have moved a long distance from the arbitrary exercise of power presented in this story of ancient Egypt. Particularly, in countries that have succeeded in

establishing the democratic ideals with some degree of security, we are aware of the great social progress which the centuries have brought. The rights of person and of property have been fairly well established, slavery has been abolished in its cruder forms, the legal and social status of women greatly improved, and the rights of children protected to a degree never contemplated by the ancient world.

All this has been brought about because men and women who have been the victims of social injustice have had the courage to protect their lot and to continue to do so even when they were beaten and flouted as was the Eloquent Peasant; it has been brought about in part by the efforts of those who, though not themselves the victims of injustice, have been sensitive to the wrongs of others and have championed their cause.

It is always easier to see where justice lay in the past than it is to recognize where it is to be found in the present scene. It is clear that we are still a long distance from doing justice to all men, and future centuries will look back to some of the social practices of our own day with the same surprise and incredulity with which we regard the conditions portrayed in the tale of the Eloquent Peasant.

Unquestionably such issues are involved in the current industrial strife which inflicts our national life. The picture is very confused; even essential matters of fact are in dispute, making it very difficult for us to discern where the real right lies. Management has some serious and legitimate complaints against labor. But we are doing a grave injustice if we attach all the onus to labor.

On the basis of such material as I have been able to secure—statements by management of its own position, labor's account of its demands, the presentation of independent observers—were I the judge in the General Motors case I should agree to the justice of the workers' request for

an increase in wages, for the following reasons:

First, the workers have suffered a loss in purchasing power in the conversion from war to peace, a loss which they need to recover. Their demands are not exorbitant and were they to secure all they ask it would not raise their income much above the minimum which the government figures show is required to raise a family decently in the Detroit area.

Second, the company has the financial ability to pay the increase without raising the price of its products. It did not deny that this was the case but maintained that ability to pay was not relevant to the dispute. Here, admittedly, a debatable point in social philosophy is involved, but in view of vast social consequences of the actions of such immense corporations, there is a growing conviction that ability to pay is a relevant factor and that "profits are public business."

Finally, the increase in wages is desirable from the standpoint of the health of the national economy. One of the great needs of the period upon which we are entering is the maintenance of purchasing power at a high level in order that we may be able to absorb the products of our economic system when it is in full and expanding operation. It will help to this end for a larger share of the returns to be distributed in wages where they will be spent.

What most of us want is the production of the desired goods and services at as high a level as our economy can maintain it. A mature attitude on the part of both management and labor would keep this common objective constantly in mind. In the light of it, there should be worked out a procedure of cooperation for the mutual benefit of all involved.

E. B. Backus,

Pastor of All Souls Unitarian Church, Indianapolis.

Camp Brosius

So many parents of children who came to Camp Brosius in the last two or three years, have already notified the College office of their intention to send them again, that another successful season is assured. In fact, enrollment could be considerably increased if it were possible to add to the facilities. However, it will again be restricted to fifty full-time campers. Building material is still scarce and the government will not permit construction of buildings other than for housing.

Mrs. Clara L. Hester has again been appointed director of the children's camp and she has already chosen most of her counselors, several of whom have worked in the camp before. Camp will open July 1 and close August 10. The fee is the same as last year, \$175.00 for the six weeks; it covers board and lodging, laundry, handcraft material, baggage hauling and transportation to and from camp, use of boats and canoes, and instruction in all activities. Alumni who may want to enroll a child in the camp should write Mrs. Hester or the College office soon.

Judging by inquiries already received, the season in the resort hotel will also be a good one again.

The Normal College students will go to camp June 1 and remain until the 28th.

Home-Coming in November

That's a long way off, you will say. But we want to call attention to Home-Coming at Normal College this early so that it will not slip your mind. We expect this to be a big affair. Five years will have passed since the last one was held, four of them war years with many sacrifices and much suffering. We will try to forget some of that at a joyous Home-Coming November 29 and 30.

Implications of G.I. Education

The effects of G.I. education on general education were considered in a series of conferences in nine Michigan cities during November. They were the outgrowth of a trip taken this past summer by 28 superintendents and principals who visited 18 Army, Navy and Coast Guard installations.

In the physical and health education section there were presented some of the findings of the armed forces, particularly the Navy, by Charles E. Forsythe, State Director of High School Athletics and formerly Commander in the Navy and Assistant Officer in Charge of the Physical Training Section. He said in part:

"There was a general deficiency in arm, shoulder girdle, and abdominal muscles in men coming into the service. Types of activities for young men apparently had not developed these parts of the body in proportion to leg development. This may be attributed to our leg games such as football, basketball, track, baseball, soccer, tennis, golf, etc. It is also apparent that the training boys had received in boy scout activities had not been carried on through their later high school and college careers, because men did not know how to survive in the open. Approximately thirty per cent of the white men coming into the Navy were unable to swim and seventy-five per cent of the Negroes were non-swimmers. Quite often men had not learned the importance of reporting illnesses immediately upon their occurrence. Possibly schools had not given that phase of their educational program as much importance as they might have. Many men did not know simple games and were unable to participate in athletic and recreation periods because of not having the common skills, which could have been taught them in their physical education work and athletics in schools and colleges.

"It was pointed out that if physical education is to carry on, and physical fitness is to be an actuality, there must be

a close relationship between all phases of the program. Health education, athletics, physical education, recreation, school camping, all are kindred activities. Physical education must be made more attractive, it must be well organized if school administrators are to be expected to recognize it on a par with other phases of the curriculum. That it will be unpopular to be unfit is an attitude which must be stressed. More sports and skills must be included in our physical education programs. Boys and girls will participate in group games and competitive activities in large numbers if they are given the opportunity. There must be much greater use made of the recreational opportunities which are so plentiful in Michigan. School camps, students and adult recreation programs, and swimming are tremendously important. It is impossible to be too good a swimmer and participation in this activity is a possible means by which a person may learn to save his own life or that of someone else, and at the same time provide a healthful recreation activity for many years.

"In schools themselves there is a great opportunity to develop physical education programs which might be considered as basic and maintenance in nature. In the former, it is implied that simple and relatively easily obtained standards could be established for age or grade groups in various schools and conditioning activities be used until the accepted standards are reached. These could be determined by physical fitness tests. When the student had attained the required minimum, he could then be allowed to compete in the maintenance phase of the program, which would be comprised largely of competitive activities with a variety of games and skills. The physical fitness test could be administered frequently and if a student failed to maintain the required standard, he would then be transferred back to the basic or conditioning program.

"It seemed apparent to all concerned

that immediate action is necessary if physical education, with its resulting physical fitness, is to retain the gains which it has made. Many physical education people feel that an extensive amount of equipment is necessary. In reality more ingenuity and hard work are required on the part of physical educators than expensive equipment in order to have a successful program."

INCOME AND HEALTH

Obviously, there are some people whose bodies or minds are in such bad shape that, rich or poor, they can't buy health at any price. But equally obvious, there are other people, many of them, whose good or bad health will depend on whether they can or cannot afford to pay for medical care. The records of the National Health Survey and the Committee on the Costs of Medical Care show that if you sort the people of the United States into income groups and get their medical records, you find that the medical care received goes up as income goes up, and you find that the peoples' health records go down as income goes down.

Studies of how the average American family spends its money show that the amount spent for medical care depends on the income, no matter what the income is. To be exact, in 1928-31, families with less than \$1,200 a year spent an average of \$49 a year for medical care; those with \$1,200-\$2,000 spent \$67; those with \$3,000-\$5,000 spent \$138.

Important limiting factors for long-continued heavy work are high body temperature and low blood sugar values. For long-continued work the organism must have well-filled carbohydrate stores which are obtained by a rich carbohydrate diet. Training carried out with due precautions does not appeal to present any danger to the healthy individual.

In Memoriam

Hans Ballin died May 11, 1945, in St. Louis, at the age of 81 years. A graduate of the 1890 class of the Normal School, he taught in Turner societies in Sandusky, Philadelphia, Milwaukee and Cincinnati and also for many years in public schools. In 1916 he entered the bookselling and publishing business in St. Louis. He was instrumental in bringing about legislation favorable to Physical Education. As editor of *Mind and Body*, he also influenced progressive movements in this field. He published two books and wrote many articles for various magazines. His son Ralph is a graduate of Normal College.

William Reuter, the second oldest Alumnus, died February 16 at the age of 89 years. He was born in Milwaukee and graduated from the Normal School in 1878. In 1879 he went to Davenport as instructor of the Central Turners, which position he held for 33 years. In 1888, he introduced physical education into the Davenport public schools and was instructor and supervisor for 47 years. "Billy" Reuter was known from coast to coast for the many victories his Turner teams won at Turnfests. Two of his sons, Fred, of Cincinnati, and Hans, of LaCrosse, are also graduates of the Normal College.

BOOKS WANTED

Several valuable volumes have been added to the Normal College library this year. However, we are still accepting books. We are especially interested in books of historical value in regard to developments in the field of physical education, and in material showing how the subject was introduced into the various cities and how the curriculum and courses of study have changed in the course of time. Any material of this type will be highly appreciated.

Emil Rinsch.

ALUMNI BULLETIN,
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Mr. Herman T. Briscoe
Vice-President and Dean of Faculties
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I'D JUST AS SOON BE A PLOW MULE

"Dear Superintendent:

"I appreciate your offer of a job for my girl. She had her heart set on being a school teacher, but I talked her out of it. Teaching school is too much like being a preacher's wife. It's a high callin', but people expect you to give more'n they pay for.

"You take the teachers here in town. The only difference in them and Christian martyrs is the date and lack of bonfire. They were hired to teach and they do it. They teach the youngun's that learn, and entertain the ones that fell on their heads when they was little, but that ain't enough, their supposed to make obedient little angels out of spoiled brats that never minded nobody, and wet-nurse little wildcats, so their mothers can get a rest, and make geniuses out o' children that couldn't have no sense with the parents they've got.

"But that ain't the worst. They've got to get up shows and plays to work the school out of debt, and sing in the choir, and teach a Sunday school class, and when they ain't doin' nothin' else they're supposed to be a good example.

"They don't get no pay for three months, and can't pay their board or buy decent clothes, and on top of everything else they can't hold hands coming home from prayer meetin' without some gossip old sister startin' a scandal on them.

"I'd just as soon be a plow mule. A mule works just as hard, but it can relieve its soul by kickin' up its heels after

quittin' time without startin' any talk. I appreciate your kind offer and may the Lord have mercy on you, but my daughter is not interested.

"Yours very truly,

Mary's Mother."

—Reprinted from Texas Outlook.

CUSTOM-MADE CURRICULUM

Tailoring a custom-made curriculum is an exhilarating experience. Imaginative teachers get a thrill from thinking about objectives which they have been unconsciously using. They enjoy the mental exercise of playing with exact shades of meaning in their formulations. They get a social stimulus from professional discussions about their differences in objectives. For a scholarly body of persons, planning and programming the means they use to reach their objectives are heart warming. Standing back from the subjects they have grown to know with familiarity through teaching and subjecting them to the objectives they have accepted, are fearsome delights that always come from taking a new view of familiar experiences. These are some of the pleasures that a staff obtains when it starts at the grass roots and builds a local curriculum *de novo* to meet the local situation. No longer do they want a factory-made curriculum bought in a book store. They venture to create a custom-made article to meet the individual needs of their locality.

W. W. Charters.