

Alumni Bulletin

Vol. XIII

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No. 3

THE SUMMER SESSION.

Letters received after the summer session program was mailed to graduates and prospective summer students, seem to indicate a somewhat better interest in our course at Camp Brosius than was noticeable during the last year or two. Rulings of state boards of education in Indiana and other states, to the effect that teachers of physical education not having taken a full course in this subject must complete the requirements within a certain number of years, cause many instructors to look to summer courses for such work. This may be the cause of some of the interest shown. At any rate, we hope for a somewhat better attendance this year, and it may be advisable to register early if you wish to attend so as to be sure of the best tent space.

You will remember from looking over the program, that Dean Rath will have charge of the summer session and that such eminent well-informed and interesting teachers will assist him as Dr. Rudolf Hofmeister, '10, member of the Normal College Board of Trustees and physician and surgeon in St. Louis; Mr. Eugene Hofmeister, '13, director of physical education in the Buffalo schools; Mrs. Clara Ledig Hester, '24, and Otto Eckl, '15.

Three-year graduates who are anxious to complete the requirements for the degree, will be able to earn six semester hours' credit. Those who wish to work for the Master's degree, may do so by taking the courses offered and

doing additional reading and research work.

Help us to secure a good attendance at the summer session by registering yourself if you wish to have a nice vacation while earning credits toward the degree and brushing up on physical education activities, and also by encouraging other teachers to come to beautiful Camp Brosius at Elkhart Lake.

THE CALL OF CAMP BROSIUS.

The call of the lake, the woods, the shady lanes and the open road, is again heard:

"We're drifting back to Brosius
And we hope to find you there;
With stories of good cheer
Of a most successful year."

We expect many of our graduates at the summer session. Not, perhaps, to take a lot of work, but just enough to keep the body young and the gray matter functioning, and at the same time enjoy a vacation as it may be enjoyed only at Camp Brosius.

A prominent physical educator who travels much and is familiar with many schools once remarked when visiting our school, "You have the most loyal group of alumni I have ever met." The large attendance at our Home Comings, increasing year after year, seems to verify this. Let the attendance of our alumni at our summer session also show the truth of this opinion. Prepare, plan, save! Come to Brosius and have a good time.

THE BOSTON CONVENTION

The thirty-fifth annual convention of the American Physical Education Association was held in Boston, April 1 to 5. Mr. Carl Schrader was the general chairman of the Convention Committee. He and his group deserve to be complimented on the successful manner in which this convention was conducted. It was the largest ever held, the attendance being somewhere around 2500. Many students were present from the five teacher training schools in the vicinity of Boston.

Because of their historical interest, a great many trips were scheduled to points about Boston. These began on Tuesday. The convention proper began with registration on Wednesday and continued until Saturday noon.

If one were to attempt to describe this convention in a few words, one would say that it consisted of a combination of earnest and instructive lectures, very humorous talks, fair demonstrations, and little discussion. This latter is to be regretted.

There were the usual general sessions alternated with sectional meetings, the programs of which have all been published in the *Journal of Health and Physical Education*. It is not possible for any one to listen to all of the outstanding speakers which were scheduled for often two equally strong speakers were on the program at the same time.

Dr. Maroney acquitted himself in his usual manner by delivering a humorous and inspiring talk. An interesting paper was that of Abby H. Turner, Professor of Physiology, Mount Holyoke College, on "The Circulatory Reaction in Standing". Standing seems to be a test that gives a fair indication of the condition of the circulatory mechanism. Eugene C. Howe, Professor of Hygiene and Physical Education, Wellesley Col-

lege, presented some interesting facts on "The Effect of Training and Fatigue on Resistance to Infection". Conclusions based on his investigations indicate that spontaneous activity rather than forced activity is most effective in increasing resistance to fatigue and to infection. Professor Kilpatrick's lecture on "How Education Looks at Physical Education", was interesting but rather long. He spoke upon the trends and new emphasis in education with reference to goodness in its varied interpretations and on the function of physical education with reference to enrichment of life through activity. Dean Holmes of the School of Education, Harvard University, followed him but cut his remarks rather short. He deplored the emphasis on exhibitionism involving only a few students and the overemphasis on the survival philosophy. The end of life is not merely to survive but to do things, to create, to improve civilization.

The banquet was the most interesting of its kind the writer ever attended. Miss Wayman's and Miss Trilling's talks were full of fun but also contained hidden in the humorous presentation, many aspects of the serious side of our work. A new addition to our banquets was the presentation on the stage of the evolution of physical education. It showed the activity and costumes of different periods and was given a humorous coloring. It was indeed funny and very much enjoyed by the audience.

There were so many excellent lectures presented on such a large variety of subjects that it is impossible to do them justice in a brief description. The Consultation Service was also a part of the convention program, the same as in Milwaukee.

The convention reunion luncheon was held on Thursday. A great many institutions were represented. We had a group of men just enough to fill one

table at Luncheon. Each school was called upon to rise and the others responded with vigorous applause. It is to be regretted that so few graduates of the Normal College attended the convention. However, we had one of the oldest graduates present at our table, Mr. Christian Eberhard of the class of 1879. Mr. Eberhard received quite an ovation during one of the general sessions when Dr. Maroney called attention to him. The next National Convention will be held in Detroit some time in the Spring of 1931. E. RATH.

MID-WEST CONVENTION.

The seventeenth annual convention of the Middle West Society of Physical Education was held March 26 to 29 in Milwaukee.

It was one of the most successful conventions of its kind. The spirit of the general assembly and the enthusiasm shown during the sectional meetings was exceptional. The officers of the association and the convention committee should be highly commended for the splendid way in which all details were managed.

On Wednesday, March 26, general registration and visitation of the Milwaukee schools occupied the time of the delegates. The first general session took place at 8:00 P. M. with Mr. Edwin Hoppe, supervisor of physical education of the Milwaukee schools, presiding. Greetings from Miss Lee, the president, and an inspiring talk by Dr. Maroney, supervisor of Atlantic City, on "The Future of Health and Physical Education" were the high lights of the evening.

Thursday morning began with sectional meetings. Dr. Maroney addressed the public school section with a talk on "Character Values in Health Education." Some of the main points of his talk were well worth remembering. "Teachers must put aside pet hobbies and give the

children such a varied program of activities that all may develop their inherent capacities. Many teachers pass up the boy or girl in their zeal to do something new." How true this is in this age of hobbies and ideas and wide varieties of so-called systems of physical education. He further stated, "If you want boys and girls to reach the heights, set them climbing. Don't make the road too easy."

At the general assembly later in the morning, a new system of assistance to physical educators was explained. Experts in the various phases of physical education work were introduced to the audience. Late in the afternoon these people were stationed in various rooms where teachers needing help in special problems could go for consultation.

Miss Marjorie D'Houbler of Wisconsin University, gave those interested an opportunity to take part in some rhythmical work used to prepare girls for dancing.

Dr. Denniston gave an interesting demonstration supplemented by motion pictures showing how physical examinations are conducted in the University of Wisconsin.

The main feature of the evening was the big banquet followed by a dance. Mr. J. E. Rogers was toastmaster, and the speakers were Mr. Arthur Upton, Miss Clare Small, and Mr. Delbert Oberbauer.

On Friday morning, the general assembly was addressed by Mr. Vaughn Blanchard, director of health education in Detroit; Dean William Scott of Chicago University; and Mr. George Fisher, deputy chief scout of America. Dean Scott's address was of particular interest. "Changing Student Attitude in Regard to Athletics" was its subject. He pointed out that the interest in the big games is decidedly waning. No longer is the winning football team the

center of the college universe. Students really pay very little attention to the results of the teams. In general, athletics has gone through three stages. From 1890 to 1910, we passed through the "Rah! Rah! stage"; from 1910 to 1924 came the "Big Business stage," and since 1924 the waning stage has set in: The East has passed through the first two stages and is now showing comparatively little interest in the "big games." The Middle West is still in the "Big Business stage," while the West is in its sports' infancy and remains in the "Rah! Rah! stage."

The sectional meetings at 11:00 Friday morning were unusually interesting. The Teacher Training Section with Dean Rath as chairman had a spirited discussion of the Report of the Committee of the American Physical Education Association on the Curriculum for teacher training schools. Miss Frances Musselman of the Chicago Normal School was the leader in the discussion.

The Orthopedic Section with Miss Deniston as chairman spent a very interesting hour listening to Dr. John S. Coulter of Northwestern University speak on "Muscle Training in the Treatment of Paralysis" and hearing Miss Marjorie Taylor, Advisory Director of the Junior League Curative Workshop of Milwaukee. Miss Taylor had some very good slides which demonstrated the results obtained through the use of occupational therapy to correct bodily defects. It looks as if we are only beginning to realize that the body is a whole. To get the best results, the patient as a unit must be considered rather than a defect in any one body part. Motion pictures of the individual work done in the Los Angeles Orthopedic Hospital under the direction of Dr. C. L. Lowman were interesting and instructive. Most of the children treated have had paralysis. A great deal of the most

constructive work with them is done in swimming pools.

The convention luncheon held Friday noon was unusually well attended. The Normal College had two tables. This certainly is far from a good showing when one thinks of the many graduates who teach in the middle west. Evidently they aren't "convention minded". The chief feature of the luncheon was the appreciation shown of the work of Mr. Elmer Mitchell who retired as secretary-editor to become secretary-treasurer and editor for the national association. A set of golf clubs were presented to him as a token of the appreciation of the association.

Friday afternoon was chiefly taken up with general sessions.

On Friday evening an exhibition by Milwaukee school children, LaCrosse Normal, Marquette University and Wisconsin University physical education students was enjoyed by a large audience.

Saturday morning marked the end of the convention. The new officers were announced. Normal College Alumni will be pleased to know that our own Dean is the new president. The other officers are: Vice president, Miss Blanche Trilling of Wisconsin University; Secretary-treasurer, Dr. C. E. Molander of Chicago University.

C. L. HESTER.

TREASURER'S REPORT.

On hand, May 1, 1929	\$192.48
Receipts, Dues	289.00
Expenditures:	
Bulletin and Mailing	\$199.76
Graduating banquet	70.25
Printing	8.00
Postage	18.00
	<hr/> 296.01
Balance, May 1, 1930	\$185.47

PERSONALS

A son arrived at the home of Dr. Fred W. Hall '18.

Viola Schneberger '22 is recovering from a recent illness.

Alice Huth Krumbein '24 is touring in Europe and at present is in Germany.

Harry H. Hessler '20 is Fourth District Governor of the Dancing Masters of America.

The marriage of Pearl Luce '20 to Mr. Eldred E. Spring took place April 26th.

Vinetta Barnitt '26 was married in October and her name now is Mrs. Marshall Bosworth.

Dorothy Wydman '17 was married in September and is now Mrs. Horn; she is substituting in the Cincinnati schools.

Deserting the physical education profession, Emily Nowack Liebel '17 is managing a dry cleaning establishment in Cincinnati.

After acquiring his Bachelor degree from Wisconsin University Walter A. Cox '14 is now working at Columbia for the higher degree.

Dorothy Smith, '20 (Mrs. Severance) left Chicago because of her husband's ill health; the last we heard from her they were in Texas.

Mr. and Mrs. Albert Schaffner '18 spent the spring vacation among the caves in Kentucky. On their way down they stopped off at the College.

Traveling through Europe by motor was the method chosen by Hazel C. Orr '10 last summer. We are also told that Hazel established a nice home for her relatives from Indianapolis.

Arthur Faulstich '17 had charge of mass drills of Chicago Turners at a get-together in Lincoln Turner Hall and received not a few compliments on the way he conducted the lessons.

When Ermal Thorpe '22 returned to Indianapolis in fall after studying in the

East for a year, she took up her duties in the Teachers College under a new name, having been married in the meantime to Mr. Haynes.

All Alumni will be interested in this personal news item which should have been reported in the February issue but escaped the notice of the editor at the time: Our genial treasurer, Mr. Curt Toll, was married January 4.

At the recent International Congress for Crippled Children held in Geneva, Switzerland, Dr. Theodore Toepel '99 was elected as one of the five members of the executive board of this organization. Dr. Toepel lives in Atlanta.

Alumni will be interested to hear of a Testimonial Dinner given Mr. Louis H. Chalif by the Chalif Alumni Association, on March 30 at Hotel Commodore in New York. The chairman of the arrangements committee was Mrs. A. Frederick Kempe, formerly Elsa Heilich '17.

Forty-one years ago, just before Christmas, the Turnlehrerverband von New York und Umgegend (Association of Physical Directors of New York and Vicinity) was organized. At the forty-first anniversary, two of the founders were present, George Seikel and Hermann Seibert.

Lewis Szeles '25 with his wife and infant daughter were picked up by another machine near Rochester, N. Y., when he had trouble with his own car; the auto skidded on icy pavement and turned over in the ditch. Lewis got away with a wrenched back and a few cuts but Mrs. Szeles suffered severe bruises.

Alumni who returned to Normal College for a visit during the spring vacation of the schools in which they are employed, included Anna Greve-Byrd of Moline, Ill.; Elizabeth Underwood and Julia Hauenstein of Syracuse, N. Y., Ethel Emrich-Clauson of Chicago; Sara

Marshall, Carl Baumann, John Garner, Louis Montgomery and Fred Braun of Buffalo.

A son was born to Mr. and Mrs. Lester William Kettering '25 of Canton, Ohio last August 9, named Paul Siple Kettering. He is to make his first acquaintance with his uncle, for whom he was named, in June, when Paul Siple, boy scout with the Admiral Byrd Antarctic Expedition, will return home. Paul is a brother of Mrs. Kettering, formerly of Erie, Pennsylvania.

Ferd. Bahr '27 has taken charge of recreation work in his home city, Sheboygan, Wis. He supervises all city work of a recreational nature including playgrounds, athletic league activities, summer band concerts, bathing beaches, evening gymnasium classes and swimming classes, and after-school activities of boys and girls. During the winter, there were basketball and volleyball leagues and four municipal skating rinks.

Overworking in school and home caused Hazel Schuenemann '18 (Mrs. Gronemann) to lay off for quite a long time; she spent several weeks in the hospital to recuperate. Nevertheless, she sent to the Alumni Bulletin editor not less than fourteen missing addresses. If all Alumni would assist like her to keep the address list correct we would surely have it 100% complete. We are glad to say that at this writing Hazel is well on the road to recovery.

W. Harold Browne '20, for nine years head of the department of physical education at Lincoln high school, has been appointed on the coaching staff of Nebraska University; he will be head coach of the varsity baseball team and freshmen coach of football and basketball. Browne has been very successful at Lincoln High. His football teams won 67 out of 72 games played and won five state championships; his basketball teams won 141 out of 185 games played.

On their trip to China where "Gus" is stationed now, Captain Gustav Braun '15 and wife (Ann Hoesterey '19) with their three boys and one girl, stopped off at Honolulu and paid a visit to Mr. and Mrs. Wm. A. Stecher on February 14. They telephoned from the U. S. ship after arrival and when they got to the Stecher bungalow on Hibiscus Drive, to their surprise they found Marguerite Holzbauer Steis there, Ann's class mate, whom Mr. Stecher had invited over in the mean time. Of course, it was almost a reunion of Normal College people for the day that the Braun's could stay in Hawaii.

The Buffalo Schoolmasters' Association of which Henry W. Kumpf '23 is president, gave the annual Ladies' Banquet at Bennett High School. The program for the occasion was carried out by the physical education department with exercises on the horizontal bar by Ray Ping, Elmer Rosenthal, Louis Montgomery, Wm. Meissner, Theo. Bednarczyk and Leslie Boehmer under direction of "Pop" Steffen; a long wand drill by eighth grade boys under Wm. Zabel; stunts by Ralph Duquin and Henry Thayer; clogging by Stanley Pacanowski, and the presentation of Rath's "A Schubert Garland" by sixteen high school girls under Mrs. Minna P. Johnson.

"I am no longer teaching at the Kentucky School for the Blind. I left there Thanksgiving week to accept a position in the public schools, and Elizabeth Lemmon Van Antwerp is filling my place at the Blind School. Besides going to the Turners once a week I am attending another gymnasium class, two tap dancing classes and a Denishawn class, and also go to night school at the University twice a week. There is little time for anything else and my correspondence suffers. You can understand then how glad I am when the Bulletin arrives."

Martha C. Schneider, '24.

ALUMNI CORRESPONDENCE.

Don't fail to send the Alumni Bulletin and the summer session program. I want to attend school this summer and if I can rent my house for the summer months I will be at Camp Brosius. I always look eagerly forward to receiving the Bulletin and learning of the doings of old friends.

My work is coming along fine and we like Missoula very much. Just now I have two large orders on hand: preparing for a May Day exhibition and conducting the county track and field meet for rural schools. This is quite a big event and it will be my first experience with a big meet.

It was my good fortune to be selected as a referee for the district tournament this month and I saw some strong teams. Western towns take athletics seriously. The team that beats Chinook, champion of Montana, will be a pretty good one. As for sportsmanship, Montana crowds have it all over Indiana and Nebraska—never any razzing.

We hope to drive east this summer. The roads here are gradually made good and will be alright in a year or two. There is a lot of beautiful scenery out here and one never tires of it.

CLARENCE PORTER, '24.

IN MEMORIAM.

Henry B. Camann died February 22, at the age of 69. He was born in Kendall, N. Y. Graduated from the Normal School of the Turnerbund in 1884, he taught physical education in Chicago ever since; the last 23 years he was instructor in McKinley High School. Mr. Camann was one of the older teachers who did so much to introduce physical education into the public schools of Chicago. He was an enthusiastic teacher,

much interested in the art side of the work (he was a fine cello player) and brought out two books, one on club swinging and a collection of exhibition drills.

* * *

One of the oldest graduates of the college died in November, 1928, but we did not learn of his death until recently: Robert Riecken, '76. After leaving the old Seminar in Milwaukee, he taught in several Turnvereins: Sacramento, Peoria, Chicago and Concordia, St. Louis. During those early years, societies did not pay high salaries and it was often necessary for the instructor to do other work in order to make a living. Riecken was a woodcarver. In 1890 he took his family to Germany but came back here in 1900. The last years he spent with his son in Dayton. Years ago Riecken wrote many articles for the Turnzeitung. In his appearance, he reminded one much of Turnvater Jahn: long beard, bald head, refined features and fine eyes.

COMMENCEMENT.

Closing exercises of the Normal College will be held at the end of May just before the classes go to camp. Any alumni who can arrange to be present will be welcome, of course.

The banquet which the Alumni Association each year tenders the graduates, will take place Wednesday evening, May 28. On Thursday, the graduating class will give a demonstration in the gymnasium. Then, in the evening, will come the commencement. Stanley Coulter, formerly dean of Purdue University and now chairman of the Indiana Conservation Commission, is the speaker for the occasion. The valedictorian is Louis Roth. Diplomas will be given out by Mr. George Vonnegut, president of the Board of Trustees.

ALUMNI BULLETIN

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BOOK REVIEWS

EDUCATIONAL OBJECTIVES OF PHYSICAL ACTIVITY, by Frederick Rand Rogers, 109 pages. A. S. Barnes and Company, New York City, 1929. Price \$1.00.

This booklet is divided into three parts and has an appendix. Part one deals with Analysis; part two with Implications, and part three gives the sources of the material contained in the book. The appendix consists of a series of charts showing the inter-relation of health, physical education, mental activities, supervision and administration, and is illustrative of the text.

Part I, Analysis, gives the reader a glimpse of the social and educational philosophy which guides the author in his choice of aims and objectives, a basis for methods, and for the administrative adjustments needed to carry out the program the author has in mind. It also presents a general outline of a school program involving the adjustments mentioned.

In Part II, the author applies the implications growing out of part one to the teaching process. He shows how physical activities are present in all subjects and the need of using these activities for educational ends and health purposes.

The recess should be a period of learning. The secondary school teacher is expected to acquire contact with the children by means of some game, which the physical educator taught previously. The specialists in physical education must have a broad grasp of their subject and its objectives to be able to organize a diversified and flexible program, guide the pupils in self-direction and help them to find activities suited to their needs. Administrators should recognize the need of proper supervision and the necessity of engaging specialists in corrective work and for physical education in junior and senior high schools. They must also sense the danger in excessive interschool contests. The author points out that, "Artificial emphasis on interschool athletic programs, special attention to individual victories, 'drives' for championships, assignment of special coaches for inter-school teams and like procedures always tend to destroy the entire physical and health education program. Where they prevail physical educators tend inevitably to neglect the unfit and overdevelop the most fit, concentrate on non-essential skills and comparatively unimportant sports, and deprive pupils of legitimate opportunities for 'self-determination'; in a word, ignore education for spectacular and anti-social programs." Another danger present in all teaching is "changing pupils into little (behavior) images of their teachers. Pupils must be protected from teachers who would stifle a child's personality and place their own personality stamp upon it."

Part III contains brief descriptions of the books used as references.

The author gives one a broad but condensed review of the basic principles underlying physical education with which all teachers should be familiar. It creates a desire for more and in that respect appears incomplete. The booklet

might easily be expanded. The principles advanced are based on the philosophy of education as expressed by modern educators, particularly Dewey. They are briefly and clearly stated. The book makes worth while reading and should be read by teachers of physical education particularly.

E. R.

* * *

"THE PROFESSIONAL EDUCATION OF MEN TEACHERS OF PHYSICAL EDUCATION IN PRUSSIA" by Frank L. Oktavec, Ph. D. Contributions to Education, No. 369. Bureau of Publications, Teachers College, Columbia University, New York City, 1929. Cloth \$1.50.

The author's purpose is to show how certificated men teachers of physical education are being prepared in Prussia, Germany.

While articles and books have been published about the present status of education in Germany, but little has been written dealing with the program of physical education; yet every visitor to Germany is impressed with the tremendous impetus physical activities have received since the war. This book describes the part modern physical education play in this movement.

The educational changes established by the new constitution of Germany have increased the opportunities for and stimulated education in general. Some phases of physical education which have received renewed emphasis are: the movement toward outdoor activities which is stronger in the present day Germany than it ever was before; air, wind, and sunlight are looked upon as preservers of health and strength; rhythmic gymnastics, prophylactic and Compensatory Gymnastics, and Koerperschule and Natural Gymnastics of which Gaulhofer and Slama are the advocates. There is an absence of the old style free exercises; increased interest in tumbling, track and field work, hiking and swim-

ming; a slight decline in apparatus work is noticeable. The youth movement is also shown to have made tremendous strides forward since its inception in 1904.

The author is of the opinion that fundamental principles and a philosophy of physical education are still lacking. Nevertheless he quotes innumerable authors in his references who deal with methods, aims, character and personality development, with the psychology and physiology of activities, and their influence upon the development of mentality. Furthermore, in his last chapter he presents a philosophy of physical education underlying the work.

The greater part of the book, however, is devoted to a study of the administration and organization of the Preussische Hochschule fuer Leibesuebungen, every phase of which is given in detail.

The curriculum which contains 63% of practical work and only 37% of theoretical subjects will be a revelation to many of our constructors of curricula. The program seems to contain only subjects essential in producing successful teachers. We, in America, may differ from the point of view applied in the selection of subject matter, but we shall probably agree that the intimate contact existing between the faculty and students, the feeling of freedom, self-dependence, and the educational atmosphere prevailing, the emphasis on full self-development rather than on specialization, must produce successful teaching personalities.

The courses in other Prussian universities are modeled after those of the "Preussische Hochschule fuer Leibesuebungen". Physical education is given here as a minor in connection with two other major subjects. In this minor "twice as much time is spent for teaching activities as for teaching theory

courses." Perhaps Goethe's thought "Grau ist alle Theorie" underlies their curriculum construction.

The book arouses a desire to see the "Preussische Hochschule fuer Leibesuebungen" in operation and is very stimulating, not only to those engaged in the preparation of teachers of physical education, but to others as well. It will serve undergraduate students for references in the History of Physical Education; directors of and teachers in teacher training institutions; educators in general; and teachers of physical education who are still students of the subject. There is a table of contents, but no index. An abundance of varied and valuable references are given. E. R.

* * *

AN ATHLETIC PROGRAM FOR HIGH SCHOOL AND COLLEGE WOMEN, by Marjorie Hillas and Marian Knighton. A. S. Barnes and Company, New York, 1922. Price, \$2.00.

There are eight chapters in the book dealing with the methods of teaching athletic games and organization needed. In addition to the first three chapters devoted to The Teaching Program, Squad Organization, and Play Day Material respectively, teaching procedure applied to six important games make up the content of the book. These games are Soccer, Hockey, Basketball, Baseball, Speedball, and Fieldball. The authors' object is to reach the mass of students rather than to point out improved procedure to develop technique and strategy which may aid in producing strong varsity teams. Authors of games of the other sex may learn from this. For each game there are suggested tests in skill by which progress may be measured, squad practice during which elements of the game are perfected, and a list of games increasing progressively in difficulty followed by a description of them. This gives abundant material which may be

used for large classes and which improves playing ability. A bibliography is given for each game.

The book is unique inasmuch as it combines under one heading all the important phases involved in the learning of a game. It will be welcomed by teachers of physical education who can devote sufficient time to the teaching of these games. This is more possible in colleges and universities than in the average high school. It has done for the teacher what every one should be able to do for himself, but unfortunately cannot find time or is unable to do, i. e., analyze the activity to find the elements, organize them for squad practice, arrange the elements into games of increasing difficulty, and prepare a series of achievement tests, if such are considered essential.

The descriptions of plays and games are not at all times perfectly clear to the reader. This book again illustrates the need of a universal terminology. Without the illustrations the described formations could scarcely be understood.

E. R.

* * *

GROWING STRAIGHT, A New System of Physical Education with Mental Control, by Maud Smith Williams. A. S. Barnes and Co., New York. Clothbound, 137 pages with 45 pencil sketches. Price \$2.00.

This book is a description of a supposedly new system of physical education along with a number of working rules for the individual all of which is purported to have been derived from the American Indian.

There are two parts to the book; the first part being devoted to a general discussion of the Indian's system, the Indian's philosophy of life, his powers of breathing, mental control, and the art of relaxation. The second part is given over principally to exercises of all sorts,

posture and carriage, walking, running, climbing, and other exercises presented in the manner that the Indian supposedly actually performed them.

The writer of the book certainly presents a number of novel ideas, the following ones being among the most interesting.

a. "The Swedish, Turner, Sargent, and American systems of physical education are each narrowly devoted to a single cult." Does anyone know the boundaries of these systems?

b. "This new American Indian system of physical education is based on flexibility of the individual rather than rigidity or tension." How about the individual who is already too flexible?

c. "The American Indian is the acknowledged superior in physical development of all the races in the world today." By whose acknowledgment?

d. "Man alternates in polarity with every breath. He may adjust his polarity to breathing and thereby control the life current, making it positive or negative at will."

e. "One nostril is used for positive and the other for the negative life currents."

f. "Indian adepts are intimately acquainted with many mysterious and powerful rhythms of the body and manipulate and control them by the power of will through mind."

g. "There is a mysterious 'inner breath' known to a few highly developed American Indians and practiced by them when going through fire, under water, through dense smoke, or during profound spiritual meditation. With this method they do not employ the lungs but directionalize the life force through the spinal nerve centers to the brain, using the pneumogastric nerve."

h. "If you will face west when going to sleep, with the setting sun upon retiring, you will, in all probability, find

yourself facing the rising sun in the east when you wake. Of course, you must head north and south, to be in line with the earth's currents, and you will notice that you are breathing through a different nostril!"

i. "When walking, it depends entirely how fast one is moving whether the ball of the foot or the heel touches the ground first."

j. "When the Indian sits he sometimes places a heel against the anus, to close it, thus preventing the influx of lower forces. He keeps his vital energies and nerve currents circulating in his body, in the form of an eight, and in some cases a double eight, while keeping the mind positively receptive to higher forces from the sun and the universal mind of Manitou."

Several exercises presented are:

a. "Clean the lungs:

"Fill the lungs to capacity using full breath, then blow three times, on the one breath, expelling the air with force."

b. "Lying on the floor, face down, hands at sides: Inhale and place hands, palms down, on the floor on a level with the shoulders, elbows bent. Lift the body from the floor, bracing with hands and feet. Swing the hips in a circular motion to the right, forward, left and around. Exhale and slowly lower the body to the floor. All this to be done in waltz rhythm."

The reviewer also can hardly fail to note some of the newer ideas presented.

a. "Breathing stale or devitalized air is suicidal."

b. "Burned gas fumes are poisonous and deadly."

c. "Practice being calm, cool, quiet, and poised."

d. "Do not worry about what has not happened—and probably never will."

e. "The greatest secret of relaxation is simply to overcome fear and worry and self pity thought in the mind."

f. "Do not fear the night air."

The reviewer feels that with these few notes he has given an adequate description of the book. But the source of Miss Williams' information in regard to her assertions about the American Indian remains a mystery. And just why the Indians with all the possibilities of hunting, fishing, etc., should have made up a system of specific exercises for physical development and flexibility is a question that remains unanswered.

Although the book's value as a contribution to physical education may be questioned, it affords the reader an amusing and entertaining two hours reading.

ERNEST A. SENKEWITZ.

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"CREATIVE ACTIVITIES IN PHYSICAL EDUCATION", by Olive K. Horigan. A. S. Barnes and Company, 1929. Price, \$2.00.

This book is organized in twelve chapters and consists of 139 pages. The introductory chapters are devoted to explaining how Physical Education may be correlated with the classroom program. The portion of the book devoted to Poetry and Interpretive Activity, A Study of Seasons, and Games and Dances of other Lands contains an abundance of material that is valuable if the teacher has initiative. This portion should give the pupils a better understanding and appreciation of poetry, nature, and the people of other lands through the medium of Physical Education. The book is clear and readable and the bibliography is well selected.

RINSCH.

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THE RECOMPENSE. A pageant for the closing exercise of junior high school class by Ethel E. Holmes and Nina G. Carey. A. S. Barnes and Company; unbound (section of Physical Education Handbook); price \$.50.

This pageant consists of a prologue, seven episodes, six interludes and an

epilogue. It is an attempt to demonstrate many of the phases of the school by way of a dramatic performance. First aid, music, gymnastics, oral English, art, industrial and household arts, printing, home economics are all included in the demonstrations.

The characters of the story are derived from Greek mythology. The gods and goddesses believed that mankind has deteriorated. Mercury searches the earth for proof that the gods are still remembered. He returns with a group of students from a modern temple of learning. Each branch of learning has a spokesman who tells what is being accomplished by its study. Demonstrations follow.

Descriptions of the costumes, pictures and diagrams of the scenery, the dialogue, and suggestions for the production are included in the general description.

This pageant would be of value to any teacher who is looking for material for a commencement program. It gives but little opportunity for physical education demonstration. The pageant includes considerable dialogue.

C. L. H.

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THE GOLDEN AGE. A Dramatic Dance Pageant of Mythology by Katherine Linder Chapman. A. S. Barnes and Company; price \$.75; unbound (section of physical education handbook).

The Golden Age is based on Shakerley Marmon's poem, "Legend of Cupid and Psyche," and is presented in six episodes. The story deals with the beautiful Psyche who arouses the ire of Venus. Cupid, the son of Venus, is sent to earth to cause Psyche to fall in love with a hideous monster. Instead he falls in love with her himself, dire consequences result.

A minimum of thirty performers are required for the pageant. The action of

the story is portrayed chiefly through pantomime and dance. Very little dialogue is used.

The dances used are obtainable from Chalif and Vestoff-Serova, or are found in Hinman's *Gymnastic and Folk Dancing*, Vol. IV., Bell's *Fifty Figure and Character Dances*, Colby's *Natural Rhythms and Dances*.

Description of pantomime, scenery, lighting, costuming, and properties are included.

This pageant is very attractive and is suitable for senior high school and college groups, especially girls.

C. L. H.

BUFFALO ALUMNAE OF DELTA PSI KAPPA.

Buffalo Alumnae Psi Kaps extend wishes to all of our colleagues for a very enjoyable summer. We are happy to conclude another year full of fascinating experiences and hope many others can join us in that.

Our dance held at the Statler Hotel late this winter was a real success. Just like our college days, to see so many Normal College friends there. Good music, a fine crowd! We hope to make it an annual affair.

The Northeastern district had a fraternity convention in Newark, New Jersey. Peg Stocker was the only one from Buffalo who could attend. "More fun," she says and much business as well. Each one of us realizes what it means to be able to go most anywhere in the country and find friends there. Erma Freevol Branlich of Chicago, visited us at our last meeting and she, too, agrees. And I can say for myself it was a treat to be able to stop in Boston and meet the Nissen College girls and be made to feel as one of the group.

'Tis true, friendships made through

college and fraternal organizations are priceless!

Preceding our Spring Banquet we will have installation of new officers (to be elected at the May meeting) and also hope to have a speaker present to give us new professional inspirations.

The end of June will then be here! We will be thinking of the campers at Elkhart Lake and Brosius! Lucky!

E. H.

BUFFALO PHI DELTA PI.

It may be rather interesting for some of you to know that up here in Buffalo there are twelve of us who are striving hard towards an alumni chapter next year.

Three chapters are represented. Those from Alpha are: Elsa Schmidt, Eunice Kalbfleisch, La Mar Keltz, Florence Anderson, Hazel Rueckhardt, Sara Marshall, Alma Pottschmidt, and Bertha Otte; there are two from Theta: Isabelle Nagel and Lillian Welch, and also two from Kappa: Ruth Phillips and Reva Williamson.

Our first meeting was held at a luncheon at the Delaware Arms Tea Room last October. It was at this meeting that we all became acquainted and plans were made for meetings which have been held monthly.

A party which will be remembered by all of us was the bowling held March 27. It really wouldn't be fair to give the results and scores.

We are all looking forward to seeing many Phi Deltas up here for the National Turnfest in June.

We all go to the school of experience. We can't quit, or be expelled, and there is no chance of ever graduating.—The Pathfinder.

STUDENT ACTIVITIES.

Seniors.

The runner gave his final burst of speed and breasted the tape. The senior class is in about the same situation only we are giving our final burst of brain exertion to break through our finals and win our long coveted degree.

Our activities, from the social side, have been rather limited. All of our efforts have gone into tying up all the loose ends of knowledge. We hope that they are now tied securely and firmly, as we stand on the threshold of the profession with, "a sound mind in a sound body."

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Juniors

The Junior Class is all "keyed up" for the big event of the year, i. e., "graduation". Just now we are working up some numbers for the Turnverein exhibition, and also for our own exhibition on graduation day. We really should know something about exhibitions by the time this year is over from all those in which we have taken part.

We are getting some practical work in observation, probably to the sorrow and disgust of the freshmen. Between observation, tennis, and baseball it seems that we spend a great deal of our time away from the College itself, which however broadens our education and so we are glad for the opportunities which present themselves.

On May 13 at the Sherman Inn the juniors will have a banquet and dance. The committee promises that it will be a climax befitting the ending of three years at the Normal College.

Louis Roth is to be the class valedictorian.

As a parting gift we are presenting the school with an eye testing cabinet which we trust will be very useful.

This is probably the last time we shall

all be together and so we wish each other all success in our chosen field—Physical Education.

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Sophomores

The sophomores have been kept busy all this semester. First of all, we started to teach in public schools. Although many were self-conscious and embarrassed, everyone came through splendidly, and teaching is coming along fine.

Secondly, we gave an entertainment in a Friday assembly. Miss Diefenbach, the song-bird of our class, favored us with a selection, to which the Dean even added his approval. Miss Heacock gave a reading, and Mr. Barrick and Mr. Arps strummed their ukes and sang.

Thirdly, we are going to present a pageant with the Turnverein classes. We have been working hard on all this, and hope to make it a success. Another thing, Mr. Hertler has been doing a great deal of work on both the "Annual" and the "Pageant", and should be given credit for all the time he has spent on them.

Finals are on their way now; we're all studying hard, and hope to come through them on top. After they are over, camp looms in the distance, offering us an incentive to help make these last few weeks here in Indianapolis fly.

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Freshmen

Spring vacation over. The last stretch of our Freshman year. Finals, Camp, and then we'll be Sophomores.

Camp—the sophomores tell us of tasks, weed cutting, stone-carrying, path-making. But the Juniors present a more pleasant picture: of a tree bordered lake, swimming by day, canoeing by moonlight, of walks through woods and trips to town. And we know that with camp comes tent life and outdoor work. We're "rarin' to go," certain of a fit ending of a good year.

We only regret that the Seniors and Juniors can not be with us, but their business will be more serious. We wish them success and happiness in their new undertakings. RUTH BACHMAN.

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Girls' Athletics.

Since the first of April, Monday and Friday mornings have found A. G. U. girls bound for Riverside park—ready for baseball.

The first morning out on the diamond, tentative squads were assigned to five upperclassmen for practice in fielding, batting, and catching. However, not much time was lost in getting things started in a "big way," and before the end of our first period, permanent teams were chosen and a tournament started.

Five teams are in the tournament. At each period, four teams play and the remaining one provides umpires, score keepers, base umpires, and substitutes for the two games. Mrs. Hester is always near by to point out situations, and settle disputes about certain points.

Besides being able to play the game, we are required to have a knowledge of rules, coaching, and handling of large classes, when introducing the game.

Only a few more periods remain. The last is our final exam, which we look forward to reluctantly—it marks the closing of a delightful baseball season.

G. A.

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Dormitory.

The majority of girls left the dormitory during spring vacation. At this time the house was given a thorough cleaning by the help. For those girls who came back Sunday, Miss Knowland, our matron, personally prepared a delicious meal, the kitchen force having been granted time off. Our heartiest appreciation to Miss Knowland.

Easter day was pleasant: flowers decorated the tables which were joined to-

gether in the shape of a U. We ate eggs of all variations.

Now that the fine weather is favoring us, the week-ends always find a number of the girls going away on visits. But during the week, seldom is there a vacant place among us at the tables, particularly now that we have supper appetizers, such as outdoor baseball and tennis.

This is rather a crucial period for us all; some are wondering what camp has to bring forth; others are thinking what next year's life at the dorm may be; those leaving permanently are reminiscing their sojourn here, are experiencing that sensation of leaving those of whom they have seen a great deal, and are considering what a part in their lives this close contact has meant—one and all, in their own ways, endeavoring to get the very most out of these last few weeks together! M. E. H.

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Delta Psi Kappa

Saturday, April 19, was really a banner day for the girls of Delta Psi Kappa. Initiation ceremony was held at the Lincoln Hotel and ten girls received their pins: Margaret Carroll, Ruth Bohon, Bernice Hoppe, Annette Negus, Edna Bolander, Alice Jane Hessler, Geraldine Hower, Dorothy Rath, Thelma Simmons, and Evelyn Claire Sackett. After the ceremony, a banquet was held in the hotel. We were all glad to have some of the alumni with us on that day.

On May 3 we gave our last party of the year—a canoeing trip on White River. There were about twenty couples in the party including our sponsor, Mrs. Hester. Canoes were waiting for us at Broad Ripple; from there we paddled up the river to a charming little camp where we roasted steaks and toasted marshmallows. The evening was perfect. A dark blue sky hung with a new moon and twinkling stars was our roof, and the

soft grassy ground our floor. It seemed as if even the weather man had cooperated to make our party a success. Everyone returned home about twelve to dream of a canoe—a moon—and Delta Psi Kappa.

We are now looking forward to the big event of the year—sending a delegate to the National Convention at Dallas, Texas.

EVELYN CLAIRE SACKETT.

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Phi Delta Pi

Our rush day was Thursday, February 20. The formal party was a dinner dance held at the Severin Roof Garden. Following rush the freshmen signed their cards.

A week later pledging was held at "Schule's." This was followed by a banquet at the Spink Arms Apartments. Quite a few of our alums were present for this affair. Among them were "Ecky" and "Mike," our old faithfuls from Dayton. They added to our entertainment furnished by our new "dogs."

Immediately following Spring Vacation, the pledges were greeted with the announcement of Hell Week and told of their duties and tasks. Friday night terminated Hell Week with rough initiation. "Mike," "Ecky" and "Schneb" were on deck for this affair also.

Saturday we held our formal initiation and banquet at the Spink Arms Hotel. We were proud and happy to pin the Phi Delta Pi badge on eight freshmen, namely, Ruth Bachman, Gertrude Fox, Ruth Shimer, Ioma Jean Hodson, Marthanna Davis, Grace Stephan, Dorothy Sinclair, and Ethel Tabor.

Now as the school year is drawing to a close the Phi Delts terminate their social activities with the Annual Spring Dance. It is to be held this year on May 10 at the Propylaeum. The last get-together of the 1929-30 Phi Delt crowd!

BUFFALO ALUMNI NEWS.

Raymond Ping, '21, and wife report an addition to the family; the stork brought a boy on April 12.

Elmer Rosenthal, '21, suffered a fracture of the nose in a baseball game at Bennett High School.

Mrs. Minna Pritzlaff Johnson, '21, was seriously ill and confined to the hospital but has recovered somewhat and is now back at home.

Alfred Seelbach, '20, coached the championship high school team of Masten Park, which won the basketball cup.

William Meissner, '29, has changed his residence to the "House of Riley."

Louis Montgomery, '25, garnered first place in the indoor track meet. "Monty's" proteges of Bennett had relative ease in emerging victors.

Carl Spitzer, '26, was mentor of the championship grammar school swimming team of School No. 76.

Arthur Whalley, '18, and Miss Mary LaMar Keltz, '24, announce their engagement.

The annual picnic of the Normal College Alumni Association of Buffalo will take place in the next month or so, and election of officers will be held.

Mr. Henry Kumpf, '23, supervisor of physical education in Buffalo, is accomplishing much for the coming Turnfest. Mr. Kumpf has a large job in the chairmanship of the local Technical Committee.

C. L. B.

Although the number of Alumni is growing, receipts were less during 1929-30 than during the previous year. Too often, Alumni put the statement aside promising themselves that they will send in their dollar shortly—and then forget about it. If you have not paid this year's dues, do it at once after reading this. Send a dollar bill to Curt Toll, 326 N. Riley St., Indianapolis, Ind.