

# Alumni Bulletin

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No. 2

## WHAT OUGHT TO BE DONE?

The report on American College Athletics by the Carnegie Foundation For the Advancement of Teaching, a brief synopsis of which we published in the November issue of the Alumni Bulletin, continues to arouse the interest of educators while the accused sponsors of the present system of athletics do not seem to be alarmed. That it will wield some influence on college athletics is certain, although results may not be noticeable for years. The report not only criticizes the present condition, but also points a way out of the jungle of wrong conceptions regarding school life and athletics.

The bulletin discusses the origins and training, status, tenure, salaries, duties and extramural relationships of coaches in American college athletics. As regards faculty appointment for the coach, "it has not assured long tenure, nor has it protected him against the demands of alumni for victory, nor guaranteed the coach's impeccability in matters of recruiting and subsidizing. . . . Not every director of physical education should coach the football team, nor should every coach be a professor of physical education."

The highest-paid coaches hold their jobs, on the average, a little over five years, but "the tenure of the football coach is coming less and less to depend upon victory. The standard desired at present appears to be a 'fair winning average' over a period of from five to ten years."

The average salary paid to the head football coach at about 100 institutions was found to be \$6,107, while the highest-paid full professor in these institutions received an average of \$5,158. When paid by athletic associations, full-time head coaches averaged \$6,466 a year, and when paid by the colleges themselves, \$5,058, or \$100 less than the average salary of the highest-paid full professor. Academic status costs the head football coach on the average about \$1,400 a year, or 28 per cent. of the salary he receives from the college. College administrations drive closer bargains with seasonal coaches than athletic associations, but the seasonal coach is appreciably better paid than the full-time coach with faculty appointment and status.

Other coaches than the head football coach are paid on an average considerably below the maximum compensation for full professors. "Doubtless at an ideal university," the authors say, "professional coaching would find no place. Obviously the position of a coach whose tenure depends upon victory is both unfortunate and unfair. A coach who trusts to faculty status and fair words for safety in the hour of disapproval leans upon a broken reed."

"The responsibility to bring athletics into a sincere relation to the intellectual life of the college," writes Dr. Henry S. Pritchett in his preface to the bulletin, "rests squarely on the shoulders of the president and faculty."

"What ought to be done?"

"The paid coach, the gate receipts, the special training tables, the costly sweat-

ers and extensive journeys in special Pullman cars, the recruiting from the high school, the demoralizing publicity showered on the players, the devotion of an undue proportion of time to training, the devices for putting a desirable athlete, but a weak scholar, across the hurdles of the examination—these ought to stop and the inter-college and intramural sports be brought back to a stage in which they can be enjoyed by large numbers of students and where they do not involve an expenditure of time and money wholly at variance with any ideal of honest study.

"When the intellectual life of a body of college students is on a low plane, the difference between the formal credits of men in training for inter-college contests and those of the ordinary student who is not in training may be inappreciable. But it requires no tabulation of statistics to prove that the young athlete who gives himself for months, body and soul, to training under a professional coach for a gruelling contest, staged to focus the attention of thousands of people, and upon which many thousands of dollars will be staked, will find no time or energy for any serious intellectual effort. The compromises that have to be made to keep such students in the college and to pass them through to a degree give an air of insincerity to the whole university-college régime. We can not serve every cause—scholarship, science, business, salesmanship, organized athletics—through the university. The need today is to reexamine our educational régime with the determination to attain in greater measure the simplicity, sincerity and thoroughness that is the life blood of a true university in any country at any age."

Copies of this bulletin, of Bulletin Number Eighteen, "Games and Sports in British Schools and Universities," and of the Twentieth Annual Report of the

foundation, which on pages 132-136 deals with American college athletics, may be had without charge on application to the office of the Carnegie Foundation, 522 Fifth Avenue, New York.

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### THE CAMP SHOWERS

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Thanks to the contribution of \$700.00 by the Alumni, the showers were installed at Camp Brosius this spring, and proved to be a well-liked equipment. Hot water in sufficient quantity was available at all times. The Wisconsin Public Service Corporation which laid its pipes from Sheboygan to Elkhart Lake and then all around the lake, a distance of nearly 25 miles, has to be thanked for making possible the use of gas for heating the water. By the way, new gas ranges were also installed in the mess-hall and hotel kitchens, thus making the preparation of meals much easier. Furthermore, there may be mentioned another important improvement, namely the installation of two new pumps, one for the lake water and the other for the well water which is now pumped directly into the kitchens. This will be interesting to the Alumni who during their two years in camp, had to carry water from the hill pump or, worse, from the "downstairs" pump, to the mess hall.

Thus it will be seen that the Normal College Board of Trustees is sparing no effort to make Camp Brosius a more enjoyable place than ever.

Since the final result of the Alumni collection for the shower fund was published in the May issue of the Bulletin, two more contributions have been received: Alice Huth Krumbein, \$5.00, and Henry Schneider, \$1.00.

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The value of education is measured by the use to which we put it.

### SUMMER SESSION

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Arrangements for the 1930 Summer Session of the Normal College which will again be given at Camp Brosius, have been completed and the program will be mailed to the graduates about the middle of March. Summer students will welcome the information that Dean Emil Rath will again direct the session. No physical educator in the country is more familiar with the latest developments in the profession, so that any one interested in physical education should be able to get new ideas from him.

Mr. Rath will give a course in Methods of Physical Education and will also have charge of some practical work. His assistants in the latter are two instructors who have in the past received much praise for their splendid work, Mr. Otto Eckl and Mrs. Clara Hester. The usual courses in physical education activities are scheduled, and also basketball for men and women. Swimming and diving will again be handled by our Mr. Stanley Paine, who has made so many friends among summer students during the last two years. For beginners, there will be a course in Anthropometry and Physical Diagnosis given by Dr. Rudolph Hofmeister of St. Louis, a member of the Normal College Board of Trustees and well known as a physical educator and physician and surgeon. For the advanced students, two immensely interesting courses are offered, Tests and Measurements in Physical Education and Administration and Supervision of Physical Education. Both courses, of greatest value to all who wish to familiarize themselves with the new trends in the profession, will be given by Mr. Eugene Hofmeister, who as director of physical education in the Buffalo public schools, has had ample opportunity to master these two subjects.

Thus the Normal College offers again

an interesting summer course that should prove attractive to all teachers.

Recent improvements at Camp Brosius include showers with plenty of hot water, and they were greatly appreciated last summer. The Normal College Board of Trustees is endeavoring to make the combination of study and vacation at Camp Brosius as attractive as possible. All who ever visited the camp are unanimous in their praise of the beautiful surroundings and the wonderful possibilities of spending a worthwhile vacation in connection with a summer session. We hope that the graduates will attend in larger numbers than heretofore and that they will also encourage other teachers to enroll.

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### INDIANAPOLIS ALUMNAE OF DELTA PSI KAPPA

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The Indianapolis Alums are still going strong. In fact they are growing steadily. This year brought another new member. Charlene Sargent Lyons is now making her home in Indianapolis and naturally joined us.

Our meetings are held as usual on the second Saturday of the month. After a good luncheon provided by the two hostesses, business is dispensed with and bridge and a social meeting follow.

Since fall the active chapter has been the guest of the alumnae chapter. Consequently a new interest in the work of the active chapter has sprung up.

Jewel Gally Ernsting left us for the time being to spend a vacation in Florida. Some people have all the luck.

The rest of us are enduring the smog, smoke, zero weather, work, etc., that the winter brings forth.

At any rate we are working to send some one to Texas to show the National Council that Indianapolis is on the map.

# STUDENT ACTIVITIES

## ASSEMBLY

Friday afternoon, November 22, the students of the Normal College, A. G. U. were privileged to hear Dr. Anna Schweitzer, head of the Department of Child Health for the State of Indiana, on the topic "Health—Efficiency."

In her opening remarks the doctor likened the child to an automobile. When buying a car we always demand the best of materials. In thinking of the child we should remember this also—it has a right to the best of stock. Strange tho it may seem, most babies are born perfect and the majority of their defects are acquired in that formative period between birth and the time they start to school—hence, the extreme importance of the proper home care during this time. Dr. Schweitzer stressed the fact that the habits we exhibit as adults mirror all the characteristics and traits we acquired as children.

In a like way is posture very important. The way we carry our bodies portrays exactly what we think of ourselves—our attitude toward life. The doctor gave the students something to think about in the question—"Are we, in our ways and habits, the exemplification of what we want others to think we are?" At this point she paid the college a very nice compliment saying that the men and women of the institution were, on the whole, one of the very best groups in regard to proper carriage and posture in walking that she had ever been privileged to see. In conclusion Dr. Schweitzer spoke some words which we would all do well to add to our individual philosophies—"Never look backward except to see where success began."

## SENIORS

Though we are few in numbers, we are strong in spirit.

Most of our meetings have been concerned with elections. We are happy to announce at this time our officers:

President, Lloyd Sistik.

Vice-President, Mabelle Muenster.

Secretary-Treasurer, Dorothy Van Aller.

Sergeant-at-Arms, Daniel Kaiper.

Student Council, Delfina Maridon.

Since the beginning of school we have lost two of our members. Lawrence Handschu has a position in Chicago and Dan Kaiper has transferred to University of Cincinnati.

We are looking forward to some good times before we leave the Normal College and also to coming back next Homecoming.

\* \* \*

## JUNIORS

"Fourscore and seven years ago—" and so on—that is about all the juniors are thinking about just now. And if you are only a casual observer you cannot help but note that outside of toothpaste ads you never before saw so many teeth displayed. That is what one lecture in Public Speaking has done to us.

We are reverting to our childhood days as was shown in Health Education class one day. "Skinny" Johnson was reading a health story suitable for grades 1-3, about "Old King Wisdom Tooth." When she had finished Mr. Rinsch asked Mixie what he thought about the story. Whereupon Mix replied, "I thought it was good. I liked it."

Two of our members have left us—"Chris" Wuest to go to Wisconsin and "Tommy" Roberts to go to Indiana. We all wish them good luck.

Now that the first semester is over we are all looking forward to graduation, and the big question now before us is how to spend the money which we have in the treasury.

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### SOPHOMORES

Hello, everybody!—Broadcasting over "S O P H" for the sophomore class, for the benefit of the readers.

Everyone came back from the Christmas holidays, safe and sound, including two of our prominent young men, who spent some of their vacation in the hospital.

Everyone was prepared for finals, and now that they are over, we are ready to start the new semester with a bang. We start teaching in public schools now, let's try and make it a great success. Good luck to all.

\* \* \*

### FRESHMEN

How glad we were to return after two weeks' absence. Glad—and yet—why did the upperclassmen repeatedly tell us of finals?

For a while our thoughts were filled with cerebro spinal meningitis. Each night, after brushing our teeth, we shot some of Dr. Kime's mercurophen up our noses.

Somehow, we danced through the dean's final with the others looking on. And proudly we taught our little groups their apparatus and free exercise, under the observant Mrs. Hester.

Then we wrote, and wrote, and wrote. Midnight oil and coffee. Saturday noon and sleep.

Now, we too, can look with understanding agony at the mention of finals.

\* \* \*

### DORMITORY NEWS

The opening of the '29-'30 school term brought a rather heterogeneous group together at the dormitory—girls from

points anywhere from Kansas to Pennsylvania, and from Massachusetts to Kentucky—girls of all builds and postures—girls fickle, girls settled—girls! Nevertheless, it did not take long for orientation to the new environment to occur.

An informal party was given one night of that first week to welcome the new girls—those living in town as well as those staying at "1240." Though it was nothing on the order of a splurge, it undoubtedly will be vividly recalled in later years, along with those other startling first week occurrences.

Just preceding Homecoming, Mrs. Link, our house matron for the past few years, left us, the vacancy being filled by Miss Knowland, formerly of Brown county.

Homecoming brought to the dormitory interest, excitement and alums, as well as giving those sojourning there for a few nights, an opportunity to relive some of their Normal College dormitory days.

Christmas holidays! Everyone of us left town to join our families over the Yuletide. And then back once more to routine—with resolutions supplanting vacation memories! This time the oncoming semester exams served as an impetus or a hazard—an incentive spurring some on to thinking in terms of preparation for them; to others they had the semblance of an impending catastrophe, merely about which to think. As a matter of fact, they came with a "bang." Needless to say—all survived.

M. ELIZABETH HOLTZHAUSER.

\* \* \*

### PHI EPSILON KAPPA

Now that the semester exams are a part of history, the active brothers have once more settled down to the routine of work and the important business of enjoying life as presented by the Normal College.



In reviewing the major activities in which the brothers participated in recent weeks we have first the convention fund benefit card party fostered by the Indianapolis Alumni Chapter and Alpha. Enough was cleared on this affair to make up the balance of our quota which was set at five hundred dollars. The most outstanding event, however, was the trip to Cincinnati to initiate three new brothers into the Cincinnati Alumni and to judge in the Ohio District Indoor Junior Turnfest, which was held the following day. Brother Streit acted in the capacity of host for the fifteen brothers that made the trip, and it is needless to say that Bill treated us royally. Then there was our own initiation of Morris Neu of Shelbyville, Indiana, who is our basketball coach this season and also the instructor in boxing! Delmar Warde of Lincoln, Nebr.; William Kittlaus of St. Louis, Mo., and John Rammacher of Philadelphia, Pa. Last week-end the ritual team drove over to Champaign, Ill., to assist Rho Chapter at Illinois University in initiating her 17 pledges.

Before spring vacation there are many things still in store for us that will require a great deal of work. The first task confronting us is the annual election of officers; pledging will follow, and we might add that the prospective pledges appear to be a most promising group of candidates, possessing that definite, indefinable stuff of which real Phi Epsilon Kappa material is made. Another trip to Cincinnati to install our most recent chapter, Upsilon, at the University of Cincinnati, will complete our activities for February.

Then in the month of March the outstanding features will be the initiation of pledges and the 10th Grand Chapter meeting which convenes March 20-22 at the Athenaeum. The brothers have worked hard to assure the success of the convention and we wish to invite all our

Alumni that find it possible to attend. Extensive plans and preparations are being made to make it the biggest ever, and an intensely pleasurable time is in store for all those who attend.

The impression our Alumni might get from reading this report of activities is that the process of developing teachers of physical education has resolved itself into extra-curricular activities. Well, we might clear up this misunderstanding by reminding those that are in doubt that we still have studies to supplement our activities.

N. S.

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### DELTA PSI KAPPA

Well, here we are. Broadcasting from the Psi Kap club room. And are we busy—even the pledges are working.

In addition to all this work we are also having a good time. Our alumnae chapter have been kind enough to include us in their bridge luncheons. And believe it or not, we are becoming so proficient we run off with all the prizes.

Our day of rush will be February 22. We are entertaining our rushees with a luncheon at Lumley Tea Room at noon, and a formal dinner dance at the Meridian Hills Country Club that evening.

Next on the program will be pledging and initiation and then regular old Psi Kap canoe trips and parties.

At this time we wish to thank the alumnae for the assistance they have given us this year.

See you in the next issue. Signing off.

Psi Kaps.

\* \* \*

### PHI DELTA PI

With about half of the year completed Phi Delta Pi has been progressing.

Homecoming was an event we all looked forward to and this year we had some unusual surprises. At our banquet, which was held at the Lincoln Hotel,

we had with us two charter members, Mrs. Mengel, formerly Lillian Oppenheimer, and Elsa Kramer. There were also two grand officers present, "Mart" Gable, Grand Vice-President, and "Bezzie" Lorber, Grand Recording Secretary. Needless to say, we were quite proud to have such distinguished guests with us.

During the year we have had several visits from our more recent alumni, chiefly from Dayton. "Ecky" and "Mike" came over several weeks before Homecoming with a "mysterious surprise." After keeping us in suspense with a little speech about the "surprise," "Ecky" presented us with a large white bulldog bedecked with a purple and gold collar.

The first week after Christmas we had an informal affair at Louise Karle's home after first witnessing another victory for the Normal College basketball team. Mary Lee Francis and Sturni won the prize waltz of the evening. With dancing, peanut hunting and whatnot, the evening seemed to fly on wings and it was all too soon that we were bidding our adieus to the Karle's.

Our Founder's Day we celebrated with dinner at the Seville followed by a theater party. We also had two alums with us again that week-end, "Mike" and "Pansy," who is now Mrs. Frank Powell.

Now that exams are over we are busy with our plans for rush.

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### IN MEMORIAM

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One of the older graduates of the Turnlehrerseminar, Joseph Koenig, died November 15th in Manitowoc, Wis., where he had for years been in business. He was born in Germany, April 21, 1858, and came to America with his parents. In 1881 he was graduated from the school in Milwaukee and taught for three years in the Louisville Turngemeinde. At the same time he studied

law and later practiced it in Wichita, Kan., and also went into business ventures. Later he again taught physical education in Chicago, and during the Chicago exposition became interested in aluminum ware. In 1895 he started to manufacture such ware in Two Rivers, Wis., and developed his factory into one of the largest of its kind in the United States; in fact, he was generally known as the founder of the American aluminum industry.

\* \* \*

In Adam Doehla the Turner movement lost one of its most enthusiastic and devoted workers. He died November 18th, at the age of 66 years. Doehla came to the United States as a boy of sixteen and immediately joined a Turnverein. He attended the Normal College in 1889-90 and taught for many years in the McKeesport Turnverein; he also introduced physical education into the McKeesport schools and held the position of supervisor until his death. Since the removal of the Turnerbund's executive committee to Pittsburgh in 1923, Doehla was a member of it.

\* \* \*

Lillian Neubarth '19 (Mrs. George Manting) died January 28th in St. Louis. She attended the Normal College for two years and taught for a number of years in her home city (Central High School) until her marriage to Dr. Manting.

\* \* \*

The death of Frances Starck '16 occurred several months ago in Los Angeles, where she had been living for several years with her husband, Mr. Eugene Wager.

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It takes many very pleasant words to blot out one mean remark, and even then the scar is there.

# ALUMNI BULLETIN

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ALUMNI BULLETIN

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## HOMECOMING

The loyalty of Normal College Alumni to their Alma Mater was again demonstrated at the Homecoming during Thanksgiving week. In larger numbers than ever before, graduates flocked to Indianapolis to meet with the brothers and sisters; to greet the new students; to observe (and criticize) the work of the present class, and to celebrate the various events at the dormitory, the Fraternity house, and in the school. One hundred and forty sat down for the Alumni dinner, and there must have been an additional hundred members here who for one reason or another could not take part. To the faculty and trustees, the loyalty thus shown by the Alumni is indeed highly gratifying.

Festivities began, as usual, on Thanksgiving day with open house at the dormitory and the Phi Epsilon Kappa house. Old friendships were renewed and new ones formed.

Friday, the Turnverein instructors, over sixty of them, assembled to discuss the mass drills for the national Turnfest to be held in Buffalo in June. Andy Lascari '23 of the Buffalo Turnverein is the author of the free exercises for men, Otto Eckl '15 of the Concordia Turnverein, St. Louis, wrote those for the

women, and Dr. Leopold F. Zwarg '13 of Philadelphia, composed the dumbbell exercises for the senior men. All drills were demonstrated by Normal College students and the instructors also went through them on the floor so as to become familiar with them.

At noon, the dinner took place with Lilly Gally Rice '15, President of the Alumni Association, as toastmistress and "Bill" Streit '21 leading the chorus as usual. In the afternoon, students gave a demonstration of physical education activities under the direction of Dean Rath and Mrs. Clara Hester. Saturday saw a continuation of the various meetings and the best and grandest Homecoming closed with a dance arranged by the All-Student Association. There was also a basketball game between Alumni and students which the latter won by a score of 35-25.

President George Seibel of the American Turnerbund attended most meetings on Friday and Saturday, and Mrs. Marie McDonald, the new traveling secretary of the organization, conducted a meeting with the local Turnverein's Women's Auxiliary. The Board of Trustees of the Normal College held its regular meeting on Saturday, which was attended by the non-resident members, Mr. Karl H. Heckrich of Minneapolis; Dr. Rudolf Hofmeister of St. Louis, and Mr. Grover W. Mueller, of Philadelphia; Mr. Carl H. Burkhardt of Buffalo was unfortunately prevented from attending this time. Dr. H. Groth, vice-president of the Turnerbund, attended this meeting as representative of the organization's executive committee.

Thus Homecoming proved again very interesting to all participants during the entire three days of festivities and meetings. And Normal College and the Turners may well be proud of the Alumni's loyalty and the interest they are showing in the welfare of their Alma Mater.



## BOOK REVIEWS

The Child Centered School, by Rugg and Shumaker. The World Book Co., Chicago.

Those of our graduates who are interested in the New Education and who have studied its journals, listened to lectures of its disciples, or taken courses setting forth its principles and purposes, will welcome the above book. The writers term it an appraisal of the New Education. They are strong protagonists and excellent expounders of it, but they do not fail to point out its weak as well as its strong points. In reading the book one feels that the writers have a vast knowledge of educational theory and a broad acquaintance with the New Education.

The book makes instructive and pleasant reading. It gives an historical account of the development of the educational revolution and takes the reader step by step to the present day status of the New Education. The dominant motive of this book is a protest against the rule of the exploitive mind which has the entire nation in its vise-like grip. It acclaims the significance of the creative mind which the authors hope will come into its own in the New Education.

A number of principles which seem to be "as compact and complete a statement of the ideals and postulates of the New Education as have ever been phrased in like space" follow: "Self-actuated work causes the greatest gain; training in initiative is a child's greatest need; in his own interest we often find educational opportunities; freedom with a balancing responsibility is the best condition of moral and intellectual growth; real experience with actual material is an essential of learning; opportunity for varied expression is necessary for right ed-

ucation; for purposes of development children must be treated as individuals and not as a group; one of the most effective and wholesome motives of work is the social motive."

There are two chapters in which teachers of physical education will be keenly interested. They are entitled, "The Rhythmic Basis of Life," Chapter XII, and "Rhythm and Bodily Education," Chapter XIII. In these chapters there is presented a convincing argument for the use of bodily rhythmic as a foundation of education. No attempt is made to clarify the usual confusion that exists between rhythm and meter. Rhythm is synonymous with continuity. It suggests a state of "flowing." Movements in series begun by a volitional impulse and continuing by virtue of stimuli and responses growing out of them, because of elasticity of tissue, and by such forces as gravity and momentum until a state of rest is again assumed, are rhythmic. Movements in series each of which is started and stopped by volitional impulses, are metric. This fundamental difference between rhythm and meter is not discussed. Dalcroze's Eurhythmics are mentioned as suitable for education in rhythm. They have so far failed to become popular. This may be due to the fact that they are predominately metrical and also because of the high degree of coordination involved.

The book is a worth-while contribution to education. It has an index and an appendix containing a list of books and magazines with a suggestion of the contents of each in reference to education.

E. R.

Child Centered Schools, by Davidson and Snedden. Teachers College Record, March, 1929.

This article is a criticism of the above book, the "Child Centered School." It would be well for those who read the

book to also read Mr. Snedden's criticism of it. It points out among other things that the "teaching of children" to the neglect of "essential subjects" for the sake of the child is just as undesirable as the other extreme, i. e., "the teaching of subject matter" for which the present day schools are criticised. Education must consider both the child and the subject.

He feels that the authors have failed to recognize that while methods of the old type of school have been defective, their purposes have been admirable. The authors of the "Child Centered School" also failed to recognize that it is the function of the school to teach the many things which other agencies do not teach at all or poorly.

Recognizing the value of rhythmic activities, Snedden nevertheless wonders whether they are not provided in sufficient quantities by other agencies. It is well worth while reading in order to get the two points of view. E. R.

*Arbeit und Erholung im Lehrlingsalter*, by Dr. Hans Hoske. Hanseatische Verlagsanstalt, Hamburg.

This little pamphlet contains significant information for those interested in the welfare of the working youth. The author from having made a study of the German youth serving as apprentices, concludes that the following must be granted if the youth of Germany is to grow into sturdy manhood: a shorter work day; sufficient vacation (three weeks consecutively); abundance of physical activity in fresh air and sunshine to counteract the developmental handicaps produced by the modern work day (three hours weekly of physical education, and obligatory hiking days.) In addition, the author desires health insurance which involves medical examinations so that the latent tendencies toward disease may be discovered. (He sug-

gests medical examinations after one-half, one and one-half and two and one-half years in service.)

Dr. Hoske studied the work and recreative sides of the youths' life. Recreation relieves physical and mental fatigue and creates new powers. "Scientific investigations have shown that it is not the intensity of the work (which must not be confused with length of the work period) that harbors danger, but the rest period following. If this is insufficient the physical condition will become subnormal. This can not be completely remedied by a vacation."

The pamphlet contains a number of tables showing the result of examinations. Diseases such as tuberculosis, heart disease, vascular disturbances, disturbances of the nervous system, changes in the skeleton, etc., affect the youths of different trades in varying degrees. Among the boys examined, those entering the mercantile business possess the weakest bodies. Germany is today suffering from the world war and its aftermath. It is probable that if an examination of this kind were made in America we would not find our youths afflicted by these diseases to the same extent.

There are also instructive tables pertaining to the influence of the length of the working day, the length of the vacation, and the effect of vacation, food, and exercises on the weight, lung capacity and physical powers. Dr. Hoske feels that the German youth needs social experiences to overcome tendencies toward a feeling of inferiority. He recommends combative exercises, contests and games, and contact with nature, particularly hiking, swimming and skiing. He does not think that the modern rhythmic gymnastics as practiced, will be beneficial.

The contents suggest this question: "How long should the rest period be following a strenuous competitive game

(basketball, football) played by high school pupils? Following other activities?" Here is a subject for research that can give us much needed scientific information. There are many stimulating suggestions to be obtained from the pamphlet. Every teacher of physical education should read it. E. R.

### THE RHYTHM OF NATURE

From "The Birth of Rhythm," a pageant prepared by students of the Normal College and presented by the practice classes.

This is to represent the rhythm in nature; the swaying of trees and shrubbery, the rise and fall of the waves, the movement of the wind, and the coming and going of the tide. The class is in an open formation with individuals close together.

The pupil starts from a lying position on the floor, on the right side of the body, and parallel to the front of the stage; the right knee bent and pulled up close to the chest, the toe under left knee; the left knee is slightly bent; the right arm is doubled under the body; the left arm lies on the floor in front of left knee.

Any loose dancing costume may be worn.

The dancers should be in bare feet. All movements of the arms are executed in a soft flowing manner to indicate swaying of branches and motion of waves. The rhythm varies, passing from a slow to a very fast whirling motion such as might be produced by a storm. It then diminishes again to a softer and slower motion.

Music: Spring Song by Mendelssohn. There are two counts to a measure; where more counts are given more measures are implied.

#### I.

Raise left arm slowly from floor to vertical position, (1-2), and lower, (3-4) ----- 2 M.

Repeat  $6\frac{1}{2}$  times, pausing in vertical position, (5-30) ----- 13 M.

15 M.

#### II.

Raise body to support on right elbow. Slowly swing left arm downward and then horizontally to right side, palm down, reaching far to right, (1-2), and then carry it to left as far as possible, palm up, remaining on elbow, (3-4) ----- 2 M.

Repeat 3 times, (5-16) ----- 6 M.

8 M.

#### III.

Raise body to support on right hand. Swing left arm overhead (passing through vertical position), bending trunk right as much as possible, (1-2). Swing left arm to left-horizontal, reaching (3-4) 2 M.

Repeat 5 times (5-24) ----- 10 M.

12 M.

#### IV.

a. In support on right arm as in part III. Carry left arm forward reaching far forward, parallel with floor (1-2). Carry left arm sideward and backward, palm up (3-4) ----- 2 M.

Repeat 3 times (5-16) ----- 6 M.

b. Bring left knee to right knee and kneel on both rising to sitting position on heels: Carry both arms forward as far as possible (1-2). Carry both arms sideward, trunk swaying backward (3-4) --- 2 M.

Place left foot forward on sole, knee bent, and repeat arm movements of counts 1 and 2. Rise to

a stand and repeat arm movements of 3 and 4. ----- 2 M.

c. Turn left several times with many little steps in place, arms in obliquely side-upward position, ending in a side stride stand, arms sideward (1-4). ----- 2 M.

14 M.

## V.

a. In the stride stand, bend left knee and swing both arms to left in a lateral plane (1-2). Bend right knee and swing both arms to right (3-4) ----- 2 M.

Repeat 3 times (5-16) ----- 6 M.

b. Alternate knee bending as in a, but swing arms in a figure eight (fore-downward; on left side; upward; same on right side; continue) bending trunk to left side on 1-2, and to right side on 3-4. --- 2 M.

Repeat 2 times (5-12) ----- 4 M.

14 M.

## VI.

Repeat a. of part V. 4 times (1-16) ----- 8 M.

## VII. and VIII.

a. Sink to support on right hand, and repeat exercise a. of part IV, two times (1-8) ----- 4 M.

b. Repeat part III. (support on hand) two times (1-8) ----- 4 M.

c. Repeat part II. (support on right elbow), two times (1-8) --- 4 M.

d. Repeat part I. (lying on right side) 3 times (1-12) ----- 6 M.

Rest (13 and 14) ----- 1 M.

19 M.

E. R.

Fear not that thy life shall come to an end, but rather fear that it shall never have a beginning.—Cardinal Newman.

## PHYSICAL EDUCATORS' CONVENTIONS

Two important conventions of physical educators will take place soon: the Mid-West Society will meet in Milwaukee, March 26-29, and the American Association in Boston, the week following.

Normal College Alumni have charge of both conventions; Mr. Edwin Hoppe, Director of Physical Education in the Milwaukee schools, is chairman of the Mid-West convention committee, while Carl Schrader, State Supervisor of Massachusetts, holds the same assignment for the Eastern convention. Dr. F. W. Maroney, President of the national association, will preside at the Boston meeting, and will also attend in Milwaukee. Dean Emil Rath is chairman of the Teacher Training Section.

Programs for both conventions contain many highly interesting topics; there are thirty-six nationally known men and women on the Milwaukee program. We hope that many Alumni will attend both conventions and that the local Alumni will undertake to organize at least one Normal College Alumni meeting.

Examination by a physical director or nurse before being permitted to resume class work after an illness of three days or more is required of all public high school girls of Milwaukee, Wis. Health of the girls is safeguarded in every way, and in each high school a rest, or "hospital room," is maintained. This is provided with easy chairs, cots, and supplies needed in cases of minor illnesses; and especially capable girls, usually members of the girls' clubs, take charge of the room during different periods of the day.

## PERSONALS

Buffalo Alumni are looking forward to the Annual Spring Banquet.

"Walt" Scherbaum '26 is teaching swimming at Temple University.

Margaret Barnaby '29 has accepted a position in the Akron, Ohio, schools.

Mrs. Lily Gally Rice '15 gave her Patsy a little brother on February 15.

Mr. and Mrs. Alfred Seelbach have a new member in the family, a boy, Paul Alfred.

The stork visited the home of Mr. and Mrs. Eugene Heck bringing a girl, Jean Esther.

Russell Schott '23 has become the proud father of a baby girl, called Carol Shirley.

Dorothy Gordon '21 (Mrs. Keith Somers) presented her husband with a baby boy on August 9.

On New Year's Day, Herbert C. Klier '29, instructor of the Dayton Turngemeinde, was married.

Captain Gustav J. Braun '15 has recently been transferred with the 15th Infantry to Tsientin, China.

Pansy Lanning '29 has changed her name to Mrs. Powell. The wedding, we hear, took place last summer.

Myles Havlicek '17 has left Schurz high school in Chicago to go to the Washburn Continuation School.

The marriage of Wm. A. Gerber, Jr., '24 to Miss Alice Barbara Sohnle of St. Louis took place November 28.

Eunice Vine '23 (Mrs. J. F. Organ) has moved to Somerville, N. J., and is teaching in the public schools there.

Emma Ellis '27 is attending dancing classes at the Littlefield Studio, with a number of other "Philly phy-edders."

In the fine Californian climate Constance Arbaugh '19 finds good opportunity for outdoor work with her pupils in the San Jose high school. She has

charge of tennis, hockey and swimming. The school is well equipped and has inter-class and intra-mural hockey, tennis and basketball.

"Flo" Kennedy Bergmeister '23 is busily preparing for the annual operetta at Stetson Junior High School in Philadelphia.

Fred Foertsch '11 most ably organized and conducted the Philadelphia junior high school gymnastic meet, which took place recently.

The Reichelts, "Debe" and "Bill," continue to enjoy the scenery between Philadelphia and Valley Forge on their daily jaunts, via Buick.

Harry Feucht '18 coached East High Cross Country team which emerged victorious in the Interscholastic Championship Meet in Buffalo.

Mary Trant '23 was married October 26 to Mr. James A. Herbaugh of Hartford City, Ind., and is making her home on the farm which he owns.

Dorothy Eck '24 changed her name to Mrs. John A. Bierley. This happened way back in July and the Bulletin Editor knew nothing of it until recently.

Gustav Heineman '13 is preparing some very excellent and unusual numbers for the Philadelphia Turngemeinde exhibition, which will take place in May.

Bess O'Gorman '19 (Mrs. Gallaher) lost her husband in an automobile accident in Chicago, November 7. She has returned to St. Louis with her two children.

William T. Hofer '17, now in the Treat high school in Newark, N. J., was married last spring to a teacher in Newark; they are building a fine home in Maplewood.

After many years work at the Hoosier Athletic Club, the dissolution of this organization has caused George W. Lipps '13 to devote all of his time to teaching dancing, which he has done for fifteen



years. He has opened a school of dancing in Indianapolis.

Quite a number of Normal College graduates bowl in the Buffalo Schoolmasters Bowling League. The Teachers Federation also boasts of several adept pin topplers.

Many people may think of Evansville as a southern city, but Julius Doerter '91 finds the winter climate there too severe so that he is spending the winter months in Florida again.

The House of Riley in Buffalo mourns the loss of one of its charter members, Fred W. Braun '26. "Fritz" married the erstwhile Edna Laubert of Indianapolis during the Christmas holidays.

The wives of Buffalo Physical Directors in the school system are organized in a club known as the "P. D. W." The January meeting took place on the 16th with Mrs. Gottsch and Mrs. Bartels as hostesses.

Competition is waxing strong in the semi-finals of the Buffalo Public School Basket Ball League. The following "gradus" of Normal have teams entered: Bednarczyk, Bartels, Blumer, Baer, Kerstein, Nilson and Suedmeyer.

After a few years at the Kent, Ohio, Normal College, George J. Altman '13 now has forty women and twenty men majoring in physical education. He also is in charge of the physical education work of five hundred other students.

Isn't it a fact that one often forgets those nearest to him? The Alumni editor is no exception. While mentioning several weddings in the November issue he completely forgot to tell that Clara Ledig '24 was married June 28, to Mr. C. L. Hester.

The position of physical education supervisor in the Chicago public schools has been filled by the selection of August H. Pritzlaff '17. He has charge of the entire department in high and elemen-

tary schools consisting of nearly five hundred teachers.

Gustav A. Schlaefli '86 writes that he fooled the doctors who were of the opinion that his earthly days were about over and that he is again feeling fine and will be present at the Buffalo Turnfest. Mr. Schlaefli left Highland, Ill., and is now living in Milwaukee.

"I am sending you two dollars for Alumni dues. I shouldn't like to find the postman pass me by at the times the Alumni Bulletin appears for it is something I read from cover to cover. I'll need it especially this year as I am to be the physical education director for girls in the Connersville high school. By reading the Alumni Bulletin I can keep in touch with recent developments and also gain bits of news of my Normal College friends and classmates." Marietta Sicer Miller '24.

Several Normal College Alumni figure in the mid-year promotions in the Philadelphia schools. Dr. Leopold F. Zwarg '13, formerly a teacher at Gratz High School, has been appointed head of department at Germantown High School. His position at Gratz has been filled by "Jo" Schweitzer, '27, who was an assistant teacher at that school. "Mart" Gable '26 has been appointed to Roxborough High School, as a regular teacher. Her position as assistant teacher at Frankford High School is filled by Nellie Passant '28, formerly at Stetson Junior High School.

A course in Organization and Administration of Physical and Health Education is being given this semester at the Territorial Normal School in Honolulu, by our friend, Wm. A. Stecher '81. Since his retirement from the position of Director of Physical Education in Philadelphia, Mr. Stecher moved to Hawaii and was persuaded by school men in Honolulu to give a course in Physical

and Health Education in the University of Hawaii; this is now being published in "Mind and Body." It may interest graduates of '18 and '19 that Marguerite Holzbauer (Mrs. Edmund Steis) is attending Mr. Stecher's class. After a number of years' absence from the U. S., Mr. Stecher will return for several months during the summer, as he and Mrs. Stecher will attend the Turnfest in Buffalo as special guests of the Turnerbund; they also plan to visit Camp Brosius at Elkhart Lake for several weeks while the summer session is on. Mr. Stecher has not missed a national Turnfest for over fifty years and had technical charge of every one since 1900.

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### 970 GRADUATES

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The latest tabulation of Normal College graduates lists 970, 511 men and 459 women. Eighteen of the men have been awarded the honorary degree of Master of Physical Education. Then there are 37 men and 40 women with the degree of Bachelor of Physical Education. 39 men and 64 women have completed the three-year course and are now working on the fourth year's credits in absence. The title Graduate in Gymnastics formerly awarded upon the completion of two years' work, is held by 216 men and 299 women. There are 94 men who received the Turnlehrerdiplom after finishing one, two or three years of work. Of the graduates of the old Turnlehrerseminar, about eighty men are no longer engaged in physical education. Nearly one hundred of the women graduates have been married since they left the school, and have quit the business of educating other peoples' children for that of raising their own.

### RECOGNITION OF MERIT

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"Oldtimers" are sometimes slow in recognizing the merit of younger colleagues' work and that is a well-known trait in human beings. It is therefore pleasing to see one of the older physical educators congratulate a younger man upon his success, and to make his comment public. Our friend William Reuter, now in physical education for over fifty-one years and supervisor in the Davenport schools, wrote the following letter to Mr. Naumann, principal of Sudlow Intermediate School in Davenport: My dear Mr. Naumann:

It is a little late, but I hope not too late, to tell you something nice. I take pleasure in writing you concerning the fine showing of your boys and girls by their work on the occasion of the last exhibition at your school.

It was a fine demonstration of physical education, which not only compared favorably, but was superior to what I had seen in Milwaukee and Chicago, where I visited the week before the Mid-West Convention. It was not only a gym exhibition—pleasing to the eye—but work of real value, such as it should be our aim to promulgate whenever and wherever we can. It is indeed gratifying to know that there are some educators who are not blinded by showy performances such as indoor circuses, etc., which while quite entertaining are of but very little value.

Your school is to be complimented and Mr. F. P. Jacobi deserves great credit and thanks for his good work in planning and putting over the two evening's program. This all comes from the bottom of my heart and I would like all concerned to know it. Now, my good friend, will you please make known to your school what I think of Sudlow?

Sincerely yours,

WM. REUTER.

"LIEDER-REIGEN"  
to BRAHM'S CRADLE SONG

Arranged as a Reigen for girls nine to twelve years of age. Front semi-circle formation. They should be counted off to two's.

Placing hands to cheek: Hands are placed palm to palm and then the back of one hand is placed to a cheek so that the head rests on the hands.

There are four lines to each verse and four measures to each line. The music may be found in many piano collections or bought separately in any music store.

The original composition is syncopated. For little children it is best to play the music unsyncopated. During the introduction the children may take the following positions: Number one kneels on left knee with left cheek on hands; number two steps toward one with arms horizontal as tho protecting the sleeper.

## I.

Lullaby and good night! With roses bedight,  
Balance forward and backward and repeat with gentle arm movements or hands to one cheek on forward, placing hands to other cheek on the backward balance. ----- 4 M.

Creep into thy bed, there pillow thy head.  
Kneel slowly on left knee and place hands to left cheek.----- 2 M.  
Sway left and right, (placing hands to left and right cheek as you sway).----- 2 M.

If God will, thou shalt wake when the morning doth break.  
Continue swaying, 2 measures.  
Rise slowly to a stand on right foot, the arms stretched upward and outward to greet the sun, 2 measures ----- 4 M.

If God will, thou shalt wake when the morning doth break.

Balance sideward left and right, arms parallel to left and right, 2 measures. Step and face left, arms parallel, greeting the morn. Hold. 2 measures----- 4 M.

## II.

Lullaby and good night; Those blue eyes close tight;  
Rocking step left. Right and left sideward with swinging arms to left (right) and upward, 3 measures. Step to right and place hands over eyes, 1 measure ----- 4 M.

Bright angels are near, So sleep without fear.  
Number two, rocking step left and right sideward and repeat with arms moving as wings and number one kneeling slowly on left knee with hands to cheek and swaying ----- 4 M.

They will guard thee from harm with fair dream-land's sweet charm.

Repeat this line. The movements are the same as those for the preceding line, excepting that the pupil is already kneeling and continues swaying and number two encircles number one in eight rocking steps with arm waving in sideward position--- 8 M.

Reigen became obsolete some fifteen years ago because they had grown very complex in structure. If movement and song are simple, children enjoy it. Reigen are a form of rhythmic expression that may be made artistic. Any one who has opportunities to use this reigen with girls nine to twelve years of age will confer a favor on us by writing the Normal College as to the outcome, whether successful or not. E. R.