

Alumni Bulletin

Vol. X.

Indianapolis, Indiana, November, 1926.

No. 1

HOME-COMING

If we were able to use the shop-talk of the professional go-getter and efficiency expert, we would probably have headed this article "Bigger and Better Home-Coming." Although not used to this language of the strenuous living we may safely predict that this year's Normal College Home-Coming will be the biggest and best ever held. Letters arrive daily now announcing the visit of Alumni from Buffalo and Kansas City, from Pittsburgh and Davenport, from Louisville and Detroit. If you have not yet decided to go, pass that resolution unanimously right now and get ready for the three days at your Alma Mater.

Thanksgiving day will as usual, be visiting day, and open house will be held at the Women's Dormitory; open house at the Fraternity House on Sunday.

The regular program will be followed on Friday and Saturday, November 26 and 27, except that a demonstration by the classes will be given Friday afternoon. After this all Alumni will gather for a round-table discussion to be conducted by Mr. Rath.

The Alumni Dinner will take place Friday noon. It is absolutely necessary to make your reservation several days in

advance. Send your reservation with \$1.00 per plate to Mr. Steichmann not later than Wednesday, November 24.

We also call attention to the fact that Alumni wishing to eat other meals in the Athenaeum, must notify the manager, Mr. Werner, in advance. The Athenaeum extends its hospitality to the Alumni, but Mr. Werner is trying his best to conduct the restaurant economically and can not have larger supplies than are necessary for the regular business, and extra business can not be taken care of unless he receives sufficient notice. Unless visitors notify him they should not be surprised if told that they can not be served the regular meals.

The Board of Trustees will meet as usual on Friday and Saturday, during the daytime as well as in the evening. In place of Dr. Carl Ziegler, who resigned, Mr. Carl H. Burkhardt, of Buffalo, has been appointed by the Executive Committee of the American Gymnastic Union. The other non-resident members who will attend are Mr. Henry Suder, Mr. W. A. Stecher, and Mr. A. E. Kindervater. The Executive Committee of the A. G. U. will be represented by Dr. H. Groth. Several highly important questions regarding the future development of the Normal College are up for consideration.

HOME-COMING

NOVEMBER 25, 26 and 27

LETTERS FROM ALUMNI

I am awaiting the next copy of the Alumni Bulletin with some anticipation. I hope it will answer all that I would like to know about the new year of school just starting. After one has graduated from college he always wonders what the classes are doing that succeed the one he was in. Is the Freshman Class very large? How many in each of the other three classes—especially, what is the Senior Class doing and how does the fourth year residence work appeal to the students?

As I had planned, I attended the summer quarter of twelve weeks at the Colorado State Teachers' College. The courses: Principles of Education, Principles of High School Teaching, Educational Tests and Measurements, and Principles of Sociology were all very interesting and helpful for this next year's work. It was an enjoyable summer at Greeley and I was able to drive to Denver for the week-ends. The physical education department at C. T. C. gave an out-door demonstration on their beautiful campus one evening. I was in three numbers, one being a fencing exhibition. All the numbers were enthusiastically received by the other two thousand students and townspeople.

I am again located at Skinner Junior High School. A new man is working with me; he took over practically all of the swimming classes, and so I have all of the gymnasium classes.

I introduced Speedball to the boys this Fall, and they are very much excited over the game. They think it beats all the other games for this time of the year. We are playing two games each afternoon after school in our Intramural Speedball Tournament. Teams were organized by home-rooms and 32

teams entered the tournament. Interest is growing stronger as the tournament goes on because the winners of the different sections will play for the school championship. We are fortunate in having such fine weather and we can play outside without getting wet or cold.

Give my regards to Mr. Rath. I think of him often in charge of a class telling us of situations we would meet when we began teaching—he didn't tell us about half of them—ha, ha.

Sincerely yours,

A. F. HELMS.

SUMMER SESSION

The 1926 summer session of the Normal College stands out as the one of poorest attendance since the opening of Camp Brosius. Only 37 men and women registered; just half of the number registered the previous year. Nevertheless, those present enjoyed every day of the five weeks' course and left the camp very well satisfied. Class work was interesting, and Mr. Stecher's lectures were considered especially valuable by all who attended his classes. Mr. Krimmel and Mr. Eckl gave the summer students much new material. The social side of the summer session was not neglected.

Naturally, the matter of attendance was discussed by the students, but no one seemed to be able to give a satisfactory explanation. Here we have one of the most beautiful spots essentially suited for a summer course in which work can be combined with pleasure; here is the clear lake, so fine for bathing and rowing; and here we have a well-equipped camp, ideal for a few weeks of outdoor living. Why did not more people come here the last summer? Expressions by Alumni regarding Camp Brosius and the summer sessions are very welcome.

PERSONALS

Buffalo expects to be well represented at home-coming.

Mildred Watcher, '24, is attending Ohio State University this year.

Ferdinand Bahr of Sheboygan returned to the college as a benedict.

Vera Carr, '24, is continuing her studies at the University of Wisconsin.

On September 2, a baby boy arrived at the home of Edward Bartels, '16, in Buffalo.

Charles Siebert, '21, became a father September 28, with the arrival of Charles Sibley, Jr.

William G. Braun, '17, and Mrs. Braun announce the arrival, on October 25, of William, Jr.

Harvey Lecollier, '24, has accepted a position in the Fifth avenue high school in Pittsburgh.

Among the graduating class of the University of Buffalo this year, appeared the name of Lelia Guenther, '16.

On June 28, Catherine Graham, '25, and Bennett Bradley were married. They are at home in Decatur, Ill.

W. Grover Mueller, '13, has been promoted to first assistant to Mr. Stecher, supervisor in the Philadelphia schools.

Elsie Kuraner '21 has left Kansas City and accepted a position in the Lincoln, Nebr., High School.

A baby girl weighing ten pounds arrived May 16, at the home of Albert and Cecelia Heilbrunn Krass, in Peekskill, N. Y.

Mr. and Mrs. A. Stuart have announced the engagement of their daughter Gretchen Stuart, '24, to Mr. Hugo Reinsch.

Arrived at the home of Mr. and Mrs. W. P. Broker in Chicago, one William Paul Broker, Junior. Mrs. Broker was Minnie Wassermann, '15.

Ruth Olson '20 and Laura L. Mead '20 spent the last summer in Hollywood, Cal., where they met many celebrities and worked in the movies.

Margaret Edwards returned to school at the end of September, but decided after a few weeks that married life would be more interesting.

Announcement has been received of the engagement of Laura L. Mead '20 to Dr. Charles W. Bressler-Pettis, a graduate of Harvard Medical College.

Ross Lyons, '21, after several years at the University of Illinois, is now with the physical education department of the state normal school at LaCrosse, Wis.

Arthur Hermann, '25, finds the work at the Belleville Turnverein very interesting and is enthused over the support given him by the members of that live society.

Leaving the Milwaukee University School, William Matthei, '25, matriculated in the University of Wisconsin for more study; he is teaching in the Madison Turnverein.

Georgia Veatch, '22, is connected with Bob MacDonald's Golf School in Chicago, where she gives physical education lessons that will assist the novice to master the various strokes.

The Detroit Socialer Turnverein engaged Leo J. Doering, '24, as instructor. Of course, Mrs. Doering will assist as she did in Clinton, Iowa, with her wonderful piano playing.

Good success and large classes are reported by Gustav Bachman, who is still with the Germania Turnverein Vorwaerts in Cleveland. At a recent bazaar, \$5,000 surplus was realized.

Elizabeth Stokes Thompson, '16, and Mr. Thompson, visited Mr. and Mrs. Harry Fink in Cincinnati and on their way back to Chicago, stopped off at the Normal College for a brief visit.

Among the many visitors at Hotel Camp Brosius during the last summer was Mrs. Jewel Gordon Beyer, '19, with her husband and boy; Dr. and Mrs. Gordon also spent some time at Elkhart Lake.

Among the visitors who attended the seventy-fifth anniversary of the Indianapolis Turnverein on November 12 and 13, were Oscar Sputh, '82, and Hans C. Reuter, '10, who formerly were instructors in this society.

Back in Altoona after a leave of absence for two years enabling him to complete his course at the Normal College, Carl A. Spitzer found large classes in the Altoona Gymnasium. Therese Prinz is also teaching there.

An offer to take charge of the Santa Monica Club Casa Del Mar, with 3000 members, could not induce Harry Pierson, '21, to leave the Hollywood, Cal., athletic club. In September, Harry paid us a brief visit, and like all Californians, speaks in glowing terms of the southern coast.

Almost every summer the Alumni Bulletin receives a card or two with foreign postage, from Elsa Kramer, '17. During the last summer, she spent six weeks in Paris, studying at the Sorbonne and also taking private lessons, in French and in dancing. After that, she visited Switzerland and Germany. Lucky girl!

Sending his dues for five years in advance (an indication of the higher income a physician commands), Dr. H. Armin Stecher, '14, says he would like to see more news items about the Alumni. The editor is only too glad to print all news about Alumni, but is dependent upon them for information. How would it be to appoint some one in Philadelphia to report items to the Bulletin?

"Last evening we had the pleasure of dining with Mr. Rath and most of the

Philadelphia Alumni, and we resolved then and there not to put off any longer reinstating ourselves in the Alumni Association. I am enclosing a check. Both Mr. Hueber and myself being out of the profession, we were greatly surprised at the changes that have taken place during the last few years. Mr. Rath gave a very interesting talk and it seemed like old times to hear him."—Miriam Kelley Hueber, '16.

Three Normal College "couples" took the decisive step during the summer. Agnes Search, '25, has become Mrs. Oral Bridgford; "Bridge" is continuing in the department of physical education at Manual Training High School in Indianapolis. Robert Pegel and Eve Mohler, both of '25, were also married during the summer; Bob is teaching in Lane High School in Chicago. The third couple joined in marriage, Ray Wirth and Viola Winterhoff, also both of '25, settled in Cincinnati where both are teaching.

TREASURER'S REPORT

June 1, 1925, balance	\$243.73
Dues	308.00
Banquet collections	32.25

Total	\$583.98
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—Expenditures—

Banquets	\$121.00
Bulletin (4 issues)	206.30
Postage	73.11
Printing	56.75

Total	\$457.16
June 1, 1926, balance	126.82

Total	\$583.98
Collected for the Song Book	\$188.00

CURT TOLL, Treasurer.

DELTA PSI KAPPA

It always seems good to meet Alumni of Delta Psi Kappa, and at camp last June we were visited by about eight or nine. It was grand, being with these girls if only for a short time. Margaret Courtner of Oklahoma City, Ruth Hertzel of Buffalo, Gladys Stansbery of Portland, Ore., were added to our group at our farewell party there. We certainly hated to leave camp but it did not take long for us to scatter to our homes from coast to coast. LaFern Amos and Helen Young (our president) left for Los Angeles to attend convention, and the rest of us wished we could go.

This fall found twenty-one of our girls back to "carry on." Twelve of them are Juniors, some of whom had not planned to return. The first meeting of the year was held at the home of Priscilla Lockwood, and there things started with a bang. We celebrated our Founder's Day, October 23, with a dinner at the Spink Arms Hotel. We had a huge birthday cake for it was our tenth anniversary and we felt so old. Miss Ledig showed us some of her hospitality too, this year, by having us to a waffle supper at her home.

Of course football has its rush, sales have their rush, in fact everything has a rush—but the rush most interesting to us happened a short time ago. As a result we announce as new "worms", Natalie Souders, Rock Island, Ill.; Marion Notley, Syracuse, N. Y.; Frances Litzenberger, Middletown, Ind.; Katharine Kincaid, LaPorte, Ind.; Gladys Griffith, Oil City, Pa.; Mabelle Muenster, New Holstein, Wis.; Dorothy Van Aller, St. Louis, Mo.; Marjorie Cross, Dayton, O.; Evelyn Coleman, Indianapolis; Rachel Robbins, West Newton, Ind.; Lucille Schudel, Decatur, Ill.; and Mary Louise Harkless, Wickliffe, Ky.; Thelma Armfield, Indianapolis.

The rush dinner was held at the Meridian Hills Country Club, and we were proud in having Mrs. Albert Metzger, our honorary grand president, with us. Mrs. Oral Bridgford (our Ag Search) entertained us at her new home for pledging.

We are anxiously awaiting homecoming and hope that a lot of our older Psi Kaps will be back to help us say, "Well-water on the knee." It won't be long now, will it?

TURNERS CELEBRATE.

Seventy-five years ago, on July 28, 1851, several Turners organized the Indianapolis Turngemeinde, now called Indianapolis Turnverein. This society celebrated the event on November 12 and 13 in grand style. A banquet attended by about 300 members and guests was given on the former date. Mr. Geo. J. F. Falkenstein of McKeesport, Pa., brought the greetings of the Executive Committee of the American Turnerbund, and Charles Nagel of St. Louis was the chief speaker. On the second day of the festivities, an exhibition took place in the large auditorium which was filled to the last inch by an appreciative audience. Normal College students had taken over several numbers on the program, but the feature of the evening was apparatus work, on horizontal bar, horse and parallel bars, by a select squad including the allaround champions at the most recent national meets of the A. G. U., Paul Krimmel, '17 (now supervisor of physical education in Syracuse, N. Y.), Fred Hall, '18 (now an M. D. and serving his interne year in Indianapolis), Emil Preiss, '25 (instructor of the Aurora, Ill., Turnverein), Erich Weber of Chicago, and Fred Heusler of St. Louis. Their work was truly beautiful. Alumni may be interested in the program which is appended:

Play Activities—Children's Classes of the Indianapolis Turnverein.

Groupings and Dance Game with Balloon—"Air de Ballett" (Herbert), Girls' Class, Indianapolis Turnverein.

Fundamental Work and Stunts—"Polka de la Cour" (Benden), Boys' Class, Indianapolis Turnverein.

Clown Dance—"Teddy Bears' Picnic," Girls' Class, South Side Turnverein.

Folk Dancing—"Hopak", "Goralski Taniec", Junior High School Girls, Indianapolis Turnverein.

Tableaux—(a) Swimming, Diving; (b) Antagonistics, Students of the Normal College, A. G. U.

Exercises on the Horizontal Bar—Select squad.

Saturnalia—Chalif Dance for Six, students of the Normal College, A. G. U.

Wand Exercises—"The Whip" (Holzmann), Actives of Indianapolis Turnverein.

Group Dance—"Fairy Pipes", Students of the Normal College, A. G. U.

Exercises on Side and Long Horse—Select Squad.

"A Rhythmic Gymnastic Etude"—"Blue Danube Waltz" (Strauss), Students of the Normal College, A. G. U.

Fencing Drill—"Parade of the Wooden Soldiers", Women's Class, Indianapolis Turnverein.

Tableaux—(a) Track and Field Work; (b) Games and Sports, Students of the Normal College, A. G. U.

A Gymnastic Interpretation—"Prelude in C Minor" (Rachmanioff), Students of the Normal College, A. G. U.

Exercises and Pyramids on the Parallel Bar—Select Squad.

PENN CLUB

The Pennsylvania Club is pleased to announce that seven members of the club have returned to resume their studies this year. In addition, four new stu-

dents have arrived from the Keystone state.

On Tuesday evening, October 19th, the club sponsored a theatre party at Keith's and invited the prospective members. The show was enjoyed by all and at its conclusion, the entire party sojourned to a nearby salone and indulged in the customary "Harold Teen gedunk sun-daes."

Plans have been made to conduct similar affairs with, possibly, several Sunday hikes.

The officers for the year are: J. Edward Hille, president; Miss Nellie Pas-sant, vice-president; and Henry Schneider, secretary-treasurer.

PHI EPSILON KAPPA

The beginning of another school year finds Alpha Chapter, Phi Epsilon Kappa, represented by twenty-eight active members. We are glad to see so many brothers back for another year and also proud to sport two members of the senior class. To those brothers who have not returned to school we extend our sincere wishes for success in their chosen profession.

The school year started with a bang—The Freshman Smoker—chairmaned by the old dependable, Brother Ed. Hille. "Ed" surely did have the poor green cappers stepping that eve, and prepared an interesting program by the talented members of the Freshman Class. After the thick smoke had cleared, the casualties numbered about a dozen packs of coffin nails, stogies, and prohibition ginger ale.

Rushing and pledging are now at hand and Alpha Chapter is glad to report having rushed thirteen men. Quite careful in our selecting, we hope to have picked some of the finest material for the up-building of Phi Epsilon Kappa.

We are glad to welcome our young-

est chapter at University of California, Southern Branch, Los Angeles, Calif., which has been recently installed.

Our house has finally become a true Phi Epsilon Kappa home. We are housing all upper classmen and only Phi Epsilon Kappa Brothers. It is the fulfillment of a dream and hope of our predecessors, and we are glad to have shared in the accomplishment of the dream.

The table is coming along in fine shape. Steward Brother Garner has had a new kitchen range installed at the cost of two hundred dollars. We are hoping to clear this debt in the near future. The average attendance ranges from twenty-three to twenty-five men per meal.

"Home-Coming" week will soon be here and we are hoping to see many of the Brothers back. You will be welcomed at the House, so do not fail to report. Come and enjoy some of our wonderful meals.

Pledging of the new rushees will take place on Sunday, November 22, 2 o'clock, at the house. If any Brothers are in town, their presence is requested at this important function.

THE ANNUAL

The 1927 "GYMNAST," the year book of the College, is at present being compiled. The staff has an arduous task to perform, but with proper co-operation, success will be achieved.

In recognition of the consistent manner in which the school has been supported by the Alumni in the past, this year's number of the annual is to be dedicated to them. In keeping with the dedication a more attractive alumni section is planned.

Be a booster for the "GYMNAST"; your efforts will be deeply appreciated by the staff.

PHI DELTA PI

Phi Deltas have been a busy crowd this year and a successful one, too. We started the year right by going to Ethel Todd's home in Cincinnati for a most wonderful week-end party. Fun—well, I guess. Really, Toddy's house parties are getting to be most "looked forward to" occasions. If you come for Home-Coming we'll tell you all about it.

Of course the main topic of interest is rush and its results, so here goes. Tuesday, November 9, was Phi Delt Day, and from all appearances it was a grand one. A luncheon was given at the Athenaeum, and that evening we held our formal dinner-dance at the Riley Room of the Claypool Hotel. Thursday, November 11, the colors were pinned on fourteen freshies: Pansy Lanning, Mary Alice Schneble, Isabelle Kling, all from Dayton, Ohio; Alma Pottschmidt, Cincinnati; Genevieve Johnson, Hamilton, Ohio; Lillie Lassie, Negaunee, Mich.; Catherine Risch, St. Louis, Mo.; Anna Mae Zitzman, Pittsburgh, Pa.; Miriam Danner, Greenfield, Ind.; Margaret Barnaby, Columbus, Ind.; Delfina Maridon, Leechburg, Pa.; and Marian Weaver and Elaine Scanlan of Indianapolis.

Pledging is to be held at Louise Schultze's home Saturday, November 20, followed by a dinner at the Spink Arms Hotel.

Now the next big thought is Home-Coming. Alpha is looking forward to welcoming all Phi Deltas who can possibly catch an Indianapolis-bound train. We want you especially Thursday and Friday, November 25-26. Just come along and see our jolly crowd and you'll be sure to find

Colors so royal and bright,
Joy, love, and friends sincere,
Which Phi Delt has made so dear.

ALUMNI BULLETIN

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CHARACTERISTICS OF ADOLESCENT PLAY

Play is not only the practice for future adult activities as Groos states, but also includes a consideration of the past where lie the keys to all play activities. G. Stanley Hall states that true play never practices what is phyletically new and he regards play as the "motor habits and spirit of the past of the race, persisting in the present, as rudimentary functions sometimes of and always akin to rudimentary organs." If this is true, we may conclude that the life of the race is being re-enacted and that no matter what change in life conditions would be made today, play as we now know it would remain unaffected.

Play considers the body and soul alike. To emphasize the body strengthens unduly the fleshy elements, and to pay too much attention to the soul causes weakness and overbalance. Considered and understood in this way, play is an ideal type of exercise for the young who play because they are young, and is most favorable for growth. The watchword of the Turners, "Frisch, Frei, Froehlich, Fromm", is realized in the spirit of play. The pulse of the adolescent youth beats enthusiastically at play and it is the characteristics of play at this period which we shall examine.

The play of adolescence may be divid-

ed into two periods—early adolescence from 12 to 17 years, and later adolescence, from 17 to 23 years. In infancy, children rarely play games spontaneously, but rather play under the stimulus of older persons. During childhood, games are almost exclusively individualistic and competitive. But in adolescence two elements predominate. In the first place, there is a swing from individual games to team games with the social consciousness beginning to assert itself. The individual is sacrificed for the whole, there is obedience to the captain, hero worship appears, co-operation among team members for a given end is evident, and there is a definite program and purpose of play. The second characteristic deals with the kind of play. Outdoor life predominates, especially with boys. There is a definite swing toward hunting, fishing, swimming, rowing, sailing, fighting, adventure, love of animals and of nature. Gulick says, "The plays of adolescence are socialistic, demanding the heathen virtues of courage, endurance, self-control, bravery, loyalty and enthusiasm."

Progressive specialization occurs with regard to the number of amusements. Beginning with the onset of puberty, games of chase predominate in boyhood but decline with advancing adolescence. Ball games, on the other hand, rise steadily in the teens. Girls are more fond of card and table games during the early teens. Boys at this period delight in games of contest—games in which they can gain an advantage over the other fellow. Since the games and amusements of this period are for a definite aim and are decidedly co-operative and competitive, it behooves parents and society to provide favorable conditions for the expansion of these instincts. Capable guidance here seems very necessary and teachers with a clear understanding of this phase of adolescent

psychology, can do much to control and advise unstable youth by word and particularly by deed and example. There is a distinct desire on the part of the youth to DO something, to MAKE something and to be independent, and this desire should be capitalized.

According to McPhee, who made a study of the play performance of 15,000 children, there is a steady decline in running plays among girls from 9 to 18 years of age, due probably to the onset of puberty, and a rapid rise in games of chance during this period and particularly from 16 to 18. Imitation games decline during adolescence, while games involving rivalry increase rapidly. However, the principle of organization so strong with boys is very slight with girls. Games peculiar to the different seasons are more marked among boys than girls, due to their greater love for the out-of-doors.

It would appear from this data, that the psychologist and teacher, particularly the physical director have the opportunity of living a real life of service as far as the adolescent and society are concerned. The youth is plastic, he is forming habits, he is looking at life through new spectacles of various hues and he is beginning to FEEL his powers as he never has before. The presentation of a timely thought or action on the part of the teacher often is of remarkable value.

WM. K. STREIT.

BUFFALO NEWS

A. G. U. Alumni and families held a reunion and outing in September at Emery Park, some little distance outside of the city, and there were almost a hundred there. Some of the students who went back to school were also there, as well as some "special" out of town

guests, including Jack Stocker. There were games of all kinds, the climax being a baseball game between the married and single men, which was exciting to say the least. A wonderful time was had by all.

At this picnic it was decided that A. G. U. alumni form a regular alumni association. Everyone was very enthusiastic about it and Mr. Burkhardt was immediately chosen chairman to get things going. Mrs. Eugene Hofmeister is secretary pro tem and the following committee was elected to get a suitable constitution and form a plan so the work can be carried on: Mrs. Ray Glunz, Margery Wood, Lelia V. Gunther, Ray Schifferle, Albert Haas, Louis J. Schmidt, Jr.

During the New York State Teachers' Convention held in Buffalo early in November, A. G. U. alumni held a luncheon and two of the speakers at the convention were guests of honor. About fifty alumni members attended this luncheon.

BUFFALO PSI KAP NEWS

Founders' Day was fittingly celebrated on October 23, at the home of Margery Wood in East Aurora. The girls drove out in the afternoon. A most delicious dinner was served, followed by a business meeting. The rest of the evening was spent in songs, games and stunts.

There are fourteen Psi Kaps in Buffalo this year, one from Battle Creek, three from Newark Normal, and ten from A. G. U. The members from A. G. U. are: Margery Wood, Elizabeth Lemmon, Sarah Whittemore, Ruth Hertz, Vera Ulbricht, Renilda Glunz, Lillian Hofmeister, Minna Pritzlaff, Hyacinth Kolb and Lelia Gunther.

A Psi Kap luncheon was also held during the Teachers' convention.

The next meeting will be held at the home of Renilda Glunz on November 20.

DEAN RATH VISITS PHILADELPHIA

Twenty-eight graduates of the Normal College greeted their former dean, Mr. Emil Rath, at a dinner held in the Philadelphia Turngemeinde dining rooms on Friday evening, October 22nd. Mr. Rath, as well as most of the physical educators present, was here for the second annual educational conference on "Junior High School Procedure," held at Teachers College of Temple University. After the dinner Mr. Rath, who was presented by Mr. Stecher, gave a comprehensive outline of the present curriculum of the Normal College. Reference was made to the addition of the third and fourth year courses and the month of camp life in Camp Brosius where the whole school does all outdoor track and field work, in addition to the swimming. An increase in academic subjects places the Normal College on a higher plane, enabling the graduates to obtain full credit for work done at Indianapolis when they transfer to other colleges or universities.

Later in the evening, at Temple University, Mr. Rath spoke on the subject of "Fundamental Gymnastics" to a packed audience. Dr. Charles Beury, president of Temple University, and Dr. Laura Carnell, associate president, honored Mr. Rath by their presence. Using the sketch board, a skeleton and one of the Temple students, Mr. Rath succeeded in vividly demonstrating his ideas. The following morning many of those who attended the Friday night meeting appeared in gymnasium costume and went through a series of exercises under Mr. Rath's direction, supplementing the lecture of the night before.

Charles J. Prohaska, director, Department of Health Education of Temple University, presided at a round table discussion at 11 a. m. on Saturday. Mr. A. Lester Crapser, director of the De-

partment of Health Education in the State Normal School, East Stroudsburg, presented a paper on "A One Hundred Per Cent. Health Education Program in the Junior High Schools." Explaining health education as consisting of health correction, health activities and health instruction, Mr. Crapser delivered a very comprehensive paper, wide in scope and clear in detail.

Mr. Wm. A. Stecher, director of physical education for the public schools of Philadelphia, discussed the paper. "There still are too many teachers interested in their subject matter rather than in each pupil. The ideal would be to get a picture of each pupil so far as his physical make-up is concerned. We have the beginnings of this. But if healthful habits are also an aim we need a picture of his behavior. The difference between sexes, various ages and the type or race should all be considered. What is needed is a picture of each person; to be able to tell the individual that he is an 80 per center—that his deficiencies are such and such, physically, mentally and socially. We would thus be able to tell a pupil mentally you are worth 85 per cent.; physically you are worth 92 per cent.; socially you are worth 25 per cent. Our Health Habits are still in a very primitive stage of development. There is a great difference between personal health habits and community health habits. An individual might consider it a very objectionable thing to dump his sweepings into your hat, yet he thinks nothing of dumping them into a street."—Philadelphia Turners' Bulletin.

"When a friend tells you to forget your troubles," said Uncle Eben, "what he most likely means is for you to quit talkin' and let him forget 'em."—Washington Star.

THE 1926 CLASS

The commencement of the Normal College in May of this year marks the conclusion of the first course requiring at least three years of resident work for a diploma or degree. Many states now require a minimum of three years' training for a license in a special field, and some states have passed laws making a four-year course compulsory; in others, a two years' training is sufficient, and in a few, even less than that entitles to a license as teacher of physical education or any of the other special subjects. A comparison of the requirements of the various states shows a wide divergence; the Normal College as usual leads in aiming to satisfy the highest demands of any state board of education.

Four members of the graduating class received the degree of Bachelor of Physical Education, having completed the four-year course. Their names and the positions they now hold, are:

August Auernheimer, Turnverein, San Francisco, Cal.

Walter H. Scherbaum, High School, Philadelphia, Pa.

Carl A. Spitzer, Altoona Gymnasium, Altoona, Pa.

Vera Ulbricht, High School, Buffalo, N. Y.

The degree was also awarded to Ferd. J. Lipovetz and Dr. Theodore Shapin, who previously completed the two-year course of the Normal College and finished the other required work in absence, at the Chicago University.

The diploma for the three-year course was awarded to:

Vinetta Barnitt, Public Schools, Dayton, Ohio.

Samuel Blumer, Public Schools, Buffalo, N. Y.

Fred Braun, Public Schools, Buffalo, N. Y.

Martha A. Gable, Public Schools, Philadelphia, Pa.

Rena Mae Gilchrist, High School, Greensburg, Ind.

Irma Iselin, Public Schools, Indianapolis, Ind.

George Jacquin, Public Schools, Buffalo, N. Y.

Jane LeGrand, now Mrs. R. Link, Indianapolis.

Elizabeth Lemmon, Public Schools, Buffalo, N. Y.

Francis Moore, Public Schools, Buffalo, N. Y.

Dorothy Padden, Public Schools, Cleveland, Ohio.

Of the students receiving the special teacher's diploma after having attended two or three years, the following are now teaching:

Harry Dippold, Turnverein, McKeesport, Pa.

Gerhardt Haase, Turnverein, Manchester, N. H.

John Klein, Turnverein, Akron, Ohio.

Emil Pletz, St. Louis Turnverein.

Charles Stahle.

Some of the students who have completed but two years of the course have also been appointed to positions, as follows:

Mary Bifano, Public Schools, Johnstown, Pa.

Winona Fitzgerald, Public Schools, Louisville, Ky.

Rudolph Heis, Public Schools, Buffalo, N. Y.

Walter Hente, Public Schools, Cincinnati, Ohio.

Irene Snyder, Public Schools, Buffalo, N. Y.

Ethel Todd, Public Schools, Cincinnati, Ohio.

IN MEMORIAM

Two of the older Alumni have left our ranks since the last issue of the Bulletin was printed: Gustav Bojus and Dr. David Besser.

Dr. Besser reached the age of seventy. After holding various positions in Turnvereine and schools, he taught in the Philadelphia public schools for the last twenty years. To Mind and Body readers he was known as one of the regular contributors and translator of many items from foreign journals.

Mr. Bojus had not attended the Normal School, but because of his eminent services in the cause of physical education, was given an honorary degree by the College. Since his arrival from Germany at the age of 15, he was interested in Turnen and taught in several societies in the East. For the last 35 years, he was teacher and supervisor in Jersey City. He died at the age of 68.

FRESHMEN

The freshman class, which consists of sixty-five members, had election of officers at its first meeting. The result was as follows: Karl Bauer, president; Thelma Armfield, vice-president; Anna Mae Zitzman, secretary; Larry Howard, treasurer; Robert Clark, sergeant-at-arms. The class motto is "Success crowns effort." The class colors are scarlet and silver. The class song was composed by Emma Hunt. A committee was chosen to assist the president in planning the entertainment for the class.

We Freshmen feel that "Our brains are growing and some day we'll make a showing; for although we're green that will not be seen through the rest of our college days."

Rah! Rah! Freshmen!

OMEGA UPSILON

When old Father Time finally turned the pages of the calendar to the twenty-eighth of September, he found most of us back at A. G. U. However, in spite of all the new arrivals, we all miss some of the old friendly faces.

The Omegas came back to school with all the optimism essential to success and started the year with but one aim, that of "Carrying On."

With all hearts set toward that goal we pinned the nile and myrtle on Eugenie Nicolas and Esther Heiden, on October 7th. On the sixteenth of the same month our two new girls became cubbies. The close of the following week found Esther and Genie in our ranks. The presence of three of our alums added to our newest members' happiness. It certainly was a pleasure to have Jack Holt, Eve Larkin and Jane Duddy with us.

Since our formal initiation dinner we have all been working for one of the biggest events of the year, rush. The chief outcome of our endeavors was a dinner at the Claypool with Mr. and Mrs. Emil Rath, and Dr. and Mrs. Gabe as guests of honor. We spent the remainder of the evening as spectators to Ben-Hur.

On November 13th we pinned the nile and myrtle on Vonda Brown, Emma Hunt, and Vivian Ruell.

Now, all of us are looking forward to the next big event—Home-Coming—especially since letters come from more and more of our alums promising visits over the holidays. We all are looking forward to the coming year, which is a promise of steak roasts, hikes, and parties.

UNDERWATER LIGHTING IN OUT-DOOR POOLS

In "The Nation's Health", issue of November 11, Dr. Bengt Norman Bengtson, Instructor in Bacteriology in the University of Illinois College of Medicine, and Director of Athletics in Garfield and Humboldt Parks in Chicago, tells of the use of under-water lighting in outdoor swimming pools. One of the most important problems in connection with the safety of swimmers, says Dr. Bengtson, is that of illumination, especially at night. Accidents occasionally occur that could be avoided if every part of the pools were completely illuminated.

After having used ordinary lights placed above the water at all of the outdoor pools of the West Chicago Parks, it became manifest to me that such lighting was inadequate for the protection of swimmers largely because overhead illumination tends to make the water inky.

At one of our pools (Columbus Park natatorium) an elaborate system of spot lights was installed, consisting of sixty foot steel towers erected at the end of each tank. Each tower had six five hundred watt lamps, and behind each was put a silvered reflector. Protection to swimmers was better if the swimmer happened to be in direct line with the spot lights; but the penumbra appeared greatly exaggerated and the constant agitation by bathers caused deceptive illusions which to newly appointed guards seemed swimmers in distress.

Last year I devised a plan to illuminate the water from below the surface, by taking a five hundred watt lamp whose socket was protected with equal parts of tar and paraffin, and whose cord was insulated with rubber tubing, and dropped it into ten feet of water. The result was a vast improvement over

previous methods, as objects in the water could be seen clearly ten feet away from the lamp in all directions. The objection to this method was a glare to observers at the edge of the pool. A silvered reflector, therefore, was appended in such manner that the rays, when the lamp was two or three feet from the bottom, were deflected to the floor of the tank. The result was a greatly increased water translucency, objects being clearly visible twenty-five feet in all directions from the source of light. There were softer lighting effects at the surface and the bottom was very clearly visible.

This experiment was carried out in the deep pool of Garfield park natatorium which measures forty by sixty by ten feet deep. If one lamp properly reflected has a light radius of twenty to thirty feet, it would take from four to six such lamps to properly protect a pool of the above dimensions. And with this number of lamps any object in any part of the tank, and cracks and crevices on the bottom would be seen without difficulty from the surface of the pool at night. Also there would be less danger of collision and other accidents common in a pool where thousands swim.

Other factors to be considered in underwater lighting are: the bactericidal effects on organisms in the water, index of water cleanliness, caloric value, and the novelty feature.

The bactericidal effects of the illumination are no doubt relatively unimportant and yet this feature is not negligible.

It has been long known that light inhibits bacterial growth, and for certain organisms, like the tubercle bacillus, even a very feeble light is destructive. In the experiments conducted by Dr. Bengtson, the organisms used were those,

which are, or may be present in swimming waters. The action of a 500 watt lamp was not tried due to the lack of facilities, but according to Van Horn and Enfield of the National Lamp Works, Cleveland, the light output is approximately seven times that of a 100 watt lamp; the heat output is exactly five times as great; while the ultra-violet rays emitted would probably be more than five times as much.

(The experiments proved that bacteria in the tank were greatly reduced in number after the first day, disappearing entirely after four to eight days while in a control tank not illuminated, the bacteria was present after seven to nineteen days.)

This would mean that the inhibitory effects of bacteria should be at least five times as much as in the preceding tables, and the radius of bactericidal action should be about seven times as great as for a 100 watt lamp. If this be true then the under water lamp would have a definite value for bacterial destruction. The action of the lamp on bacteria is probably due to both the light and ultra-violet ray output, concentration aiding results.

The light can be used as an index of the amount of organic material in suspension in a pool. It is true that a crystalline water may be many times more dangerous than the most muddy water; yet a clear water in swimming circles is considered a clean water. So an under-water lamp in operation could be either an indicator for a pool keeper to take adequate measures to rid the water of the foreign material with such chemicals as alum, copper sulphate, which have the property of precipitating organic material, and followed up by bottom drainage; or as a warning to the public that such a pool was not under proper supervision.

The caloric value of the lamp is not very great in spite of the fact that practically all of the energy of a 500 watt lamp is converted into heat. A 100 watt Mazda C lamp gives off 6 per cent light radiation, 93 per cent ultra-red, and 1 per cent ultra-violet rays. Thus over 95 per cent of the electrical energy is converted into heat.

Under-water heating combined with exposure to the sun would cause not only increased temperature of the water, but also a more uniform temperature throughout as the water is being heated from two opposite sources. One degree F. rise is barely sufficient to take the chill from an average body of water freshly drawn. So the caloric value of the underwater lamp, though not in itself very great when added to that of the sun is a factor in favor of its usage.

The novelty feature is not an insignificant one. Swimming at night either with lunar or electrical overhead lighting is a real pleasure. This is further increased with underwater lighting when bodies look unusual and fantastic and splashing creates scintillating sprays of water. There are no such pools in operation to my knowledge. This construction should greatly increase the swimming and visiting attendance and encourage the rapidly growing art of swimming. The above is the consensus of opinion of the observers seeing a single lamp in operation at the Garfield Natatorium.

Should the construction of a series of under-water lights be deemed too expensive, a single marine socket, on an extension cord, insulated with rubber tubing, could be used in case of drownings. A silvered reflector would be necessary to throw the rays downward. A life guard with one of these lamps in hand and swimming under water can see from ten to fifteen feet in all directions.

KANSAS CITY NEWS.

Just a line or two from the A. G. U. Alumni at Kansas City, Missouri. Who's here? Dr. Fred Burger, Director of Physical Education; Dr. Lena Hoernig, Supervisor of Corrective Gymnastics; Larry Molis, Supervisor of Physical Education Activities of the Classroom Teachers; Jacob Kazmar, Ruth Frasier, Betty Goudie, Grace McLeish, Adele Martens, Gladys Stetson, Janet Funke, Evalyn Williams, Irma Hartman, Dulce Weber, and Mildred Strohkarck; Bob Armour and Peggy Peters who have attended our summer school are also located here.

Kansas City reports sixty-two physical directors on full time, and four on part time in the elementary schools; twenty-two on full time in the high schools. There are also fifty-one nurses on full time. Within the last four years Kansas City has built three new high schools and twenty-nine gymnasiums.

The Missouri State Teachers' Convention was held in Kansas City November 10-13. The Physical Education people had a full program on Friday. Mr. Henry Curtis, State Supervisor of Physical Education; Ethel Perrin, Director of the National Health Association, and Captain Percy Creed, Field Secretary of the Sportsmanship Brotherhood, were among the principal speakers. In the evening the physical education department gave a demonstration of games and State Badge Test Work. This was followed by a Play Festival. The physical education teachers of Kansas City took charge of ten circles composed of all the teachers present at this demonstration. One and one-half hours of folk dancing followed. Many favorites as "Looby Lou" and "Come Let Us Be Joyful", were enjoyed.

THE TURNERS AND PHYSICAL EDUCATION.

(William A. Stecher.)

In the mad rush of the present day it sometimes is advisable to slow up a little, so as to get enough time to look back upon the path that has been traversed, and also to determine if real progress has been made in a particular line of endeavor. During these hectic times it also is wise for most of us again to read the history of physical education, and to try to understand what our great predecessors really were striving for.

For instance: What was in the mind of the old German Turners when, over one hundred years ago, they coined their motto: Frisch, Frei, Froehlich, Fromm? A free translation of this motto would be: Free, Cheerful, Intelligent, Dependable or Good.

We might also ask: What were Jahn's ideals? A reading of his rugged writings can leave no doubt in any one's mind that what he wanted to accomplish by means of "Turnen" was something entirely different from what, in recent years, is so often called "Gymnastics."

Jahn and his followers wanted to educate human beings. They were not interested primarily in the strong man nor in acrobats. Physical strength, it is true, was to them something worth striving for. But it was not an end in itself. It was a tool by means of which it was possible for a man to become free and healthy. To be weak meant that a person was at the mercy of all men. Strength and freedom were linked together by them as something desirable for all human beings.

Cheerfulness to them meant mental health; a sane outlook upon this world of ours with its "good" far outweighing the efforts of the things that are bad. Cheerfulness was a worthwhile posses-

sion to be striven for. And gymnastics was the tool most useful to acquire this trait.

Intelligence to them meant the utmost development of the natural mental endowment that is the precious possession of all human beings. It meant the ability to understand, to comprehend, to analyze, to think constructively. Gymnastics was a tool by means of which dormant mental faculties were aroused, cultivated and strengthened.

Dependability meant to them that human trait, that in modern times might be called morality. A person who could not be depended upon, who was not good, was immoral; he was not to be trusted; he was a social misfit. Gymnastics helped to train such persons into a higher type of human being.

An understanding, therefore, of what "Turnen" really means should show that it does not mean merely muscular work of great skill, but that it also means mental, social and moral training and education.

A Turner is never to be looked upon simply as an athlete or a gymnast. His training embraces activities that help to make him a better social being. He is constantly being urged to develop to its limit his intellectual capacity so that he shall be able to become a person free to do his own thinking in all lines of human activity.

He is asked to interest himself in the civic life of his community so as to know what is good for his family, for his friends, for his city and for his country.

He is, therefore, interested in civic affairs. And in determining what party he should support he is expected to be guided by his "civic conscience." The greatest good to the greatest numbers should be his ideal. None but citizens of the United States may become Turners.

It is of more than ordinary interest to know that for many decades the Turners' platform contained demands like Equal Suffrage, Election of Senators by popular vote, the Parcel Post, Separation of State and Church, and many other reforms that now are part of our system of government.

To close observers it should be evident that the modern trend in physical education is in line with what the Turners always have had as their ideal. This ideal is a human being who has had all his innate possibilities developed to their fullest capacity; a healthy human being possessing a trained mind; a person who in all his actions is guided by a social conscience.

If once this is understood the reason for the committees usually found in Turner societies, namely: On Schools, on Mental Development, on Lectures and Debates, on Dramatics, on Sunday Schools, etc., can be more easily understood. They mean that a Turner Society is not an athletic club, but an educational institution; an institution that has as its ideal the training of intelligent, self-willed citizens.

THE NEW CLASS

Enrollment in the Normal College is somewhat larger than last year, 143 students being registered against 123 the previous year. 1924-25 was the banner year with a total of 153 students.

Of the students now attending, 58 are men, and 86 women. The Junior-Senior class has 37 members; the sophomore class 42, and the Freshmen class 64 members. The outstanding feature of this year's classes is the large enrollment in the Junior-Senior class which proves that the increase of the course beyond the second year meets the desire of the students.