

Alumni Bulletin

Vol. IX.

Indianapolis, Indiana, November, 1925.

No. 1

HOME-COMING.

Once again Normal College graduates will assemble at the Athenaeum for the annual Home-Coming which will be held this year on Friday and Saturday, November 27 and 28. Of course, open house will be held at the dormitory as well as the fraternity house on Thanksgiving day, November 26, and to many visitors this first day with its excitement and the visiting here and there, will be the most interesting part of the celebration.

At the College, regular class work will be given Friday and Saturday forenoon. Friday afternoon is, however, devoted to a demonstration by the students. A detailed program of this follows below. Basketball and indoor baseball games between alumni and school teams are scheduled to follow the demonstration. On Saturday forenoon visitors may observe the work with the model classes which have grown considerably since last year and now consist of over 100 girls and nearly as many boys.

The alumni luncheon and get-together meeting will be held on Saturday at 1 o'clock. It is necessary to make your reservations for this luncheon not later than Wednesday, November 25, with Mr. Steichmann. The price, as usual, will be \$1 per plate.

The non-resident members of the Board of Trustees will also visit the Col-

lege during these three days, and consider several important questions in connection with the conduct of the college.

Home-Coming Demonstration.

1. Foot mechanics as used for expressive purposes in walking, skipping, running. I, II, E.
2. Fundamental Free Exercises. I, E.
 - a. Individual execution and individual selection of one exercise.
 - b. Free rhythmic execution under direction.
3. Gymnastic Dancing with self chosen work. II.
 - a. Flank Rank. (Response to rhythm and space.)
 - b. Couples. (Response as in a) and to partner.)
 - c. Prescribed couple work.
4. Lyric work. III.
5. Exhibition Work. Men II and III.
6. Folk Dancing. II and III, in groups.
 - a. Highland Fling, II.
 - b. Hopak, III.
 - c. Troika, II.
 - d. Lujok, II.
7. Apparatus Work. II, III, E.
8. Aesthetic Dancing. II, III.
 - a. Second Hungarian Rhapsody. (Selections.)
 - b. Peach Blossom Ballet. (Selections.)
9. Wrestling and Boxing. M, I, E.

HOME - COMING
NOVEMBER 26, 27 and 28

SUMMER SESSION 1925.

Once again the call of the wild, the lure of wonderful Elkhart Lake, the beauties of which have been expounded quite often in the past, was answered by the largest class of men and women that ever attended a Summer Session at this place.

Again there gathered from all parts of the country, from New England to the Pacific, from Minnesota to Oklahoma, students bent upon increasing their knowledge, discussing teaching problems, exchanging ideas with new friends and last, but not least, seeking enjoyment and recreation after a hard year's work.

The convention of the American Turnerbund preceded the opening of the summer session. Many of the delegates remained over to see some of the work. It is well to remark here of the impression that Elkhart Lake left upon the delegates. Almost unanimously the impression seemed to be that a more beautiful and suitable place for a camp could not be found anywhere. Also what has been accomplished in the matter of improvements by the Normal College brought forth praiseworthy comments from many of the delegates.

The convention delegates having left the Summer School immediately got busy. Organization of the student body came next with the result as follows: Charles A. Geber, president; Annabel Weinsheimer, vice-president; Vera Ulbricht, secretary and treasurer. The Board of Directors consisted of William Streit, Louis Montgomery, Ruth Zwickey, Gertrude Kern.

The different courses were started and immediately proved interesting and profitable to those taking them. Among the new courses offered mention should be made of Mr. Rath's Fundamental Free Exercises. Older graduates should ac-

quaint themselves with this system as it is built upon sound pedagogical and physiological lines and is very practical. Dr. Richardson's course in Junior High School will be of considerable value in the future to those who took it. Miss Ledig's clogging was new to many and certainly kept us busy shuffling the feet.

In the matter of social affairs too much credit cannot be given the Entertainment Committee consisting of Russell Schott, Robert Armour, Mabel Ahearn and Gertrude Stange. Due to their great interest and continuous effort, this part of the session was a success.

An "Acquaintance" dance was the first affair held. This was quite a success but from the standpoint of acquaintance it was not necessary. We were already acquainted. Where all are living together in one camp, meeting each other every day, old friendships are immediately renewed and new acquaintances made the first day.

A "Farewell Kommerz" in honor of Mr. Stecher was given by the Phi Epsilon Fraternity shortly before he left on a trip to the Hawaiian Islands. Old time customs were again brought into play and an interesting evening was enjoyed by all. By the way, Mr. Stecher promised us some new Hula-hula dances. Surely he hasn't forgotten them!

The three "Stunt Night" performances given by the different groups once again eclipsed anything ever given along this line. These entertainments are fast becoming an established part of the Summer Camp. They provide entertainment for the students, the hotel folks and many of the villagers. Hidden talent is revealed and given its opportunity. Stagecraft, with the rude implements on hand, is developed to a high degree. Bed sheets and blankets are transformed into appropriate scenery and curtains. Natural foliage and even lighting effects go towards making a stage setting worthy

of the performances given.

Some of the prominent numbers given were, Klein and Babnik's (short and long) very aesthetic couple dance, given in Greek costume. A wonderful minstrel show, the songs and dances of which would have made Lew Dockstader turn away with envy. The oratorical contest between Bryan (Geber) and Darrow (Streit) in rendering of the Scopes trial could not have been surpassed by the originals themselves.

The famous "Kommerses" at Michaels were a weekly event, the last one given by the hotel folks in the roundhouse. An interesting hayride was held in which the merits of coffee making were brought out. A "Kid Party" featuring community games and stunts helped to make camp life enjoyable.

Mention should also be made of the swimming meet. The camp was divided into two sections, the "Sea Lions" and the "Mermaids". A keen rivalry and team spirit immediately flared up. The roar of the "Sea Lions" and the songs of the "Mermaids" were heard from morning till night. Long before the rising bell the crews were literally jerked out of bed and dragged down to the lake, there to paddle for a half hour before breakfast. The "Mermaids" won the meet and once again the students became normal and quiet reigned.

Toward the end of the course a "Farewell Dinner" was given. Dr. Richardson entertained us with a humorous talk, Mr. Rath spoke on the interests of the Normal College and the Camp, songs of our Alma Mater and Camp Brosius were sung. After the dinner a dance followed.

A demonstration of the work on the camp grounds was given during the last week and was witnessed by quite an audience from the hotel and the village. Examinations were next in order and then the final parting.

It is to be regretted that more of our

Alumni do not take part in these Summer Courses. The close associations, the living together under one roof, figuratively speaking, develops new and everlasting friendships, awakens a spirit of good fellowship that lingers in memory for years to come. Finally it would not be exaggerating to say that if Ponce de Leon were living today and still seeking the Fountain of Youth he surely would find it at Camp Brosius, Elkhart Lake, Wis., for youthful joy and mirth permeates all, young and old.

Charles A. Geber.

OMEGA UPSILON.

Here we are! Back again to A. G. U. Though our members are few indeed this year, we are striving to make this chapter of Omega Upsilon a credit to the school.

Our activities so far have also been few. Some time ago we held a successful rummage sale on Indiana avenue.

Over week-ends, some of our Alumni have pleasantly surprised us by coming to visit their Alma Mater. Among them was Eve Larkin, now teaching at Franklin College, and June Brubaker, down for the teachers' convention.

Peg Lytle and Jane Duddy, both living in the city, have made frequent visits to the "Dorm". Muriel Douglas is at present living in the city, but is not attending A. G. U. She expects to enter Northwestern University in February. Best wishes to you, "Doug", we wish you lots of success!

Our rushees were entertained at a formal rush dinner held at the Severin Hotel on Monday, November 9, and we are sure they all enjoyed themselves. We are looking forward to many more good times with our "Cubbies", and a successful year for Omega Upsilon.

ATHLETIC STRENUOSITY.

For twenty-five years the tendency, in this country at least, has been to increase speed, until we have reached the age of little rest: almost no nerve and brain relaxation, and often not even enough muscle rest. The consequent mental and physical tire is interpreted by the business layman as a need for more exercise. If he cannot take regular exercise, he may drink more coffee or alcohol or use more tobacco, either to cause stimulation or to procure rest. When he does take exercise it is usually spasmodically, mostly at week ends and excessively, to the point, frequently, of causing heart tire. If his exercise is golf, it is thirty-six holes instead of eighteen; if it is tennis, it is five sets morning and afternoon; if it is walking, it is a cross-country "hike" with too many hills and too much climbing. Even motoring for pleasure has become "speed and distance," at tension instead of with relaxation. The efficient man would advise regular training for the development of any set of muscles for any particular test, but he does not seem to realize that the heart is a muscle and that without training (regular, daily, gradually increasing muscle work) he pushes it to tire and often to exhaustion by his spasmodic, unregulated exertion.

The restless age of speed, telephones, stenographers, dictagraphs, committee work, ceaseless interviews, over-eating and hurried eating, artificial stimulation, chronic mouth infection (which is very frequent), all lead to one end: chronic cardiovascular-renal disease, the greatest cause of death in all our cities. The women do not escape this strenuousness and are adding too much of the same program to their household duties. The result is the same as in men, except that women may have more nervous irri-

tability, due to overstimulation of the thyroid gland.

The craze of the day is competitive athletics. Twenty years ago such sports were confined to colleges and universities, but now the disease of "athletic competitis" has spread to the high schools, and therefore to undeveloped youth. The larger the boy, without regard to his age, the more the captain and the athletic trainer corral him for physical stunts and competitive strains. A boy who has grown rapidly to oversize may not have his heart developed to fit his bulk. Ordinary exercise, even if not competitive athletics, causes his heart to work all that it is well able to do, and hence competitive speed or endurance is absolutely inexcusable in his case. Doubtless many fine, sturdy lads are damaged by high school athletics.

In colleges, the oversized boy, tall and overweight, is excellent football material. If not overtrained and heart-hurt at the time of the athletic tests, he acquires an hypertrophied heart and hence an increased systolic blood pressure, which makes him uncomfortable and mentally and physically "foul" (as he terms it) as soon as his athletic life ceases. He is from this time on an impaired insurance risk; as a rule, he does not live to his expectancy. In practically all colleges and in some schools, physical medical examinations are made of each boy or youth before he is accepted and trained for any special branch of athletics, and the diseased or damaged hearts are eliminated. But what medical examination of a boy or youth can exactly determine his reserve heart strength?

It would seem, therefore, that all competitive athletics should be graded to the average endurance for the age of the boy. The distance of the run and the length of the boat race should be kept down to the figure that is perfectly safe for well hearts at the given age. Acute

heart strain is of not infrequent occurrence in training for athletics, to say nothing of such occurrence at the end of a race. It has been repeatedly shown that with the first strain of heavy work the heart increases in size; but it soon becomes normal or even smaller as it more strenuously contracts, and the cavities of the heart will be completely emptied at each systole. If the work is too heavy and the systolic blood pressure is rapidly increased, it may become so great as to prevent the left ventricle from completely evacuating its content. The heart then increases in size and may sooner or later become strained; if this strain is severe, an acute dilation may of course occur, even in an otherwise well person. Such instances are not infrequent. A heart that is already enlarged or slightly dilated and insufficient will more slowly increase its forcefulness under the stress of muscular labor, and we have a delayed rise in systolic pressure. Also the paleness, faintness, nausea and vomiting that often occurs after long runs or other severe strain, with or without heartpain, are evidence of heart strain.

An athletic strain may not show an actual acute dilatation, but the heart weakness may persist for days and even weeks. Repeated heart strain must impair future heart tone. The heart strain face, as photographed at the end of a long competitive race, typically shows the actual circulatory strain undergone by the competitor. Falling over in the boat at the end of the four mile race is positive indication of the utter heart exhaustion.

The boy is ready to die for the fame and success of his alma mater, and the faculty, school mates and friends, all put their faith and dependence on him. He must not fail! But is the sacrifice of even a small number (there may be many) of our fine, sturdy young men

worth the price? Our young girls, in this age of feminine freedom, are also overdoing athletics. A girl should not be coddled because she is menstruating, but common sense (almost a lost commodity) at such a period should be exercised. How many of a basketball team of girls, scheduled to compete with another team on a given day, are beginning or in the midst of this feminine function, in which the uterus is physiologically congested and temporarily abnormally heavy, and hence liable to displacement by the inexcusable strenuousness and roughness of this particular game? Why should girls try tests of vaulting? Is such prowess worth the possible price?

Disapproval of graded constant calisthenics, exercise, athletics and outdoor life for all children and youth is not intended. Outdoor exercise and sports are essential for the health of adults. More walking and less automobiling have a value thus far not much appreciated. Our age has been characterized as "athletics crazy;" let us see whether we cannot get back to athletic "normalcy." (Journal American Medical Association.)

PERSONALS.

On September 15 a son appeared at the home of Fred Cooper, '23, at Fort Dodge, Iowa.

The stork brought another baby boy for Alvin and Evelyn Romeiser, on September 12.

Mr. and Mrs. Leo Doering announce the birth of Cyrilla May Doering on September 23.

It is rumored that another of the Cincinnati Alumni, Edward Krueck, '17, will be married soon.

It is reported that Ralph Ballin, '25, has presented a diamond ring to a young lady in St. Louis.

Nelson Walke, '17, was married to Miss Mildred Downer, a teacher in the physi-

cal education department of East High School in Cincinnati.

Alma Krueger, '11, is trying out the wild west for a year. She is teaching in Rawlins, Wyoming.

Charlene Sargent Lyons, '21, spent the summer in Europe, according to information received here indirectly.

Henry Foertsch, '14, has left Minneapolis and is now manager and men's instructor at the Altoona Gymnasium.

Faye Harvey, '16, now Mrs. J. A. Glominski, announces the arrival on September 29, of a son, James Albert.

Wilna C. Hermes, '15, has left West Virginia and accepted a position in her home state; she is now teaching in the Junior High School in Springfield, Ohio.

"Just received the Alumni Bulletin and enjoyed the reading of it very much. Do not take my name off the list; here's two dollars to square my account." Carl Baer, '16.

Dr. Otto M. Koenig has taken a year's leave of absence from his duties at Soldan High School in St. Louis and is now in Vienna specializing in the study of the eye.

Dorothy Gordon, '21, who moved to California some months ago, has been married there. Sorry, we have received no official announcement and can therefore not tell you his name.

The two inseparables of '22, Virginia Fessler and Josephine Reilly, have struck out for the West. Both resigned their positions in the Buffalo schools and are now located in Dallas, Texas.

Having received a chiropractor's license in Iowa, Frank Ohm, '13, may some time practice the art of kneading; for the present he continues as instructor of the Davenport Turngemeinde.

"Enclosed find check to pay for my Alumni dues. I believe it is nothing but carelessness on the part of many to let this thing slip by—as it was in my case." Thus writes Fred P. Jacobi, '17,

of Davenport, Iowa. "Fritz" is continuing his studies at the University of Minnesota during the summer vacations.

Tired after two years of uninterrupted work in Turnverein and schools and study in the university, Herman Matern, '23, spent a week in September at the Phi Epsilon Kappa House in Indianapolis.

An injustice has been done Emil Schwegler, '06, by putting him in the list of graduates as chiropractor while his correct title is D. O. Emil has been practicing for some years in Janesville, Wis.

Harold Hall, who was married August 22 to Miss Elizabeth Thurgood, of Evansville, has resigned as instructor of the Evansville Turnverein and is back in Indianapolis, where he entered a commercial house.

Lewis Bockholt, '18, is another of the boys who joined the ranks of the benefactors this year. He and his bride spent their honeymoon going down the Ohio river in a motor boat, from Cincinnati to Louisville.

Therese Prinz, '21, has returned to the Altoona Gymnasium and is quite busy with a number of large classes in this new "plant". Besides swimming, dancing, gymnastics, fencing and boxing, they also have some corrective cases and a reducing class. Every Tuesday at 11:45 Therese broadcasts short lessons.

The Reisner's (Art and Claire Daus-Reisner) have returned to Cincinnati after spending a year in the West, and are both working in the public schools. While Mrs. Reisner was much benefitted by the western climate her husband unfortunately met with an accident which still prevents him from doing strenuous work.

"I feared that you had taken my name off the list but probably did not receive all issues of the Bulletin because I moved about much lately. The few

copies I have seen always have been of great interest and often one article is worth the price of subscription. You will find my check for dues enclosed." Hilda Schuman-Knoll, '14.

Spending two months in Germany was the kind of vacation Anna Schmook, '14, selected this year. She visited France, Italy, Switzerland and Germany. At Tribsees in Germany she had the good fortune of being able to observe a demonstration by the Turnverein given out in the open, on a Sunday afternoon, and was impressed with the work done by the Turner boys and girls.

Changes among the St. Louis Alumni are reported as follows: Arthur Pfaff, '14, is now teaching in the McKinley Junior High School. Marie Hanss, '24, has been engaged as swimming instructor at Sontbonne College for Girls, and her classmate, Ethel Saucier, is teaching physical education at the Visitation Convent. Gertrude Kessler, '23, completed her course at Columbia University and is now teaching in the Cleveland High School. Harvey Lecollier, '24, has also accepted a position at the latter school. Ralph Ballin, '25, is teaching in the grade schools while Louis Kittlaus of the same class is teaching at the Rock Spring Turnverein and attending Washington University.

The Buffalo department of physical education now numbers over 100 members. The following graduates of Normal College were added to the list this fall: Raymond Ping, Ralph Carter, Matthew Poeltl, Carl Baumann, Rosi Garcea, Louis Montgomery and Sarah Whittemore. Hyacinth Kolb and Vera Simon will probably be appointed in the near future, being next on the list of eligibles. Ronald Moody has been promoted to a high school position at Hutchinson High, and Elmer Rosenthal at the new Bennett.

Mr. and Mrs. Harry Feucht have a son and a daughter now.

THE SONG BOOK.

We are at it again! Yes, and that is only half of it. We are going to keep right after you until you respond.

That song book is going to cost us \$300, and so far only \$90 has been received by Mr. Toll. What's wrong? We sent out 725 letters asking for \$1, and ninety loyal alumni responded. We can't put this over until our loyalty is better demonstrated. One of our graduates writes: "For such a good cause, I can easily give \$2." Another sends \$5 and wishes us success in our undertaking.

Possibly your letter was lost or misplaced, or maybe the matter just slipped your busy mind. We are using this method of reminding you. One dollar, please, for one perfectly good Normal College Song Book containing all the school songs, a few fraternity songs and some of the good old timers every one sings.

Send one dollar to Mr. Curt Toll, 326 Riley avenue, Indianapolis, Indiana.

THE TEN MARKS OF AN EDUCATED MAN.

He keeps his mind open on every question until the evidence is all in.

He always listens to the man who knows.

He never laughs at new ideas.

He cross-examines his day-dreams.

He knows his strong point and plays it.

He knows the value of good habits and how to form them.

He knows when not to think and when to call in the expert to think for him.

You can't sell him magic.

He lives the forward-looking, outward-looking life.

He cultivates a love of the beautiful.

—Albert E. Wiggam.

ALUMNI BULLETIN

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DOES PLAY REDUCE JUVENILE DELINQUENCY?

One of the favorite arguments of the advocates of public gymnasias and playgrounds is, that these will reduce juvenile delinquency. We are familiar with the cry that children need only be given some healthful and interesting activity and kept off the streets in order to develop into useful citizens. Advocates of the play movement have told us of the wonderful results obtained, and we remember the case of one Jersey town where the juvenile court is reported to have closed its doors because of lack of business a few years after the establishment of the public playgrounds. Likewise have the Turners repeated that boys and girls attending their classes will not be found in the lists of juvenile delinquents. While we do not admit that this argument is not well founded in its entirety it behooves us to attack the question from the only correct standpoint, the scientific standpoint, and to trace the results in the statistics of the juvenile courts.

No one can deny that the physical education system of Philadelphia including the public schools and the public playgrounds, is one of the most efficient in the country. Yet, the report of the juvenile court of that city for the year 1924 shows a steady increase in the num-

ber of cases handled since the establishment of the court. There were 5,161 cases in 1920 as against 6,378 in 1924. The number of delinquent children referred to the court per 1000 of the population between 7 and 15 years of age, was 1.84 in 1922, 2.19 in 1923, and 2.14 in 1924. The estimated increase in the population of juvenile court age (7 to 15 years) was 6.1 per cent., while the number of juvenile delinquents increased 24.3 per cent. Very noticeable is the increase of delinquency among girls; in 1920 they constituted but 10 per cent. of the total number, while in 1924 the percentage had risen to 11.2.

A hint to some of our graduates working on their Bachelor or Master thesis: Why not investigate these problems closer in an effort to reach some definite conclusions? No doubt, other cities will show similar results. Would it be possible to make comparisons between cities with more or less efficient and more or less extensive playground systems? How could the other contributing factors be traced? How eliminated so as to give the real results of the playground movement? Is it possible that the disruption of the family is the largest factor? Would juvenile delinquency be much greater if we had no playgrounds? What should society (state or municipality) do to overcome the tendencies leading to and eliminate the causes of juvenile delinquency? In order to answer such questions intelligently it is necessary to have all the facts in the case; who knows but what these lines may induce some future "Master of Physical Education" to assemble these facts and present them in his thesis?

With the enthusiasm lent by youth, our colleague William K. Streit argues in favor of more physical activities. In the "Gymnast" of the Newport, Ky., Gymnastic Association which he edits, he has this to say on the question:

"It is quite a significant fact that while the enrollment of our Ladies class, women over 18 years of age, is the largest in the gym, the Misses class, girls from 14 to 18, has the smallest enrollment. Then, when we consult the juvenile court and learn that 75 girls are reporting to the matron weekly and a great many more who should be reporting are drifting around through the streets especially at night, we have at least part of the answer.

"We firmly believe that the world is getting better, that boys and girls have greater opportunities, that we have better schools, that our homes are more comfortable and sanitary, and that the modern boy and girl have more spare time and more inducement to use it profitably. We would like to disagree with Prof. Raschen, of Pittsburgh, who discussed in an interesting scientific manner at the graduation exercises of the Normal College at Elkhart Lake, Wisconsin, last June, the "Decline of Civilization." Our civilization is better, but does the modern child show the effects of these advantages? This is the vital question which every teacher, parent, and civic official should keep on his tongue, and with which every good citizen should concern himself. If it cannot be answered in the affirmative, then a good deal of human effort is being wasted.

"If the primary factors which enter into the life of the child are properly controlled and regulated, then the results are bound to be beneficial. These factors are—the home, the church, the school and the spare time.

"While the church does not take care of even a majority of our youth, its influence on the child is undoubtedly good, and should be encouraged.

"Modern city life, however, has greatly limited the influence of the home, yet the home should be basic. The home is

the greatest influence that touches character building in the child's early years, and it is unfortunate that its efficiency leaves so much to be desired under modern domestic conditions. The teacher shares this responsibility with the parent but the increased unsupervised spare time of the child permits of the breaking down of many of the things that are conveyed in school. It may be noted here that one-third of all the families in America live on the minimum subsistence wage, that nearly every third mother is a wage earner. Hence, many mothers are unable to care properly for their children. The increasing number of divorces also have their effect on the child.

"The average parent has had only a sixth-grade education. Furthermore, 40 per cent. of our children do not finish grade school, 10 per cent. graduate from standard high schools, and only fourteen out of every thousand finish college. The schools, however, are doing excellent work and the new Junior High school movement with its diversified curriculum, will have a tendency to keep more pupils in school and also to prepare them vocationally.

"When we stop to realize that 90 per cent. of our crime is committed by comparatively young people, we will realize the need for a more profitable use of leisure time. If the youth's time and mind are occupied with worthwhile thoughts, there will be no room for the others. For this reason the work of the Boy and Girl Scouts, Church Clubs, Y's, Turner Societies, etc., is of such tremendous importance.

"It is interesting to study the record of these organizations. Rarely do you find a boy or girl who comes under their influence who gets into trouble. The ratio would be about one in a thousand, whereas one out of every thirty who are outside the influence of these or similar organizations are apprehended by the

authorities every year. This is sufficient evidence of the character building qualities in these splendid spare time programs and is another one of the many reasons why youths especially should become members of organizations like ours."

LETTERS FROM ALUMNI.

July 20, 1925.

We left Honolulu Thursday afternoon and arrived at Hilo, Hawaii, on Friday morning. At about five in the morning we had a wonderful sight of the top of Mauna Kea in brilliant sunlight, while the lower part of the mountain (which is 14000 feet high) was still dark. After breakfast we landed, about seven-thirty o'clock. It took another half hour to get the auto out of the ship's hold and then we started for a cottage at the volcano. This is 4000 feet up and thirty miles from Hilo.

The first third of the trip is among the sugar cane plantations. It takes eighteen months for sugar to ripen. To keep labor always busy a plantation has a rotation scheme, so that about one-fourth of the crop is always maturing to be cut down and sent to the sugar mill. When it is ripe, a field of cane looks like a jungle, the canes being from fifteen to twenty feet long, running part way on the ground and then up into the air. After a trip of two hours we arrived at the volcano, got into our old clothes and started for the pit, about a half mile away. Although the volcano is not active, there is enough steam coming out of the earthquake cracks and the lava cracks to satisfy most people. When you stand at the edge of the pit, 700 feet above the lava bed, and look into this large oval (about two by four or five miles) with its cooled lava in all shapes and colors, you stand awestruck by the weirdness of it. Every

day since, we have taken trips to different places, and always there are new wonders to be seen. The mountain now is a national park, and it is being improved rapidly.

Yesterday we drove down to the lava field into the big pit, and walked over and looked down into the "House of Everlasting Fire" as it is called by the natives. This must be 500 feet deep, filled with lava. It was from this pit that the great explosion took place about two years ago and destroyed all vegetation for miles around in the direction that the wind always blows. Some of the rocks weighed from ten to fifteen tons. (We have a picture taken next to a fourteen-ton rock). Near our cottage are great sulphur banks from which hot vapors arise, so hot, in fact, that one hurriedly gets away from them when the wind veers your way. The hotel is heated by hot vapor from the big pit. During our visit, a refreshment stand was built on the lava, where steaming hot coffee and soup were served, heated by steam from the cracks in the lava. As soon as the sun goes down behind the mountain it becomes cold here, so that we always have a fire and sleep under blankets.

Honolulu, August 4, 1925.

We returned from the volcano several days ago. Up there the weather was cold. Here the afternoons are often hot, but never like the hot days in Philadelphia or Indianapolis. The trade winds are always blowing. Sometimes it sounds like a November gale, and you want to go into the cellar to see if the fire is all right. It is a new experience to have the wind screech through the cocoanut trees and the large palms back of the house. The houses here are all small, one-story, frame bungalows with two or three bedrooms, a living room, a kitchen and a bathroom. There are no cellars and no attics.

The more pretentious places have two stories, but in such cases a kind of foundation wall made of lava blocks is needed; otherwise, the bungalows rest upon posts that are set upon a flat piece of lava which lies on the ground. All lumber is brought from the states. Real estate is sold by the square foot, running from ten or fifteen cents to a dollar. Rents are high since the cost of property is high. Food also costs more than in the states. Many things are not produced here. Butter comes from Australia; fancy biscuits (of the Uneeda kind) come from New Zealand, eggs from California, etc. In the modern part of the city one is reminded of the beautiful parks of some of our cities in the states, only that all bushes are much taller and crowned with flowers, and dominating all are the great ferns, palms of all kinds (from the Royal Palm to the scrawny cocoanut), oleander and hibiscus twelve to fifteen feet high. In the poorer part of town one finds the Orientals living in hovels and dirt. The fish markets are wonderful, and it is quite a sight to see young squids (a young octopus) for sale for eating purposes. (The tentacles are about eight to twelve inches long). I find the foreign section the most interesting; here the women still wear Oriental clothes and very young children are often seen naked, or nearly so.

WILLIAM A. STECHER.

* * *

I am located here in Milwaukee, at the Milwaukee University school, and like the work immensely. It is a private academy of about 200 pupils, from the grades to the fourth year high school, girls and boys both. I have all of the pupils twice a week, on the average, on a 40 minute period for the grade school and a one hour period for the high school.

My first class is at 10:30 in the morn-

ing and the last class finishes at 3:10 in the afternoon, so you see it is quite a nice position. The size of the classes runs between 15 and 35, girls and boys separate. I have charge of all the physical education work and also of the athletic teams and swimming pool, but an academic teacher who has been coaching the basketball team for the last four years is going to coach the team again this year.

The work is exceptionally pleasant, and I like it first rate.

I suppose the plans for the homecoming are just about completed, and that quite a crowd of the boys will be down there. Tom Pfaender expects to meet me in Milwaukee and then we will drive down together.

WILLIAM MATTHEI.

* * *

My classes this season are far better than last. The ladies as usual have the banner classes in numbers. My advanced class on Thursday evening numbers 35 and on the whole contains excellent material with which to accomplish good work. The Monday class enrollment ran up to 80 and combined real beginners with those who have had a season or more of gymnasium work. I have divided this class into two sections and hope to be able to give each class the work best suitable to their ability.

The Actives have a list of 15 with about 10 regular members. This class is better than last season and beginning to show better work. The Matrons' class has an enrollment of 20 and show better interest than last season.

The little boys and girls are showing up better. My two business men's classes, each class meeting twice a week, have not been as good as last season, so far, but they are picking up in numbers and we soon hope to have more than last season.

At the first of the season's meets held Oct. 18 at Eldridge Turner Hall, I was able to organize the Instructors and first Turn Warts of the different societies into a Physical Educators club. The District Physical Advisor was elected chairman of the organization. Our first scheduled meeting will be held on next Sunday, Nov. 1st, in the gymnasium of the Davenport Turngemeinde. We have four instructors appointed to give papers on the different parts of a regular class lesson. A round table discussion will be held afterwards.

I have been placed in charge of the Physical Education Department of the Wartburg College of Clinton. Ninety boys ranging from academy to fourth year college are given two afternoons a week, fifty minute periods. The gymnasium about 35x65, contains a parallel bar, side horse and buck, horizontal bar, and one pair of rings. Have given them a good lot of Buhks work and they like it.

LEO J. DOERING,
Clinton, Iowa.

PHI DELTA PI.

Phi Delt girls are still talking of the good time they all had at the Todd's country home in Cincinnati, the week-end of October 10. We chartered a motor bus for the two days' excursion and reached Norwood Saturday in time for dinner at the home of Mary Helen Wood, a Phi Delt from Cincinnati. After dinner we all went to Todd's where we were joined by a score of fraternity boys from the University of Cincinnati. Sunday morning was spent horseback riding, and then to finish a perfect day, Mrs. Todd served a big chicken dinner.

On the return trip Sunday evening, the party was entertained at Greensburg, Indiana, by Mr. and Mrs. Gilchrist.

Alums Esther Hoebner, Frances

Points, Garnet Warren, and Martha Hehrlein have all been back to see Alpha's girls. We enjoyed having them and we are looking forward to Homecoming, when they will come again, we hope.

A joint meeting of our actives and the Indianapolis Alumni was held at Mrs. Thompson's Studio at 4141 College avenue, October 28. After the meeting, the Alums served refreshments, and we danced until we just had to leave. Did we have a good time? Well, Alums—just ask us again and we'll show you.

Rush: Some of the girls were entertained at "Topsy and Eva" Saturday evening.

Phi Delt Day was started early by a breakfast at the McLean Arms Tea Room, Wednesday, November 11.

Phi Delt Formal Rush Party was a dinner dance, given at the Severin Hotel Roof Garden the evening of November 11. Several novelty dances and other unique features furnished entertainment throughout the evening. Each rushee received a corsage of purple and yellow flowers. The color scheme for the evening was purple and gold, carried out in table decorations and favors.

BUFFALO ADVERTISES THE NORMAL COLLEGE.

Other cities might take a lesson from Buffalo in the way of boosting the Normal College. Buffalo papers brought out a headline edition naming the graduates of the different high schools which were to attend the Normal College this year. What is the matter with Cincinnati, St. Louis, Chicago, etc., etc.? You have also been sending large numbers in the past, and we have no doubt that you could secure equal publicity if you went at it in the right way. Use every opportunity to boost your Alma Mater.

IN MEMORIAM.

William Fleck died September 17 in Sarasota, Fla., where he had lived for two or three years; the funeral was held in his old home, Milwaukee, and the body was cremated. He was 72 years old.

Turnlehrer Fleck was probably the most well known man among the older members of the Turnerbund. Having received teacher training in Karlsruhe, Germany, and having attended Maul's physical education classes, he came to America when still young and entered the Normal School of the Turnerbund in Milwaukee from which he graduated in 1881. Several years later he was engaged as instructor by the Sozialer Turnverein of Indianapolis and when Indianapolis also took charge of the Normal School while the Bundesturnhalle was erected in Milwaukee, Fleck became head of this institution. During the two years that the Normal School was conducted here, a number of men were trained as teachers of physical education who today rank among the most able in the profession. Later Fleck traveled as solicitor and agent for the Turnzeitung and while doing this and writing brief reports about his visits to the various Turnvereine, he discovered his ability to write cleverly; so later he assumed the editorship of the official organ of the Turnerbund. Fleck also established the summer resort at Elkhart Lake, Wis., which was purchased by the Normal College six years ago and is now conducted as a resort and students' camp under the name "Camp Brosius". As traveling representative of the Turnzeitung, Fleck came in contact with more members of our national organization than any other person.

He possessed the characteristic traits of the Southern German: he was honest

and upright; tenaciously clinging to anything and everything he considered just and fair; frank and outspoken to such degree that he sometimes hurt his best friends; and ceaselessly working for his ideas and ideals. Whatever he did, he had only the best interest of the Turnerbund at heart even when his opinion differed materially from that of other leaders of the organization. Much of the success of the Turnerbund during the nineties of the last and the first decade of the present century, is due to the labors of William Fleck.

WINTER'S TREASURE CHEST.

Life's most valuable things lie buried near at hand—so near that they are often overlooked.

A Persian Prince, selling his castle, roamed the world in search of the Acre of Diamonds, only to find it in the garden he had sold.

Two little children hunted the world over for the Bluebird of Happiness, only to find it in their own backyard.

Ponce de Leon finally found the Fountain of Youth in his own heart.

Winter, that treasure chest of fun and frolic, health and happiness, is regarded by most people as a period in which to hibernate.

Think over the attractions that Winter offers! Skating, snowshoeing, tobogganing, skiing, curling, golf on snow-clad links, iceboating and hiking. Outdoor exercise in Winter gives a healthful glow, puts the purest kind of fresh air into your lungs and makes roses bloom on your cheeks. If you neglect to claim its benefits, you are the loser.

January is our "fightenest" month. Start the year right. Get warmly dressed and out of doors this winter.

J. P., in Hygeia.

BAA, BAA, BLACK SHEEP.

Many requests have come in for material suitable for primary games. Here is one the little folks surely will enjoy.

Music: Any one of the numerous nursery tunes for this rhyme.

Formation: Column of couples in a circle, boy on outside.

Procedure:

I. Boy bends forward to imitate the sheep. Girl grasps boy's hand as though leading the sheep. In this position they march around the circle while singing the song once. (Halt at end of verse.)

II. "Baa, baa, black sheep, have you any wool?"

(Girl uses fore and middle fingers of right hand for scissors and shears the sheep.)

"Yes sir, yes sir, three bags full."
(Sheep nods head, looking at girl. Holds up three fingers of right hand.)

"One for my master, and one for my dame."

(Boy straightens to a stand while girl encircles partner in eight skipping steps.)

"But none for the little boy"

(Partners grasp inner hands and skip forward in line of march.)

"Who cries in the lane."

(Partners face each other and bow.)

THEIR FOOLISH DAYS

"This song about bananas makes me sick," said the foolish old gentleman. "In my day we had songs like 'Ta Ra Ra Boom De Ay' and 'Daddy Wouldn't Buy Me a Bow-wow,' that had some sense to 'em."—N. Y. World.

PHI EPSILON KAPPA

With twenty-two men in the Active Chapter, Alpha Chapter is in a good posi-

tion to do some constructive work for Phi Epsilon Kappa this year. The judgment of the brothers, in selecting the officers to guide Alpha Chapter for this year, seems to be fully justified.

After several futile and spasmodic attempts, Alpha has finally succeeded in establishing a regular news letter to be published quarterly. The dates for the publication are October 15th, December 15th, February 15th, and May 15th. The first issue has been mailed to all Alumni brothers of whom we have a record. If there are any of the Alumni who have not received a copy, please leave your name and address with the treasurer, Brother Jack Stocker. The wish of the Alpha Chapter is through this letter to cement the bonds of friendship of the Alumni to their Active Chapter, and at the same time to keep them fully informed as to what is going on at their Alma Mater.

I am sure that the brothers will rejoice with us at our latest accomplishment, i. e., granting the petition of the University of California, Southern Branch, Los Angeles, California, for a charter. Phi Epsilon Kappa now reaches from coast to coast, and is gathering momentum every day.

At the date of this writing there is no definite information regarding pledging; nevertheless, from the appearances of the Freshmen, there seems to be plenty of good material for Alpha. Almost without exception, the men seem to be good, honest to goodness fellows who are here for business, just the type that Phi Epsilon Kappa is always on the lookout for.

This will no doubt be of interest to the brothers, namely, that Brothers Leo Doering and Fred Cooper are the happy, proud parents of a girl and boy respectively. Congratulations Leo and Fred.

The summer Chapter at Elkhart Lake

added to the ranks of Phi Epsilon Kappa two tried and sterling men this summer. They are Mr. Louis Zabel, of Sheboygan, Wisconsin, and Mr. Otto Modler, of Minneapolis, Minnesota.

The fraternity house at 1321 Central Ave. is in first class condition and we welcome all of the brothers to make the house their home during their homecoming visit. Brothers Dippold, Suedmeyer and Hermann were the early birds this fall and had the house in tip-top shape, ready for occupancy a week before school opened. This policy we believe is a good one, and should always be carried out. I am sure that our Professor of Psychology, Dr. Richardson, will agree with us that the first impression is lasting, so we try and practice some of our psychology before we forget it.

Good news, and more of it. Alpha Chapter is practically assured of a table in the fraternity house. Our dream seems to be nearing its realization. According to the present plans, the table will be put into operation the 1st of January. I am sure that all the brothers will join us wishing this prospect a hearty success.

Again, Phi Epsilon Kappa extends a welcome to all the visiting brothers, and expects to see them at our new home. There is room for all, so come out and enjoy our hospitality.

Arthur Hermann, Secretary.

HOME-COMING BANQUET.

The Alumni Association in charge of the homecoming program wishes to make this program the best ever arranged for such an occasion. From present indications, it appears that there will be a record-breaking attendance at that time, and the committee therefore feels the need of making the program as effective as possible both in instruction and in entertainment. The committee is espe-

cially desirous of receiving definite suggestions relative to the program at the banquet and is asking each member to give thought to the matter of individual participation and assistance.

To put the question personally: What can you do, and what will you volunteer to do by speaking, singing, or otherwise entertaining at the banquet of the Alumni Association? The need seems to be more for entertainment than for instruction or inspiration. If you can tell a good story, sing a song well, or lead in some group entertainment, put aside false modesty, write to us at once and tell us what you volunteer to do to help make the banquet the best ever.

The Alumni Committee.

DELTA PSI KAPPA.

Dear Old Pals: Jolly Psi Kaps are doubly jolly these days because of the initiation of Emelia Woltz and Kathryn Frahm into the sorority, and the return of Vera Ulbricht, graduate of the class of '22. Dorothy Padden and Elizabeth Lemmon also made us happy by their return for a third year.

Our good times started with a number of "spreads" at the dormitory, but the real get-together came on Founders Day, when Annabel Weinsheimer, Evalyn Griffin, Leah Braden, Lela Rimsted, Mrs. Rice and Mrs. Ernsting, from Alpha, and Miss Carlton, from Lambda chapter, returned to Alpha for the Founders Day banquet at the Athenaeum.

The Misses Kathryn Frahm and Emelia Woltz gave the Psi Kaps a luncheon in the dining room of the dormitory. Songs were sung and we talked of the "Home-Coming" days when we could be with our Alumni again. We hope and know that you will all be back for—

"Just as long as we're Psi Kaps

As long as we are true

Distance cannot come between us two."

EXAMINATIONS IN PHILADELPHIA AND JERSEY CITY.

Examinations for teachers of physical education applying for positions in the schools of Philadelphia and Jersey City will be held on November 13 and 14 and December 29, respectively. In Philadelphia, the examination consists of demonstrations of practical ability and teaching on the first day, and oral and written examinations on the second day, in the following subjects: Physiology and Hygiene; Theory and Practice of Physical and Health Education; Athletics. Salaries for teachers in class A range from \$1800 to \$2500, in class B from \$2675 to \$3200, and in class C from \$3400 to \$3600.

In Jersey City, places are open for men in the junior high school and elementary schools; the examinations for junior high school positions are open only to teachers in the Jersey City elementary schools. The salaries in the latter range from \$1400 to \$2800.

OPEN-AIR GAMES AT NIGHT.

The stadium of Cincinnati University has been equipped with lights enabling the teams to play games at night. The crowds attending these games are much larger than those usually found at the afternoon games.

GETTING POSITIONS.

One of the young women who failed to get a school position this season just writes us that she has succeeded in securing the interest of clubs, and has organized classes in physical education in them.

We admire this sort of initiative and spirit. There are many opportunities in every community for this sort of work. There are church organizations with their various clubs, there are community centers, there are various other kinds of

municipal organizations that an energetic teacher might easily interest in physical education work.

Beginning this year, the Administrative Board has decided to tap the many resources of the American Turnerbund for the benefit of its graduates. A campaign will be started among people in the various cities for the purpose of placing our graduates. Next year should show results, and enable us to easily place our graduating class.

BASKET BALL.

Coach Spitzer called for basket ball candidates for first practice October 29. Twenty-five men reported ready for the year's grind. Work under the direction of Spitzer and Capt. "Pete" Overman started immediately.

Men from last year's squad reporting were: Ex-Capt. Blumer, Thayer, Freuck, Capt. Overman, Muto and Braun. Material from the Freshman class looks very good and no doubt will give the older men a real battle when it comes to the selection of the ten who will represent the school this year.

The schedule, which will be ten games, is being rapidly completed. Rose Poly, of Terre Haute, December 12th, is the big game before the holidays. The annual Alumni game is November 23. Other games scheduled are Indianapolis College of Pharmacy (two games) and Indiana Central (two games). We hope to have the rest of our schedule completed by the second week of November.

We expect to have the biggest year in basket ball that the Normal College has ever had.

K. Glidewell, Mgr.

HOT STUFF!

Doctor: "Well, my good man, have you any temperature this morning?"

Patient: "No, the nurse took it."