

Alumni Bulletin

VOL I

Indianapolis, Ind., October, 1917

Number 3

ALUMNI ASSOCIATION.

The regular annual meeting of the Alumni Association was held in the lecture room of the Normal College, N. A. G. U., on July 12, 1917. There were a goodly number of members present, thirty-nine in all, which fact convinced us that the best time for these meetings is during the Summer Session. In the course of his address of welcome, the president, Mr. Rath, called attention to the great amount of work connected with the publication of and especially with getting a start on the Bulletin. We learned that Mr. Altmann, '13, would be at the college this year, partly to resume his studies, viz: the third and fourth year work and partly to assist Mr. Rath and Miss Hein in the regular course of instruction.

Mr. Rath commented very favorably upon the fact that so many of our graduates are continuing their studies, calling special attention to the St. Louis "crowd" studying medicine. He further pointed out that the introduction of the third year work in the Summer Session has attracted a larger number of our Alumni than ever before. He announced that there were many inquiries as to the prospective third year course for the regular session, and that during the regular course this year the time for Hygiene, English and Psychology would be shortened and more time devoted to outdoor work and athletics.

After urging all members to lend their support to the "Turnzeitung" and "Mind and Body," and announcing the reduction in tuition for women graduates during

the Summer Session he thanked the Alumni members for their many efforts in sending new students to the college.

Mr. Toll reported the sum in the treasury on June 30, 1917, to be \$186.17.

The members of the executive committee were re-elected and authorized to organize for the coming year. The result of this organization is as follows: Geo. Lipps, president; Kate Steichmann, vice-president; Curt Toll, treasurer; Hans Reuter, secretary; Elsa Hein and George Altmann, resident members.

The setting of the date for the next annual meeting was left to the Executive Board with the stipulation that it be held during the Summer Session of 1918.

After discussing the desirability of class reunions the meeting adjourned, all expressing themselves as having attended one of the most interesting meetings held for a long time.

A LIST OF ALUMNI WHO ATTENDED THE ANNUAL ALUMNI MEETING JUNE, 1917.

Edward Bartels, 1916, Rochester, N. Y.
Lucille Belzer, 1914, Evansville, Ind.
Ada Crozier, 1914, Indianapolis, Ind.
Alfred O. Diete, 1914, Louisville, Ky.
Frank X. Eckl, Jr., 1915, Pittsburgh, Pa.
John Feller, 1916, Rochester, N. Y.
Jennie Gahl, 1913, Chicago, Ill.
Chas. A. Geber, 1909, Pittsburgh, Pa.
Delia S. Gipe, 1910, LaCrosse, Wis.
Corinne Guenther, 1911, St. Louis, Mo.
Ella Haeseler, 1914, St. Louis, Mo.
Otto Harz, 1914, Buffalo, N. Y.
Eugene L. Heck, 1913, Buffalo, N. Y.

Cecelia Heilbrunn, 1914, Chicago, Ill.
 Edward Hell, 1914, Chicago, Ill.
 Charlotte J. Herringer, 1915, Chicago, Ill.
 Grace Holbrook, 1913, Chicago, Ill.
 Mildred W. Jost, 1915, Muncie, Ind.
 Ernest C. Klafs, 1907, Chicago, Ill.
 Olive F. Knorr, 1912, Cincinnati, O.
 Chas. Meyer, 1915, Steubenville, O.
 Carl J. Mettler, 1909, Dayton, O.
 W. A. Ocker, 1892, Indianapolis, Ind.
 Frank B. Ohm, 1913, Sheboygan, Wis.
 May Paddack, 1914, Cincinnati, O.
 Hugo O. Pantzer, 1875, Indianapolis, Ind.
 Adolph Picker, 1910, Baltimore, Md.
 Emil Rath, 1898, Indianapolis, Ind.
 Hans C. Reuter, 1911, Indianapolis, Ind.
 Otto Rost, 1907, Lawrence, Kan.
 Oscar E. Ruther, 1892, Leavenworth, Kan.
 Harriet E. Schrader, 1914, Chicago, Ill.
 Arthur J. Schuettner, 1915, Champaign, Illinois.
 Carl B. Spath, 1904, Indianapolis, Ind.
 Kate R. Steichmann, 1914, Indianapolis, Indiana.
 Wm. A. Stecher, 1881, Philadelphia, Pa.
 Curt Toll, 1892, Indianapolis, Ind.
 Jos. Weissmueller, 1915, Los Angeles, California.

VITAL STATISTICS.

Nature delights in destroying the old and creating new ones like them.—Marcus Aurelius.

Gustave Goehring, '09, is the happy father of a boy born in June.

We congratulate Friedrich Ludwig Jahn on the arrival at the N. A. G. U. of a great grand daughter.

Florence Dodge Krull, '12, has a two-year-old son.

We take this opportunity to correct a mistake made in a former "Bulletin" to announce that Toeppen's kid is not a girl, it's a real kid, a boy.

THE FIRST MEETING OF THE INDIANA STATE PHYSICAL EDUCATORS' ASSOCIATION.

September 24, 1917.

To the Directors of Physical Education:
 A number of requests have come to me during the past year from different instructors of physical education, suggesting the organization of an association of physical educators which shall include all those engaged in the work in the state of Indiana.

Its object would be to bring those engaged in the work into closer and more frequent touch with each other, to learn of the progress in the profession along theoretical and practical lines by means of papers and practical work presented, so that thus mutually profiting we may return to our work with deeper insight and greater enthusiasm. It is contemplated to later make the association a part of the Indiana State Teachers' Federation.

Do you not think it essential for every live instructor of the state to be a member of this organization? If so, come to the first meeting which will be held Saturday, September 29, at 2:30 p. m., in lecture room I (upstairs) of the Normal College, N. A. G. U. (east wing of the German House, 415 E. Michigan St.).

An effort will be made to present an interesting program.

Trusting that you will be present and assist in organizing the Indiana Physical Educator's Association, I beg to remain,

Very truly yours,

EMIL RATH.

In response to the foregoing letter, sent out from the office of the N. A. G. U., the following eighteen representatives of the profession were present.

Beckman, Lillian
 Crozier, Ada
 Hein, Elsa

Hoelscher, Ernest
 Jost, Mildred
 Lipps, George
 McHugh, Mable
 Nohr, Robt.
 Nohr, Harriet Mead
 Ocker, Dr. Wm. A.
 Rath, Emil
 Reuter, Hans
 Spier, Fred
 Steichmann, Kate
 Stevens, Arch
 Wassermann, Minnie
 Wickemeyer, Margaret
 Widner, Lois

Mr. Rath presided at the meeting. Pleased with the number present, he triumphantly held before us the letters and telegrams of others whose coming previous engagements had prevented. After urging us to bring our personal efforts to bear in getting others of our profession to join with us in making it a really inclusive professional organization, he introduced Dr. Edgar Kiser whose subject was "causes for exemption from the conscripted army, and how these causes might have been prevented by proper physical training."

Dr. Kiser made plain to us the value of a professional organization—that to be recognized as members of a profession by other professions this was the absolutely essential step to take. Naturally the title of his talk led him to dwell on the value of corrective gymnastics and on the great opportunities for those of us who have talent for that branch of our work.

Following the lecture, the business of organizing was taken up. A motion was made and carried that the chair nominate a committee of three who in turn were to appoint a full set of officers. Whereupon Mr. Rath appointed Dr. Ocker, Miss Wassermann and Mr. Lipps as the committee. Their report was: For presi-

dent, Mr. Rath; for secretary, Mrs. Steichmann; for treasurer, Mr. Reuter.

The new officers immediately assumed their right attitudes. Mr. Rath got an extra wrinkle in his forehead, Mrs. Steichmann found pen and paper and Mr. Reuter attempted to make a get-away, as treasurers often do.

The president suggested that a program committee be appointed which would take the responsibility for the coming meetings. Motion made and carried that the president appoint a program committee. Following is the committee: Mr. Geo. Lipps (chairman), Miss Elsa Hein and Miss Lilly Gally.

Mr. Nohr of Richmond, now took the floor and told of an interesting interview he had had with his superintendent of schools. The superintendent's attitude showed that a move of this kind was expected from us by other educators.

Dr. Ocker told of strides made in that direction last year which would indicate that many skids were laid for the log rolling.

Miss Wassermann of Lafayette, told of the spirit of co-operation her superintendent had shown when she discussed the coming organization with him. She made plain the necessity of having the organization complete and the petition for recognition drawn up and ready for presentation to the Business Committee on the Saturday preceding the State Teacher's Convention.

Mr. Nohr added the good suggestion that a program be presented with the petition.

Mr. Stevens made a motion which was seconded and carried that the president appoint some one to draw up the petition and program. Miss Wassermann and Mr. Nohr were appointed.

The next question to be disposed of was, "when have the regular meetings?" Saturday was unanimously favored as

the day on which they should be held. Once a month was considered as impractical for those who live outside of Indianapolis.

Miss Wassermann framed the motion: "That five meetings be held during the school year. The first be a late September meeting, the second during the State Teachers' Convention in November. The others to be on the fourth Saturday of January, March and May. Time to be 2:30 p. m." The motion was seconded and adopted.

Mr. Lipps now asked that members kindly send him program suggestions. Mr. Spier called our attention to the matter of expenses. What they were to be and how to be met. After some open discussion, Miss Hein framed a motion: "That the assessment be 50 cents per year, payable in advance," seconded and adopted.

Mr. Nohr rose to urge the necessity of getting the alumni of other schools to join in the big move. His motion of writing letters to all physical educators and enclosing an application blank was seconded and carried.

The meeting adjourned to the gymnasium for the practical part of the program at 3:50.

Mr. Nohr taught the assembled teachers a character dance, "Mandy Lee." Miss Jost taught a dance entitled, "Sleepy Time."

Those who were prevented from attending and sent regrets:

Miss Carrie Snively, Fort Wayne.
Mr. G. C. Thomas, Butler College.
Mr. E. C. Buss, DePauw University.
Mr. Julius Doerter, Evansville.
Mr. Ralph Shafer, Evansville.
Mr. W. A. Cox, East Chicago.
Mr. Andrew Thoma, Indianapolis.

CLASSES OF 1917-18.

Our good old college re-opened its doors to the ever-ambitious students on September 10th for the year of 1917-18. Luck seems to have been with the boys of last year's class, as only one failed to return. Mr. Rudolph Perlt of St. Paul, Minnesota, could not return to the fold, as he is the lone individual whom Uncle Sam so far has called to the colors. Nevertheless, our school has been hit hard by the present war, which is shown by the new Junior class. Only nine Junior men and three members of the elementary class were added to the men's roster. The ladies, however, turned out in large numbers, overcrowding the dormitory to such an extent that several of them must be content in finding rooms in the vicinity of the school. The faculty is the same as in previous years, with the exception of our colleague Mr. George Altmann, who has been added to the staff of the department of Theory and Practice of Physical Training.

The usual acquaintance dance took place on Saturday, September 15. The small number of men had quite a task in keeping the ladies supplied with dances, but they all did their share and a general good time was enjoyed. The initiation of the Junior men took place after the dance and ended with a banquet at the Puritan hotel. Some very lively and interesting times can be expected this year, as we have some very good talent among our Junior class which was discovered at their initiation.

Seelbach and Schiferle of Buffalo, and Kiefer of Syracuse, N. Y.—The College Trio.

Foran of Coney Island, N. Y.—Has very little foot movement in his dances.

Ploch of St. Louis, Mo.—The Original Comedian.

Lorenzen of St. Louis, Mo.—World's Renowned Orator.

Ulrich of Rochester, N. Y.—German Soloist.

Schmidt of New Holstein, Wis.—Our Tenor.

Gilson of Chicago, Ill.—Clever imitator of birds, dogs and cats (also elephants-Bzzz).

Quinlan of Cleveland, Ohio—Debator.

With such talent there ought not to be a dreary moment the entire year.

E. A. KNOTH, '18.

WANDERLUST.

To wander is a glorious joy,

To wander.

And when the air is crisp and clear,

'Tis then that wandertime is here—

Most joyous time of all the year

To wander.

O wanderlust! I feel thy call

To wander.

With nerves a-tingling, cheeks aglow

And beauteous nature calling so,

I find no rest! O I must go

And wander.

The rustling trees are whispering low:

Come, wander.

The flow'rs that gird the winding way,

The birds warbling their tuneful lay,

All bid me come and not delay—

Come, wander.

So over hills and thru the vales

I'll wander.

I love to see the pastures green,

Go thru the fields, along the streams

And feel the sun's kind warming beams

And wander.

E'en tho the winds are blowing cold,

I'll wander.

Naught can my wanderlust control.

New life goes pulsing thru my soul

When I set out to reach my goal

And wander.

O wanderlust! I feel thy call

To wander.

With nerves a-tingling, cheeks aglow

And beauteous nature calling so,

I find no rest! O I must go

And wander.

E. R.

THE CLASS OF 1917.

Following is a list of the graduates of 1917 and the positions they have accepted. As will be noticed, we have no information in a few cases and trust that the respective Alumni will send it in time for the next issue.

Clarence Abrams, Public Schools, Cincinnati, Ohio.

Clifford Baum, University School, Cincinnati, Ohio.

Carl Harold Braun, Rochester, N. Y.

Wm. G. Braun, called for service in the army.

Mary Browning, Public Schools, Greene, N. Y.

Eliza Bryan, Indianapolis, Ind.

Nath. E. Downs, Public Schools, Cincinnati, Ohio.

Percy Duebendorf, Public Schools, St. Paul, and Recreation Department, Minneapolis, Minn.

Dorothy Elliott, S. Glens Falls, N. Y.

Frances Fernschild, Public Schools, Chicago, Ill.

Euphemia Fosdick, Indianapolis, Ind.

Nelle Fuller, Supervisor of Physical Training, Decatur, Ill.

Sylvia Handler, Public Schools, Cleveland, Ohio.

Myles Havlicek, High School, Chicago, Ill.

Elsa Heilich, High School, Newark, N. J.

Ernest Hoelscher, Technical High School, Indianapolis, Ind.

Wm. F. Hofer, Public Schools, Cincinnati, Ohio.

Fred P. Jacobi, Davenport (Iowa) Turngemeinde.

Margaret Jacobs, Public Schools, Morristown, N. Y.

Arthur Joerling, Public Schools, Cincinnati, Ohio.

Florence Johnson, Public Schools, Cleveland, Ohio.

Louis J. Koster, First Lieutenant, First Indiana Infantry (now at Hattiesburg, Miss.).

Elsa Kramer, Public Schools, Cincinnati, Ohio.

Paul Krimmel, High School, Syracuse, N. Y.

Joseph Kripner, Lincoln Turnverein, Chicago, Ill.

Edward Krueck, Public Schools, Cincinnati, Ohio.

J. Ferd. Lipovetz, Supervisor of Physical Education, Mankato, Minn.

Mabel McHugh, Public Schools, Indianapolis, Ind.

Alice Mareck, Minneapolis, Minn.

Nellie Mershon, Y. W. C. A., Plattsburg, N. Y.

Irene Mezek, Public Schools, Kansas City, Mo.

Alice Morrow, High School, Shelbyville, Ind.

George E. Mueller, called for service in the army.

Emily Nowack, Public Schools, East Chicago, Ind.

Lillian Oppenheimer, Public Schools, Peoria, Ill.

Lola Pfeifer, Indianapolis, Ind.

August Pritzlaff, Public Schools, Philadelphia, Pa.

Wm. Reichelt, Public Schools, Philadelphia, Pa.

Wm. Ruzicka, High School, Chicago, Ill.

Ella Sattinger, Teachers' College, Indianapolis, Ind.

Louis J. Schmitt, Buffalo, N. Y.

Helen Schmitz, Public Schools, Chicago, Ill.

Ralph Shafer, High School, Evansville, Ind.

Fred Spier, High School, Lafayette, Ind.

Elsa Stange, "somewhere" in New York.

Jos. Arch. Stevens, High School, Muncie, Ind.

Louise Sturmer, Meriden, Conn.

Alice Swaim, Public Schools, Cleveland, Ohio.

Andrew Thoma, Shortridge High School, Indianapolis, Ind.

Nelson Walke, Public Schools, Cincinnati, Ohio.

Albert Weber, High School, Denver, Colo.

Clarence Whipple, Public Schools, Minneapolis, Minn.

Lois Widner, Public Schools, Indianapolis, Ind.

Clarissa Williams, Public Schools, St. Paul, Minn.

Dorothy Wydman, Mrs. William Sweeley, Cincinnati, Ohio.

Arthur Faulstich, called for service in the army.

Arpad Masley, returned for another year at the Normal College.

STUDENTS' ALLIANCE.

The first meeting of the Students' Alliance was held September 19, 1917. The entire student body was present, eager to support the Alliance in any of its future undertakings. The following officers were elected: Mr. Charles Smidl, president; Miss Constance Arbaugh, vice-president; Miss Gladys Gray, treasurer; Mr. Ray Schiferle, secretary.

The Alliance will convene, Tuesday, October 2, 1917.

RAY SCHIFERLE.

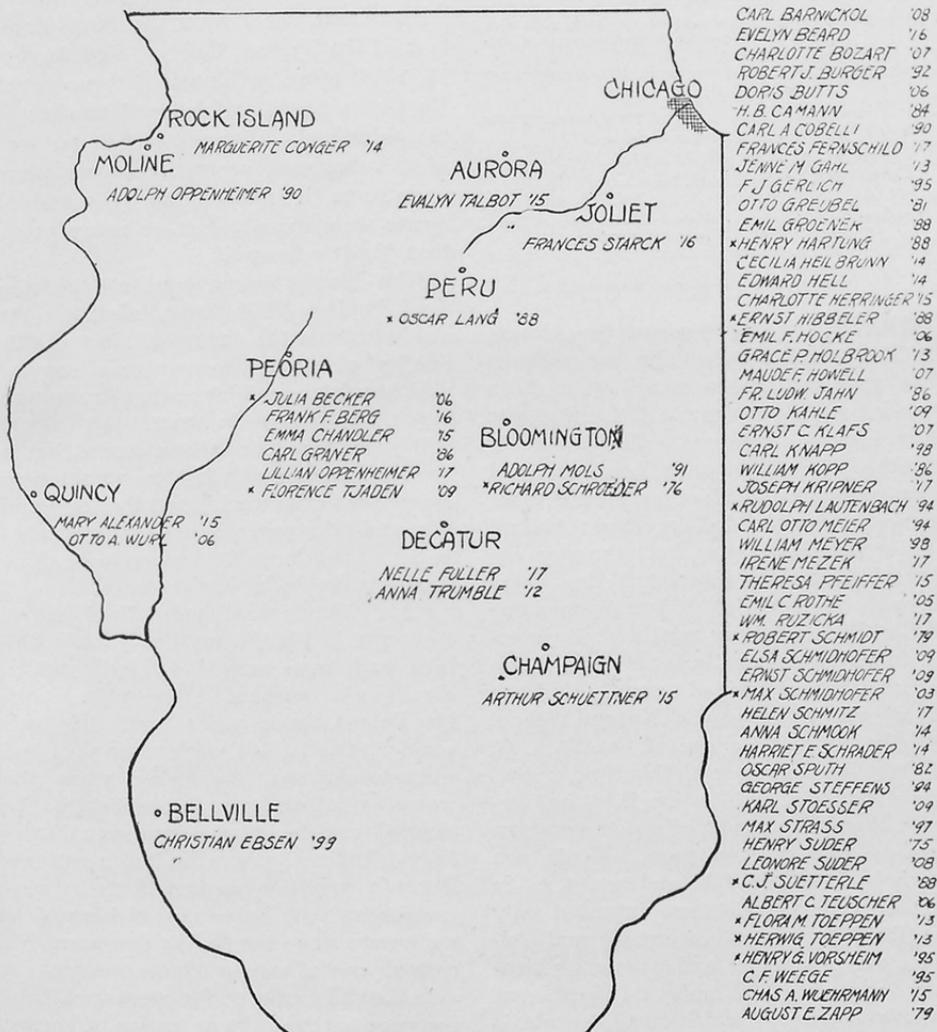
AUTOMOBILE INDEX.

Rochester, New York. Ed. Bartels has a six-cylinder Chalmers roadster.

Indianapolis, Indiana. Dr. Ocker has a new Dodge. Curt Toll has a new Crow-Elkhart.

Milwaukee, Wis. Herman Waizenegger and Larry Molis traveled through Wisconsin this summer in Herman's new car.

Alumni in Illinois



73 Alumni reside in the State of Illinois, the greater majority of them, as will be seen, in Chicago. All but thirteen are working in the profession.

ALUMNI BULLETIN

Published four times a year at Indianapolis, Ind., in January, March, May and October, by The Alumni Association of the Normal College of the North American Gymnastic Union.

OWNERS: ALUMNI ASSOCIATION OF THE NORMAL COLLEGE OF THE NORTH AMERICAN GYMNASIATIC UNION.

Price, 50 Cents a Year

Address all Communications to
ALUMNI BULLETIN
415 East Michigan Street, Indianapolis, Ind.

Application for entry as second-class matter at the post office at Indianapolis pending

IMPORTANT NOTICE.

When the second issue of the Alumni Bulletin went out in May we insisted that no more copies would be sent to graduates of the Normal College unless they became members. Since then a number of letters have been received from graduates who had not been in close connection with College and Alumni affairs for some years, but who now are becoming more interested in them through the Bulletin. It is with the hope that still others may regain their interest in our school and in the Alumni Association, that we decided to mail this issue to all graduates of the Normal School and the Normal College of the N. A. G. U., whether members at this time or not. The expense of publication is such, however, that we can not afford to continue sending you a copy free. Won't you come back to the fold and assist us in our endeavors which are intended only for the improvement of our Normal College, our profession and physical education in general? Membership costs but \$1.00 per year, of which sum 50 cents is used as subscription for the Bulletin. Send your dues today to the treasurer, our colleague, Curt Toll, 1936 Madison street, Indianapolis, Ind.

IN MEMORIAM.

Dr. John Morris, one of our most beloved and respected professors, whose earnest and conscientious efforts won for him many enduring friendships among the students, faculty and Board of Trustees of the Normal College, died August 25, 1917, after an illness of three years. He was a stern and beloved teacher of the old school. His method held nothing of the honeyed praise or sugar plum promise to the balky mind. His assignments were usually just so many pages that "had to be got."

John Morris was a man, all that the word implies. His "compliments" came straight from the shoulder. It was this quality of straightforwardness, coupled with absolute candidness, that finally won him a way into one's heart.

His was indeed a drastic course, but it was the essence of what we would later encounter in the world; and the impartial give-and-take parlance that was enacted in his classes were filed away to be cherished memories by his students.

"Doc" Morris was elected Professor of Anatomy in 1907, when the Normal College had been moved to Indianapolis. He taught without interruption until his illness three years ago. He was compelled to lay all work aside then and went to Arizona; returning when the warm weather was established, he camped out the whole summer at Lake James, Indiana, where he had a cottage. But his condition continued to be precarious so that he entrusted himself to a surgeon since the X-Ray diagnosed his case as one of cancer of the caecum.

In April he was so far recovered, having gone through the operation of having the caecum removed, that he volunteered to teach during the summer session, but when June came he was again fighting for life. The interference in nutrition

had evidently lowered his vitality and resistance, and tuberculosis had set in.

And so he is gone, having won highest esteem from all who knew him. His memory and his work at the Normal College will always abide with us. We bow our heads in mute surrender to the inevitable.

IN THE WINGS.

The play is "Life," and this round earth
The narrow stage whereon
We act before an audience
Of actors dead and gone.

There is a figure in the wings
That never goes away;
And, though I can not see his face,
I shudder while I play.

His shadow looms beside me here,
Or capers at my side,
And when I mouth my lines indeed,
Those scornful lips deride.

Sometimes a hooting laugh breaks out,
And startles me alone;
While all my fellows, wondering
At my stage fright, play on.

I fear that when my Exit comes
I shall encounter there—
Stronger than Fate, or Time, or Love,
And sterner than despair—

The final critic of the craft,
As stage tradition tells;
And yet—perhaps 'twill only be
The jester with his bells.
—Bliss Carman.

GLEANINGS.

The mind, instead of being, as we (formerly) supposed, like the old-fashioned sensitized plate of the photographer, which required a long exposure,

is, after all, more like the highly sensitized plate of the snapshot camera. Not long exposure, but right conditions, such as proper foundations, close attention, profound interest—these determine the vividness of the mental picture, its permanency, and the degree of strength gained. We need, especially in the lower grades, to bring in these more frequent rest or exercise periods, believing that the increments of power gained from mental activity will not be dissipated through such slight interruptions, and that efficiency of public school work will be greatly increased as well as relieved of much of its present drudgery.—Supt. Kratz, Add. and Proc., N. E. A., 1899.

* * *

One phase of the environment which exerts a marked influence upon the organism is form pure and simple.

The forms which we call beautiful are such because of the agreeable responses which they set up in the organism; while those which are ugly are so because they incite detrimental responses. The psychologist says we apprehend any form by exploiting it in a given manner. When I look at a human face, my vision is first directed upon some characteristic point, perhaps the eye; then it moves to other prominent points until it sweeps around the face as a whole. If this movement in exploitation is facile, easy, as Spencer would say economical, the object under examination will, unless some associations operate to the contrary, be regarded as agreeable, so far as the form alone is concerned. If, on the other hand, there is unusual effort required in exploiting the object or if ocular processes are necessitated which are incongruous, or if the work of exploitation is wasteful of energy, the object will appear to be more or less disagreeable.—Michael O'Shea in "Dynamic Factors in Education."

PHI EPSILON KAPPA.

The Phi Epsilon Kappa fraternity has entered upon its fifth year which bids well to be a very successful one. The new officers have assumed their respective duties and have already shown their capabilities. Our president, Mr. Ervin A. Knoth, has been especially active in looking forward to the propagation of the fraternity this year. He has been assisted in his official duties by his brother officers, viz.: Theodore Shapinsky, vice-president; C. R. Barnickol, secretary; Leo Rosasco, treasurer, and Harry Wieck, guide, all of whom are capable and efficient. Combined with these we have a new member of the faculty, Mr. George Altmann of the class of 1913, and two alumni of the class of '17, Andrew Thoma and Ernest Hoelscher, to aid and advise us. With such an efficient corps to direct, success is assured.

The summer session this year was particularly active. The roll reached twenty-seven, among whom we find five new members, viz.: Chas. Meyer, Chas. Geber, John Feller, Adolph Picker and Oscar Ruther. The matter of the Phi Epsilon Kappa cabinet was taken care of, as were many other details of importance. Especially noticeable is the good work done by the members in speaking to incoming students with regard to our fraternity. With such an ambitious and industrious membership each year, the summer session should become an extremely important part of our order.

Inasmuch as but a short time has elapsed since the beginning of the school year, extensive activities have not been possible. However, the members of the Junior class together with the brothers of the fraternity, enjoyed a Kommers at the German House on Saturday evening, September 22. The general good time was made more interesting by the discovery of some entertaining singers and

speakers among our new friends. Three Senior candidates, Fred Hell, Raymond Reess and Clifford Sollinger, were admitted recently and we look for big things from all of them.

On the whole, this year promises to be one in which things will happen. Movements are already on foot to organize chapters in Chicago, Cincinnati, St. Louis and Philadelphia, and the prospects in each case are exceedingly bright. We hope to make the long wished for frat house more than an idea and are sure that we can depend upon the help of our alumni. An outing is to be held shortly, which will open a series of enjoyable times that will make this year one of many fond remembrances. It's going to be a record year. Watch our smoke.

C. R. BARNICKOL, '18.

EPSILON PI EPSILON.

It is with much pleasure that we look back to the past year which we, of Epsilon Pi Epsilon, have successfully finished. Our success was brought about through our meetings, hikes and social affairs, and an all-around development proved inevitable. Among the social events of the year was a canoe trip up the White River on one of those rare days in June, which we read about. The idle hours of this day were taken up with swimming, playing games, dancing and especially eating. As we think of what has been done, we are instilled with greater enthusiasm to make this year just a little bit better, not only for ourselves, but for the welfare of all attending our school.

There have been requests from the different states, where our school is strong, that we print them "next" or "real soon" as the frontispiece. We are pleased to see that our little trick at visualizing the situation is so appreciated, but the states can not appear faster than one at a time and we beg your indulgent patience.

HUMORESQUE FREE EXERCISES.

Music: Humoresque, by Anton Dvorak. (Jerome H. Remick & Co., New York.) The movements are adapted to the music as it is written. It should not be played too fast, taking care to adapt the time to the movements.

I.

Step obliquely left forward and bend arms upward—1. Straighten arms sideward—2. Return to bent arm position—3. Straighten arms downward—4..... 1 M.
 Repeat right—5-8..... 1 M.
 Repeat left—9-12..... 1 M.
 Finish: Close feet, bring right to left and raise arms slowly fore-upward—13-14. Bend trunk forward and slowly lower arms side-downward, arms terminating in forward position—15-16..... 1 M.
 Repeat backward, starting with left foot—1-16. 4 M.
 Repeat all, starting right on forward and backward movements.... 8 M.

Total, 64 counts.....16 M.

The "Finish" should be one smooth continuous movement with vigorous stretching as the arms move slowly upward. From the trunk bending position, the rather quick movements of stepping and arm bending are suddenly repeated. The chest should be well raised and head high during the arm straightening.

II.

Step obliquely left forward and raise arms fore-upward; step right in the same direction, lower arms sideward (palms upward), bend upper trunk and raise left leg backward—1-2. Return—3-4, but on "4" the arms are raised backward (palms forward) and the left knee is raised fore-upward 1 M.

Repeat, beginning obliquely right forward with left foot—5-8..... 1 M.
 Repeat to left—9-12..... 1 M.
 Finish as under I—13-16..... 1 M.
 Repeat all, beginning obliquely right forward—1-16..... 4 M.

Total, 32 counts..... 8 M.

The movements of this part should flow into each other. The terminating positions (on last part of counts 2 and 4) should be emphasized, but only temporarily shown. Make the arm movements large and sweeping. Bend the upper trunk thoroughly and lower the head well backward as the leg is raised backward so that the body will be well arched. Raise the knee as high as possible as you return on 3 and 4.

III.

Jump to side-stride stand and bend arms upward—1. Straighten arms sideward, palms upward—2. Return (jump to close stand on 4)—3-4 1 M.
 Jump to side-stride stand and bend arms upward—5. Straighten arms sideward, palms upward, and turn trunk left and head right (look to the front)—6. Return—7-8 1 M.
 Repeat, turning trunk right and head left—9-12..... 1 M.
 Finish: Rise on toes and raise arms slowly fore-upward—13-14. Lower arms side-downward and bend knees deep, slowly—15-16..... 1 M.
 Repeat all—1-16 4 M.

Total, 32 counts..... 8 M.

What was said about the "Finish" under I also applies here.

IV.

Step left forward and raise arms sideward—1. Step right forward and carry arms forward—2. Repeat—3-4 1 M.

Step left sideward and carry arms sideward—5. Place right foot forward and raise left arm to half circle over head—6. The same as 5 and 6 to right—7-8..... 1 M.
Repeat, moving backward—9-16..... 2 M.
Repeat all—1-16 4 M.

The movements should be smoothly and fluently executed. The terminating positions are but momentarily indicated.

V.

Step left sideward and raise arms sideward—1. Front cross step right and carry arms forward—2. With quarter turn left, lunge left forward and slowly kneel right with placing right hand on hip and raising left arm to half circle over head—3-4..... 1 M.

Circle trunk left with left arm circling in the same direction (arm leading) by bending left with arm sideward—5. Bend forward with arm in same direction—6. Bend right, arm moving overhead—7. Straighten, arm in half circle over head—8..... 1 M.

Rise and repeat, beginning right—9-16 2 M.

Repeat all; on the last count rise to stand on right foot (straight right leg) with left foot placed sideward, and raise right arm to half circle over head—1-16..... 4 M.

Total, 32 counts..... 8 M.

In the trunk circling the bendings should be forceful and large. The arm assists in this by reaching in the direction the trunk bends. The side of the body is turned toward the original front direction during this movement. Take the lunge position smoothly and sink gently into the kneeling position.

VI.

Jump to side-stride stand and bend arms upward—1. Straighten

arms sideward, palms upward—2. Return to bent arm position—3. Straighten arms downward and jump to a cross stride stand, left foot in front—4..... 1 M.

With a half turn right, jump to side-stride stand and bend arms upward—5. Straighten arms sideward, palms upward, turn trunk and head left (look to the original front)—6. Return (without the half turn)—7-8..... 1 M.

Jump to side-stride stand and bend arms upward—9. Straighten arms sideward, palms upward, and turn trunk and head right (look to the original front)—10. Return—11-12, but on "12" return to cross stride stand, left foot in front 1 M.

Finish as in III: With a half turn left (face in the original direction), raise arms slowly fore-upward and rise on toes—13-14. Lower arms slowly side-downward and bend knees deep—15-16. 1 M.
Repeat all—1-16..... 4 M.

Total, 32 counts..... 8 M.

VII.

Step obliquely left forward and raise arms fore-upward—1. Step right forward (same direction), lower arms sideward, palms upward, and raise left leg backward—2. Return—3-4. But on "4" the arms are raised backward, palms forward, and left knee is raised forward..... 1 M.

Place left foot forward and raise arms forward—: Place left foot sideward and carry arms sideward—6. Place left foot backward and carry arms forward—7. Place left foot sideward and carry arms sideward—8..... 1 M.

Repeat obliquely right forward with left foot—9-12.....	1 M.
Finish as in I—13-16.....	1 M.
Repeat with right—1-12.....	3 M.
Finish: Step right forward, raise right leg backward and circle arms slowly outward to the oblique side-upward position, slightly in front of the body. The body should be thoroughly arched in the final position, head high, chest raised and leg raised high—13-16	1 M.
Total, 32 counts.....	8 M.

E. R.

Of course studying as a rule is never overdone, but once in a while we find an overambitious fellow who is seriously afflicted with that rare disease which operates in opposition to "Flunkitis." Although it may seem strange, a very advanced case was recently discovered in our own college. As the story goes: It was nearing two a. m. and the college custodians, Fred Hell and William Gilson were diligently attacking the tasks assigned to them by their respective profs. Bill began to get restless and shot a sidelong glance at their 59-cent Wonder. Thereupon he immediately began airing his views upon the delightful occupation known as sleeping. Fred, however, was too engrossed in his books to allow a little thing like a bed to enter his mind, so William was forced to hunt for the proper place between the covers by himself. But Bill is a very thoughtful and economical person—he even thinks of his landlady's electric light bill. This natural instinct prompted him to ejaculate rather loudly, "Say you, is the light out in the hall?" The suddenness of it all took Fritz unawares and he got out of his chair to see—he carried a book with him. After staring hallward for a few minutes he turned to Bill with a vacant sort of look on his countenance and remarked, "Yes, shall I bring it in?" All of which goes to show the dangers of college life. Freshmen, beware!

C. R. B., '18.

PERSONALS.

Rumor has it that Harriet Schrader, '14, has taken to golf.

Dorothy Case, '16, is now Mrs. Sidney Galloway of Liberal, Missouri.

"Bud" George Miller, '13, is to be at Stout Institute, Menomonie, Wisconsin.

Erwin Volze, '12, succeeded Frank Ohm, '14, in the Turnverein at Sheboygan.

Lilly Gally, '16, spent several weeks visiting in Chicago and St. Paul this summer.

The wife and daughter of Max Strass, '91, were at Elkhart Lake for their vacation this summer.

Elsa Hein, '13, taught in the University of Montana this summer and afterwards toured the West.

What has the war done to our faculty? Doctors Maxwell, Mumford, and Guedel are in the hospital service.

Louis Koster, '17, now lieutenant, and Norma Ostermeyer, '16, both of Indianapolis, were married in June.

The summer's correspondence brought words of cheer and a check from Marguerite Conger, '14, for the Bulletin. "Ted" is in Rock Island, Illinois.

We now have a tin mail box at school labeled "For the Alumni Bulletin" and there it is within chucking distance of any fleeting idea or passing fancy.

Philadelphia was represented at the Summer Session at Indianapolis by thirteen students, two teachers and one visitor. Chicago was the only city to have a stronger representation.

Sofie Eid, '13, of Cincinnati, suffered a sprained ankle recently, but having gone through the ordeal of having tonsils removed this summer, the discomfort of a broken foot were slight indeed.

Among the alumni who joined the Officers' Training Camp and have received their commissions are: Gus Braun, Arth Pfaff, Al Romeiser, Chas. Apking, Arlington Evans. Otto Schissel, when we last heard from him, was top-sargeant.

"Please put me down as a regular subscriber to the Alumni Bulletin. I extend a hearty welcome to any of the Alumni passing through Cleveland.— Caroline Balbach Moomaw, '06." Her address: Mrs. D. Moomaw, 1420 Tuscora Avenue.

Wilna Hermes, '15, in making her rounds in her school district near Rochester, N. Y., was recently bluffed by a well-meaning cow. History has it that there was some back and forth parleying before the cow accepted Wilna's passport.

Wm. Reichelt and August Pritzlaff, both of '17, and Leopold Zwarg, '13, were appointed assistants to the director of physical education in Philadelphia early in July, while Louise Debus and Miriam Kelly, both of '16, were appointed to similar positions in September.

Anna Schmook, '14, is in the municipal playgrounds of Chicago, and speaks of meeting Tess Pfeifer, '15, at the Vorwarts Turnverein, where they are both regular attendants. "I enjoyed the Bulletin immensely and have just sent in my dues so as to be sure of the next copy" are some of the joyful words that greet us from her breezy letter.

Harriet Mead Nohr and Robert Nohr of Richmond, Indiana, roadstred up to Indianapolis for the initial meeting of the Indiana State Physical Training Teachers' Association. While in Chicago this summer they encountered:

1. Bud Miller and wife "Scotti" with their son.
2. Toeppen and wife Flora, with their son.

Elkhart Lake is in fact a classic summer resort for Turners. Wm. Fleck, '81, was the pioneer and has for years proved the drawing card. So we were not surprised to find Henry Suder and wife, Peter Scherer and wife, Berthold Seifert and wife, Dr. Hartung and family, Henry Steichmann and wife, besides Harriet Schrader and Cease Heilbrunn there.

Elinor Crum, '16, "Crummy," on coming to Rochester to take up her new position there, was so successfully concentrated in what she was reading that she went through Rochester on to Syracuse. There the conductor put her off. We venture to suggest that she needs an escort when traveling. Moreover we venture to inquire "what were you reading, Crummy?"

We are sorry to have to announce that Marjorie Reynolds "Ittybits" '14, suffered a serious injury to her spine, when she fell from a second story balcony. Now is the time for '14's to write some good jolly letters to our little Pal, while she is amending in her plaster cast. So sharpen your pencils, fill your fountain pens and wish her a speedy and complete recovery!

Major Koehler, of West Point, of the class of '82, was at Fort Benjamin Harrison for two weeks as director of physical training. Major Koehler is taking charge of the physical training at each of the camps in turn for a term of two weeks. While so near Indianapolis, he visited the Normal College and was seen in the company of his former classmate, George Vonnegut.

Lelia Guenther, '16, was visiting in Buffalo last June and took the examinations. All of which ought to be enough for one girl's June. But fate decreed to fill the beeker full for Lelia. She stood at the top when it came to grading the papers and needless to say, Buffalo tried

to lasso her at once. However, she is still in Rochester—there must have been a strong argument presented somewhere for we know that the High School in Buffalo, where she was to be placed, is new and superbly equipped and Doc Burkhardt—well—he must be a good scout.

AUTOMOBILE ACCIDENT.

A Play in Two Parts.

When Gus went to war he made his father and mother a present of his beautiful little Scripps-Booth. Gus had always attended Scrippsy with loving care, just like a box of Geiger's candy, so that if Art Pfaff could have seen it he would have written a poem as famous as the one entitled, "The Arab to His Steed."

Act. I. Scene 1 (Muncie, Indiana).

Brother Willie has taken Scrippsy out for an airing and exercise. Fellow passenger consented to go along in case Scrippsy became unmanageable.

Brother Will: Gee! she seems to be acting up queer.

Fellow Passenger: Whip her up a bit! She's been idle, you must remember, all the time we slept which was from dawn to daylight.

Brother Will: Well, I guess that hill was too much for her. Lucky we stopped right here in front of this blacksmith shop. We'll have the smith look her over. Switched if I can find anything the matter.

The Smith: No, sir, young man, she ain't in no condition to go on farther. There ain't no place here that could fix her up—so I 'low the best thing you can do is to lead her onto a freight car and ship her on—horses need hay and water, autos need gas and oil. Sorry. Good-bye!

Act II. Scene I. (Buffalo, New York.)
Scrippsy somewhat the worse for her

recent hard driving and other concomitant circumstances. Her load consists of Willie, Reichelt and Pritzlaff (all of '17—Oh! lucky number).

Reichelt: Have you filled her tank, Willie?

Pritzlaff: Have you oiled her hoofs generously?

Scrippsy: Brrrrr—chchchch.

Willie: Now you fellows sit tight and I'll show you that "The band's aplaying!"—

At this juncture a huge Buffalo street car hove right into the tracks of the poor misguided scrippsy. Hers not to question why and etc. How she did do, what she did is one of the '17 wonders of the world. When Pritzlaff woke up he had one perfectly good auto door under his arm and Reichelt was sitting on Willie's neck. As soon as Willie got his neck out from under Reichelt he stood up beside the demolished Scrippsy and finished his song—

"For me and my gal."

BOOK REVIEWS.

"The Teased Child," a message to Flora and others from M. V. O'Shea in "Dynamic Factors in Education."

"In many homes and schools, especially in our cities, they (the children) are, from cradle up, subjected to continual excitement, which is as inimical to the right development and hygiene of the nervous system in childhood as the whirl of society or the crush of business in maturity. According to the fashion in many households, infants of a few months, as well as children of mature years, are permitted to be in the presence of the older members of the family much of the time. Guests always expect to see the baby, to hold it, and to stimulate it to see how prettily and intelligently it reacts. This practice would not be so

objectionable if it were not that when the average adult has a little child in his arms he is usually tense and restless in voice and actions. Few people seem to appreciate how much such treatment taxes the nervous strength of an infant. But let an older person imagine what a strain it would be to have excited people about him constantly, tossing and patting him, and making all manner of facial and vocal demonstrations for his entertainment. How much more it must wear upon a child to whom these things are new and strange, all arousing the strongest emotions of fear, curiosity or excitement, and thus draining the plastic immature brain of its vitalities.

"It is not alone the trials of meeting strangers that are extremely fatiguing to young children, but the experiences with parents and other members of the family are often as exhausting. The child, with its fresh, innocent ways, is not infrequently regarded as a plaything for the entertainment of its elders, and so is teased and tormented in one way or another, because its responses are so novel and interesting. Of course parents would not call such treatment teasing, but that is what it amounts to from the child's standpoint.

"Here is a scene which is typical of much that may be observed in one's environment if he has occasion to look for it. A child disliked greatly to have anything touch its nose, and would make the liveliest efforts to dispel whatever came in contact therewith. The sweet baby movements were naturally amusing to an adult, who did not see anything in them but fun for himself. Frequently some mature person who knew the child's characteristics in this regard would place a finger or other object near the delicate member to see the little one strive with arms, head and body to drive it off. On one occasion a woman, whose years

should have taught her better, was seen to tantalize the child for some time, until finally it became fatigued. When it grew restless and began crying it was grabbed up, tossed and thrown about, and talked to in a loud voice. This violent stimulation overcame for a moment the child's impulse to cry, but had the effect to further fatigue it, which was shown later in continued crying until it fell asleep. If one will think of such things going on day after day throughout the early life of a child, the irritable, unbalanced, disagreeable children of one's acquaintance may be accounted for at least in part.

"The writer had opportunity to study with some care the effect which a woman with a high-pitched, exciting voice and intense nervous face and manner had upon a little child. Whenever she was near it she insisted upon taking her, and she thought the proper mode of entertainment was to shake and toss and pat her and make a great deal of noise and ado over her. As a consequence a half hour of such treatment was enough to fatigue the baby for a whole day, and her disposition at such times would be quite changed from a happy, good-natured child to one easily irritated and satisfied with none of her ordinary pleasures. A nervous, irritable parent will breed these qualities in his children, because his personal contact will overstimulate them, and they will be in a state of chronic fatigue. Such a parent will be apt to nag his children, to be constantly forbidding or commanding, and this arouses emotions which draw off the energies from the brain very rapidly. Antagonism is a breeder of nerve fatigue, and some children seem hardly ever to be free from it during waking hours."

N. A. G. U. Normal College mothers, get this book. It will help you to understand the baby.
K. R. S.