

Alumni Bulletin

VOL. I

Indianapolis, Ind., January, 1918

Number 4

THE THANKSGIVING MEETING.

As has been customary for a number of years, the N. A. G. U. Committee on Physical Training met on the Friday and Saturday following Thanksgiving. At the same time the non-resident members of the Board of Trustees of the Normal College paid our institution their annual visit. Our colleagues, Henry Suder and W. A. Stecher, members of the above committee, are also non-resident members of the Board of Trustees, the other two being A. E. Kindervater and Dr. A. A. Knoch. Other members of the "Technischer Ausschuss" present were W. Fleck, W. Reuter, Fritz Krimmel, Dr. Herm. Groth and Curt Toll.

While this annual meeting always also brought a number of other graduates back for a visit of their Alma Mater, the number of visitors was much larger this time than ever before. Although a meeting of the alumni was not arranged, because other matters occupied all of the time available, exchange of ideas and experiences proved to be highly interesting, as was the demonstration by the college classes of which Mr. Kindervater writes in "Die Fackel," the paper published by the St. Louis district of the N. A. G. U., as follows:

"A program covering all of the indoor physical activities, taught in the institution, were demonstrated by the students, partly directed by Mr. Rath himself, showing the splendid discipline, ready response, and excellent ability to perform the activities called for, and partly directed by members of the senior class placed in charge of smaller groups showing their ability to teach the lesson

assigned to them. The results in both modes of demonstration were highly gratifying to the observer; not alone as to the correct and prompt execution of the work demonstrated, but more so as to the fine spirit and pleasure shown by the students while performing the same.

"The willing co-operation between the director and his students, and the loyalty of the latter toward the former are evident everywhere; a true indication that the right man is in the right place and that our institution will continue to grow and improve under such favorable conditions."

The hour from eleven to noon was reserved for addresses by the visiting board members to the students, in the Assembly Room, and the following topics were discussed:

1. How the physical director should assist the class teacher, by Mr. W. A. Stecher, Director of Physical Education in the Public Schools of Philadelphia, Pa.
2. A Word on Body Building, by Dr. Arthur Knoch, Physical Director of Walnut Hill High School, Cincinnati, Ohio.
3. Military Training in High Schools, by Mr. Henry Suder, Supervisor of Physical Education in the Public Schools of Chicago, Ill.
4. Physical Education for Practical Use in Life, by Mr. A. E. Kindervater, Supervisor of Physical Education in the Public Schools of St. Louis, Mo.

Much valuable information was given the students through these topics by these men, who have had many years of practical experience in their profession. Every one of the talks received

hearty appreciation by the students and visitors present.

The hours from 2 to 4 p. m. were again occupied by practical demonstrations of a higher grade of physical activities, such as: free exercises, wand exercises, Indian club swinging, etc., concluding with gymnastic dancing of a highly artistic and pleasing form.

The evening was taken up by a joint meeting of the local and non-resident members of the Board of Trustees. Among the most important items up for discussion the following may be mentioned:

1. A plan for creating normal school scholarships for members of Turnvereins.
2. Rules for awarding the college letter and college monograms to students winning a required number of points in competitive activities, either in events among themselves or in competition with other colleges.
3. The extension of the present curriculum, adding more of the necessary academic subjects thereby creating a three, and probably later a four-year course for ambitious students wishing to prepare for college and university physical directorships, or for supervisors of the work in schools.

All three propositions received the endorsement of the entire board.

The Committee on Physical Training met all of Friday and Saturday and on Saturday evening submitted its recommendations to the National Executive Committee, among them the following: Outline for the planning of summer camps; the appointment of a permanent field secretary to plan, assist, and supervise movements for the improvement of physical and mental education in the various societies, thereby creating a new stimulus for increasing the membership and interest for the Turnerbund; a plan of simplifying and modernizing the

physical activities to be used by the instructors for classes of all ages; a new division of the Turnerbund into districts.

Furthermore a reorganization of the Board of Directors (Bundesvorort) with only four as resident, and the others as non-resident members, was discussed.

A banquet given Saturday noon in the beautiful Palm Garden of the German House was attended by nearly sixty people, among them the following alumni from various cities:

Chicago: Henry Suder, Karl Barnikol, Emily Nowack, Helen C. Schmitz, Anna Schmook, Theresa Pfeiffer.

Cincinnati: Dr. A. A. Knoch, Hazel C. Orr, May Paddack, Nath. E. Downs, Arthur Reisner, Elsa Kramer.

Pittsburgh: Dr. Herm. Groth.

Decatur, Ill.: Nelle C. Fuller.

Davenport, Iowa: Wm. Reuter.

Milwaukee: W. Fleck.

Evansville: Ralph Shafer.

St. Louis: A. E. Kindervater.

Muncie, Ind.: Mildred W. Jost.

Lafayette, Ind.: Minnie J. Wasserman.

Philadelphia: W. A. Stecher, Wm. Reichelt.

New York: Fritz Krimmel.

Indianapolis: Emil Rath, Dr. W. A. Ocker, Mrs. Albert Metzger, Andrew Thoma, Ada B. Crozier, Dr. H. O. Pantzer, Hans C. Reuter, Curt Toll, George J. Altmann, Elsa K. Hein, Ernest Hoelscher, Lois Widner, George Vonnegut, Lilly Gally, Kate R. Steichmann.

VITAL STATISTICS.

Alexander Harwick's ('13) boy, George, is now seven months old.

We were grieved to hear of the death of Eugene and Lillian Hofmeister's infant son.

INDIANA ASSOCIATION OF PHYSICAL EDUCATORS.

The second meeting of the Indiana Association of Physical Educators took place in the assembly room of the Normal College Saturday, November 3. The invitation contained the following program: (1) a lecture by Mr. James L. Zink; (2) a demonstration by the senior class of the Normal College; (3) bat-ball, a game for large classes, was to be explained by Mr. Rath and played by the members of the association.

Thirty-two members responded. Those present for the first time, were:

G. J. Altmann, Indianapolis.

Lucile Belzer, Evansville.

Jane Culmer, Martinsville.

Lilly Gally, Indianapolis. (Present at first meeting but name omitted by mistake.)

Rose Holzbauer, Plymouth.

Anna Kettmann, Connersville.

Edward Koenig, South Bend.

A. W. Lockhart, Frankfort.

Alice Morrow, Shelbyville.

Carrie Snively, Fort Wayne.

Jessie Spaulding, Hartford City.

Andrew Thoma, Indianapolis.

Ella Sattinger Williams, Indianapolis.

Clara Wilson, Greensburg.

After the minutes of the previous meeting had been read and adopted, Mr. Robert Nohr, of Richmond, obtained the floor. He explained what had been done so far towards the affiliation of the association with the Indiana State Teachers' Association, and also spoke about the meeting of the State Athletic Association, which he attended. He made each one realize the need of waking up to our opportunities. He suggested co-operation in planning the State Syllabus of Physical Education. Mr. Lockhart suggested that a committee of the association confer with the Athletic Association. Dr. Ocker assured the meeting that

such co-operation would be very welcome and that Dr. Whitmore, president of the Athletic Association, had intended to be present. A motion made by Dr. Ocker, that the Executive Committee appoint a committee of three to confer with the editorial staff of the State Syllabus, was adopted.

Some time was spent discussing the name of the organization. The name "Indiana Association of Physical Educators" was suggested by Miss Spaulding and adopted upon motion of Mr. Thoma.

Another interesting discussion was elicited when the question came up as to who shall be eligible for membership in the association. Would playground workers and coaches be considered physical educators? When the question was finally voted upon it was decided that such men and women should be accepted as members in the association.

Upon motion of Dr. Ocker the Executive Committee was authorized to appoint a committee of three to submit a draft of the constitution and by-laws to govern the association.

Mr. Zink's lecture was highly illuminating and touched upon many practical points of "Corrective Orthopedics." He was kind enough to answer questions, and it was pleasing to see with what eagerness this privilege was taken advantage of by those present.

After the explanation of batball by Mr. Rath the meeting adjourned to the gymnasium where the Normal College students showed some wand exercises and æsthetic dancing, which was excellent in every respect. The association members then played a spirited game of batball and the second session of the Indiana Association of Physical Educators ended with a general feeling of good fellowship and high hopes for the future.

KATE R. STEICHMANN,
Secretary.

OUR SOLDIERS.

We are listing those of our boys who think enough of us to write back home. We hope that the result of the list will be that classmates will sit down and send to one or several of these the most looked for and most appreciated gift—a letter.

'06, Otto A. Wurl, second lieutenant, has been assistant instructor of the automatic rifle in the divisional school of small arms. When it became known that he is a G. G., the physical training work was turned over to him. His address is Company A, 130th Infantry, Camp Logan, Texas.

'11, Otto Schissel, sergeant, Camp Shelby, Miss.

'13, Arlington Evans, first lieutenant of infantry, address not known.

'14, Herbert Evans has joined the aviation corps. Address not known.

'14, Arthur Pfaff, rank and address unknown.

'15, Gustav Braun, stationed at Fort Leavenworth, was suddenly ordered to board a transport bound for "somewhere" and finally landed at some seaport in South Carolina. His address is: First Lieutenant (commanding officer), Company L, 47th Infantry, Camp Greene, S. C.

'15, Alvin Romeiser, 2nd lieutenant, 6th Battalion, 161st Depot Brigade, Camp Grant, Ill.

'15, Richard A. Strohmer, Sergeant, 16th Engineers (Railway), American Expeditionary Force, France.

'15, Charles Apking, 2nd lieutenant. Address unknown.

'16, Joseph A. Hueber, who was instructor at the Naval Academy, Annapolis, recently enlisted in the naval reserves and was transferred to the U. S. S. Emerald.

'17, George E. Mueller is a sergeant at Camp Sherman, Ohio.

'17, "I enjoyed the Alumni Bulletin

immensely, although it did make me a little homesick for the N. A. G. U."—Clarissa Williams, 438 Laurel avenue, St. Paul, Minn.

'17, Arthur Faulstich is in the army. He was to have succeeded Joe Weissmueller (now instructor of the Turnverein Germania, Los Angeles) as assistant to George Lipps at the Independent Turnverein. His address is Co. L, 343rd Infantry, Camp Grant, Ill.

'17, Louis J. Koster, Jr., is first lieutenant, military police, Camp Shelby, Miss.

'17, William G. Braun, while in Company C, 308th Infantry, was acting corporal and had charge of the "setting up." His address now reads: Headquarters Company, 308th Machine Gun Battalion, Camp Dix, N. J.

'17, August Pritzlaff, who was advanced from corporal to sergeant during his first month's service, is again at home, having recovered from pneumonia, at 30th Company, 8th Battalion, Depot Brigade, Camp Devens, Mass.

Einfuehlung (Theo. Lipps), innere Nachahmung (Karl Groos) have been translated and expounded as the modern doctrine of empathy (Titchener). Do not fail to read G. H. Browne's "The Æsthetics of Motion" in November and December "Mind and Body."

Empathy might be explained as the physical counterpart of moral sympathy. It consists of feeling kinestetically the motions and positions of an observed performer. One imitates inwardly (innere Nachahmung), as it were, the movements and attitudes of another and thus gets the "feel" (Einfuehlung) of the activity. This is based upon the joint-tendon-muscle sensations of similar experiences. Since all impressions are interpreted in "terms of experiences," only those who have performed or at least

closely approached the performance of such activities can truly appreciate them. This emphasizes the importance of selecting as judges for gymnastic contests individuals who have performed the activity they are called upon to judge. An insufficiently trained person may get the sense perception of and appreciate the decorative beauty in the lines of movement of a performer, but he can not interpret it empathetically and consequently can not pass absolutely correct judgment.

* * *

Doing is the foundation of knowing, of true appreciation, of genuine sympathy, of thorough empathy, and of effective teaching, for one can not know fully anything or completely appreciate its beauty, its value to life and society, or sympathize truly with him who has failed in his task or him who has achieved success, or feel the joy and physical reaction of a beautiful performance, or ring thoroughly true, sound absolutely sincere and gain the complete confidence of those we wish to teach, if we have not done, or at least closely approached the doing, of the things we intend to teach.

Thus the untrained and unskilled physical educators fail in knowledge, real appreciation, sympathy and empathy, and as teachers are merely putting off the day when their failings will be discovered and they will be replaced by those who can do things. E. R.

DELTA PSI KAPPA.

During the summer session the following were taken into the sorority: Charlotte Herringer, Grace Holbrook and Jennie Gahl, all from Chicago.

The opening weeks were busy ones for the senior members. Miss Esther Stokes and Miss Ada Crozier soon became members. Several weeks of so-

called quiet "rushing" began. Many parties, spreads and hikes were then put in full swing. Pledging then came on October 5. For the next few weeks the "worms" carried out the most infinitesimal wish of any senior, and the seniors thought there was nothing like the "worms."

November 3 found us entertaining our many alumni sisters who came to Indianapolis to attend the State Teachers' meeting. Miss Lucile Belzer of Evansville was initiated.

Thanksgiving day again brought our members back. Miss Theresa Pfeiffer and Miss Anna Schmook, from Chicago, came to be initiated. Miss Evelyn Talbot, from Aurora, has since been made a member. A luncheon at the German House followed, a lively business meeting concluding the day's work.

December 8 was the "big day." The pledges on that day changed from little worms to big, full-grown butterflies; in other words, "full-fledged" Delta Psi Kappas. The names are as follows:

Constance Arbaugh, Indianapolis.
Phoebe Bentley, Greensburg, Ind.
Marion Chard, South Bend, Ind.
Marjorie Clark, Indianapolis.
Martha Gault, Muncie, Ind.
Jewel Gordon, Chicago.
Ann Hoesterey, Rochester, N. Y.
Elsie Kuraner, Leavenworth, Kans.
Lillian Neubarth, St. Louis, Mo.
Lois Paddock, Wyoming, Ohio.
Dorothy Siling, Greensburg, Ind.

We are mighty proud to have them.

As was the custom last year, the active chapter this year donated to the Free Kindergarten fund.

A luncheon of all Chicago members was held in the Narcissus Room at Field's. There were sixteen present, Misses Cecilia Heilbrunn and Harriet Schrader of Chicago being initiated on that day.

The sorority sends greetings to all alumni and hopes to have more news for them next time.

THE VALUE OF PHYSICAL TRAINING TO A BUSINESS MAN.

Our business men's classes, generally speaking, are composed of men within the age between 28 and 50 years. You all have reached the age of maturity. At this time in life, formative and constructive period has concluded its work. The organic vigor which is now vital, must be kept up. Our occupation plays a very important part during this stage of life and along with it, we must have a certain amount of relaxation and diversion.

The majority of you lead a sedentary life. You get up in the morning, in all probability drive down town in a machine and sit at a desk most of the day. On going home, you eat a hearty meal and the evening usually is spent at the theater, playing cards or sitting at home with your family. Your physical body is at rest. During most of this time in life, your condition is one of two things. Either you have accumulated a great deal of reserve material, mostly in the form of fat which is stored away in the tissues of the body, making them soft and weak, or you belong to the type of man who is physically under-developed.

All of you remember the effects of the first two or three lessons on the gymnasium floor. The running with which you began left you breathless after a run or two around the floor. The day after your first few lessons found you tired out, your muscles were stiff and a general feeling of lassitude pervaded the whole body. Some of you who now miss a couple of week's work, come back to class and experience the same feeling. This is due to the lack of resistive power of the body. The tiredness, soreness and stiffness are results of fatigue which is caused by the failure of the system to get rid of the broken down tissues and waste products which are formed by

muscular activity and the increased blood flow. This sets up a chemical irritation which causes that tired feeling. When we burn up this reserve material through physical work, we produce in the body certain changes of nutrition which make muscle tissues firmer and more resistant and fortify them against fatigue.

After a few weeks' work on the gym floor, you all know that this soreness is not felt and that your muscles are being developed enough to resist the tired feeling. Our whole system is benefited by the extra amount of work done and we create a muscular tone which invigorates the vital organs and causes them to perform their functions much more readily. The circulation, excited from time to time by the exercise, acquires fresh vigor and the blood being driven with unwonted force into all parts of the system, every function is carried on with increased activity. An improvement in the general health soon becomes manifest and the mind increases in power of co-ordination and reasoning ability.

You all are quick to recognize in yourselves the feeling of agility, the power of being able to go through the hour of gym work with comparative ease and the personal satisfaction that arises from the sense of being able to accomplish what in the beginning seemed almost impossible for you to do.

Along with this physical ability comes the mental power to grasp immediately the meaning of a given command. Accuracy and precision are natural results of gymnastics taken regularly. The use of certain exercises, such as the more complex sequences, cultivates the power of concentration. And movements of cut steps, step hops, schottische steps and jumping exercises develop the feeling of rhythm. Courage, one of man's foremost characteristics, is greatly increased by bodily exercise, the use of

apparatus being one of the best examples, for instance, jumping over a side horse or trying different vaults on the parallel bars. Skill and judgment become keener and more perceptible to each of you as you advance in your work. Before long, your power of endurance has asserted itself to such a degree that you are able to do 4 or 5 minutes running without becoming breathless, go through the calisthenics without fatigue and are ready for the apparatus and games which follow with plenty of vim and pep. Confidence in self, has gradually replaced the feeling of awkwardness and hesitancy with which you were imbued at the outset and familiarity with the gymnasium terms lessens the mental strain and creates a feeling of ease on the gym floor.

A word or two about the diversion or recreational side of your gymnastic lesson. The play spirit is prevalent in man the same as in the child. You business men enjoy a good game of volley ball probably as well as the youngster does his game of scrub in the vacant lot. The games that we play are not highly organized games, calling for deep thinking or the working out of intricate plays. The games of dodge ball, wall ball, volley ball and some of the relay races in which we participate only require a lot of physical activity and a small amount of thinking. The desired result of a good game of volley ball or a relay race is to get the maximum amount of fun and pleasure out of it. At this time, the mind clears up and the business cares are absolutely put on the shelf and we abandon ourselves to a social game. When the spirit of competition enters and team work is required, we have a different situation arising. This brings out the spirit of loyalty and good fellowship, fairness and honesty, all of which should pervade in our classes. All of these factors of physical training com-

bine themselves into a harmonious blending of physical and mental fitness which is the ultimate desire of all of you.

Consciousness of bodily strength enables us to surmount difficulties and dangers which beset us all. For a person whose limbs are accustomed to all kinds of movement, not half as many hindrances exist as for him whose body is undeveloped and lacking in physical strength. In numberless situations in life, courage and quick decision are of untold value. This is apparent when a man who is physically well trained is able to save himself and possibly others in emergencies where self control, quick thinking and prompt action are called for.

To quote Major General Wood of the U. S. Army, "the nation's big need is physical training." Military training is founded on physical training. Without sound bodies on which to build military training, the latter is difficult and the results fall far short of giving us a good soldier. For each of us to be physically fit, means everything to the race and to the nation.

To summarize the benefits derived from physical training, I would mention the following.

1. Muscular growth and organic vigor and the observation of the laws of hygiene.
2. Skill, courage, strength and control.
3. Relaxation and relief from nervous tension.
4. Co-operation and loyalty.
5. Improved physical fitness for daily life.
6. Power of self preservation and helpfulness to others in time of danger and emergencies.
7. Preparedness, including discipline, obedience, order and highest efficiency.

GEO. W. LIPPS, '13.

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.

STUDENTS' ALLIANCE.

The Students' Alliance is making good progress in its efforts to unite the student body into a firm group with plenty of "pep" and school spirit.

A very successful masquerade dance, at which were seen all manner of costumes, varying from the beautiful to the grotesque, provided a splendid entertainment on November 3.

The dance held Saturday, December 1, also proved a great success, due largely to the efforts of the committee. A large number of alumni were present.

The sensational hit of the season was the minstrel show given December 12 by several talented students. The cast included Misses Bessire, Evans, Neubarth, Schnitzer, and Messrs. Kieffer, Feucht, Marx, Seelbach, Schiferle and Whalley. The student body was well represented and appreciated the show. Such efforts and co-operation contribute much to the pleasure of the students. Let there be more of it.

RAY SCHIFERLE, Secretary.

A pedant is a man who got rid of his brain to make room for his learning.

MRS. J. D. POTTER.

IN MEMORIAM.



Irene M. Wuestefeld was a member of the class of 1913, and "The Gymnast" of that year bears witness to her happy "everywhereness." For instance, on page eight there is a picture of the boys of the class in a balance stand; but somehow four of the girls appear on the picture (they had to see that things were done right), and Irene was one of them. Another feature of that year's Annual were the "funnygraphs," and she appears on two of those. On page 83 there is a quatrain dedicated to her. On page 80 there are some lines of poetry signed I. M. W., written on a dare most likely, but showing again the mind ready for a smile through tears.

She and Jennie were the ones who finally got the sorority started, and my! such a bustling time as we had with Irene bossing us all around so that we had no responsibilities at all to worry us.

Only five years ago she was here a jolly dynamic girl who used to laugh and make jokes about her "balcony workouts." She would demonstrate a perfect change step, or a polka, or a waltz,

or anything you pleased to ask for, with her index and middle finger of the right hand.

And so we look with a smile of happy remembrance at Irene's picture. She was good to look at, her disposition matched the sunshine of her beautiful hair; her dark eyes made darker and even mysterious by their large pupils, seemed to challenge the "glib tongue" and "merry laugh" that Jennie mentioned when she was called upon to give Irene's write-up for the Annual. Jennie, her chum and roommate at school, said of her: "A good talker and a good friend." So we see how her qualities stood the acid test of the closest intimacy.

Irene Wuestefeld died December 3, 1917, at the home of her sister at Parkersburg, W. Va. She was in Indianapolis five years ago, and it seems it might be measured by five much smaller denominations of time because she was like a ray of the sun, so earnest, so happy and so real.

THE BASKETBALL TEAM.

The alumni and friends of the Normal College will be pleased to learn that the college is branching out into intercollegiate contests and for the first time is being represented by a college basketball team. That the team is playing high class ball is evidenced by the scores of the three games played to date, the "Physical Eds" being victorious over the local Dental College 48-25, over Butler College 39-19, and over Culver Military Academy 39-35.

The following excerpts from the local newspapers will serve to give the estimate of local sporting editors:

"Playing a splendid passing game and seldom missing a shot for the goal."

"The passing of the Normal team was of the same style as that of the Buffalo Orioles, the champion independent five of the United States."

"The Physical Eds showed remarkable teamwork and their passing was of a

brand that kept their opponents guessing every minute."

"The writer believes that not even the famous Em-Roes play a passing game equal to the Physical Eds' quintet, and is confident that there is no college or independent quintet in Indiana which could give the champion Em-Roes a better battle than could the Normal College of the North American Gymnastic Union."

Thus far the following men have been representing the college:

Forwards—Schaffner and Kalbfleisch.

Center—C. Smidl, captain.

Guards—Seelbach and H. Smidl.

Substitutes—Schmidt and Dollins.

JUST "NOTES."

(A Few Shots Fired at My Hygiene Classes.)

The call of the hour is for sane minds in sound bodies.

The cost of fresh air is not affected by the "high cost of living."

He who is too busy to care for his health may have to take time to cure disease.

Good health is the foundation of personal usefulness, either in peace or in war.

Living for your country is just as patriotic as dying for it.

Bad air and high temperature in a schoolroom make a low grade of scholarship in the pupils.

Fresh air is no less essential in winter than in summer.

Don't hibernate; ventilate.

Hibernation may be all right for bears, but it is not good for human beings.

Keep your feet warm and your head cool.

By robbing yourself of sleep, you put a mortgage upon your health which nature will foreclose.

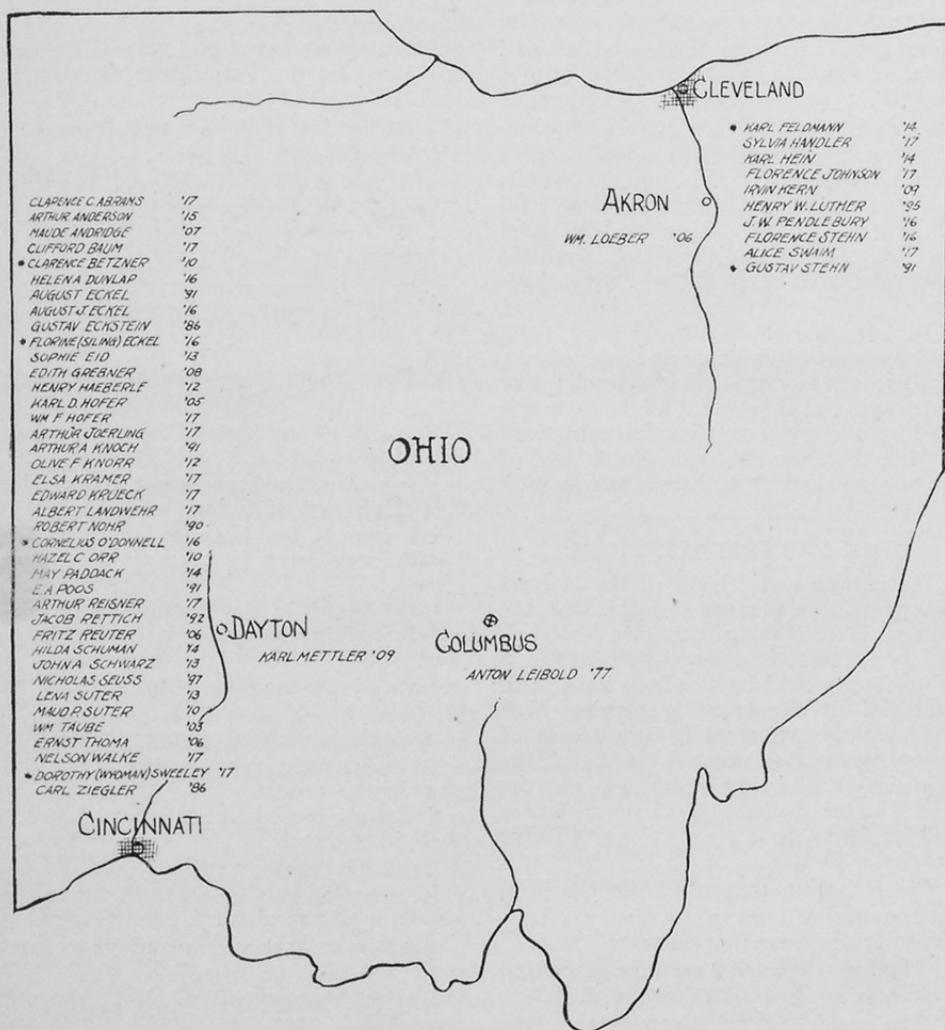
Keep cool as to temper and your body will not get so hot.

Don't clean up; keep clean.

Smile; it helps.

W. A. O.

Alumni in Ohio



52 Alumni reside in the state of Ohio, and 39 of them prefer to live in Cincinnati, the "Queen of the West". All but six (those starred) are working in the profession.

PERSONALS.

William Fallon, '16, is teaching in Aurora, Ill.

The Philadelphia Turngemeinde has 145 stars in its service flag.

C. Harold Braun, '17, is at the State Normal School, Fredonia, N. Y.

Nanon Roddewig, '15, is one of the force of the Chicago physical trainers.

Elva Arbuckle, '14, is teaching in a school for defective children at Fort Wayne, Ind.

Elsa K. Hein, '13, wearing a beautiful solitaire, is not a solitary stranger in Cincinnati any more.

Louise Debus visited Hope Solbrig at Alden, N. Y., over Christmas and also made a trip to Buffalo.

Lois Widner, '17, has accepted a beautiful solitaire ring from her class mate, Ernest Hoelscher.

Florence Dodge, '12, is now Mrs. Thos. F. Krull. Her husband is a school principal in Rochelle, Illinois.

Richard Pertuch, '78, of the Philadelphia Turngemeinde, is leading larger classes than ever this year.

Alice Mareck, '17, of Minneapolis, sent The Bulletin words of cheer and the means to solid comfort recently.

William Stecher has just completed another notable work in his course of study for the junior high schools.

The service flag unfurled over the entrance of the German House has thirty-two stars to which four will be added.

Query, "Where air them round-robins?"

Grover Mueller, '13, was teaching physical training at the New Jersey Summer Normal School, located at Collingwood, New Jersey.

Netta Oertel and Clara Fladoes, both of '16, are keeping house in St. Paul, Minnesota—three rooms and a kitchenette.

The Alumni News, N. H. N. S. G., of October, 1917, had a very good article on swimming written by Fred E. Foertsch, '11.

The wife of Gustave Heinemann, '13, of LaCrosse, Wis., was a speaker at the Illinois State Teachers' Convention at Decatur in November.

We are informed that Laura Gerlach, '17, is now Mrs. Maxon of Maxon, Wisconsin, and that Mrs. Kindervater can tell us more of our long lost colleague.

Emil Thielecke, '81, so George Vonnegut says, is in a Milwaukee book store. We'd like to know which one it is and call on him when we go to his town.

Armin Stecher, '14, is in the Medical Reserve Corps, but will complete his course in medicine at the University of Pennsylvania before going into service.

Editors of The Bulletin gratefully acknowledge the contributions made to this column by Miriam Kelley, '16, of Philadelphia. We hope other graduates will follow suit.

Ceona Bergemann, '14, now Mrs. Lloyd Kolliner, is at home in Winona, Minn. Her husband has joined the colors and this will bring "Bergy" back in the teaching ranks.

In the list of the 1917 graduates published in the last issue of The Bulletin Arthur Reisner was forgotten by the printer. He is teaching in Cincinnati schools.

Paul Krimmel, '17, has established a very good precedent—giving and receiving blessings at Yuletide is the rule, but Paul "took" unto himself a wife. All congratulations may be addressed care of High School, Syracuse, N. Y.

William Reichelt, '17, of the staff of the Philadelphia physical training department, gave an excellent account there recently of his trip to Indianapolis, Cincinnati and Pittsburgh, and what he saw there in the physical education line.

Mary Browning, '17, is living up to her nickname of "Speedy." She is now stationed at Greene, N. Y., and can be seen daily driving an old Dobbin hitched to the rig in which Cæsar crossed the Delaware. Speedy's dovelike voice can also be heard outdoing Tetrizzini in the church choir.

To have lived in Cincinnati develops a strong "homing instinct." Witness Lillian Hopkins Hofmeister, '13, wending her way back from Buffalo, accompanied by her husband, Eugene Hofmeister, '13. Also Ralph Shafer, '17. Eugene Heck, '13, also was a visitor in Cincinnati during the vacation.

Percy Duebendorf, '17, of St. Paul, was a visitor in Indianapolis during the holidays. In our last issue Percy's occupation was given as that of a teacher of physical training in the schools of St. Paul and of playgrounds in Minneapolis. The cities should be reversed. His classmate, Clarence Whipple, holds similar positions.

Alden, N. Y., was scheduled to see four of the class of '16 at Christmas: Louise Debus, Frances Starck, Elinor Crum and Faye Harvey. We hope for Hope's sake that the fourfold promise to Hope was carried out. She now has the notorious notarian power to swear people in and hopeful promises don't go in her section of New York.

On perusing the Alumni News, N. H. N. S. G., which, translated into English, means New Haven Normal School of Gymnastics, printed in February, 1916, we find this interesting item on Arlington Evans, '13. The success of Eleanor Greer's (graduate of the N. H. N. S. G.) work in Happy Hollow Recreation Center of Philadelphia is emphasized by the awarding of first honors in gymnastic competition to her girls for two years in succession. In tennis and captain ball they have also shown their prowess. Eleanor's duties include the management

of "socials," of which five, occurring on or near holidays, were elaborate parties. We have received several copies of a bright and interesting little paper published by the center. Miss Greer is now Mrs. Arlington Evans. The lucky man!

"PHI DELT" NEWS.

Phi Delta Psi has launched upon its second year with the greatest enthusiasm and interest. Two new members were added early this year, Gertrude Duering and Emma Sollberger. Uppermost in all minds at the beginning of the year was the question of new members. The "rushing" season was a lively one, the Seniors having just as much pleasure in the proceeding as the Freshmen, who were quite taken off their feet by their sudden popularity. "Phi Deltas" entertained at a box party at Keith's, a stag dance at Broad Ripple, and an "at home" at Mrs. Leo M. Rappaport's in honor of their rushees. On the evening of October 6 twelve Freshmen took the Phi Delt pledge. They are: Pauline Smathers, Asheville, N. C.; Edna Goedde, Anita Fuhring, Ethel Emrich and Meta Jahn, Chicago; Frances Points, Cincinnati; Dorothy Stoops, Nappanee, Ind.; Anne Olmstead, Evansville; Eileen Cammack, Greencastle, Ind.; Eunice Albright, Quincy, Ill.; Joanna B. Fritz, Philadelphia, and Amelia Vorndran, East Liverpool, Ohio.

Solemn initiation took place December 8, after which, with twenty-two lively and enthusiastic members all boosting for "Phi Delt," you may hear from us again.

To all "Phi Delt" alumni we send our most sincere greetings and wishes for success.

RUTH EVALYN MASON,
Secretary.

PHI EPSILON KAPPA.

The first wisps of the smoke mentioned at the conclusion of our last announcement took the form of a fraternity dinner and dance held in the Palm Garden of the German House on the evening of October 27. Through the untiring work of three energetic members, Fred Hell, Ervin Knoth and Carl Barnickol, the occasion was made one which all present pronounced as "simply great." A speech by President Knoth opened the evening and was followed by a very good heart-to-heart talk on the subject "Friendship" by Brother George Altmann. Mr. Merriam, our guest, expressed the opinion that such an organization as our Phi Epsilon Kappa is one of which its members might well be proud. Miss Hein furnished no little amusement when she answered President Knoth's "Her frowns are few, her smiles are many—Miss Hein" with a look of consternation in her features (business of blushing) and a "What shall I say?" in her voice. But it was Miss Hein who reminded us of that physiological fact which correlates the stomach with human comfort and existence, whereupon every one "fell to" while a trio of singers entertained with the latest songs. After the repast was aptly ended with the college song by all, President Knoth rather smilingly announced, "We will now depart to the Garden de Amour to indulge in a few extemporaneous exhibitions of the terpsichorean art." Needless to say, a second invitation was unnecessary, and the remainder of the evening was given over to assisting metabolism by the above-mentioned process.

Dwelling on matters more closely connected with the real business of the fraternity, we are pleased to announce the addition of ten men to the roster. The new brothers are as follows: William Gilson, Alfred Seelbach, Ray Schiferle,

Walther Lorenzen, Bernard Ploch, Joseph Ulrich, Harold Quinlan, Allen Schmidt, John Kieffer and Roland Dolins. All are ambitious and seem well able to carry on the work next year. With regard to new chapters, Cincinnati reports the formation of the Gamma Chapter, composed mainly of last year's graduates. Chicago promises to get busy very soon and we hope to hang the Delta sign there in a short time. And this is not the end. The smoke is but the herald of the big blaze which is to follow. "Friendship hath power." C. R. B.

A LITTLE NONSENSE NOW AND THEN.

The following treatise was found on K. R. S.'s desk at Shortridge High School one day:

Men are what women marry. They drink and smoke and swear, but they don't go to church. Perhaps if they wore bonnets they would. They are more logical than women and also more zoological. Both men and women sprang from monkeys, but the women sprang farther.

The ensuing sentence was part of an announcement gotten up by one of our alumni: "Dancing is an art which, while allowing an amateur to make rapid progress, is yet authentic, beautiful, utterly captivating to the student, and furthermore bringing health, knowledge of deep racial character, alertness, grace and soul-deep development æsthetically." All of which proves that æsthetic English isn't the most captivating.

Wouldn't it be advisable to add an extra period in chemistry during the next semester so the Spiessbraten jugglers may become better acquainted with the seriousness of highly explosive gases?

EFFECTIVE METHODS FOR PHYSICAL TRAINING IN PUBLIC SCHOOLS.

One of the most interesting lectures ever given by non-resident members of the Board of Trustees of the Normal College was that of Mr. W. A. Stecher during his visit of Thanksgiving week. A large number of alumni were present and besides the students enjoyed very much his talk on "Effective Methods for Physical Training in Public Schools."

Mr. Stecher had the principals of the Philadelphia schools answer three questions for him: 1. (a) How would you lead the grade teachers to co-operate with you in the physical training work? (b) How would you co-operate with the principal and the class teacher? 2. (a) How would you test the efficiency of the work of the teacher? (b) Of your own work? 3. How would you make physical training of value to the family, to the school as a whole, to the community?

Very valuable hints were received. Only a short synopsis can be given here, but Mr. Stecher may publish the complete address in mind and body, as every teacher of physical training ought to read it. The following suggestions were made in order to gain the confidence of the principal and teachers: Be prompt; be polite and pleasant; know your subject and everything related to it; know the school neighborhood; co-operate with the school physician; be generous in your appreciation of good work; know the school's athletic activities. Attend faculty meetings to answer questions bothering the teachers. Assist in organizing inter-class games, contests, etc. Many other valuable suggestions were given. In winding up Mr. Stecher said:

A teacher should do more than to instruct children. He should be a leader in the community. Those teachers who have this conception of their calling are

bound to land in the front ranks of their profession. They sense their civic responsibility. They have the training for leadership. They are on the sure road to success.

BOOK REVIEWS.

Maurice A. Bigelow's "Sex Education" (1916, MacMillan Co., \$1.25). This book consists of a series of lectures concerning sex in its relation to human life. Maurice A. Bigelow, professor of biology and director of the Teachers' College of Columbia University, has put many timely suggestions into this book for those who deal with children and are not content to dismiss sex problems with a wave of the hand.

In the author's words, "The sudden and sensational publicity concerning matters of sex and the possibility of exploitation of this publicity has produced an avalanche of sex books, some good, many bad, and the majority ordinary."

The professor's book is not ordinary. It is optimistic, and that for a book on sex ought to be distinction enough, but it is extraordinary also in that it possesses antidotal properties. For it is a truth that sex education usually begins, even for those who are considered to have had a fortunate beginning, with lectures or tracts on the social diseases and the social evil, teachers openly assuming that youth is wayward and must be scared into social righteousness. Professor Bigelow considers such as maligners of youth; to be educators of youth we must understand the æsthetics of sex, for then we can lead aright. In the unæsthetics there is a great driving power which only too often drives awry.

The chapters on sex instruction for the different ages are invaluable and give the bibliography a greater meaning than that part of a book usually has.

Any one who reads and is awake to current events will find a lot of old friends. The play, "Damaged Goods," Reginald Kaufman's "House of Bondage," and Elizabeth Robin's "My Little Sister," all come in for an encore worth witnessing, as do the writers of sexual pathology, Kraft-Ebing, Havelock Ellis, and Freud. Even ex-President Taft once had his say on the subject, and Professor Bigelow answers him.

It is a pedagogical work that again pleads for the positive against the negative in teaching. The leading power of the æsthetic, or the driving power of the unæsthetic—which power are you going to hitch your teaching motor to?

* * *

If you haven't read "Everyday Problems in Teaching," by M. V. O'Shea (Bobbs-Merrill Co., Indianapolis; \$1.00), be sure to get it, and do not teach another day before you have dived into it. You are bound to find some of your own experiences in it, and by comparing your response to circumstances with those that should have taken place, measure your work as a teacher.

See page 88—Faultfinding—Encouragement. When you correct a child before his class remember there may be a roomful of his sympathizers. Discipline should be impressive rather than irritating. Quietness and privacy should be the predominant characteristics in your method of disciplining your pupils. Quietude in a leader always suggests quietude to those who are being led. And the opposite of this is equally true. Let most of your disciplining be done when most of the other pupils are not present. This will make your disciplining much more effective than trying to discipline an individual when there are fifty onlookers who usually sympathize with the victim.

CLUB EXERCISES.

Music: Spring, Beautiful Spring, by Paul Lincke. (Jos. W. Stern, 102 W. 38th St., New York.)

1st Exercise.

	Measures
Whole arm circle left.....	1
Hand circle rear of left shoulder.....	2
$\frac{3}{4}$ arm circle left, tip clubs.....	3-4
(Right hand: $\frac{3}{4}$ arm circle left—1; half arm circle right—2; half arm circle left, tip club—3-4.)	
Same, beginning from side hold, right, left, right.....	5-16

2nd Exercise.

$\frac{3}{4}$ double arm circle left.....	1
Double hand circle rear of shoulders	2
$\frac{7}{8}$ double arm circle left, turn trunk right, and tip clubs on forearms	3-4
Repeat right, left, right.....	5-16

3rd Exercise.

$\frac{5}{8}$ double arm circle to side hold.....	1
Lunge left sideward, tip clubs on forearms	2
Half horizontal arm circle, turn trunk left (right arm stays in sideward position)	3-4
Turn to front, close left to right.	
$\frac{3}{4}$ double arm circle outward.....	5
Double hand circle outward rear of shoulders	6
Whole double arm circle outward....	7
Starting position	8
Repeat right, left, right.....	9-32

4th Exercise.

Like 1-4 of 1st exercise.....	1-4
$\frac{3}{4}$ double arm circle right.....	5
Double hand circle right rear of shoulders	6
Whole double arm circle right.....	7
Double hand circle right rear of shoulders	8
Repeat all right, left, right.....	9-32

5th Exercise.

$\frac{3}{4}$ double arm circle left and step right sideward.....	1
---	---

Point left foot forward, tip clubs on forearms	2
Half double arm circle right and step left sideward.....	3
Point right foot forward, tip clubs on forearms	4
Like 1-3 of first exercise.....	5-7
Hand circle backward, outside of hands	8
(With: Step right sideward—5; cross left in rear—6; step right sideward—7; turn trunk right and bend upper trunk backward—8.)	
Repeat all right (stepping left), left and right.....	9-32

6th Exercise.

Half double arm circle left and step right sideward	1
Half turn right, step left sideward, and half double arm circle left.....	2
Half turn right, step right sideward, and half double arm circle left	3
Cross left in rear, bend knees, tip clubs on forearms.....	4
(Three step turn right and courtesy—1-4.)	
Repeat beginning right (stepping left sideward)	5-8
$\frac{3}{4}$ arm circle left outward.....	9
Hand circle left outward rear of shoulders	10
Continue arm and hand circles.....	11-15
(Simultaneous arm and hand circles.) Starting position.....	16
(Right arm: Half arm circle left—9; $\frac{3}{4}$ arm circle right—10; hand circle rear of shoulders—11; continue arm and hand circles—12-15; starting position—16.)	
Repeat all	17-32

7th Exercise.

Swing arms downward and backward and bend trunk forward.....	1
--	---

Straighten trunk and swing arms to upward position.....	2
Double arm circle outward.....	3
Double hand circle outward in rear of shoulders	4
Whole arm circle right (outward)..	5
Hand circle right rear of shoulders..	6
Whole arm circle right (outward)..	7
Starting position	8
(Left arm: $\frac{3}{4}$ double arm circle left (outward)—5; $\frac{3}{4}$ arm circle right (inward)—6; hand circle rear of shoulders (inward)—7; starting position—8.)	
Repeat all three times.....	9-32

8th Exercise.

$\frac{7}{8}$ double arm circle left obliquely backward and step right obliquely forward	1
Tip clubs on forearms and balance hop	2
Move left arm obliquely fore-upward, right arm sideward and backward and step left obliquely forward	3
Balance hop	4
Repeat 5-8 of Exercise 7.....	5-8
With: Step right backward—5; step left backward—6; step right backward—7; close left to right—8.	
Repeat all three times.....	9-32

Note: Face right when assuming the starting position of the 7th exercise when executed the last time, and also on the eighth count of the eighth exercise so that this will be executed on the lines of a square. The three steps backward following the two balance hops should bring you back to the starting point.

HERMANN WAIZENEGGER, '12.
(Milwaukee Turnverein.)