

# Alumni Bulletin

Vol. II                      Indianapolis, Indiana, January, 1919                      Number 4

## YOUR SUMMER VACATION.

Everyone should have a summer vacation. You owe it to yourself and your community. Where do you spend your vacation and why?

Considerable has been said about a summer camp for our graduates, a place where all graduates are sure of meeting their colleagues and where they can talk over the good old days. How about it, are you interested? Let us hear from you if you are.

This of course, would be a great and expensive undertaking the first year; but after it was once established, wouldn't it be easy sailing? It brings up many questions. I think a permanent place, centrally located, would be most necessary. Since Wisconsin and Michigan are the two central summer resort states and so accessible from east and west—well, there is a suggestion! Do you know of any particular spot in either state that is noted for beautiful or historic scenery, thereby affording many enjoyable hikes; for its swimming, fishing and boating facilities; a place easy to reach by auto or rail, where supplies can be obtained easily? Tell us about it.

Now the question of finances comes up. How can we secure the money to lease the property, build or furnish the housing quarters, and pay a manager and cook? Could shares be issued at \$25.00, \$50.00, or \$100.00, and then paid off with the profits?

Another question. How much will room and board cost? As soon as we have the initial cost paid off, the camp should be run on a paying basis, but is not to be a money making scheme.

Therefore, while other resorts are charging \$15.00 to \$20.00 per week, we should be able to run ours for \$8.00 to \$10.00 per week. However, I am in favor of having this camp limited to graduates of the Normal school and Normal College and their families. We have plenty of graduates now to support a project of this kind. Can't we make it a meeting place for classes, room-mates, etc.? Wouldn't it be fun to have a place to go where we are sure to meet some of the old crowd? For instance, you of the class of 1911, wouldn't you like to see Appel's twins? 1912, wouldn't it be interesting to see the little Bud Miller? 1913, how many of you have seen the little Toeppen? 1914, wouldn't you like to see Carl Hein and his wife? 1915, wouldn't you like to hear Gus Braun's experiences in France? 1916, can you imagine Gus Eckel as Daddy? Oh, we could go on up and down the list!

Let's get together on this. Write your colleagues and classmates. Get their suggestions. See if they will meet you there for a week or two, next July or August. We want to dance, swim, fish, canoe, play tennis, hike and talk together. Perhaps we can have a short gym period each day and get some new ideas, or have baseball games and, oh, just the good old times! Let us be young and frivolous again.

Think it over—write the editor of the Alumni Bulletin any suggestion you may have. You will enjoy the Bulletin even more if you will take part in it, and most of all, after a summer with your colleagues.

HARRIET MEAD NOHR, '12.

## PHYSICAL TRAINING FOR HEART PATIENTS.

New principles regarding the treatment by physical exercise of people suffering of heart disease have been developed in the United States Hospitals. The following description of the work as given at Lakewood, N. J., under the direction of Sergt. George J. Altmann, '13, will be of interest:

Because the problem of therapeutic exercise for the heart patient was of a new and peculiar sort not ordinarily met, a special series of exercises adapted for this form of work was developed. This course of study was arranged by Sergeant Altmann and is to be published by the Reconstruction Division of the Surgeon General's Office and the Federal Board of Vocational Education in a manual entitled, "Graded Exercises for Heart Patients." The work is divided into six grades or courses, the patient being promoted from one grade to the next higher as soon as his physical strength improves so as to enable him to do more difficult exercises for longer periods of time. If a man progresses at what has been found to be an average rate he can complete the work at about the end of ten weeks. The exercise period ranges from 15 minutes of mild exercise twice a day for the first grade to an hour in the morning and half an hour in the afternoon of strenuous work for the sixth grade. The setting-up exercises in the third grade are supplemented by "hikes" and in the fifth and sixth grades by games as well. Over 500 cardiac cases have thus been treated, a large percentage of whom have been returned to full or limited military duty.

The patients are men sent from overseas or from camps whose health has broken down under the strain of military life. When those men begin to take the exercise it is necessary to instill confidence in them. They realize the serious-

ness of the cardiac affection and appear to lose hope of recovery. They therefore hesitate about taking exercise and assume a spirit of hopelessness and resignation. This does not remain the case long, for by the end of the first week there is improvement noticeable even to the men and the spirit is soon changed for the better.

All cases both organic and functional respond favorably, though among the former many are unable to progress as far as the sixth grade but remain stationary at about the fourth, beyond which their condition does not permit of advancement. The functional cases, with few exceptions, are able to complete the six grades and are sent back to the camps and placed in development battalions.

The results have been even better than the most optimistic hoped for at the start. The experience has taught the fallacy of many of the old theories regarding the treatment of such cases. The old laws forced us to handle such men very carefully and to give them only mild exercise, if any at all. It was formerly thought impossible to improve the condition of such men to such a degree that at the end of a few weeks or months they could perform vigorous exercises. This belief has been disproved.

Although the men are taken in groups from twenty to sixty, it is necessary to treat them as individual cases since even in a grade there are variations in degree and kind of the different lesions and disorders. The patients are assigned to the exercises and graded by the cardio-vascular staff. The physical exercises are given by one of the staff of physical instructors while a medical officer is present during the exercises. The aim is to work out a system of treatment for cardiac cases in army hospitals. Great care is used in all examinations which include stethoscopic, percussion, blood pressure, pulse rate, metabolic, fatigue and

strength. The X-ray apparatus is also used and has shown that many hearts at first lack tone and then gradually "gather in the slack," the muscles becoming firmer and the size of the organ becoming slightly smaller. The electro-cardiograph, the most efficient of all instruments for cardiac diagnosis, has proved of exceptional value and is used extensively.

In the course of exercise each grade contains exercises for all the larger muscles of the body. The aim is largely to develop general muscular strength which is often a criterion of the condition of the heart muscle. Exercise is practically the only therapeutic measure employed, the usual course of treatment by drugs dispensed with, the exercises being given twice daily. Attendance at these exercises is compulsory and a record is carefully kept. It is understood of course that where conditions necessitate, a man is excused.

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### JUNIORS ORGANIZATION.

On September 18, the Freshman class held its first meeting for the purpose of organization. Miss Dorothy Smith took the chair temporarily and after a brief discussion of the purpose of the organization, the election was held resulting as follows:

- Gertrude Nicke, President.
- Marietta Rose, Vice-President.
- Corinne Schweizer, Secretary.
- Olive Roberts, Treasurer.

A committee was appointed and immediately began its work for giving a return party to the Seniors. It was to be a "Kid Party" to be held on October 12th, but was postponed until November 2nd, because of the influenza quarantine.

### LETTERS FROM OUR SOLDIERS.

Otto Schissel, '10, wrote in October:  
 "Am still with Battery F, 17th Field Artillery and have seen some service. Went through the Soissons drive and you can bet we kept them on the run for about six days. Wish I could tell you all about it. After this was over and we moved back, I was unfortunate enough to get tangled up with the hind legs of an overly playful horse. Put me in the hospital, but am out again now, although I still limp."

We have learned that Otto was severely wounded since then, having been buried by ground thrown up by one of the big shells, but that he has almost completely recovered.

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Palace Hotel, Bruxelles, Nov. 25.

My Dear Mr. Rath:

I was very much surprised and pleased to receive a copy of the October "Alumni Bulletin." Looking through its contents I was still more surprised to find some of my letters in print.

It was news to me to hear of Gus Braun's injury; I had never been able to correspond with him. Al Haas and I have exchanged several letters; at last hearing from him he was corporal in Company E, 309th Infantry.

My first experience at the front was in the Alsace-Lorraine sector. I spent about ten days each in the second and front line trenches. That was a real picnic, as we did nothing but eat and sleep, with a bit of guard duty at night. It was a quiet sector. Occasionally a shell would come over and a few aerial battles were staged for our amusement.

The next place was of the other extreme. We started "over the top" on September 26th at the beginning of the drive through the famous Argonne woods near Verdun. This was inferno if

there ever was one, and we returned with much fewer men than we started. After that we took up reserve positions in a woods in front of Metz, through which the St. Mihiel drive had gone. Again nothing but eat and sleep. However, there was much more danger from shell fire than at our first position. Next, our division was one of two selected to go to Belgium. We rode to the border in box cars, but once in that country, we had to do all our traveling on foot as the retreating Germans made a good job of blowing up the railroads. In the first drive there our company was kept in reserve, being only in danger from shell fire and aerial bombs. However, we had no casualties until we were going to the rear, after being relieved by a French division, when a shell hit the road just as our kitchen was passing. The driver and the cooks were killed.

In the next drive my platoon was up with the infantry trying to advance, but could make no headway as the enemy had a fine position due to the contour of the country. They were at the top of a ridge at the base of which was the Scheldt river which we had to cross. Late in the afternoon we were ordered to retreat and to go across at dawn the next morning. At 2 o'clock a. m. we were all up and waiting for orders to move forward, when we received word that there would be no activity, as the armistice had been signed. Never was news more welcome. Instead of going over the top, we went back to sleep.

After about a week's rest we moved forward, the intention being to enter Brussels. However, when close to the capital, it was decided to send only five hundred men from the division. I was lucky enough to be chosen to go. So, on November 22nd, I had the honor of being one of the Yanks to escort King Albert into his capital. Soldiers of all the

allies were there, but the Americans led the parade. We made a good impression because we marched "at attention" (eyes to the front), while the French and British smiled and nodded to the cheering crowd. It is impossible for me to describe the reception we were given, but I can truly say that the Americans were given the best welcome of all. The Belgian people thank the Americans for not letting them starve to death during the four years of German occupation of their country, and they also hail our army as their deliverers because we happened to get into Belgium when the Germans were retreating.

All I can say about Brussels is that it is some town, and I think it will be impossible for the American people to give us a better reception than we received here.

Yours fraternally,  
SERGT. WM. REICHELTL.

\* \* \* Recently our company took part in one of the large drives that you read about back home. I tried to get a lick at the Kaiser or Crown Prince as you suggested, but I could not even get a look at either. In that drive I twice went "over the top" and managed to see many of the prisoners taken. I found occasion to use them and then my knowledge of the German language came in very handy. I think I'll have to postpone this letter, for the rest of the fellows in this hayloft are fighting that drive over again.

Three Days Later.

It was impossible for me to write a letter that night I began, for everyone was excited about the news that Germany wanted peace. Then the conversation changed to a recapitulation of the events that happened in that drive in which we took part. I expected to finish the letter the following day, but was

kept busy preparing for another move. That move we made in motor trucks. It was the third time we moved in that manner and I can now sympathize with sardines, for there are certainly more men and equipment put on one of these trucks than would seem possible.

When we got to our destination yesterday morning before the sun rose, we were greeted by rain and the ever-present mud. It rained most of yesterday, but today we have lots of sunlight. We are located at another front, but it is rather quiet just now. However, only a few weeks ago the Germans occupied this territory and there certainly was enough activity in these parts when the American troops took it from them.

German sign-posts are still scattered around the woods and roads, and all the captured ammunition and equipment has as yet not been removed. At present we are living in dugouts, just as does a ground hog. When I started to write this letter I was located in a hayloft and had lots of straw for a bed. That seemed like a luxury after the various places I had been sleeping in for some time. Before that we had been doing little else but move. We usually got to our destination late at night and pretty well tired out from the hike. Being too tired we just stretched out on the ground to sleep. Invariably in such a case, we would wake up to find it raining, being pretty well soaked and our blanket wet. Then we would put up a tent and after enjoying a night's sleep in it would get orders to pack up and move. Then we would not only "pick up our beds and walk," but beds, houses and everything.

During the drive I slept out in the open the first night. As usual, I awoke to find it raining. One night I slept in a shell-hole, two nights in a church that was used as a hospital. Two other nights I slept in a dugout. One of these was deep

in the ground and I was glad of that at the time, for the Germans shelled the town that night. It was quite a safe feeling to be deep in the earth in such a case, for one is in no danger, except the Boche makes a direct hit, and in such case one would never know it anyhow.

On the third day of the drive I had some shells burst very close to me, closer than one would call comfortable. I was crouching in a friendly ditch, so escaped all flying shrapnel, but had enough mud rained on me. However, it seems, some of the shells were gas shells and the wind sent the gas in my direction. Before I could get my mask on I had inhaled enough of the gas to make things uncomfortable. I had almost recovered from the effects of that gas when another gust of wind brought some gas in my direction from another shell. I was not badly affected, but at the dressing station I was tagged and went through the same process as though I had been wounded.

When I was discharged from the hospital I made my way back to the front via motor truck, but mostly by hiking. It gave me some experience at being a tramp for I "grubbed" my meals at kitchens I would happen to meet along the road. I got all the way back to the front, when I learned that my division had been relieved, so all I had to do was to turn around and walk back again. It took me three days after the release from the hospital to find my company again.

Such is life in France! I hope that the present peace talk will result in something. Although we have a lot of fun (?) over here, I think I would like it much better back in Philadelphia.

SERG. WM. REICHEL. T.

\* \* \* We were sent over here in July and finished our training in a small

billet, quite a way from the front. After much hard travel and many hardships we moved up to the Verdun front: A march of 25 miles with very heavy packs, partly in rain; a long ride on a troop train; more marching in the rain; poor billets for several days, and then a long ride in trucks to the front. We stayed in dugouts and tents in the woods for a few weeks with part of the division on the front. We went over the top the first day of the last big drive, took Mount Foucon and went several miles beyond it. I had the bad luck of getting a few good swallows of phosgene gas, which laid me up with bronchitis and influenza. I was sent back on a fine Red Cross train to a base hospital. Here I was pretty sick for two weeks and now am on a sick leave of twenty days. I am on my way to Nice where I expect to have a fine time. I'm still very weak. My division is still somewhere on the front where I shall return after my leave.

I am married now, with a baby, I believe; I haven't heard yet.

LIEUT. ARLINGTON EVANS,  
A. P. O. 771, American E. F., France.

\* \* \* I would have "rote" you sooner, but "me and my fountain pen's been froze for a week." We are still in tents (December 1) and "it's some cold." Great life, if you don't weaken. And believe me it takes some ginger to do anything but shiver and freeze—and writing letters is a stunt, a top liner. Did you ever tumble out of your blankets at 5:15 after being rudely torn from your slumbers by a fiendish bugler, to find the tent sparkling with hoar frost, pretty but icy to touch, the floor as cold as a marble slab, a chunk of ice in the water bucket to wash your face with, and the fire frozen in the Sibley?

I have been three months in the service. After a few weeks' duty in the ar-

tillery, pending application for transfer to the Medical Department for special work in physical training, rehabilitation of disabled soldiers, I was assigned to this organization (1st Regt. Infirmary). My duties as acting sergeant (I missed my appointment as sergeant because of my request for transfer, although I function as one) were everything: paper work, in charge of quarters, physical training, etc., for the whole bunch, and medical inspection. During the flu we dropped all routine work and spent day and night hunting up sick birds. Now I am stuck on the physical examining board for discharging the boys from service, first on the eye, ear, nose and throat board, but now on the orthopedic board where I have a fine opportunity for studies under experts. We pass through about a thousand a day. Lucky birds; we who are on the board are stuck until the finish. I suppose we will then have to examine ourselves and kiss ourselves good-bye. Truly a dreary prospect.

ANDREW THOMA, '17.

### JOHNNY'S HISTORY.

(The One Fixed Date.)

#### I.

I think, of all the things at school,  
A boy has got to do,  
That studin' hist'ry, as a rule,  
Is worst of all, don't you?  
Of dates, there are an awful sight,  
An' though I study day an' night  
There's only one I've got just right,  
That's fourteen ninety-two.

#### II.

Columbus crossed the Delaware  
In fourteen ninety-two.  
We whipped the British fair an' square  
In fourteen ninety-two.  
At Concord an' at Lexington,  
We kept the redcoats on the run

While the band played "Johnny, Get  
Your Gun,"

In fourteen ninety-two.

III.

Pat Henry, with his dyin' breath,

In fourteen ninety-two,

Said, "Gimme liberty or death,"

In fourteen ninety-two,

An' Barbara Fritchie, so 'tis said,

Cried, "Shoot if you must this old gray  
head,

But I'd rather 'twould be your own in-  
stead,"

In fourteen ninety-two.

IV.

The Pilgrims came to Plymouth Rock

In fourteen ninety-two,

An' the Indians standing on the dock

Asked what are you goin' to do?"

An' they said, "We seek your harbor  
drear

That our children's children's children  
dear

May boast that their forefathers landed  
here

In fourteen ninety-two."

V.

Miss Pocahontas saved the life,

In fourteen ninety-two,

Of John Smith, an' became his wife,

In fourteen ninety-two.

An' the Smith tribe started then an'  
there,

An' now there are John Smith's every-  
where,

But they didn't have any Smiths to spare  
In fourteen ninety-two.

VI.

Kentucky was settled by Daniel Boone

In fourteen ninety-two,

An' I think the cow jumped over the  
moon

In fourteen ninety-two.

Ben Franklin flew his kite so high,

He drew the lightnin' from the sky,

An' Washington couldn't tell a lie,

In fourteen ninety-two.

OUR SOLDIER BOYS.

To the list of graduates of the Normal  
College in service at the time of the pub-  
lication of the October "Bulletin," the  
following should be added, making a  
total of 79 of our boys who went to fight  
for our country and democracy:

Lieutenant Harry R. Allen, '08, Base  
Hospital No. 2, Fort McHenry, Md. (In  
charge of Physical Training and Recre-  
ation.)

Arthur G. Anderson, '15.

Frank Fred Berg, '16, Camp Grant,  
Illinois.

Nath. E. Downs, '17.

Paul Foran, '18, Company 121, M. G.  
T. C., Camp Hancock, Ga.

Ernest Hoelscher, '17, Reconstruction,  
Reed Hospital, Washington, D. C.

Wm. F. Hofer, '17, Hospital Train No.  
53, France.

Walther Lorenzen, S. A. T. C.

Corporal Arpad Masley, '17, Company  
I, 56th Pioneer Infantry, France.

Allen J. Schmidt, S. A. T. C.

Alfred Seelbach, S. A. T. C.

Corporal Ralph N. Shafer, '17, 1st  
Co., 1st Tr. Bn., Camp Sherman, Ohio.

Sergeant Armin Stecher, '14, Medical  
Reserve Corps.

Louis Thierry, '15.

Martin Trieb, '10, Balboa Park, San  
Diego, Cal.

Arthur Whalley, '18, Paris Island, N. C.

In case any of our boys in service have  
not been mentioned in these two lists, we  
should like to hear from them.

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A newspaper man name Fling  
Could make "copy" from any old thing  
But the copy he wrote

Of a five dollar note  
Was so good he is now in Sing Sing.

---

The boy was shot in the pumpkin  
patch.

Ex.

# ALUMNI BULLETIN

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ALUMNI BULLETIN

415 East Michigan Street, Indianapolis, Ind.

These five characteristics I offer as evidences of an education—correctness and precision in the use of the mother tongue; refined and gentle manners, which are the expression of fixed habits of thought and action; the power and habit of reflection; the power of growth; and efficiency, or the power to do.

NICHOLAS MURRAY BUTLER,  
President, Columbia University.

Interesting statistics given to the Indianapolis teachers by their superintendent E. U. Graff, explain the reason for certain drastic measures taken by the school board in order to reduce expenses and make possible the increase of \$100 for all teachers on the staff for 1918-'19.

In compiling these statistics, Indianapolis was compared with the 19 cities approximately situated like her. Of these cities, Indianapolis is eighth in size. In expenditures for school purposes she ranked as follows:

Board and Business Office.....	8th
Superintendence .....	10th
Principals' Salaries .....	17th
Supervisors' Salaries .....	2nd
Teachers' Salaries .....	13th
Supplies .....	6th
Janitors .....	11th
Water, Light, etc.....	15th
Maintenance and Repairs.....	12th

While looking over the Year Book for Japan, the following interesting statistics were found. A close study of these figures under their respective headings will give you some idea of what makes criminals.

## CONVICTS OF JAPAN CLASSIFIED ACCORDING TO EDUCATION

1912

High School	Middle	Elementary	Elementary Unfinished
108	699	7,701	31,679

## CONVICTS OF JAPAN CLASSIFIED ACCORDING TO PROPERTY

1912

With Property	With Small Property	Without Property
605	4,291	30,789

## CONVICTS OF JAPAN—SICK RATE

1912

No. of Sick Inmates	Average Per Day
120,563	330

—"Higher Humanity."

## MEETING OF PHYSICAL EDUCATORS OF INDIANA.

The January meeting of the Indiana Association of Physical Educators will be held Saturday, January 25th, 2:30 p. m., in the lecture room and gymnasium of the Normal College. All graduates residing in Indiana, as well as all men and women employed in any branch of the profession in our state, are invited to attend. It is desirable that our Alumni call the attention of colleagues to this meeting and urge them to join the Association.

The program will consist of a lecture by Jos. A. Stevens of Muncie on Basketball, a report on the recent meeting of the Athletic Research Association, by Emil Rath, and practical work as follows: Basketball practice directed by Jos. A. Stevens; demonstration of some phase of the work by Mrs. Walter Pickett of Greensburg, and the teaching of a game by Mr. C. K. Warne of Indianapolis. The election of officers will also be held and other business disposed of.

## COLLEGE NOTES.

"I see you, I see you,

Ti ralla, ralla lal;

You see me and I see you,

And you take me and I take you."

So sang the student body at the "Kid's Party", Saturday, November 2, 1918. Little did they then realize the danger of playing "Puha Boo" with Mr. Flu Bug in the vicinity. Sunday brought revelations when one after the other became his victim. Yet, Mr. Flu Bug did not anticipate a battle against Dr. Sputh and his assistants and he was greatly surprised when he was baffled.

"Rusty" soon came, bringing "organization." Some called this almighty nurse "Susie Systems", because her one motive was to let the patients suffer until she had systematized everything. "Rusty" was as fiery as her hair, yet one-half hour after assuming command she amused the convalescents by explaining how it is possible to still love your husband after being married three years. She left many valuable suggestions for matrimony and is willing to aid any unfortunates.

The dormitory soon became a hospital; the wards being on the north side, second floor. Never before was a dormitory so quiet and never before did dormitory inmates so completely forget Welsh Rarebit and fudge parties. Instead they chose to live upon broth and orange juice. Fortunately Dr. Sputh did not allow anything serious to develop and even now a favorite phrase of the students is: "When I had the flu".

"Jack" Kalbfleisch, '18, finds occasion to visit the College quite often to look after his "Brownie" he had left behind.

An officer visited the College and such a rarity demanded, of course, the entire attention of the class on the floor, consequently the Dean had to introduce Lieut. Frank X. Eckl.

It is rumored that the school will become co-educational once more. Probably now that third year could be added.

**Everybody—Attention!** The 1919 Annual is being considered seriously. Support it by subscription.

ANNA HOESTEREY, '19.

## CORRESPONDENCE.

U. S. General Hospital No. 6,  
Fort McPherson, Ga.

Dear Mr. Rath:

\* \* \* August 10th, I enlisted in the Army Nurses' Reserve and received my call in October. I was sent to this camp which is now a big hospital. The buildings formerly used as barracks, are now wards. There are about 35 wards, each holding from 20 to 60 beds. Most of these beds are occupied by men returned from over seas. There are all kinds of cases, mostly orthopedic; shrapnel wounds, and a great number of hernia cases. Over 2,000 patients are here and more are coming every day. We have about 25 reconstruction aids who give massage and medical gymnastics. The latter is given only in every few cases as most of the men are too badly wounded for any gymnastics. It is interesting work and fine training that I am getting. Believe me, I don't have to do much studying on Anatomy and Physiology, thanks to the teaching at the Normal College. Everyone remarks upon how strong I look;—well, I just mention my College then.

DORIS A. BLOOMER, '18.

St. Paul, Minn.

My Dear Mr. Rath:

I am busy doing the thing I vowed in my younger days I never would do—teaching. But I try to make myself believe I'm not. I'd call it play if I didn't have to be so firm all day. There are

some interesting problems here. I thought I was to teach backward children, but "special classes" include one class of deaf and dumb children, and two classes that are in the fresh air room. The children in this room have consumption or have a tendency toward it; the temperature is kept down to 52 degrees all winter, the children wear heavy flannel, are given lunch three times daily and take a nap every afternoon. When they enter the gymnasium they fairly snap with pep. The rest of my pupils consist of children that are backward, morally bad, truants, etc. During the first two weeks of school the children were dismissed at noon and the teachers went out after social histories. You can hardly imagine the slummy places we had to visit where parents could speak no English, where the entrance was through some alley with the dirt so deep that you had to step high to get over it. These social histories consisted of information, both about the parents and the children. To see these parents makes us realize better what the children have to contend with and helps us a great deal to handle them. Before the children can get into these special classes they are subjected to a mental test, a revision of the Binet-Simon tests. These place the children pretty nearly correct in their grades. There are five centers for special classes in St. Paul and I handle the physical training in all of them. I also go to the boys' farm once a month. My summer course at Faribault was very interesting. We had a splendid course in Heredity and Delinquency, in Mental Testing, and in Pedagogical Principles (which consisted of nature study, reading, writing, etc.) Practice teaching with feeble minded children was interesting, also the handwork of all kinds, cobbling, weaving, rug making, net and brush making, manual training, basketry or reed

work. I thought this rather out of my line, so only took the reed work; but since then I have wished to have taken more of it as it fits in nicely with gymnasium work. In the special classes all children get a great deal of hand work, for all of which special teachers are employed. Miss Hoyer is a splendid leader to work under; she has put hardly any restrictions upon my work, but encourages everything I suggest. \* \* \* I have heard that there are very few men at the College this year; so the girls will probably not get those hard work-outs we had; but they were good and I wish I could go through one right now.

MARIE HARTJE, '18.

Newark, N. J.

My Dear Toll:

I enclose check for alumni dues and subscription to the "Bulletin". I enjoy reading the "Bulletin" as it puts one in closer touch with what is going on and brings one closer to the Alma Mater. Even if we do not all know each other it is refreshing to read something regarding the other colleagues and friends in the work. So "The Bulletin" becomes an introducer of individuals at a distance from each other and forms the connecting link of the members of our large family of brothers and sisters in the grand object of striving to elevate the human race to a higher level.

D. M. F. KROGH, M. D., '88.

#### PHI DELTA PI.

The "Phi Delt's" entertained their patronesses and several alumni at a Thanksgiving luncheon at the Golden Heart. We were very glad to have so many alumni with us; they were: Louise Schulmeyer, Mabel McHugh, Marion Conner, Gertrude Jahn, Gertrude Duering and Eileen Cammack.

Eileen Cammack was also with us for our initiation which was held in the parlors at the Atheneum on December 7th. On this night the following girls became members:

Beatrice Baker, Lafayette, Ind.  
 Margaret Jahn, Chicago, Ill.  
 Gertrude Kern, Dayton, Ohio.  
 Pearl Luce, Chicago, Ill.  
 Helen Powell, Pleasant Hill, Ohio.  
 Ruth Rice, Cincinnati, Ohio.  
 Olive Roberts, Evansville, Ind.  
 Gladys Seiler, Evansville, Ind.  
 Louise Tag, Los Angeles, Cal.

It was a great pleasure to have Hazel Orr, president of the Alumni Chapter and ex-president Gertrude Law of Alpha Chapter with us at our first meeting with the junior members. After the meeting there was a bunco party with prizes and "eats" 'n everything.

Ruth Mason was invited by the Beta Chapter to take part in their initiation ceremony at Temple University.

We are anxiously looking forward to the Grand Council and big camping party at Lake Wawasee next June and we hope that all alumni "Phi Deltas" are planning to come.

Recognition pins may be ordered from Francis Points of the Alpha Chapter.

M. B. J.

#### FIGHTING A DUEL BY MAIL.

The editor of a very outspoken weekly in France offended a politician by a scathing paragraph in his paper. Shortly after its publication he received the following communication: "Sir—One does not send a challenge to one who is a ruffian and no gentleman. One simple administers a cuff on the ears. I hereby cuff both your ears. Be thankful that I have not had recourse to more deadly weapons." The editor replies as follows:

"Respected Sir and Gallant Adversary—According to your wish, I thank you

for having sent me cuffs by post rather than by slaughtering me by weapons. Cuffed by post, I respond by dispatching you by post six bullets in the head. You are killed by letter. Please be good enough to consider yourself extinct. In the circumstances, the correspondence must necessarily close. I salute respectfully your corpse, faithfully yours."

#### PERSONALS.

Captain Louis J. Koster, Jr., and wife, Norma Ostermeyer Koster, both of '16, are loyal supporters of the Alumni Bulletin. Louis is now commander of the Headquarters Company of the 17th Division at Camp Beauregard, La.

Lieutenant August Pritzlaff, '17, is in command of Company 6, C. M. G., O. T. S., at Camp Hancock, Ga. He has charge of the physical training, also the bayonet fencing and the infantry drill regulations.

Two interesting leaflets of the Multnomah Athletic Club of Portland, Ore., were received. Otto C. Mauthe, '95, is the physical director of this very enterprising and more than up-to-date club. During the summer he directed the physical education department at the state university at Eugene, Ore.

Sofie Eid, '13, who is teaching in Cincinnati schools, also has charge of the evening physical training classes at Woodward high school and two private classes. She received her state life certificate in September.

Letters are being regularly received from Captain Gus Braun which are written in his own hand and bear ample proof of his complete recovery. When letters came which had been written by a nurse or a fellow officer, telling of his blindness and weakness, his friends felt pretty gloomy, but now we have the assurance that Gus will be back soon hale

and hearty. At present he has charge of a camp of German prisoners in France.

Dick Strohmer, '15, at last accounts Sergeant of Engineers, has written interesting letters to Dr. Robert Nohr, of Cincinnati. He was wounded, but has completely recovered.

Albert K. Haas, '16, was slightly wounded in the fighting at the French front.

Frank X. Eckl, '15, having been discharged from service, visited the Normal College just before Christmas and watched the girls at work, and a few days later the announcement was received of his marriage to Miss Charlisa Lenore Hunter, of Columbus, Ohio. Lieutenant Eckl and his bride are at home at Pittsburgh, where he will soon take charge again of the Central Turnverein.

Joseph Weissmueller, '15, came back to Indianapolis from Los Angeles to take up a position with the Independent Athletic Club, where George Lipps, '13, and he are now in charge. Joe's boy is now nearly four months old.

Olive Knorr, '12, is engaged to a Clevelander. He is in the Engineer Corps, on duty in France.

Mildred Jost, '15, spent the holidays in Chicago. In reply to certain questions we can say that Mildred met her fiance while teaching in Muncie, where he was teacher in the foreign language department of the high school. He is an Easterner, hailing from New York.

Lelia Guenther, '16, was a proud coach when her two boys' teams won their first two games of the basketball season. Her principal and teachers are as enthusiastic in the enjoyment of the social dancing she is conducting, as the boys and girls. The Rochester Chronicle published a splendid "write-up" on an athletic meet of the Brighton district

schools and Lelia was hailed as the successful instigator and director of the affair.

Did you hear of the lovely reception folks had arranged for Ernest Hoelscher and Lois Widner Hoelscher, both of '17, when they went to Waltham, Mass, as Newlyweds? Ernest's address now is: Division Reconstruction, Walter Reed Hospital, Washington, D. C.

We are pleased to add to the list of Normal College graduates who studied at Columbia University last summer, Alma H. Krueger, '11.

"Bud" Miller, '12, of the Stout Institute, directed Y. M. C. A. work at Camp Wheeler, Macon, Ga., for six weeks during the summer. He then returned to Menomonie for the summer term of Stout Institute.

Gladys Jacobs, '18, is assisting Alma H. Krueger with the work in the public schools of Menomonie, Wis. "Jake" was laid up with the "flu" for two weeks.

Nanon Roddewig, '15, let us know that she likes the "Bulletin" and took every precaution to get the next ones.

Mrs. Julia Alice Bigelow Beckmann, '06, had charge of the Mother Goose Pageant in which 600 children took part on Friday, August 16, 1918, at Lyndale Park, Minneapolis. Ten thousand people filled the natural amphitheater to overflowing, and the applause as well as the glowing praise the newspapers accorded the production make us proud of our colleague.

Word was received from Ed. Bartels, '16, from Savenay, France. He was at a base hospital there, had been in England and seen a good deal of that country as well as France. He longs to hear from classmates. Address: Field Hospital Company 345, Division 87, A. E. F.

Albert H. Weber, '17, stopped over at Indianapolis in October, on his way to Camp Taylor, where he was to enter the

O. T. C. His boy back home at Denver is now 11 months old.

Clarissa Williams, '17, in a letter which brought her Alumni dues and the assurance of her interest in the "Bulletin," tells of her work in the Huntington, W. Va., high school. She has mostly sophomores, for physical training is compulsory during the second year. The gymnasium is well equipped and she is enjoying her work.

"That new kind of an oyster growing near Baltimore looks dangerous. (The writer refers to the map which appeared in the October Bulletin.—Ed.) And—why isn't Philadelphia credited with the two Evans', and Reichelt and Pritzlaff? They surely belong somewhere and as their places at Philadelphia are kept open for them it seems only fair to put these four into our map. And Joe Hueber should go to Annapolis' credit, and Frank Eckl to Pittsburgh's. The map would assume a different shape."—W. A. Stecher.

Elinor Cornick, '18, is teaching at the Peace Institute, Raleigh, N. C.

Bob Nohr, '13, and Fred Hell, '18, report duck hunting fine on the Minnesota side of the Mississippi, near LaCrosse.

Harriet Mead Nohr, '12, had the "flu" and lost 27 pounds in two weeks, in October. Last reports say that she has fully recovered, even the 27 pounds.

Paul Foran, '18, expected to be discharged from service at Camp Hancock, Ga., early this year.

John Feller, '16, is still in the 21st Company of the 2nd Repl. Regt., at Camp Gordon, Ga.

Sergeant Ferd. J. Lipovetz is still at the Base Hospital at Camp Grant, Ill.

Lieutenant Alvin Romeiser, '15, is one of the few Normal College men who have been discharged from service so far; he was one of the first to enlist. "Romeo"

visited Indianapolis for a few days after his release.

Andrew Thoma, '17, writing from Camp Taylor, Ky., tells interestingly of his experiences in the medical corps. A furlough during the holidays was spent at Cincinnati, where his brother, Ernest Thoma, '06, suffered badly from influenza. We are glad to hear that our colleague is improving rapidly now.

Harry Wieck, '18, is making good use of his two years' training at the Normal College. Every morning he gives 2,500 boys at the Great Lakes training station their six o'clock setting-up exercises. During a visit in Indianapolis in December he told of his work and of meeting Joerling, Duebendorf, Fallon, Baum, Kalbfleisch and Schaffner at the Great Lakes station. All of them attended a meeting of Normal College men at the home of Edward Hell, '15, at Chicago, at which Max Strass and Edward Strobel were also present.

Bob Nohr and wife have moved into the house formerly occupied by Gustav Heinemann and family. Mrs. Heinemann and her little curly-head will live with her parents during Lieutenant Heinemann's service abroad.

Among the visitors to Indianapolis during the holidays was Alice Swaim, '17, from Cleveland.

On New Year's day Evalyn Talbot and Lieutenant Charles Apking visited the Athenaeum. They acted somewhat suspiciously, and sure enough the following day their wedding announcement was received. Lieutenant Apking had to return to camp after a brief leave of absence.

Armin Stecher, '14, enlisted for a term of six years in the Medical Reserve Corps.

Percy U. Duebendorf, '17, visited the noted Gally family in Indianapolis dur-

ing the Christmas vacation. He then went to New York, where he began transport duty. Unfortunately he was denied the long looked for treat of seeing New York, as one of his mates showed symptoms of diphtheria, causing the whole outfit to be placed under quarantine. His address is U. S. Receiving Ship, Bay View, New York, N. Y.

Meta M. Lorfeld, '18, has charge of physical training and athletics in the Honeoye and the East Bloomfield, N. Y., high schools and fills also the duties of a school nurse.

We were pleased to receive from Mrs. Gustav Heinemann a letter and Alumni dues for her husband, Lieutenant Heinemann, '13, who is now with Company K, 343d Infantry, in France. He is Chief Regimental Physical Instructor.

Wm. Ruzicka, '17, writing from the Marshall High School in Chicago, sends a cordial tonic to the "Bulletin."

Wm. Hofer, '17, at present with Hospital Corps No. 3, in France: We were glad to receive your letter and Alumni dues, and wish to say that if your brother, Karl D. Hofer, '05, will send us his address, we shall be pleased to mail him the October "Bulletin." At present we only know that he is in the public schools of Newark.

Helen Homan, '15, succeeded Marguerite Conger, '14, at Rock Island, Ill.

The Scanlan school of Chicago is to be envied of the teachers it gets: Marguerite Conger succeeds Jennie Gahl, '14, who is now at the Morgan Park high school.

Helen Devlin Morey, '15, has a daughter. The mail carrier reports her moved from her last address at Decatur, Ill. Will some one speak up?

William Taube, '03, formerly in Cincinnati, has turned farmer. We cannot locate him. Will one of his former col-

leagues inform us where he experiments with chickens and pig raising?

Louise Bessire, '18, is stationed at the Kensington high school in Philadelphia.

Harry R. Allen, '08, has been assigned to Base Hospital No. 2 as a first lieutenant in charge of recreation and physical training work with the convalescents.

Joseph A. Hueber, '16, has been made drill superintendent of the naval unit of the University of Pennsylvania.

#### DELTA PSI KAPPA.

As the old year goes out, Delta Psi Kappa has an odd year to look back upon. At first much was accomplished, then came a complete lapse due to the influenza epidemic, and then work was taken up again in full force.

At the beginning of the school-year the Psi Kaps made the acquaintance of, rushed and finally pledged ten splendid Freshmen. We observed two weeks of quiet, but due to the unstable war times, we rushed only four days instead of the usual week. We had several delightful rush events: a theater party and supper, an informal Welsh Rarebit feast and personal dates. As a climax, a week-end camping trip was indulged in at our cottage "Idlewild" on the White River which recalled to the members of last year the happy times of last June when all the Psi Kaps "gathered in" for a full week of canoeing, swimming, eating and sleeping. At sharp midnight of the last day of Rush, the invitations to become members were issued. The following week, i. e. of October 5th, Pledge was held at Miss Crozier's. The following Freshmen became Worms: Agatha Cooke, Waltham, Mass.; Beatrice Hoelscher, Waltham, Mass.; Dorothy Krueger, Chicago, Ill.; Mabel Loehr, Richmond, Ind.; Laura Mead, Chicago, Ill.;

Pauline Matthews, Waltham, Mass.; Ruth Olson, Chicago, Ill.; Marietta Rose, Lafayette, Ind.; Corinne Schweizer, St. Louis, Mo.; Elizabeth Workman, Spencer, Ind. The Pledge Dinner followed at the home of Constance Arbaugh. They were Pledges for nine long weeks, during which time eleven of us had the "flu"—but all have completely recovered. The termination of the pledge period brought initiation at Mrs. Boos' and Mrs. Sattinger Williams' lovely homes.

Thanksgiving time we had our dinner, but due to the epidemic we did not have quite as many Alumnae with us as in previous years, but enjoyed exceedingly the company of the select few.

Mrs. Walter Pickett, one of our Alumnae, entertained Alpha Chapter with a Christmas party at her home where we enjoyed a good old-fashioned grab bag, wonderful "eats" and indeed a rousing, good time.

I will add that Delta Psi Kappa has several New Year resolutions and surprises in store, so Psi Kaps, keep in touch with us and we will let you in on them. A happy New Year to all.

JEWEL GORDON.

#### Delta Psi Kappa Notes.

One of the most delightful treats the D. P. K.'s had for the year '18 was the Christmas box of fudge sent by Baby Dorothy Lou, daughter of Mr. and Mrs. August J. Eckel.

Our whole program for this year is not fully determined as yet, although it will be along lines of war work, if possible. We are already the proud possessors of six War Savings Stamps and intend buying more. "The Foil", our quarterly, has been delayed because of the late opening of the universities at which we have chapters. But it appeared during the holidays. "The Foil" is indeed a publication to the credit of

the institution from which it grows and draws its sustenance. Its December volume opens with a poem in blank verse "Resolved", which is very fine and has set us to wondering who of the Psi Kaps found it. The exchange section is rich. There are several things in the poetry line by Lillian T. Neubarth that show a happy power to express things in verse, while the realistic write-ups of the things the girls are doing because they have to or they want to, show they are all awake and have some gifted observers among them.

#### ACTIVITIES EXPECTED ON EVERY PLAYGROUND.

##### SONGS:

- Our Flag. (Gaynor No. 1.)
- Salute to the Flag. (Gaynor No. 2.)
- There are many in many lands.
- Hats off when the Flag goes by.
- The Good Old U. S. A.
- The Crow. (Gaynor.)
- The Moon Boat. (Gaynor No. 1.)
- Sand Man. (Poulssoon.)
- Mr. Duck and Mr. Turkey. (Niedlinger.)
- The Tea Kettle. (Gaynor No. 1.)

##### STORIES:

- The House That Jack Built.
- The Old Woman and the Pig.
- Three Goats.
- The Little Red Hen That Found the Grain of Wheat.
- Hans and the Four Big Giants.
- These are to be told so that the children will learn them thoroughly and can tell them in the opening exercise periods; also to groups of children.

##### FINGER PLAYS:

- The Little Boys Walk. (Song plays.)
- Bee Hive and Ant Hill. (Song plays.)
- Garden Bed. (Song plays.)
- My Bunnies. (Song plays.)
- Two Little Birds Sat on a Stone. (Recite.)

## SONG GAMES:

(Numbers refer to pages in Stecher's Games and Dances.)

## (a) Simple:

- Did You Ever See a Lassie. (4)  
 Let Us Chase the Squirrel. (3)  
 Oats, Peas, Beans, and Barley Grow. (7)  
 How Do You Do, My Partner? (5)  
 Soldier Boy. (Hofer.)

## (b) Advanced:

- Carrousal. (14)  
 Jolly is the Miller. (15)  
 Will You Dance With Me? (41)  
 Mow, Mow, Oats. (Hofer.)  
 Peas Porridge Hot. (Mother Goose.)

## GYMNASTIC AND ORGANIZED GAMES:

## (a) Elementary:

- Day and Night. (Dodgeball.)  
 Fox and Chickens. (Various races.)  
 Three Deep.

## (b) Advanced:

- Volleyball in three forms. (Prisoners' base.)  
 Endball. (Playground baseball.)  
 Cornerball.

## LITTLE DICTIONARY.

Donkey—One who votes for what he doesn't want and gets it.

Hunger—The masked benefactor who is responsible for the growth of human progress.

Life—A chase on all fours after a job.

Revenge—The pleasure of pursuing a skunk into his hole.

Scandal—Stock in trade in society.

Widow—A dangerous experiment.

Business Honesty—A crime, punishable by poverty.

Crank—The fellow who does not agree with you.

Smart Man—The fellow that does agree with you.

Benevolence—Building a fire, warming your feet and praying for the poor.

Great Business Ability—When a man pulls off a business deal and skins the public.

Business Rascality—When a man pulls off a business deal and skins you.

Pleasure—Work that you will enjoy because you are not compelled to do it.

Evolution—the crooked path of human progress.

Suspicion—A feeling that the other fellow is playing your own game.

Plain Drunk—When a poor man gets drunk at the corner grocery.

Bohemianism—When a rich man gets drunk at the club.

Excruciating Joy—When you find that your last dime is a quarter.

Anguish—When your wife asks you for four bits.

C. A. E

## FRUITS AND VEGETABLES.

Better health and reduction in the cost of living will follow the use of canned vegetables and fruits during the winter.

The balanced ration of many Americans today is made up something like this:

Bread, butter, eggs, meat and fish, potatoes and patent medicine laxatives.

Many Americans customarily suffer from indigestion, constipation, or rheumatism. A simple change of the daily menu might go a long way to remedy these ailments, something like this:

Bread, butter, fruit, vegetables, greens, meat, fish and eggs.

It is further recommended that every family provide a diet of fruit and vegetables for every day in the year.

Clerk: "Why do you not laugh at the boss's jokes?"

Office Boy: "I don't have to—I am quitting Saturday."