

Alumni Bulletin

Vol. VIII.

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No. 2

THE 1925 SUMMER SESSION.

Something entirely new and of greatest interest to all teachers in Junior High Schools and those striving for positions in such schools, will be given during this year's summer session of the Normal College at Camp Brosius. Mr. W. L. Richardson, Dean of the Department of Letters and General Science, and Professor of Education, will present three courses dealing with work in Junior High schools: The Psychology of the Junior High School Boy and Girl; Administration and Supervision of Junior High Schools, and The Place of Junior High Schools in a Scheme of Education. All courses will, of course, be arranged so as to be of particular interest to the teacher of physical education. The total credit to be earned toward the Bachelor Degree will be five semester hours.

Inasmuch as the Junior High School is becoming a distinct part of our educational system, advanced educators are taking up the special problems of this branch, and it is to the advantage of the physical educator to acquaint himself with the latest tendencies.

Another new course will be that in Fundamental (Free) Exercises developed by Mr. Rath and based partly on the work of Niels Bukh of Denmark, whose demonstrations created such wide interest in America. Niels Bukh has undoubtedly offered original ideas and our summer students may be congratulated that through the interpretation by Mr. Rath, these ideas, together with the

added original ideas of the Dean, will be presented this summer. Mr. Rath will also give his course in Methods and Management and will be director of the entire course as Mr. Stecher will not be present this year, having decided to make a trip to Hawaii, which vacation he truly deserves after the many summers spent in the interest of the Normal College in general and Camp Brosius in particular.

Mr. Otto Eckl, Instructor of the Concordia Gymnastic Society of St. Louis, will be one of the instructors in physical education activities. Miss Clara Ledig, Mr. Rath's assistant in the College, will also have charge of some courses. A new man is Mr. Fred Foertsch, Director of Physical Education in Schenley High School in Pittsburgh, who will teach Football and Swimming in which subjects he has always been quite successful.

Other courses to be given during the summer are Physical Examination, by Dr. J. Wm. Hofmann, and First Aid, by Dr. C. B. Sputh.

It seems somewhat early to think of summer camp when the icy winter winds are still blowing. Spring will be here, however, before we realize it, and it may not be amiss to call the attention of your fellow teachers to the course offered at Camp Brosius. Our graduates will further be interested in the announcement that the convention of the American Gymnastic Union will take place at the camp June 26-28, Friday to Sunday; the summer session will begin Monday, June 29, and will end August 1.

HOME-COMING.

The best Home-Coming we ever had, was the comment of all who came back to Normal College during Thanksgiving week. For three days there were activities of various kinds from forenoon till late at night. The demonstration by the College classes was, of course, the big event and was very well attended, visitors crowding balcony and bleachers. Superintendent of Schools, Mr. Graff, was one of the pleased members of the audience.

A brief report on the Home-Coming was given by Mr. W. K. Streit in "The Gymnast" of the Newport Gymnastic Society, and as it covers all events, we take pleasure in reprinting it here:

"In the opinion of all the Alumni, the present class at the Normal College numbering fifty-five men and ninety-seven women, is one of the best that has ever graced the portals of old Alma Mater. Their exhibition during Home-Coming Week consisting of singing games, fundamental exercises, aesthetic dances, tumbling, apparatus work, clogging and natural dancing, was a real inspiration to all those who viewed it. Any one interested in physical education and especially those who intend to make physical education their life work, are urged to make every effort to see the wonderful work of these Normalites.

"The Normal College Board met and discussed a number of propositions for the improvement of the College which has grown immensely in the last couple of years, and also of Camp Brosius. The recommendations proposed by the 1924 Summer Session students were heartily received and acted upon favorably in most instances. A woman's advisory committee is to be a new addition to the College staff. These women who have had experience in handling girls will

meet monthly to discuss various matters pertaining to the girls' dormitory and the gymnasium. An announcement was also made that there is to be a third Sorority at the College. The commencement exercises will precede the opening of the convention at Elkhart Lake on June 27th, 1925.

"Formal pledging of the Fraternity was held during the Holidays and 22 members of the Freshman class are now wearing their ribbons. The Fraternity Pledge Banquet was attended by almost 200 persons who proclaimed it an immense success. The Fraternity Hut (Stecher Hall) fund was given a big boost by the presentation of a check for \$55.00 by six of the members who were admitted during the 1924 Summer Session, plus an additional donation of \$25.00 by the guest of honor, Oscar Sputh, father of Dr. C. B. Sputh.

"At the Alumni Banquet Dr. Carl Ziegler, of Cincinnati, proposed to start a fund for the establishment of a permanent home for the Normal College, asking each Alumnus to contribute annually, one per cent. of his earnings for this worthy cause. A committee consisting of W. K. Streit and Miss Clara Ledig, of Indianapolis, was appointed to collect songs and publish the first edition of a Normal College song book.

"As usual, the Varsity basket ball team defeated Alumni in their annual home-coming game by 23 to 14.

"Children's model classes at the Indianapolis Turnverein which are being taught by the students, under the supervision of Dean Rath, have proved quite successful to date. Many of the Dean's new ideas in physical education are being worked out with these pupils."

The following non-resident Alumni attended the Home-Coming: Mable Ahern, Hans Ballin, Frances Behan, Bernhard Berg, Leah Braden, Vera Carr, Robert

Colwell, Mildred Cox, Ruth Cray, Dorothy Eck, Sophie Eid, Grace Funk, William Gerber, Elsie Wolf Greene, Anna Greve, Dr. Herman Groth, Anita Hartung, Anna Hausknecht, William C. Heiland, Hattie Hettich, Corinne Guenther Hofmeister, Gertrude Kern, A. E. Kindervater, Coleman Kortner, Gladys Larsen, Andrew Lascari, Harvey Lecollier, Margaret Lytle, Laura Mead, Ronald Moody, Dr. Robert Nohr, Ruth Olson, Thelma Penman, Raymond Reess, William Reichelt and Louise Debus Reichelt, Nanon Roddewig, Martha Rice, Laura Rosengarth, Elmer Rosenthal, Viola Schneberger, Russell Schott, Hazel Schuenemann, James Seaton, Ralph Shafer and Elsa Hein Shafer, Marion Snyder, Oskar Spath, William A. Stecher and Mrs. Stecher, William K. Streit, Gretchen Stuart, Caroline Wassermann, Mildred Watcher, Annabel Weinsheimer, Lottie White, Margery Wood, Dr. Carl Ziegler.

OMEGA UPSILON.

St. Valentine's Day marked the beginning of the third sorority at A. G. U. with the installation of nine girls as charter members of Theta Chapter of Omega Upsilon, a national professional physical education sorority.

Miss Zoa Nichols of Detroit, National President, and Miss Norma Hofmeister of Milwaukee, National Vice-President, conducted the ceremonies.

Immediately following installation, Jane Duddy, Mary Louise Viering, Irene Snyder, Pearl Frank and Mary Bifano became pledges of the new organization.

The eventful day came to a close with an informal dinner party at the home of "Peg" Lytle.

The charter members are: Ruth Ann Frasier, Evelyn Larkin, Mabel Bowser, Mary E. Holt, Vera Simon, Estella Andrews, June Brubaker, Ann Hausknecht '22 of Cincinnati, and Peg Lytle '24.

PHI EPSILON KAPPA GROWING.

Through the continued efforts of our Grand President, Dr. Spath and Brothers Raymond Ping and LeRoy Campbell, Phi Epsilon Kappa can boast chapters in two of the largest Universities in the country.

On Monday, February 9, Grand President Spath installed Theta Chapter at Wisconsin University, and on Wednesday, February 11, at Iowa City, he installed Iota Chapter at the University of Iowa.

This is truly a great accomplishment for Phi Epsilon Kappa, and it is a certainty that the Fraternity is deeply indebted to these three Brothers for their united and untiring efforts. Just this last week a charter was granted to the University of Michigan. This is true significance that Phi Epsilon Kappa is growing, not only in Physical Education Schools, but also in some of the foremost colleges and universities in the country.

Brothers of Alpha Chapter cannot help but feel a glowing pride in their hearts for their Alma Mater and their Fraternity and take it upon themselves to see that Phi Epsilon Kappa prospers in every possible way.

Coming back to local matters we would like very much to tell of how the "Goat" is being fattened and put in good condition for its annual ride. Pledges seem anxious to try their ability at this Western art, and are even going so far as to make paddles to use on "Billy" in case he gets too rough. While he may be a bit lively, we will say that he is not accustomed to being paddled. Tables turn sometimes, but after all, we are sure that this splendid crowd of men will prove loyal and true workers and members for Phi Epsilon Kappa.

—Alpha Chapter.

REMINISCENCES OF LIFE AT CAMP BROSIOUS.

It makes no difference where one teaches or what he is, whether he be prince or pauper, as soon as he gets the tang of the lake breeze or woods in his nostrils, all caste or class privileges falls from him and he becomes just a dandy good fellow and is glad to be taken as such. And so it was at the Summer Session of the Normal College held at Elkhart Lake, Wisconsin, during the month of July. There were almost as many states represented on the student roster as there are European Countries in this "Melting Pot" between the Atlantic and the Pacific and the fact that the camp was such a cosmopolitan gathering probably assured from the outset one of the most successful summer courses ever held at that grand old lake. There were supervisors with years of experience in teaching physical education and students with nary one to their credit; there were representatives from the Sunny South, the Bustling East, the Energetic North, as well as from "Out where the West begins"; there were men and women who had passed the half-century mile stone and others who had not voted for President; there were dancers who were artists, apparatus men and women of real merit, entertainers who might easily have been on the stage, swimmers and divers of rare ability, instructors of excellent repute and students who loved their books. Everyone was on an equal footing and was glad to be, for a change.

On the second day the class organized by electing William Streit (Ky.) President, Annabel Weinsheimer (Ind.) Secretary and Treasurer, and a Board of Directors consisting of H. C. Reuter (Wis.), Virginia Workman (W. Va.), Vera Ulbricht (Mo.), and Al. Maley (N.

Y.). An Entertainment Committee composed of Theresa Prinz (Mo.) chairman, Gertrude Stange (Ia.), Esther Kuss (La.), Robert Armour (Mo.), and Chas. Geber (Pa.), was appointed, completing the roster of administrative officers. Instead of having a complicated list of rules it was decided that there should be only one, "Be a Gentleman or Be a Lady". An acquaintance dance on the third day started the ball rolling and from then on there was no lull in action.

Although class work began at eight o'clock and continued until five, with many of the students taking full courses, there was always time for relaxation, entertainment and enjoyment of various kinds. The students at Camp Brosius always work hard and play hard and find great satisfaction in both. And so to live up to the name made by students in previous years, they established such an excellent calendar that time simply flew around and almost like a dream the last day was at hand with everyone wishing it might be the first again.

Among the outstanding events, were the three stunt night performances arranged by the students that rivaled anything on the Keith or Orpheum circuits. With such limited resources and short time for preparation, these three groups performed wonders and kept the hotel folks, who were always invited, as well as the students anxiously looking forward to the next entertainment. The exhibition in the village during the last week put a fitting climax to a most successful show season at camp and much credit is due the efficient Entertainment Committee, the Instructors and the students for their efforts.

The Wisconsin District Turnfest held at Sheboygan was attended by the entire student body with many of the men acting as judges. This festival was well conducted and the diverse program

proved of interest from start to finish. Those Wisconsin Turners are right there when it comes to real honest-to-goodness sociability and friendship on the field and off. While speaking of sociability, it might be well to mention that the four "Kommereses" held at Michaels during the course of the session were real high lights for faculty, guest and student alike, and revived many of the customs that were almost forgotten. While the men were thus enjoying themselves, some of the girls, in order to find an outlet for excess energy, amused themselves by turning the men's beds topsy turvy.

Several hay rides to Crystal Lake underneath the full moon, a camp fire meeting and community sing, tacky fashion parade, canoeing parties, hikes, farewell dance, and swimming meet in which the Perch team defeated the Bass team by a few points after winning the final event, a half mile war canoe race in a nip and tuck struggle, are some of the important camp events.

Banquets were given in honor of Dean Rath during the second week of camp, and in honor of Mr. W. A. Stecher, camp director, on the eve of the final examinations. Both affairs were well arranged and the latter in particular will long be remembered by those who were present for the singing, the exquisite decorations, the fried springers, the many witty and humorous speeches, and the remarks of the guest of honor after being presented with a gift from the class and the announcement that the Phi Epsilon Kappa fraternity had decided to name the new camp hut, "Stecher Hall", in honor of the man who had done so much for Physical Education in general, and the Normal College and its camp in particular. The decision of the fraternity was a most popular one and was greeted with tremendous applause.

The class meetings were always interesting and full of live discussion. A number of good suggestions for the improvement of the camp were made and will be presented to the College Committee at Indianapolis for action. Announcement of the results of the Olympic Games, then in progress, was welcomed each evening at mess by the students who had neither time to read nor access to world news until it was already "stale". The progress of the World Fliers and the Democratic Convention was also watched with interest.

Old Turners and their families at the hotel caught the spirit of camp life by mingling with the students when opportunities presented and by joining in their activities very frequently. The students, too, profited by discussing problems with those who had weathered many a storm and, all in all, it was a happy relationship in an ideal environment.

The thoughts and sentiments of everyone who was in any way connected with the 1924 summer session are embodied in the following parody on the song, "We're Drifting Back to Dreamland", composed by Stunt Group No. 3:

"While sitting at home by the fireside,
Watching the shadows fall,
We'll dream of those days at Brosius
That are gone beyond recall.
For life is so empty without them
Nothing can take their place,
So we're coming back to Brosius,
Where we hope to see your face.

We're coming back to Brosius
And we hope to find you there
With stories of good cheer
Of a most successful year.
We're lonesome now at leaving,
But we know that you'll be true
To the standards of Camp Brosius,
Our dear camp A. G. U."

—W. K. Streit, in "Newport Gymnast".

LETTERS FROM ALUMNI.

Dear Dean Rath:

Having now taught for three months I feel that I should write you and state my experiences at the "North Pole" (Negaunee, Mich.) for we have had snow for a month (written November 22) and it is coming down now very heavy. The people here are mostly foreigners. Italians; Finns, mostly; Swedes; they are a great bunch of hardy people though, and love the out-door life. Deer hunting is now in season and everybody goes out to the woods. I was out one day, but saw only tracks. This country is very beautiful; lakes, hills, forests, islands. The trees in the fall have the prettiest colors that I have ever seen. Deep red, purple, green, yellow, pink, brown, every color imaginable.

Physical Education here has been nothing but basketball. The people are worse than those of Indiana for the game. Every boy, regardless of size, is on some team. Last year Negaunee was to play Marquette, the county seat, and the snow blocked the road from here to Marquette; the trains could not run. The team came by large sleds and the game was played at 12 o'clock at night. Some fans! The school building is very new and modernly equipped. The gymnasium now has two parallel bars; three horizontal bars; one side horse; one buck; mats; horizontal ladder; stall bars and platform combined; spring board; small parallel bars, 12-inch; Balance beam; traveling rings; and they are now putting up poles, ropes and three sets of flying rings. Mr. Doolittle, the Superintendent, is very strong for the proper physical education and has backed Miss Gregory and myself to the limit. The boys never changed shoes for gymnasium and the floor was a sight at all times. The girls danced on it at noon. Now, all that has

been eliminated. My classes are coming along great. They like apparatus and are very courageous in trying stunts. Several of the boys are doing Kipps, seat circles, sole circles and two, hand stands. The Primitive Exercises are used regularly. I have 17 boys from one class doing them for one number in the Xmas exhibition; nothing but blue trunks. I have the 4th and 5th grades of three public schools once a week. I write out one lesson per month. There is plenty of chance to learn to teach here as the grade children do not know left from right.

I have classes in the High School gymnasium Tuesdays, Thursdays and odd Fridays from 8 o'clock to 12, and on Mondays, Wednesdays and Fridays from 1:15 to 3:25. Then comes the coaching part. The football season ended very successful both materially and financially. The season opened with only three regulars back from last year. However, this season ended with five victories, one tie, and two defeats. The best record of the school. Up to this year football has always shown a deficit. The season ended with \$500.00 to the good. Basketball is now started and the whole team is back. They won the Upper Peninsula championship last year. So I will be expected to duplicate. That is the drawback of coaching.

I would certainly like to be back for Home-Coming but it is impossible for me to get away. I am planning on going to Cincinnati for Xmas and will go through Indianapolis.

I have met Mr. Crane, who was formerly here. He has a nice position at the Sault St. Marie High School. We play basketball there this year.

I am to start an evening class for the men teachers. They are very flabby and inexperienced in gymnasium work.

We played football at Menominee. Mr.

Houston is the Director there. He was at Elkhart Lake the summer you went abroad. A very nice man.

LOUIS C. MONTGOMERY.

Dear Mr. Steichmann:

Received your New Year's letter in which news items were requested for the Bulletin. I trust the following may be of interest to your readers.

Mr. Harold Browne, '20, has been successful in putting into the curriculum here in the high school of Lincoln, Nebraska, a broad program of physical education. The aim is to make the program fit the student and is determined by a physical examination.

Each incoming Freshman boy will have to have eight credit hours of physical education to graduate. Six of them in gymnasium classes and two in after-school sports. He may choose basketball, baseball, tennis, golf, swimming, or football, also track. This past semester 135 boys received sport credit.

The girls have a requirement of 8.5 credit hours to graduate, four hours in gymnasium classes, two in after-school sports, and 2.5 in home hygiene. They may choose from basketball, tennis, golf, track, swimming, hockey, soccer, or dancing. Nearly 250 girls received after-school sport credit this past semester.

Each student is coached in the fundamentals of the branch of sport engaged in. Tennis, baseball, swimming, and golf are emphasized because of their possibilities as a "carry on" activity after school days are over. Attendance is determined by the length of the season.

Nearly 100 boys are engaged in two leagues of basketball now.

The swimmers are divided into two groups: beginners who cannot swim 60 feet and those who can. The latter group work on the Red Cross life saving tests. Group I works to get into group II.

Next year Mr. Browne hopes to add a hygiene course for the boys.

We have a fine plant to work in. There are two well-equipped gymnasiums 45x75; swimming pool 25x60, tiled throughout; two football fields; three tennis courts; three soccer fields; ¼-mile cinder track; concrete walled oval seating six thousand and housing two locker rooms, steam heated, and showers.

There were 475 boys enrolled in the gymnasium last semester including a corrective class for postural defectives and a sleepers' class for underweights. There were 425 girls enrolled including the correctives and sleepers.

Once a week each class swims and the beginners are taught. Whenever possible the classes are taken out of doors for their work.

Some of the classes are crowded as the enrollment varies from 30 to 80. This is handled pretty well in that we do not play games which will not accommodate this number. The sport program takes care of this.

Every gymnasium class student is given a thorough physical examination by specialists of the various phases and his activities under our supervision are rated according to his condition. The examination given here is rated among the best in the country. Where we fall short is in the "follow up"; facilities for so doing are not very adequate.

There are four in Mr. Browne's department, two men and two women, the latter graduates of La Crosse Normal School. Two graduates of the University of Nebraska teach in the academic branch and assist with the after-school sport program.

Always pleased to hear something from the Alumni and the college.

Best wishes for a successful year.

Sincerely,

C. S. PORTER.

ALUMNI BULLETIN

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ROOM FOR IMPROVEMENT.

What are you doing to improve yourself and to meet the expectations and demands of up-to-date principals and superintendents? Are you dozing in blissful contentment, satisfied to have accomplished so little, or are you working for higher aims? Every year another state insists upon increased demands for teachers of Physical Education. A minimum of three years of professional training in order to qualify for a high school position is demanded in many states and the number is constantly increasing. Some states insist upon a four-year professional preparation. Where would you be today in case you lost your present position? For what position could you qualify? Would you have to continue in the grades or have you sufficient ambition to add to your stock of professional knowledge? Every city offers opportunities for educational improvement, and our summer session is an excellent place to acquire credits for your B. P. E. degree.

During the past two years about thirty graduates have been working for this degree. Of this number, ten have completed the work and secured the much-desired degree, and with it increased satisfaction and salary, and improvement in position. Would it not be wise to join the ranks of these colleagues?

DON'T BE A SHIRKER.

"What's the use of paying Alumni dues when they send you the Bulletin anyway?"

This remark was made by one of the Alumnae recently. It indicates a spirit which we had not expected to find among the graduates of the Normal College. True, it is the first time that we have encountered such a frank shirker but the records of our treasurer show the existence of others of that character.

It is the policy of the Alumni Association not to exclude any graduate from the mailing list. Members often neglect to pay their dues one year and make up for it the next year. It would perhaps not be right to take the names of such members off the list. However, there are many who have disregarded all notices for many years, and these will soon be eliminated.

The receipts of the Association are used for the publication of the Bulletin three times a year, and usually enough is left to provide for a banquet to the graduating class. The Association would like to do many other things, among which is the publication of the Normal College songs. If all Alumni would send in their dollar every year sufficient funds would be provided. Don't be one of the shirkers; pay your dues when Mr. Toll sends out the notices, and enjoy the Bulletin with a clear conscience.

COMPLIMENTARY, WE SAY.

In reply to your request for information regarding the work done in practice teaching by the four young women of your school who are coming to Shortridge High School, I am glad to say that the high school girls enjoy having them as much as we teachers do.

The young women have been a very

great help to us, and an inspiration to the girls; they have brought in new material and that call of youth to youth which is a beautiful thing to behold.

They have been punctual. They have always dressed in gymnasium clothes for the class work. Their co-operative ability is splendid. They drive tandem or single team, or three abreast equally well, which shows as a result of the division of labor and the sharing of responsibilities while taking the college course.

They have each worked with both small (twenty pupils) and large (one hundred and forty pupils) classes, and have done creditable work, holding the attention, stimulating the desire to achieve and adding a new drill or a dance to the repertoire of each class. Surely one could not wish for more in so short a time.

KATE STEICHMANN.

DELTA PSI KAPPA.

The formal initiation of Delta Psi Kappa will be held February 28 at the home of Mrs. Albert Metzger, Honorary Grand President of Delta Psi Kappa. The initiation will be followed by a banquet in the Oriental room at the Spink Arms Hotel. The pledges are busy digging worms and carving paddles for rough initiation which will be held Wednesday night, February 25. "Service week" begins Friday, February 20, and the pledges will be given a thorough workout.

The following pledges will be initiated:

Frances Brallier	Elsa Hoyer
LaFern Amos	Louise Zinkgraf
Sara Blackwell	Hildegard Hein
Georgia Renwick	Julia Hauenstein
Emma Ellis	Katherine Fischer
Gertrude Jordan	Emmeline Wagner
Gladys Weinsheimer	Ruth Madajesky
Maybelle Miller.	

TURNERBUND ACTIVITIES.

Following are a few of the important things that transpired and conclusions that were reached during the meeting of the Turner Bund's Committee on Physical Training at Pittsburgh. The committee drew up a number of suggestions and proposals that will be presented for action at the National Convention to be held at Elkhart Lake, Wisconsin, June 26th to 28th, 1925.

1—The Turnfest plan adopted at the St. Louis Convention in 1923 was approved with a number of minor changes.

2—A method of classifying Turners in two age groups, one below 30 years and the other above, was devised, basing conclusions on the following criteria:

- (a) Membership.
- (b) Valuable service to Turnvereine.
- (c) Physical accomplishments.
- (d) Health standards.
- (e) Mental accomplishments.
- (f) Social standards.

3—A number of Turner songs in the English language were considered and a sub-committee appointed to publish a collection of such songs for the next National Turnfest.

4—It was recommended that a business course for Society Presidents, Secretaries, Managers, Instructors be held at Elkhart Lake, lasting a week or ten days, immediately following the convention. Modern methods of conducting a Turnverein with particular reference to advertising, finances and entertainment features are to be discussed along with other propositions for the welfare of the Turnerbund.

5—Methods of selling physical education to the public were discussed, but no definite conclusions were reached.

6—It was proposed that another meeting of Editors of Turnverein publications be held in connection with the convention.

PERSONALS.

Doris Rall '18 is teaching in the Y. W. C. A. in Worcester, Massachusetts.

Janet Funke '18 was promoted to a high school position in Kansas City.

Corinne Schweizer '20 has announced her engagement to Mr. Block of St. Louis.

Mrs. Anita Fuhring Kaderli is the proud mother of boy and girl twins, born last June.

Louise Bessire Griswold, '18, is now teaching at the Lake View High School Branch in Chicago.

Josephine Woolling and Georgia Veatch are both teaching in Junior High Schools in Chicago.

Gertrude Schlichter '22 is now Mrs. Clyde Tyndall and lives in Kansas City where she taught since graduation.

Myles Havlicek '17, after resigning at the Hamilton Club, is again teaching at the Carl Schurz High School, Chicago.

A little baby sister for Mary Jane arrived at the home of Arch and Mildred McCartney in Cincinnati on December 7.

Fred Voss '06 and Walther Lorenzen '19 were transferred from grade schools to the new Roosevelt High School in St. Louis.

Besides teaching in parochial schools, H. H. Hessler '20 and Mrs. Hessler are conducting a private dance studio in Cincinnati.

Ruth Mason Wolfe '18 is playing second lead in the Bonstelle Stock Company in Detroit. Her husband is also in the company.

C. L. Ebsen '99, for many years teacher in Belleville, Ill., and recently moved to Florida, has opened a dancing school in Orlando.

Julius Doerter '91 came up from Evansville for the swimming course arranged by the Red Cross, and also visited the College.

Martha Evans '18 who taught in Kansas City, has changed her name to Mrs. Robert Stewart. She still lives in the Missouri city.

Suffering a nervous breakdown, Grace McLeish '22 took a leave of absence from the Kansas City schools and is at home in Evansville.

Mr. and Mrs. G. Harry Frank announced the marriage of their daughter Mary Elizabeth ('23) to Mr. William K. Farris on December 10.

Erwin Volze '12 was married in December to Miss Imogene Gilmore Smith of Los Angeles. He is instructor of the San Francisco Turnverein.

Mrs. Jack Kalbfleisch stopped over in Chicago for a few hours after the Xmas holidays where several old friends saw her and her four-year-old boy.

St. Louis Alumni Chapter of Phi Epsilon Kappa entertained the ladies with a bowling party and supper at the Century Boat Club on December 28.

Mr. and Mrs. Ralph Marx are now living in Park Ridge, Illinois, very near to Jerry's sister, Mrs. Betty Stokes Thompson, who, by the way, has a baby son.

Marietta Sicer started to teach in the Rushville, Ind., high school last fall, but resigned at Christmas because of ill health of her mother and is home in Jeffersonville.

Three of the 1924 graduates have been placed in the Kansas City schools: Cora Baldauf, Laura Bell French and Mathew Poeltl, the latter also teaching the Turnverein classes.

After apparently disappearing for years, Anna C. Trumble '12 (Mrs. Patterson) shows up on Grosse Ile, the little island in the river below Detroit, doing public health work.

Olivia Gregory '23 resigned her position in the Negaunee, Mich., high school to be married in St. Louis. Vera

Carr of last year's class has been engaged in her place.

The St. Louis Alumnae Chapter of Delta Psi Kappa met at the home of Corinne Guenther Hofmeister on January 10. The next meeting will be at the home of Lillian Neubarth.

Two of last year's graduates who were not placed at the beginning of the school year have since accepted positions: Marie Hanss in Cincinnati, and Martha C. Schneider in Williamson, W. Va.

Several A. G. U. graduates had a "get-together" in New York City during the Xmas holidays. Doris Rall, Gertrude Nicke, Louise Reichelt, Martha Gable and Gertrude Law were among those present.

A recent visitor at the College was Karl Heckrich '93 who attended the golden jubilee of the Concordia Turnverein in St. Louis where he taught for many years, and made use of the opportunity to pay a visit to the College.

When returning from the Normal College "Home-Coming" Ronald Moody, Elmer Rosenthal and Andrew Lascari were badly shaken up in an automobile accident east of Cleveland and continued their trip home to Buffalo on the train.

Corinne Guenther Hofmeister '11 entertained for the visiting Psi Kaps on December 29 in her St. Louis home. Guests from out of town were Vera Ulbricht of Peoria, Katherine Zimmerman of Alton, and Lelia Guenther of Buffalo.

Dean Emil Rath and Miss Emma Norum were married Thursday, February 12, in the home of the bride's parents in Pittsburgh. Before coming to Indianapolis, they visited Buffalo, Cleveland and Cincinnati. The class presented them with a beautiful lamp, Mr. Hugo Thomas making the presentation speech.

Ruth Males '21 became Mrs. Leon W.

Miller on Christmas day. The wedding took place in Dayton; Vera Ulbricht sang and three other Alumnae, Martha Rice, Esther Hoebner and Gertrude Kern, were present. Ruth met her husband in Peoria where she and Miss Ulbricht were teaching and where he is coach of Manual Training High School. Mr. Miller is a graduate of the American College of Physical Education, and a Phi Epsilon Kappa.

Dr. Carl B. Sputh spent a week in St. Louis and met with the Alumni there. With one or two exceptions, all Normal College men residing in St. Louis were present at a gathering at Dr. Plag's house. Oscar Fager's Schnitzelbank was the feature of the evening and netted \$8.05 for the Stecher Hall equipment fund. The St. Louis Alumni promised \$100 toward that fund and nearly half of it was raised immediately.

Lee Cannon '20 writes that he feels thankful for the blessing of a good wife, a year-and-a-half old healthy daughter and a pleasant position. He has taught in Redondo Beach, Cal., for three years and was this year elected head of the department. There are four assistants besides two teachers of other subjects who assist in the coaching. The enrollment is 800. Two gymnasiums and a fine athletic field are available.

Marguerite Conger '14, now Mrs. James W. Mirfield, is helping her husband in his chicken business but does not forget to boost the Normal College when assisting as teacher of physical education and dancing in some of the institutions near her home, which is Cordova, Ill. Their place is situated on the Mississippi. Several incubators are used, each holding over 10,000 eggs. It must be a sight to see tens of thousands of fluffy chicks come out of the mammoth incubators.

A program typical of most wide-awake

physical educators is that of which Karl D. Hofer '05 wrote recently. He has charge of a school having two gymnasiums, with two women assistants. Health inspection has recently been added. There is squad work on apparatus and in athletics for pupils of the 6th, 7th and 8th grades. Two evenings each week friend Hofer works in a social center and one evening he teaches at the Turnverein. That's what one may call "keeping busy".

ALL-STUDENT ASSOCIATION DOINGS.

The All-Student Association has developed into a strong, dependable organization since the last issue of the Bulletin, giving service by handling all athletic and social affairs of the school. Receiving its funds from the school office, instead of the old method of charging and collecting, the Association knows from the start its financial state and can work accordingly.

The following offices were filled by election: President, Hugo Thomas; Vice-President, Laura Elder; Secretary and Treasurer, Louis Kittlaus. Entertainment Committee: Irene Young, Carl Bauman, Herman Kurtz. Athletic Committee: Elizabeth Rath, Ivan Overman, William Matthei.

The Freshmen elect their officers in May, giving them the opportunity to gain experience while at Camp Brosius.

The Home-Coming dance at Thanksgiving was the first function to be given. For December, a Christmas Comedy was presented, followed by a dance in the Kellersaal. During February, there took place a vaudeville show, a fencing meet, and an interclass gymnasium meet. All basket ball games were held according to the schedule. There are prospects for a great second semester and a greater camp.

—HERMAN KURTZ.

PERSPIRING FEET.

There are three abnormal conditions: Hyperhidrosis, or excessive perspiration; anhidrosis, or scanty perspiration and bromidrosis, or fetid perspiration.

As quite a number of inquiries have been made in the office regarding this condition we suppose this is more widespread among people than we are aware of, hence this article for the benefit of those suffering.

Excessive perspiration is most prevalent, caused mainly through foot weakness, nervous depression or some systemic disorder. The feet and hosiery are always damp and the insoles of the shoes are hard, shiny and brittle; the shoes become "rotten". If the cause is foot weakness, the condition is an indication that nature is trying to overcome the foot strain.

Scanty perspiration, if not caused through fallen arches, is due rather to constitutional disturbances than to local foot troubles. Rheumatism, stomach or kidney troubles may be indicated.

Bromidrosis or fetid perspiration is a functional disease of the sweat glands and the offensive odor is due to dead bacteria which have entered the sweat glands in the skin on the soles of the feet.

Let us learn a few things about the skin. It is composed of two layers, the epidermis or cuticle (which is being constantly thrown off in form of dandruff or scales), and the dermis, or true skin, tough and flexible. These are also composed of several layers of cells and tissues.

Through the skin pass two kinds of glands, one which secretes oil to soften the skin and nourish the hair (these are not found on the soles of the feet nor palms of the hands). The other are the sweat glands, through which the

moisture and poisonous matter is thrown out. The skin regulates the temperature of the body. When we are hot the sweat is thrown out through these glands and the moisture coming in contact with the air results in cooling the body; the skin also functions as do the lungs, throwing out the carbon-dioxide and absorbing the oxygen from the air.

The skin throws out from two to three quarts of perspiration a day.

There are about two and one-half millions of sweat glands in the skin covering the body; placed end to end they would cover about 30 miles.

Here is an interesting scale showing the number of sweat glands contained in a square inch in different portions of the body:

Forehead	1,285	Back	417
Neck	1,303	Thigh	566
Cheeks	548	Sole of foot	2,685

So we see there is more perspiration and waste matter thrown out through the pores in the sole of the foot than any other part of the body.

The offensive odor in bromidrosis is due to bacteria entering into the glands and setting up breeding places; dying, they clog the pores, putrefaction takes place and the mass is pushed out by the new bacteria.

Absolute cleanliness is necessary. Change of hose and shoes is required at least twice a day. It is necessary to keep open the pores of the skin. Should they become closed suffocation will take place (as in case of the child in Rome who was covered with gold leaf to represent a golden angel, and died a few hours afterward).

If shoes and hose are not changed the poisonous matter is reabsorbed into the system. That this is done can be tested by rubbing a pungent oil, like oil of peppermint, into the sole of the foot; by turning on a Violet Ray current it

can be tasted in the mouth in a short time.

The cure for these conditions is to soak the feet in hot water. While damp massage a granulated soap powder into the foot, bathe again, then use an antiseptic foot powder. Also, relief may be had by a foot bath with a solution of borax and tannic acid in hot water.

For hot dry feet after bathing, massage with a foot balm.—Elizabeth Bachmann, in Cleveland "Vorwaerts Turner".

BAD TEETH FROM MODERN DIET.

In a recent address at Washington, Dr. E. V. McCollum, professor of nutrition at Johns Hopkins University, charged that the present-day diet of this country includes too much white flour, bread and sugar. In the manufacture of white flour, he said, the wheat is stripped of the necessary healthful ingredients. Claiming that decay of teeth in modern times is due to the present unbalanced diet, he said that examinations made of old skeletons showed no decay of teeth. Dr. McCollum advocates increased use of dairy products and leafy vegetables and eating of greater amounts of uncooked vegetables and fruits.

If influence could be brought to bear on millers and bakers to use flour with more of the outer coating of the grain in it, it would mean an immense gain for the health of the American people. The bakers claim to make very fine bread, but they think too much about the looks of their loaves and not enough about their wholesomeness. It must be admitted that the consuming public is also at fault for it demands bread that is very white, and of course, the bakers can't force "natural" bread on it. So it is up to the consumers to inform themselves on the subject and to insist on getting real bread, if they value their health.

PHI DELTA PI.

Would that every month held a Thanksgiving to bring so many loyal alumni back to A. G. U. Thanksgiving was indeed a happy time for Phi Deltas when they could really see and talk to the alumni who so often come into their thoughts. Friday of Thanksgiving week the actives entertained at a buffet supper at Polly Prim's Tea Room the following visitors: Frances Behan, Mary Catherine Calkins, Dorothy Eck, Gertrude Kern, Thelma Penman, Martha Rice, Laura Rosengarth and Mrs. William Reichelt. The Indianapolis Alumni Chapter was well represented.

With the beginning of the new semester came second rush season and Phi Delt rushed and pledged Margherite Lobraico, Lucy Swinehart, Mildred Wagner and Mary Helen Wood.

February 2 was Founders' Day and little corsages of violets could be seen on every Phi Delt. The day was celebrated by pledges, actives and alumnae with a dinner at the Athenaeum. We were fortunate in having among the guests Mabel McHugh, one of the charter members of Phi Delta Pi, and Mrs. Boos, a patroness. Following the dinner we were entertained by a stunt originated and acted by the pledges.

Congratulations!

Prominent in the events of this year has been the welcoming of a third sorority, Omega Upsilon, among the girls. Perhaps the beginning and organization has been hard, as such things are likely to be, but they surely have gone ahead with leaps and bounds. Phi Delta Pi wishes them greatest success in their project.

Personals.

Mrs. Genevieve Shymer has left Indianapolis to live in Chicago again.

Garnet Warren, a Phi Delt of two

years ago, has returned this semester to complete her course.

SPORTS IN FRANCE.

In the November Review of Reviews we read that although 418,000 members joined French "Football Associations" alone and that athletics in France are making some headway, there is considerable stubborn antagonism toward all such "Anglo-Saxon innovations, harmful and unsuited to the national character," as a French writer put it. Another Frenchman thinks that "sport is the surest way to produce a generation of weaklings and cretins" (deformed idiots of the Alpine type).

These unjust, sweeping criticisms are admirably answered by the writer of the article in the true spirit of "Anglo-Saxon" sportsmanship.

"The larger discussion on the value of athletics for all, and the proper spirit and aim in the conduct of them, is interesting and wise. Certainly, the French visiting professors and other travelers, who remain sufficiently long in the United States, have been most enthusiastic in praise of the physical health, enjoyment of life, and social development of our academic centers in particular, and have contrasted them, often bitterly or wistfully, with the unhealthy solitude and joylessness of their own college days. In general, there seems no doubt that we 'Anglo-Saxons' are teaching effectively the need of sounder hygiene, and vigorous outdoor sport, for French schoolboys and students.

"There are many indications that the French nation may come to be as sturdy and chivalric an opponent of the Anglo-Saxon on the bloodless fields as in the long-forgotten days of Agincourt and Fontenoy."

IN MEMORIAM.

We regret having to report the death of several members of the Alumni Association.

One of the older members, Henry Widdekind, '82, died December 5th in Wilmington, Del., where he had resided for about ten years.

Andreas Bischoff died in January, age 65 years. He was instructor of the Vorwaerts Turnverein, Brooklyn, N. Y., for 35 years, and was awarded a Normal College diploma in 1914.

Carl L. Jones, '93, died in Milwaukee in January. He was teaching in the Milwaukee public schools.

William (Benny) Fallon, '16, committed suicide January 5 in Cincinnati where he was employed in the public schools. None of his friends are able to explain his act.

Meta M. Lorfeld, '18, died in February of last year. We were not informed of her death until recently.

On December 11, George Schoening, '98, died of typhoid. For 26 years he was director of the Young Men's Hebrew Association on Lexington Avenue in New York. Adam Schoening, who graduated from the Normal School thirty years earlier, was undergoing a severe operation at the time of his son's death.

BOOK REVIEWS

Health Education. Prepared under the direction of Thomas D. Wood, M. D., chairman of a Joint Committee of the National Education Association and the American Medical Association.

In the preparation of a health program for public schools and teacher training institutions, the Joint Committee on Health Problems in Education of the National Education and American Medical Associations has rendered a val-

uable contribution to an important subject which is now published in book form under the title "Health Education."

The aims of health education are defined as follows:

1. To instruct children and youth so that they may conserve and improve their own health.

2. To establish in them the habits and principles of living which throughout their school life, and in later years, will assure that abundant vigor and vitality which provide the basis for the greatest possible happiness and service in personal, family and community life.

3. To influence parents and other adults, through the health education program for children, to better habits and attitudes, so that the school may become an effective agency for the promotion of the social aspects of health education in the family and community as well as in the school itself.

4. To improve the individual and community life of the future; to insure a better second generation, and a still better third generation; a healthier and fitter nation and race.

After outlining the problem as shown by health conditions in the United States, the committee discusses health promotion factors, and the meaning of health in terms of the healthy organism and the healthy personality. Suggestions are made as to the kinds of knowledge needed by the teacher for effective health teaching. It is pointed out that the determination of what is a healthful way of living is not an arbitrary unreasoned process but is based upon scientific truths and is rational.

Various educational problems are outlined and suggestions are made for courses of study in health education applicable to different grades.

This report of 161 pages furnishes an authoritative compilation of technical

statements and a concensus of professional opinions relative to this field of education. In addition, a fairly extensive bibliography is appended.

Health. By C. E. Turner and Georgie B. Collins. D. C. Heath & Co.

One of the big problems for teachers who are interested in promoting health in our public schools is to find suitable subject-matter. There is plenty of good material to be found but most of it is in such form that the teacher has difficulty selecting the good from the bad.

Subject-matter on health must be scientifically correct and at the same time helpful to the child and must impart useful information. It must be presented in a manner so as to stimulate in the child a natural desire to want to develop good health habits without any conscious effort. This requires careful study, on the part of the teacher, of materials, methods and devices.

Professor C. E. Turner and Georgie B. Collins in their book "Health" do all this for the teacher in a most excellent manner. The book contains material for a complete health habit formation program. It has practically everything that is necessary for that purpose and it suggests at the same time many useful devices and methods.

The book contains chapters on what health is, how growth takes place and what habits are most helpful in the maintenance of health. It compares the human body to a living ship and tells how and what materials are necessary for repairs and fuel. It discusses digestion, what to eat, care of the teeth, cleanliness, posture, care of the feet, the mind and nervous system, rest and exercise, care of the eyes, fresh air and outdoor life and other topics.

While the book is primarily intended

for children in the upper grades every teacher interested in health education should have a copy and she should study it from cover to cover. It is just the book she has been wanting for some time.

TENURE

Resolution IX adopted at the last business meeting again commits the Indiana State Teachers' Association to the advocacy of a teachers' tenure law. The need of tenure is nation-wide and is being voiced by numerous state associations and by the National Education Association with increasing insistence. For years our association has advocated tenure legislation and for years tenure has been side-tracked during the legislature in the interest of other school legislation.

If Indiana is not to lag in developing a teaching profession she must soon frankly and fairly face the tenure question.

The case for tenure is summed up by the following quotation from an address by Miss Olive Jones, past president of the N. E. A.:

"No man or woman of talent and self-respect today, when the field of choice of career is so varied and unrestricted, will enter or remain long where his permanency of position is dependent upon fear or favor or any other factor except the character of his services. What the past few years have seen in unjust removal of superintendents and others in unprotected official positions, in attempts at lowering of standards for admission to teaching positions, and in the defeat of legislation aimed to improve or protect tenure in teaching positions, demands the utmost watchfulness on the part of every state and local committee."