

Alumni Bulletin

Vol. XIX

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No. 3

CAMPAIGN FOR MAINTENANCE FUND

The campaign for the establishment of a permanent maintenance fund for the Normal College is slowly but surely gathering momentum. As explained in the February issue of the Bulletin, this campaign is being conducted by the National Executive Committee of the American Turnerbund under the direction of President George Seibel. While a definite report can not be given at this time, there are sufficient indications that Turners and Alumni are taking the welfare of the College at heart and are not only subscribing to this fund, but are also urging others to do so.

A good number of subscriptions for \$200.00 have been received. This sum is payable in five annual or ten semi-annual installments, so that it will work no hardship on any Alumni to give such an amount for the purpose of making the Normal College permanently secure. Turnvereins and Districts have also heard the call and acted. The Indiana District at its convention on April 25-26, appropriated \$200.00 from the district treasury and promised a minimum of \$120.00 from each society; furthermore, each society will appoint a campaign committee to solicit subscriptions from its members. The Lake Erie District held its convention at Detroit on May 2-3 and appropriated \$500.00 to which the Ladies' Auxiliary added \$50.00. Contributions from the Philadelphia District and the Business Men's Class of Phil-

adelphia Turngemeinde so far are \$250.00. The convention of the New York District adopted a motion to support the College and will take the matter up again at the next quarterly convention on June 7. Mr. Seibel also reports the receipt of several large subscriptions of \$500.00 from individual Turners.

It takes a little time to get a campaign of this magnitude under way, but the Turnerbund's Executive Committee and the Board of Trustees of the Normal College are working and feel sure that the drive will be successful.

Alumni can help by subscribing early and giving as much help as possible to get others, Alumni and Turners, to do the same. There are many ways of helping the College besides making cash donations. Phi Epsilon Kappa Alumni chapter in Indianapolis is giving a Bingo party for the benefit of the College. Similar entertainments, exhibitions, etc., may be arranged. The most effective way of getting the maintenance fund is, of course, the cash contribution. We are sure the Alumni will not fail their Alma Mater.

KEEP THE CHILD NORMAL

The normal thing for a child is to be doing something. This activity whether it involves running and jumping or sitting quietly with a book, is generally based on his abilities, tastes and interests. In this simple fact is found the key to much that can be done to keep the normal child normal.

BOOK REVIEWS

The Rhythm Book, by Elizabeth Waterman. 149 pages, with illustrations. A. S. Barnes and Company, New York. 1935. \$3.60.

This is a manual for teachers of young children. The book deals with the various rhythmical movements, such as walking, running, jumping, hopping, leaping, galloping, sliding, skipping, bending and stretching, swinging and swaying, turning and twisting, rising and falling.

The methods of teaching these various movements are well outlined and many devices for correlation of rhythmical movement with music are emphasized. The use of the rhythmical movement in different kinds of time, different degrees of intensity and its relation to pattern making is adequately covered.

Chapters are devoted to the use of different types of instruments to be used during rhythmical work. Correlations have been suggested between drawing and modeling and rhythmical movement. The last part of the book is devoted to music which may be used to accompany the activities suggested. Altogether the book is very practical and would make an excellent addition to the library of any teacher interested in the newer kinds of rhythmical activities that are being given to children of the primary and elementary school age. C. L. H.

* * *

The Teaching of Body Mechanics, by Ivalclare Sprow Howland. 203 pages, with illustrations. A. S. Barnes and Company, New York. 1936. \$2.50.

The teaching of body mechanics in the average school situation has always presented difficulties due to the inadequate time allotment. This book is an excellent contribution which will aid teachers to organize and administer a program for improving poor body mechanics. A great

part of the book deals with work that may be conducted in classes where a program of regular individual gymnastics is not practical. Methods of organizing the class into groups or squads for the purpose of individualizing the activities are suggested.

The book is divided into four units. The first deals with the introduction to the teaching of body mechanics. It concerns itself chiefly with methods of examinations and classifications of students. The second unit is devoted to activities in the body mechanics program and pays particular attention to ways in which these individual activities may be motivated and made more interesting. The third unit is devoted entirely to specific exercises and the fourth contains suggested lesson plans. The book also includes an excellent bibliography.

I believe Mrs. Sprow Howland has made a practical contribution in the field of Body Mechanics. C. L. H.

* * *

Tennis for Teachers, by Helen Irene Driver. 191 pages with illustrations. W. B. Saunders Company, 1936. \$2.50.

If anyone is looking for very constructive and practical material on the subject of teaching beginners, one need go no further, for Miss Driver, who is instructor of tennis at the University of Wisconsin, has contributed just such a piece of work in her new book.

The teaching of all the different strokes, the serve and foot work, are excellently handled. Descriptions of the technique, suggestions for organizations of classes, game forms to be used in the teaching of these fundamentals, coaching hints, necessary equipment and tactics that are used during games and during tournaments are all included in the various chapters. Lesson planning, testing, organizing of tennis programs and tournaments are also included within the pages of the comparatively small volume.

I believe that in high school or college, a teacher who feels that he is inadequately prepared to teach tennis can readily take Miss Driver's book and with a little study, work out a constructive program.

C. L. H.

* * *

Leisure and Recreation, by B. M. H. and E. S. Neumeier. 397 pages. A. S. Barnes and Company. \$3.00.

The authors of this book are approaching the subject of leisure and recreation from the sociological point of view. The book would make an excellent companion volume to books devoted to activities used in the field of leisure.

Here we find the theory and philosophy underlying the field of recreation. Chapters deal with the new leisure and its meaning. The factors which have gone into the development of leisure time, the changing uses of leisure and the effect of leisure on personality are among the many approaches to this field of Physical Education. The various agencies sponsoring and fostering the recreational program, the history of the movement and the need for qualifications of recreation leaders are also covered by the authors.

C. L. H.

* * *

Sports for Recreation, by Elmer T. Mitchell and the Staff of Intramural Sports Department, University of Michigan. 549 pages with illustrations. A. S. Barnes and Company, New York. \$2.50.

In the past few years, Mr. Elmer Mitchell has presented to Physical Educators, some of the most practical and best books for use in the field of recreation and games. His "Theory of Play," "Social Games," and "Active Games and Contests" have met with a very wide usage. All have been well written and have been very usable, so it is not surprising that Mr. Mitchell has again brought out a volume equally as good.

Under one cover one finds all the sports that are used in the recreational field. In the past few years, a growing emphasis has been placed upon the development of sports that may be used individually or in small groups. Many of these are included in this volume. Such activities as, Archery, Badminton, Hand-ball, Riflery, Squash, Golf, and Fencing are included. The team sports have not been neglected either, for basketball, football, hockey, la crosse, soccer and speedball are also described. A chapter is also devoted to gymnastics and apparatus work. In fact, there are very few sports that are not included in this volume. There are 32 chapters, each one, with the exception of the last three, deals with conducting, managing, and testing such a program.

I am sure that anyone in the field of Physical Education could get more than \$2.50 worth of value from this book.

C. L. H.

* * *

Physical Education Achievement Scales for Boys in Secondary Schools, by Frederick W. Cozens, Martin H. Trieb, and N. P. Neilson. 155 pages, with tables and illustrations. A. S. Barnes and Company, New York, 1936. \$1.60.

This is the second book in a series dealing with achievement scales in a variety of activities at the secondary level. The authors used performances obtained in the Junior and Senior High School in the city of Los Angeles.

The book is divided into two parts, the first dealing with the classification of boys and procedures in testing, the second with achievement scales and technique used in their construction.

This book is a fine contribution in the field of objective testing. The authors have taken activities suitable to the average Junior and Senior High School situation and have worked out achievement scales. The entire set of achievement

scales is used in connection with the classification chart worked out by Nelson & Van Hagen for the California State Syllabus.

This timely volume fills the same need in the secondary schools that Neilson and Cozens's "Achievement Scales in Physical Education Activities for Boys and Girls," does in the elementary and junior high schools. R. R. S.

ZWARG'S BOOK FOR SALE

"The History, Uses and Values of Apparatus in Physical Education," is the title of a study by Dr. Leopold F. Zwarg, head of the department of Physical and Health Education in the Germantown High School, Philadelphia, and Physical Education instructor in the University of Pennsylvania. Dr. Zwarg has presented several hundred copies of his book to the Normal College as a contribution toward the sustaining fund. The books are for sale at the College office at 50 cents, less than half of the former price.

This work really fills a need in the literature of Physical Education. It consists of 140 pages, 6x9 inches. There are two parts, the first forming a historical review of the development of apparatus exercises. It gives in brief form all available information on this subject from the Greeks and Romans to modern times. The complete bibliography is especially valuable. Part II consists of a description of numerous experimental studies of apparatus exercises. These were conducted in Philadelphia high schools. The results are presented in tables and readable form.

The book is recommended to all graduates and others interested in apparatus work and will be of help to instructors in high schools and Turnvereins. Send your order with 50 cents to the Normal College.

COMMENCEMENT

The 1936 Commencement of the Normal College will be held Thursday, May 28, 8:00 p. m., in the large auditorium of the Athenaeum. The students will present a demonstration of Physical Education activities in the form of a pageant worked out by the Junior class. Mr. Walter B. Harding, president of the U. S. Tire Co., a good friend of the College, will be the chief speaker. Catherine Fitzgerald will deliver the farewell address and Mary Alice Shively will give the response. Alumni are cordially invited to attend the ceremonies.

Diplomas will be presented to the following:

Degree of Bachelor of Physical Education:—

Howard A. Clark, Buffalo, N. Y.

Frank J. Philipps, Cincinnati, Ohio.

Diploma of Teacher of Physical Education (3 years):—

Alvin Baer, Clinton, Mass.

Pearl H. Barnekow, Buffalo, N. Y.

Wesley R. Benzee, Buffalo, N. Y.

Frank M. Emerling, Buffalo, N. Y.

Catherine A. Fitzgerald, Bayonne, N. J.

Fred A. Flessa, Buffalo, N. Y.

Frances H. Kochendorfer, Menomonie, Wisconsin.

Ruth I. Lorentz, Peoria, Ill.

Rudolph L. Memmel, Rochester, N. Y.

Estelle Poe, Muncie, Ind.

Wm. O. Ruedlinger, St. Louis, Mo.

Eleanor J. Seymour, Ebenezer, N. Y.

Robert C. Shoemaker, Indianapolis, Ind.

Marvin E. Steuernagel, Milwaukee, Wisconsin.

Health is assuming the place as the first objective in education. From merely a "paper" objective, it is gradually becoming recognized in practice.—E. D. Mitchell.

EASTERN DISTRICT CONVENTION

The Eastern District Convention of the American Physical Education Association was held in Syracuse, March 25-28 inclusive. The convention, attended by more than 1,500 delegates, was one of the most successful ever held. Its success was due, in no small measure, to the guiding genius of Paul Krimmel, Director of Physical Education in Syracuse, who acted as Convention Manager.

The eastern district embraces twelve states, Maine, New Hampshire, New Jersey, Rhode Island, Maryland, Massachusetts, New York, Connecticut, Pennsylvania, Vermont, Delaware, District of Columbia.

The program featured an address by Dr. E. C. Lindeman of the New York School of Social Work; his topic was "The Meaning of the New Leisure."

Dr. Hartley W. Cross of Springfield College spoke at one of the general sessions on "Some Modern World Problems."

Dr. E. C. Hartwell, Superintendent of Buffalo Public Schools, had for his topic, "Physical Education's Service to the Community."

Mr. Herman H. Horne, Professor of Education at New York University, speaker at the fourth general session, had for his topic, "What is the Nature of the Training Which the Physical Educator Should Have to Prepare Him to Serve Fully the Community of Tomorrow?"

The final general session of the convention featured Mr. H. V. Kaltenborn, widely known News Commentator, whose topic was, "We Look at the World."

Aside from the general sessions, there were many section meetings including the following: Health Education, Research Section, Therapeutic Section, Camping, Private Schools, Womens Athletics, Men's Athletics, Dance Section, Recreation Section, Public Schools Section, Student Section.

Demonstrations were given by Cortland State Normal School, Dance Section, Therapeutic Section, and the Archers Company.

One of the many highlights of the entire convention was a demonstration conducted by the Department of Physical Education of the Syracuse Public Schools, under the direction of Paul Krimmel. A diversified program of Physical Education Activities was presented by 1,000 junior and senior high school pupils. All who saw this stirring spectacle agreed that it was one of the finest demonstrations they had ever witnessed.

The convention was not all lectures, business meetings, and demonstrations, however. Many fraternal and alumni luncheon meetings were held and at these functions a good old-fashioned "get-together" was enjoyed by all. Informal dances, teas, receptions also comprised the social events, which were well attended.

We in Syracuse feel that the department of physical education gained much prestige and satisfaction as a result of this conference, and we know that all who attended will profit by it.

FRANCIS MULHOLLAND.

THE MEANING OF EDUCATION

Education does not mean teaching people what they do not know. It means teaching them to behave as they do not behave. It is not teaching youth the tricks of numbers and the shapes of letters, and then leaving them to turn their arithmetic into roguery and their literature to lust. It means, on the contrary, training them into the perfect exercise and kingly continence of their bodies and souls. It is a painful, difficult and continuous work to be done by kindness, by watching, by warning, by precept and by praise, but above all—by example.—John Ruskin.

STUDENT ACTIVITIES

The Junior Class

For graduation this year, the Junior Class has decided to undertake something quite different from previous graduation exercises. The class will sponsor a pageant called "The Place of Physical Education in the Machine Age." Of course, the class cannot undertake the whole project without the assistance of the other classes and the faculty. These people have been kind enough to work hard to assist us. We appreciate all they are doing. Washington High School, too, has lent some costumes for our folk numbers. We thank the people in charge there. The class is taken up with the pageant and has found little time for other activities; but it is busy enough and happy enough because there is so much work to do. The class, however, is looking forward to a buffet supper on May 16th—the kind invitation of Dr. and Mrs. Carl B. Sputh.

The members of the class cordially invite all Alumni to attend our graduation. We hope to see you all on May 28th.

C. A. F.

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Phi Delta Pi

Alpha Chapter of Phi Delta Pi met at the home of Grace Knight on April 21, 1936 to discuss plans for the initiation of "doggies" Billie Boettjer and Dorothea Holoubek. The ceremony has been scheduled for May 19, 1936 at the Marott Hotel.

Alpha Chapter is planning a party for the Alumni Chapter at the home of Dr. and Mrs. Kime. The arrangements of this party are made under the chairmanship of Alice Lange.

The pledges are going to start on their "doggie booklets" which, when completed, are to be sent to the National Convention of Phi Delta Pi. These books will contain interesting clippings on all

sports and articles pertaining to the Physical Education profession.

The National Convention held in St. Louis on the week-end of April 18, was a great success. There were interesting talks and discussions on future plans and projects which Phi Delta Pi has always carried on with such a great success.

A. L. L.

* * *

Sophomores

The Sophomore class under the able guidance of president Henry Dreyer and with the hearty cooperation of the class members, has had regular attendance at all meetings.

The members representing the class on the Student Council are Helen Woelfle and Edwin Webdale. Mary Alice Shively was chosen by the class to give the response to the farewell address at this year's commencement.

A council ring program was given as the last social activity and was well attended and greatly enjoyed by the students.

* * *

Delta Psi Kappa

This has been a busy and happy year for Delta Psi Kappa. We've had some enjoyable parties, meetings and informal get-togethers. Rush this year increased our Chapter ten members; we now have eleven actives and nine pledges. Wish us a bigger and better chapter!

We are preparing to send a delegate to the Convention at Nashville, Tenn., and hope to see all the Psi Kaps we know and all we don't know at that Convention this June.

Alpha Chapter initiated two new members April 18th. They are Barbara Cuddeback of Syracuse, N. Y., and Jane Wedekind of Louisville, Ky. We hope to initiate a few more girls before the school year ends.

The actives and pledges are planning

to join the Indianapolis Alums on a hike and outdoor supper on May 2.

The school year is almost up, but we plan to have a few more meetings. At the meetings to which we invite the pledges, we have much fun, for the pledges are kind enough to entertain the actives with stunts and songs. We hope they enjoy themselves as much as the actives do.

Next year the Psi Kaps will come back minus three girls who will be graduated this year. We're sure the Psi Kaps will make up for it next year and rush. Have a nice vacation, Psi Kaps, and we'll see you in Nashville!

M. L. H.

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Phi Epsilon Kappa

On March 23, Alpha Chapter of Phi Epsilon Kappa held election of officers. The men going into office were: Henry Dreyer, Pres.; Harold Baer, Vice Pres.; Barret Diehl, Treas., and Henry O. Meyer, Secretary. It can truthfully be said that these men are working hard to keep Phi Epsilon Kappa ahead. There may be strength in numbers, but without union there is no strength. So, in Alpha Chapter, in spite of her small membership, there is unity and cooperation. This, after all, is what makes our chapter so strong, and a combination of thirty such chapters makes Phi Epsilon Kappa the great fraternity that it is.

At the present time, we have six pledges going through their paces and living the dog's life of pledgship. However, their misery will soon terminate with the advent of rough initiation to be held on Friday, May 1, 1936. On Monday night, May 11th, these men will be formally initiated into Phi Epsilon Kappa. They are pledges, George Walper, Tom Miller, Otto Ryser, Fred Ploetz, Adolph Winter and Chet Lesniak. We trust they will be transformed from downtrodden and somewhat tried pledges to active, enthusiastic brothers.

HENRY O. MEYER, Secretary.

IN MEMORIAM

Olive Roberts Morris died in February. She was a graduate of 1920 and after teaching a few years, was married and lived in Indianapolis. Survivors are the husband and two children.

Oscar E. Ruther died in Leavenworth, Kansas, April 20, after an illness of several weeks. Born in Germany in 1862, he came to America in 1871. He attended Turnverein classes in Holyoke, Mass., and from 1885 to 1891 taught in two Turnvereins. He then entered the Normal school in Milwaukee and held positions with the Social Turnverein in St. Louis and the Independent Turnverein in Indianapolis. In 1910 he went to Leavenworth as Turnverein instructor and supervisor in the public schools. He held the latter position until his death. Ruther was jovial and well liked. He always took a special interest in dancing and was a member of the Dancing Masters. Until the last he was interested in the Turnbund and its Normal College and was present at the last Home-Coming in November.

After a lingering illness, Herman Hein died in New Ulm, Minn., the last week of April. He was born in New Ulm in 1864, and was a member of the 1886 class of the Normal School. During more than fifty years he was active as Turnverein instructor and director in public schools, mostly in New Ulm. He sent three children to the Normal College, Carl, Elsa (Mrs. Shafer) and Hildegard. Hein was a Turnlehrer of the old type who were such devoted missionaries for rational Physical Education. He was one of the first six instructors appointed in the Chicago public schools in 1886. Now there are over 400 teachers of physical education in Chicago, thanks to the wonderful work of those pioneers.

ALUMNI BULLETIN

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CORRESPONDENTS

Buffalo—Mrs. John Stocker, 70 Benwood Ave.

Chicago—Mrs. Hazel Gronemann, 156 Eugenie St.

Cincinnati—W. K. Streit, 216 E. 9th St.

Cleveland—Jacob Kazmar, 9520 Allerton Ave.

Davenport—Moline—Rock Island—H. C. Klier, 1226 6th Ave., Moline, Ill.

Indianapolis—Mrs. Evelyn Romeiser, 2437 E. Riverside Drive.

Kansas City—Dr. Lena Hoernig, 22 West 58th St.

Milwaukee—Esther Heiden, 1525 W. Wright St.

Philadelphia—Mrs. Wm. Reichelt, Valley Forge, Pa.

Pittsburgh—E. A. Senkewitz, 1612 Grandview Ave., North Braddock, Pa.

St. Louis—Vera Ulbricht, 3422a Hartford St.

Syracuse—Francis Mulholland, 421 E. Fayette St.

TRENDS AND PROGRESS IN PHYSICAL EDUCATION

1. An ever increasing number and variety of activities featuring the physical program.

2. The dismissal of the argument between "formal" and "informal" training; the emphasis now being on any activity invested with meaning and related to purposeful living.

3. The elimination of programs which overemphasize a few activities; programs now are well-balanced and comprehensive.

4. The realization by participants that the exercise is the means to an end, and not an end in itself. The further

realization that a certain amount of skill is a necessity for the complete enjoyment of an activity. "We tend to do the things we do well." The acquisition of skill is an important foundation to the enjoyment of a certain physical recreation, for the play spirit is prompted by reasonable assurance of achievement and success. The necessity for having a wide variety of recreative sports, a few at least which will appeal to everyone, is thus indicated.

5. The matter of diagnosing physical conditions and needs of an individual is attracting considerable attention today. All educators realize that effective education can only follow the recognition of the individual needs of the children. A specific observation—the increasing use of physical fitness and physical achievement tests along with plans for homogeneous classification of students—is an actual outcome of this interest. Research in health and physical education, especially in measurement, is progressing rapidly and encouragingly.

6. The values of our program in providing suitable situations for favorable outcomes in the development of character are recognized and means of using our activity programs to best advantage in this respect are being thoroughly considered.

7. The emphasis on health education is becoming constantly greater. The health counselor plan is gaining wide acceptance as a suitable means of administering an effective health program within the school.

8. A more fitting name for the variety of activities which our program embraces is needed. "Health, Physical Education and Recreation" is gaining popularity as a title for our administrative division of school work. The community demands upon the administrative ability of the physical educators make "recreation" definitely a part of our work.

Perhaps we shall invent a terse and at the same time all-inclusive term or phrase which will lead to standardized use and acceptance by the profession.

9. Physical education is no longer considered an isolated subject in the school curriculum. There is on the other hand a strong tendency to integrate physical education with the subject matter of other fields of education. The latter is particularly true in the elementary school. The English department, for example, in holding a pageant of colonial days, calls upon the physical education department to provide the dances that were a part of the life of the times. From the manual training department come the stage properties; from the music department, the songs; from the history department, the costumes, etc.

10. Along the line of the new emphasis on the whole child we are giving far more attention to the mental hygiene aspects of physical education. We are realizing that the shy and introspective child needs encouragement to enter into group activity and appreciates the opportunity to secure self-expression even more so than the expert pupil in the class.

11. Physical education in the school has definitely tied itself up with the summer camp movement and with the adult education movement. This new emphasis on education as "a continuous process,"—year-round and life-long—is one which needs the contributions of physical education.

ELMER D. MITCHELL.

CAMP BROSIUS

Immediately after commencement, Sophomores and Freshmen of the Normal College will leave for Camp Brosius, where they will spend the month of June pursuing the courses usually given at camp. Sophomores are naturally looking

forward with pleasure to the four weeks at Camp Brosius which they enjoyed last year, while Freshmen look to the camp course with great expectations raised by the many stories told by upper classmen.

Camp Brosius will again be operated as a summer resort during July and August. The season will begin July 1 and end on Labor Day. Alumni who have been there, remember with pleasure the fine rest one may get at the Turners' camp. Elkhart lake still has its clear water and the walks around the lake are just as enticing as ever. Mrs. Ida Bose, so well known to many Alumni, is to have charge of the hotel dining room again.

Alumni and Turners looking for a place to spend a pleasant vacation among friends, should come to Camp Brosius.

THE OUTLOOK FOR 1936-37

Present indications are that the 1936-37 Freshmen class at Normal College will be larger than this year's class. Quite a number of applications for admission have been received at this early date.

Nevertheless, we wish to urge all Alumni to canvass their classes and bring the College to the attention of their pupils who are interested in Physical Education and possess the "makings" for a good instructor. There is still a wide field for good teachers and the College office has been unable during the winter to fill vacancies because so few of our graduates are without steady employment and because those who have no regular appointment, do not wish to leave their home cities. This year's graduating class is small, so that probably all will be placed before fall.

Let us know if you have prospective students to recommend; we will get in touch with them and send them the catalog and other information.

PERSONALS

Frank Clark '29 was married last June to Miss Ruth Fogelsanger of Buffalo.

William F. Hofer '17 has been promoted to Barringer high school in Newark, N. J.

August Plag '05 served as manager of the St. Louis high school athletic league this year.

Joseph "Pat" Kerstein '22 was duly married to a school teacher from New York City.

Ray Glunz '21 is the Sec'y-Treas. of the New York State Physical Education Association.

Mr. and Mrs. Ralph Duquin '28 are the proud parents of their second child, Donna Marie.

Harold Kumpf '35 is now connected with the W. P. A. Recreational Center in Batavia, N. Y.

Mina Schnitzer '28 is doing fine work with the W. P. A. Recreation Commission in Syracuse.

Art Kanerviko has joined the Syracuse alumni chapter of Phi Epsilon Kappa Fraternity.

Richard Barrick '31 lost his father at New Year's and his father-in-law the third week of April.

John Stocker '27 was called to California in March, due to the illness and death of his mother.

Herman Schmitt '30 is completing his internship at Southside Hospital in Pittsburgh this year.

Mr. and Mrs. Stanley Pacanowski '29 were visited by the stork this winter and were left a baby girl.

William A. Horschke, '31 was married February 22 to Miss Ruth Lenore Gumbinger. They live in Chicago.

John Garner '28, we notice by the papers, is President of the University of Buffalo Night School Association.

Louis Zinsmeister's twin girls will be graduated from high school in June. It

seems but a few years ago to us that he was graduated from Normal College—but it was 1913.

Louis Schmitt '18 has opened an office in the Kensington district of Buffalo since graduating from Medical School.

Henry Thayer '27 is Vice-Pres. and Program Chairman of the Western New York Physical Education Association.

Ralph Carter '25 has the building fever, and hopes to move into his new home in Buffalo during the early part of May.

Andy Lascari '23 of the Buffalo Turnverein put on the annual circus this winter, and we understand it was a good one.

"Mike" Francis Moore '25 who has since leaving A. G. U. attended a School of Chiropractic, has opened an office in Buffalo.

A large number of A. G. U. graduates in Buffalo are planning to officiate at the National Turnfest in Cleveland this summer.

Ruth Hertzelt Choate who attended A. G. U. during the year '26-'27, gave birth to a daughter, Sally Anne, on February 12, 1936.

The Physical Education Teams of the Buffalo Schoolmasters' Bowling League walked off with the majority of prizes this year.

Mr. Arthur Whalley '18 and wife LaMar Keltz Whalley '24 have moved into their new home on Benwood Avenue in Buffalo.

Paul Krimmel '17 will again conduct a summer camp at Chateaugay Lake, deep in the picturesque Adirondack Mountains.

Outside of being snowed in and having had difficulty in getting to their respective schools, Buffalo Alumni have had a fine winter.

Milwaukee Phi Epsilon Kappas meet once a month; no doubt they enjoy the famous liquid of Milwaukee at these gatherings.

"Senky" Senkewitz '28 says that he can not send much news about the Pittsburgh Alumni as they are neither famous nor notorious.

Frank Bild '33 has been chosen as physical director at the new South Side Y. M. C. in St. Louis, which has just been completed.

Maxine Heacock, '32 was married in August and is now Mrs. John Plummer. She continues to teach at the Van Wert, Ohio, Y. W. C. A.

Karl Fehrenbach '33 has received appointment in the Pittsburgh public schools, and plans to go to the Olympic games this summer.

A young man, "Bobby" by name was born to Mrs. Hazel "Buddy" Rueckhardt Nilson '28, and Herbert "Swede" Nilson on March 18, 1936.

A daughter, Judith Anne, arrived February 27, at the home of Mr. and Mrs. Wendell Lund in Washington. Mrs. Lund was Anna Greve, '23.

North Side Y. M. C. A. in St. Louis has appropriated funds for sending director Frederic Plag to the conference at Lake Geneva this summer.

David "Jack" Nevins '22 pulled a fast one on everyone and kept his marriage last April a secret until fall. The young lady was Alfreda Alf, a Buffalo girl.

Frank Spaeth '30 is still hard at work at Syracuse University studying medicine. It will not be very long before Frank will be hanging out his shingle.

Mr. and Mrs. Al. Haas '16, motored from Buffalo to St. Louis during spring vacation April 10-20, and attended the National Physical Education Convention.

Seeing as how spring is finally here, all of the Alumni in Syracuse are hard at work with their respective track teams, baseball teams, tennis teams, etc.

Ray Schifferle '17 is Chairman of the Olympic Committee in Buffalo. The committee recently arranged a benefit girls' basketball game at the Elwood Music

Hall. Ray is conducting a tour of Europe this summer. His trip includes Germany and the Olympic Games, France and Switzerland.

The game of Badminton is going great with the Phy-Edders in Syracuse after school hours. From where we sit, Norma Flachsland '28 looks like the class of the field.

Henry Zingg '30 who is teaching in the Madison, Wis. Turnverein, expects to take both a men's and a women's class to the Cleveland Turnfest at the end of June.

Alas and alack! At the Phi E. K. meetings in Syracuse, the boys have discarded (temporarily) the good old game of pinochle for this here game of monopoly.

After another stay of six months in Hawaii, W. A. Stecher, '31 and Mrs. Stecher have again moved to Philadelphia to be with their son, Dr. H. Armin Stecher, '14.

During the spring vacation just passed, Lib Underwood '25 (Mrs. Rupert) went tripping off to Bermuda with her hubby. Norma Flachsland '28 also went on this popular cruise.

Carlton Flynn '33 is doing some very good work with the West Side Rowing Club. "Bill" Shurgot '33 and "Bob" Bredenberg '34 are getting along fine in the Y. M. C. A. here.

"Les" Boehmer '28 and Carl Spitzer '26 have been transferred to the high school department in Buffalo. "Les" is at Seneca Vocational School and Carl at South Park High School.

All Pittsburgh teachers lost eight days' work during and after the flood, but received full pay. The vacation was not very pleasant, however, without electricity, shows, transportation, etc.

The Syracuse Department of Physical Education heaved a big sigh of relief when the Eastern District Society convention of the American Physical Educa-

tion Association came to a close. Everybody worked very hard for the success of the convention, and their efforts were not in vain.

Among the many Alumni who are making arrangements for European tours this year, are Selma Krumeich '06 who will go with her mother, and Dr. and Mrs. R. Hofmeister of St. Louis.

The Kripner's (Joe '17 and Louise) are working to make their European trip successful. It seems that they will have more than enough members in their party this year to make this group trip interesting.

On Saturday during the Eastern District convention, a Delta Psi Kappa luncheon was held at the Hotel Onondago, and was attended by twenty Psi Kaps from A. G. U., Battle Creek and Panzer Colleges.

With her Alumni dues, Louise Tag '20 (Mrs. Tag von Stein) sends a photograph of her four children, the twins who are 12 years old, a boy of ten and a girl of eight, taken in front of their beautiful home at Los Angeles.

Pittsburgh Alumni hope to attend the Cleveland Turnfest in full force. Charles Geber '09 who is secretary of the technical committee of the American Turnerbund, has a hard job getting the technical part of the meet arranged.

Public Schools, Turnvereins and Y. M. C. A. at Davenport cooperated at a demonstration in honor of William Reuter '78 who taught in that city for forty-seven years and has a grand record of more than 55 years of teaching.

Congratulations to Carl Spitzer '26 and Vera Simon '25 who received their Master of Science Degree from the University of Buffalo, also to "Rudy" Heis '26 who received his Bachelor of Science Degree from the same University.

The "Dubbville Foursome" of Harold Gebhardt '24, Bill Kittlaus '30, Harold Quinlan '20, Cliff Sollinger '18, and Sam

Contino '30 (Let's see, that's five) will soon be seen cavorting about the local golf links chasing and cursing the elusive "pill."

As County Youth Vocational Guidance Director under the National Youth Administration, Len Pielmeier, '33 is kept busy, but he also continues his work with the Red Cross and the Boy Scouts. Len takes a special interest in work with youths.

We wonder if John Zabadal '29 is still getting up these mornings to practice with his track team at Porter Junior High? John's propensity for getting up in the wee small hours of the morning will soon gain for him the title of "The Nocturnal Coach."

Max Grob '25 who again holds the job of instructor of the Dayton Turners, has received his degree from the Dayton University and is now taking post graduate work there. He will again be in charge of swimming this summer at Torch Lake, Mich.

Anne Hausknecht, '22 who changed her name to Mrs. C. A. Miller some years ago, is taking a large interest in the Physical Education activities in the schools and the Y. W. C. A. of Van Wert, Ohio; she is a member of the Health Education committee of the Y.

Many of the younger Alumni will be pleased to know that Marjorie Swart '32, Dorothy Hewitson '33 from Syracuse, Clair Fissler '32, David Nevins '32, Esther Jolley '34, Grace Stephan '33, and George Geoghan '32 have been appointed to regular positions in the Buffalo School Department.

The Harvard Cup for the High School Championship Basketball Team was awarded this year to Burgard Vocational School in Buffalo. This is the first year a vocational school has won the cup. Congratulations to Rosi Garcea '25, the coach and physical education teacher there. In the Elementary Basketball

Leagues, the "A" team championship was won by School No. 80, coached by "Swede" Nilson, and the Senior team honors go to School No. 47, coached by Louis Goldstein '29.

After 55 years of teaching, Alvin Kindervater is definitely resigning his position as director in the St. Louis schools. He has intended to do this for the last five years, but the superintendent prevailed upon him to postpone his resignation. Mr. Kindervater holds no doubt the record in length of service in Physical Education.

"Kasey" Peckoff '33 was runner-up in the Buffalo Indoor Tennis Matches this winter. He is at present substituting in the city as well as working in the Recreation Department of Lackawanna, N. Y. A little bird tells us the announcement of his engagement was in the paper a few weeks ago. Wonder if the little bird is right?

"Allie" Seelbach '20, who is coaching both Fosdick-Masten High School and Canisius College Basketball Teams in Buffalo, took his college team on an extended trip this winter to New York City, New Jersey, and Pennsylvania. He also attended the Olympic try-out basketball contests in New York recently and the Basketball Coaches' Convention.

The annual picnic of the Buffalo Alumni was held in Chestnut Ridge Park last September. The usual basket picnic, with baseball games, horseshoes, baby parade, etc., filled up the entire day. Time was taken out long enough to have a short business meeting at which time reports were given and the following officers elected:—President, "Rudy" Heis '26; V. Pres., Esther Jolley '34; Sec'y-Treas., Margery Wood Stocker '24.

Dr. C. B. Sputh received the following communication from a professor at the University of Leningrad: "Dear Sir respectable Dr. Sputh. I you demand to send us when scientific offering (frey a copy; sending moneys impossibility, ex-

tremely difficulty). Poste registered copie of your book: Sputh, Physiology of Exercise. Announcement very to interest students and lecturers higher school in Russia. Ours cordial academical kindness and gratitude." Dr. Sputh mailed him a complimentary copy.

A delegation of Buffalo A. G. U. graduates attended the Eastern District Physical Education Convention in Syracuse, N. Y., March 25-28, 1936: Mr. and Mrs. Ray Glunz '21 (nee Renilda Kittlaus '21), Minna Pritzlaff Johnson '23, "Bill" Hubbard '28, Ralph A. Duquin '28, Henry Thayer '27, Carl Burkhardt '05, Sam Blumer '25, Louis Goldstein '29. Mrs. Minna Johnson had charge of the High School Section for Girls. This meeting was a discussion meeting, and was attended by one hundred and twenty-five people. She was ably assisted by Marion Notley Stowell '28, Elizabeth Underwood Rupert '25 from A. G. U., and Ethel Jones of Panzer College, all physical education teachers in the Syracuse Department.

GROWTH OF THE A. P. E. A.

Increasing number of cooperative enterprises with educational organizations; National Congress of Parents and Teachers, World Federation of Education Associates, National Council on Education, the National Education Association, et al.

Professional Membership, 7,231.

Every section of the United States, and over twenty foreign countries showed encouraging gains in membership in the Association between December, 1934, and December, 1935.

Extension of promotional informational services.

In 1930, eleven State Associations of Health and Physical Education had affiliated with the American Physical Education Association. In 1936, thirty-four were affiliated.

AMERICAN PHYSICAL EDUCATION ASSOCIATION

The alumni of the Normal College played an important part in the planning, managing and conducting of the American Physical Education Association Convention held in St. Louis from April 15th until April 18th.

Mr. Alvin Kindervater, '81, Supervisor of Physical Education in St. Louis, was chosen as Honorary Chairman of the Convention. Dr. Rudolph Hofmeister, '11, was Chairman of the Pageant Committee. Mr. Otto Eckl, '15, was in charge of the Special Groups for the pageant. Various teachers in the St. Louis Public Schools, alumni of the College, were in charge of different numbers.

Over sixty alumni of the Normal College attended a Reunion Luncheon held at the Missouri Athletic Club on Thursday, April 16th. Dr. Albert Plag, '11, arranged the luncheon and did a nice piece of work. Dr. Hofmeister acted in the capacity of Toastmaster.

On Friday evening, the Phi Epsilon Kappa Fraternity held a Stag Party at the Concordia Turnverein. August Plag, '05, acted as Toastmaster.

Delta Psi Kappa Reunion Luncheon was held at the Missouri Athletic Club on Saturday noon. Luncheon was arranged by Lelia Guenther, '16.

Phi Delta Pi Sorority held the Mid-West Province Meeting during the Convention. A Province Luncheon was arranged for Saturday noon. Hazel Orr, '10 presided as Grand President.

The banquet, the big social event of the Convention, was held in the ballroom of the Statler Hotel on Thursday evening at 7:00 P. M. Dr. F. W. Maroney, '06, acted as toastmaster and did an original job of it. Mr. Alvin Kindervater gave the main address and reviewed his half-century of work in behalf of Physical Education.

The following Alumni participated in the professional side of the Convention: August H. Pritzlaff, '17 Director of Physical Education, Chicago Public Schools, presided at the breakfast meeting of the Administrative Directors' Society. Mr. Grover Mueller, '13, Director of Physical and Health Education, Philadelphia, Pa., talked on, "Ability Grouping and Individualized Instruction in Physical Education." August Pritzlaff also presided at the Public Schools Section Meeting on Friday morning. Bill Streit, the treasurer of the Mid-West Association, was busily engaged in attending the Council meetings of the National Association.

It is not possible in the small space available in the Alumni Bulletin to give even the briefest report of the many meetings and activities and we must refer interested Alumni to the Journal of Health and Physical Education and Mind and Body.

R. R. S.

THE MID-WEST CONVENTION

The Mid-West Convention of the American Physical Education Association, held in Grand Rapids, Michigan, March 18-21, was in many ways more interesting and valuable than the National Convention. The crowds were easily handled because the hotel facilities were adequate and the program carried out was practical and instructive. It seems from the general trend of the convention, that the whole philosophy of Physical Education is again undergoing somewhat of a change. Less and less emphasis is being placed on the social and moral values of our field and a reemphasis is beginning to be given to the valuable contribution that our subject can give in the way of developing and maintaining the body. This philosophy is not new to those of us who are graduates of the Normal College

and we are rather interested in seeing that the rational views held by our leaders are beginning to take a deeper hold on the whole field.

Dr. Arps, of Ohio University, gave an excellent speech at one of the general sessions on the functions of Physical Education in the growth processes of children. The whole underlying theme of his talk was the worthwhile contribution that we can make by developing the body. We are beginning to recognize the importance of health and that all the other values in Physical Education are really by-products of this one most important objective. Dr. Lee Vincent, of the Merrill-Palmer School, also gave an excellent speech at another general meeting at which time he emphasized the direct relationship that bodily health has on mental health. She also made many practical points to show how much of modern psychology has been misinterpreted and that possibly, the use of a great deal of common sense is highly essential.

The outstanding sessional meetings were those devoted to the modern dance. Some unusual demonstrations were given by high school and Junior high school groups, which shows that the modern dance can be introduced into the secondary school level, and can become an integral and important phase of our subject. However, the demonstrations did not show that at the present time, this work was being used in the regular classes. All the demonstrating groups were dance clubs and consequently the work was on a high level. The groups showed not only excellent technique, but the girls participating demonstrated that they were intensely interested in the subject matter. I believe that it is worthwhile for our teachers to withhold criticism of this new field and to wait until its use for the average girl has been more adequately demonstrated.

One of the astonishing statements made during a demonstration by the men from the University of Michigan was that this university was a pioneer in the field of rhythmic for men. Anyone who has attended the Normal College within the past 30 years knows that rhythmic has always been an integral part of the curriculum here. It seems from the comments made, that the women are rather astounded that the University was able to interest the men in this particular activity. Evidently, many of them have overlooked the fact that Mr. Rath has long introduced men to this field usually predominated by women.

Unfortunately, the Convention was not very well attended by people outside of the State of Michigan. Grand Rapids apparently is not a strategic point to encourage a large attendance. The Normal College Alumni group got together for a luncheon at a little place thought of by our most eminent Alumni, Bill Streit and August Pritzlaff. They would pick out a place called "The Dug Out." However, the few of us, namely Norman Kreuter, Vonda Browne, and Clara Hester, of Indianapolis; Vivian Ruell, Romeo, Michigan; Bill and Herb Klier, Moline, Illinois, and the Herren Streit and Pritzlaff, got together and discussed the problems of Physical Education and the Normal College. (The main business was eating.)

We hope that all our Alumni will remember that next year's Mid-West Convention takes place in Cincinnati. We have a hunch that Mr. Streit may have something to do with this Convention.

C. L. H.

If I can supply a thought, you may remember it, and you may not. But if I can make you think a thought for yourself, then I have indeed added to your stature.—Elbert Hubbard.

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COLLEGE TEAM IN DETROIT

Following an invitation by the Detroit Socialer Turnverein, a team of twelve men students of the Normal College went to Detroit on May 2 to give a demonstration in connection with an exhibition arranged by the Turnverein for the benefit of the Normal College. Rudolph Schreiber was the director, but Norman Kreuter, Kenneth Walker and George Farkas also drove to Detroit, as did Mrs. and Mr. Hester and Mrs. Steichmann with Mr. Steichmann as driver.

The visit in Detroit was most enjoyable. The hospitality of the Detroit Turners knew no bounds. Emil and Therese Pletz handled everything to perfection. The exhibition was exceptionally fine, from the pretty dance of the little girls to the apparatus work and the volleyball game. The students showed some rhythmic exercises, tumbling and apparatus work. A dance followed the show and the large dining room was filled to capacity until way after midnight. The Detroit Socialer Turnverein possesses a beautiful new hall in fine location where it should be successful for many years. The writer as well as the members of the faculty, the students and the guests enjoyed the visit.

Pittsburgh apportions \$10.00 a year per pupil for school health work. This is indicative of the trend toward greater emphasis on the health program.

TENSION AND RELAXATION

Sleep does not represent our only rest. Rest is not one thing and exercise another. Rest is the relaxing phase of the exercise cycle. When activities are mild and the relaxation, the glide phase, of the muscles is long, we think of it as rest. When the stroke, or muscle contraction, is long, we call it exercise. Rest means a maintenance of the glide balance throughout the entire day.

One should be sufficiently intelligent to recognize the oncoming of tension. When you get all stirred up and irritate your friends, when your voice goes higher and higher and you can't sleep, the danger signals are at hand. You need a hobby, something you like to do, in which you are completely wrapped up psychologically, even if it's only spading in the backyard.—Disbobolus.

STATE DIRECTOR IN INDIANA

The Indiana State Board of Education has appointed Dr. Thurman B. Rice as State Director of Health and Physical Education. After several years of propaganda for supervision of this course in the schools of the state, the Board finally took action, but physical educators may entertain doubts regarding Dr. Rice's knowledge of their particular problems. The Board wants emphasis placed on health education.