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Alumni Bulletin

Vol. XXVI

Indianapolis, Indiana, May, 1943

No. 3

PROSPECTS FOR PHYSICAL EDUCATION STUDENTS

Girls who are athletically-inclined and sports-minded may well consider physical education as an interesting career in which their services will be in demand, according to Dr. W. W. Patty, director of the Normal College of the American Gymnastic Union, a division of Indiana University.

"The war has placed emphasis on physical fitness as an important element in youth training," says Prof. Patty in a statement issued at Bloomington. "Indiana public schools are now required to include daily classes in physical education for all pupils from the first grade to the senior year of high school. This regulation combined with military service calls of men teachers has created an acute shortage of physical education instructors—a shortage that will continue long after the war."

The Normal College of the American Gymnastic Union, oldest American institution for the training of teachers of physical and health education and of recreation, which was merged in 1941 with Indiana University, expects, according to Prof. Patty, an increased enrollment of women starting next September for the four year course, consisting of two years at the College in Indianapolis and two years at the University in Bloomington.

The above item appeared in many Indiana newspapers recently. It states a fact that our Alumni surely have realized before: that there are most excellent prospects for Physical Education students entering College at this time. More than one-half of the states have recently increased requirements in Physical Education just like Indiana. The shortage of

teachers in this field is so acute that few boards have been able to set up these courses in the elementary schools and the requirements are not met even in high schools.

The College mailed a letter to Alumni teaching in high schools asking for the names of senior students interested in Physical Education; very few replies were received. Most boys will, of course, enter the services upon reaching their eighteenth year, but those who will be graduated at a lower age may enter College and if meeting requirements, may be permitted to continue in training essential to prepare them for the various services. However, girls can now enter College to prepare for teaching. Normal College will appreciate it very much if Alumni will urge their pupils interested in our field to apply for admission.

FRESHMEN

In keeping with our social-a-month idea, the freshman class held a picnic on March 28 at Brookside park. There was a very good turn-out in spite of the cold weather. Several members of the faculty also braved the cold and honored us by their presence. The highlight of the afternoon was a rousing softball game between mixed teams, captained by Mary Beth Schafer and Clem Grabner. The girls, a little shy at first, proved to be better than they thought they were in the course of the game. Refreshments were enjoyed by all.

Another member of our class, Walter Lienert, has left us to join the Navy. We wish him the best of luck.

We are all looking forward to the month of June at Camp Brosius where we will encounter new and exciting experiences.—Penny Argeson.

TO ALL N. C. A. G. U. ALUMNI:

When the merger was made you were told that you would be entitled to full rights and privileges as alumni of Indiana University. As President of the Indiana University Alumni Association I am glad to take this opportunity to welcome you to membership and invite you to take advantage of the rights and privileges of such status.

The activities of the Association include observance of Commencement, Homecoming, Foundation Day; for the conduct of forums and other gatherings of Indiana alumni, for proper representations from the alumni at functions and ceremonies, for the election of certain members of the Board of Trustees, for the nominations of certain directors of the Indiana University Foundation, and for the nomination and election of officers and directors of the Association itself, and for the management of all affairs which require organized action by the Alumni.

Local alumni clubs are established in cities in most parts of the country. Your participation in the activities of these clubs is invited.

The Indiana Alumni Magazine is published monthly during the school year and is sent free to all active members of the Association.

The Indiana University Foundation was established by the alumni as the agency for the encouragement and administration of gifts for the University. Every alumnus can help secure loan funds, scholarships and such things as the General Assembly cannot be expected to provide. And yet from this source are provided some of the refinements which make Universities truly great. A booklet describing the purposes and organization of the Foundation may be had upon request.

The program of the Association today is on an "all out" war basis, civilian alumni activities temporarily taking a back seat to the interest of thousands of

Indiana University alumni who are now in the armed forces. We are attempting to maintain a war service record of every Indiana University man and woman in the services. We would appreciate your cooperation in making this file as complete as possible.

We are attempting to get a copy of the Alumni Magazine in the hands of every graduate and former student now in the service. If you would like a complimentary copy of the Magazine please write to the Alumni Office, Indiana University, Bloomington, Indiana, and we will be very happy to send a copy to you.

The Alumni Association is your association and we hope that very shortly your alumni group will take advantage of the provision in the constitution for representative on the Executive Committee of the Association from your school. It is a pleasure to me to welcome you to full fellowship of our Association.

Yours sincerely,

L. S. ARMSTRONG,

President.

 IN MEMORIAM

Paul Krimmel's death occurred February 8. The February issue of the Alumni Bulletin was on the press when the news reached us and we were not able to print more than a brief notice. Paul was only 52 years old; he died of a heart attack while shoveling snow in front of his home. A son of Fritz Krimmel, '90, who survives him, Paul attended classes of the New York Turnverein from childhood on and developed into a championship gymnast. He attended the Normal College 1915-17 and went to Syracuse as teacher and later director of Physical Education in the public schools. During his 25 years there he developed his department into one of the finest in the country. Paul also was very active in state and national Health and Physical Education societies. His work for the Alumni Association of the Normal Col-

lege will not be forgotten; as president he arranged some of the best Home-Comings.

At the age of 85 years, George Wittich died April 12 in Milwaukee. Born in Kassel, Germany, he came to America as a child. In 1882 he was graduated from the Normal School of the Turners in Milwaukee. After teaching in the societies at Washington and Dayton, he came to the South St. Louis Turnverein which developed into one of the largest societies under his direction. At the same time he introduced physical education in the St. Louis public schools and was one of those pioneers who worked for a year without remuneration in order to convince the school board of the need of such instruction. In 1902 he was chosen as director of the Normal School of the American Gymnastic Union and held this position until the institution was moved to Indianapolis in 1907. He then accepted the position of director of physical education in the Milwaukee schools from which he resigned in 1922.

BOOK REVIEWS

Individual Sports for Women, by members of the department of Physical Education of Smith College (Dorothy S. Ainsworth, Marion R. Broer, Alice Goheen Goss, Gertrude Goss, Evelyn Jennings, Bertha Pitkin and Florence Ryder). 392 pages, illustrated. W. B. Saunders Co., Philadelphia. \$3.50.

High school and college teachers who wish to have good material on the teaching of the various individual sports, will find this new book an excellent source of information. Under one cover, archery, badminton, fencing, golf, riding, swimming, tennis and bowling are described in concise but adequate form. Progressively arranged lessons plans, excellent descriptions of techniques, methods of organizing classes for instruction, extra-curricular clubs in various sports are all

described. The book is unusually good because it is a compilation of ideas of specialists in the different fields. Personally, I believe this volume to be an excellent addition to the books dealing with the practical work in our field. C. L. H.

ALUMNI IN SERVICE

The following Alumni have joined the services since the February issue of the Alumni Bulletin appeared:

Harold Snyder.

Donald Chestney is in the Army and somewhere across the ocean.

Hugo Peuser is in the Navy; also across.

Pascal Salemi also in the Navy on the Pacific.

Robert Flanegin, ensign, stationed in California.

Lawrence Howard also in the Navy, stationed on Long Island.

Jack Christman, Navy, stationed at Norfolk.

Charles Sutton, Navy, stationed at Key West.

William Kultzow joined the Army recently.

Robert Mayberry is at the Coast Guard Training Station in Brooklyn.

William J. Treichler has been commissioned in the Navy.

Information about others who have been previously reported, is as follows:

Fred Plag as well as Fred Ploetz are 1st lieutenants; the latter is in the Pacific.

Stephan Rychnowski is in bomber service in Africa.

Herbert Broadwell is at the Naval training school at Dartmouth College.

Nic Collis, Michael Valentine and Robert Wendeln are at Norfolk.

Donald Heintz is in the Naval training school in New York.

Everett Gilbert has been assigned to the mountain infantry and is stationed in Colorado.

Sgt. Peter Cipolla is with an ordnance company somewhere in the Pacific area.

PERSONALS

Appointments and Transfers

Louis Kittlaus has been transferred from high school to the Harris Teachers College in St. Louis.

Alfred Seelbach is now field organizer for the New York State War Council's physical fitness program. His job is to co-ordinate, stepping-up and toughen-up the physical fitness classes and organizations.

Arthur R. Boehm has been transferred from junior to senior high school in Schenectady and will be basketball coach next year. He is now president of the Schenectady teachers association which has 650 members.

* * *

Weddings

Alma Hilmer was married in November to Mr. Schaefer; she is living in St. Louis but gave up teaching.

Justina Wiederer changed her name April 8 to Mrs. Lee Samuel. Her husband is an aeronautical engineer engaged in war work. They live in College Park, Md., a short walk from the campus of the University of Maryland.

Fred J. Bifano has joined the ranks of the benedicts. He was married January 2 to Miss Rosemary Johnson of Davenport.

The marriage of Robert Frazier of Buffalo has been reported. He is in service.

Edward Leibinger was married March 16 in Buffalo to Dorothy Hier; he is also in service.

Alumni will be interested to know that Carl B. Sputh, Jr., a 1941 graduate of the Indiana University Medical School, was married February 10 to Ruth Agnes Means, a registered nurse.

On Easter Sunday, Robert Pegel and Miss Mildred Slater of Blue Island were married.

* * *

Births

William Kultzow who was married October 19, 1941, reports the arrival of a

daughter on January 20. He is in service but wife and daughter live in Yonkers, N. Y.

A daughter arrived at the home of Richard Aiken in Washington, February 19. Aiken is an ordnance engineer at the Washington Navy Yard.

Clara Simon (Mrs. Pielke) in Baltimore became the mother of a baby girl in March.

A baby boy arrived recently at the home of Anna Zitzman Jones in Pittsburgh; she now has two girls and one boy.

Rudy and Margaret Schreiber report the arrival of a boy May 1. Lt. Schreiber is stationed at Ottumwa, Iowa.

* * *

Clifford Sollinger's second daughter, Iris, will enter the Normal College this year.

Hattie Hettich Vossel has returned to the Chicago school where she taught before.

Kathryn Norris is in the Naval Reserve Midshipmen's School in Northampton, Mass.

Joseph Goldenberg had a furlough recently and visited Normal College on his trip to New York.

Gretchen Lecollier has completed a course at Pittsburgh University in Industrial Safety and Management.

Among the new home owners in Pittsburgh are Dr. Herman Schmitt and Mr. and Mrs. Harry Dippold in Pittsburgh.

Hazel Gronemann was ill for a while and went to Florida to recuperate, but she is teaching again in the Chicago schools.

Esther Heiden reports that proceeds from physical education exhibitions in her high school will be kept for a scholarship fund.

A surprise letter came recently from Gertrude Krug from whom we had not

heard for years. She is working in New York City.

Frank Ohm who is practicing naturopathy in Milwaukee and teaching physical education on the side, has a son who is doing bomber flying.

Jimmie Seaton and wife of Akron took top honors in the mixed doubles bowling tournament at Social Turners in Cleveland with a score of 1318.

Physical Education activities at the Naval Air Training Center in Chicago are in charge of Daniel B. Gregg. He has been recommended for a commission.

"I look forward to the arrival of the Alumni Bulletin as much as ever; it helps to keep us together. The A. G. U. spirit will always live."—William Hubbard, Buffalo.

On his way from Panama to Rhode Island where he is going for special training, Ensign Jack Brogan passed through Indianapolis and paid Normal College a short visit.

William Nicolai has rounded out his fifteenth year at Central high school in Philadelphia. The school has a wonderful equipment; Bill teaches only academic courses, however.

The Cleveland physical fitness program for five counties was practically put over by Normal College Alumni: Karl Bauer, Jacob Kazmar, Paul Fiening, Ralph Shafer and Geraldine Krueger.

Mr. and Mrs. Fred Albenberg have bought a large farm outside of Duluth. They spent much time skiing last winter. Margaret (Wright) stopped off in Chicago recently on her way to New York.

Minnie Wassermann Braker is on a sabbatical leave from her position in the Chicago schools. She is using her free time to study Spanish. She was recently elected national treasurer of Delta Psi Kappa.

As in other cities, the Milwaukee school board has increased physical education

work to full four years in high school without being able to get additional teachers thus increasing the teaching load. Harold Hahn and Louis Zinsmeister have recently received the Master in Education degree from Marquette University.

Clinton, Iowa, Turners gave a three-day demonstration in March under direction of Henry Schiget. They must have had a splendid organization for the event, for they were able to present \$1,500.00 to the Clinton U. S. O.

Martha Washburn Kaiser is in the Marines now and stationed in Los Angeles. She reports that she accidentally met Roy Baumann (Ensign and head of operations at the Naval Air Station in Alameda) on the street in Los Angeles. She also met Victor Mikity in San Diego.

The St. Louis Post-Dispatch recently printed three large pictures of Walter Eberhardt's classes at St. Louis University practicing with telephone poles as an all-round conditioner. Similar exercises are given soldiers in commando training in Scotland where trees are used.

Plenty of work should keep Carl Klafs out of mischief. He teaches regularly at Senn high school and all the classes of Forward Turners as well as juniors, men and business men at Chicago Turners. Chicago high schools now have three days of gymnasium class, one of swimming and one of health.

As good health affects not only our willingness but also our ability to do the job of winning the war, it is a weapon as concrete as are planes, tanks, ships, and guns. Unfortunately it is a weapon that can be forged and wielded by the powers of darkness as well as by the powers of light. The enemy uses all the resources to build up his army and factory workers and seeks to destroy those who oppose him by starvation, disease, and by poisoning their minds with propaganda.

DRS. KNOCH, NOHR AND POOS HONORED AT CONVENTION

At the banquet held in connection with the Physical Fitness Conference in Cincinnati, three graduates of Normal College were especially honored: Dr. Arthur A. Knoch, Dr. Robert Nohr, and Dr. E. A. Poos. Mr. Ely W. Wilkinson, himself a retired school principal, had composed the following tribute to these three men:

We sing of three men,
Each three score and ten,
Yet still full of vigor and vim;
In this, their home town,
They are men of renown
Each one was the "Boss" of a gym.

There's an adage that says
"There were giants in those days,"
And each of these chaps was that sort.
As an athletic trio
Since each was a "Neo"
Long life and good health was their
forte.

Who are these three men,
Each three score and ten
Just scan through the lists of "Who's
Who's."
If that list's complete
You'll certainly meet
These three—Messrs. Knoch, Nohr and
Poos.

Each went to the college
That gave him such knowledge
Of legs and arms, muscles and torso,
That the work of each one
After all's said and done,
Was not only perfect, but more so.

Each won the degree
That is known as "M. D."
Each took the exalted position
That, to build up a youth,
'Twas best done, in truth,
If done by a full-fledged physician.

Each worked with a might
To build up aright,

Believing that basic good health
If achieved and maintained
Bests money that's gained
And vulgarly known as "Great
Wealth."

Now, these red-blooded men,
These sturdy old men,
Have a courage that will not diminish;
And should death say "Come here."
Each would answer, "Nicht Mir,"
And fight the old guy to a finish.

Sane, rosy, and mellow,
Each one is a "Fellow,"
In A. A. H. P. E. and R.
Phi Epsilon Kappa
Claims each as a "Papa."
Now then, do you know who they are?

So that you may know them
We're going to show them,
These jolly old chaps of the Yore;
We want you to meet them,
To know them and greet them,
They're somewhere down there on the
floor.

And without rehearsin',
We'll show them "in person,"
Will you three please stand up, because
We're glad you're still living
And insist upon giving
A full, hearty round of applause.

After the prolonged applause, Dr. Jay B. Nash, president of the Association, presented Dr. Nohr to the audience and told that he is still teaching three days per week in the schools to help out during the emergency; that in addition he has a private ladies' class on Tuesdays, a men's class on Wednesdays, goes to dancing school on Thursdays and bowls with the school men's club on Fridays. That is going pretty strong for a man 78 years of age. Drs. Knoch and Poos were then also introduced. The "three score and ten" of the poem is not quite correct, as Dr. Knoch is 77 years old and Dr. Poos will reach the 78th milestone this month. All three doctors are in good health.

THE TREASURER SPEAKS

It is very gratifying that so many of our Alumni are very prompt in responding to the annual statement and in sending their dues. Some of them come in on the home stretch; that is, at the end of the school-year, but others pay as much as four or five years in advance.

However, it is always the same loyal group on whom we depend. Some Alumni accept the Bulletin and other benefits of the Alumni Association but never contribute their share of the expenses. "Let George do it." Some were quite eager to accept the aid of the College in securing the Bachelor of Science degree from Indiana University after the merger, but did not feel obligated to pay Alumni dues. Every Alumnus and Alumna should take pride in belonging to our Association.

Once in a while I receive a notice from a retired colleague who tells me that he can no longer pay dues and wishes to resign from the Alumni Association. We have always had the rule that retired colleagues (like myself, retired last June after fifty years of service) are carried on the rolls as honorary members. Any one who has been retired and still receives dues notices, should write me.

Many Alumni make their checks payable to "Alumni Association of the Normal School and Normal College of the American Gymnastic Union." Look at all the writing I have to do to endorse such checks. Why not write "Curt Toll, Treas." which is so much shorter.

One Alumnus sent me a check recently for \$26.43. He do doubt intended to pay some bill with it and wrote the wrong name. Sorry to say, I returned the check.

Another little detail: Some Alumni place a 2-cent stamp on their letters, probably thinking that the Association can afford to pay the extra cent. But in such cases I am notified by the post office to send a one cent stamp in a letter that requires three cents postage. There, it not only costs four cents but also makes extra work for me.

On the whole, the reactions of the Alumni are gratifying. Many write a little note when sending their dues and talk of their College days. I can not answer all such letters but wish to assure all that they are welcome and appreciated. One came from Paul Krimmel, written just two days before his death, in which he expressed his wish that Normal College and the Alumni Association will go on forever.

CURT TOLL.

1943 AT CAMP BROSIUS

Normal College students will go to Camp Brosius May 29 and take their camp course there until June 25. This year's course includes track and field, swimming, diving and life-saving, boating and canoeing, organization and administration of camps, and tennis. The girls will practically have the camp to themselves, as only six men are left in the freshman class and none in the sophomore class.

Hotel Camp Brosius will open July 1 and remain in operation until the day after Labor Day. Travel restrictions will apparently have little effect on attendance. A letter sent to past patrons resulted in early reservations by more than one-half of them for the coming season. The general tendency of vacationists seems to be for staying for longer periods at one place instead of driving through the country. Camp Brosius will welcome all nice people. Its excellent meals have made a reputation for it that can not be beat. And Elkhart Lake still offers fine swimming. Most Alumni know the camp; a word of recommendation to prospective guests will be appreciated.

The chief aim of medical science today is not to cure diseases which are present, but to prevent their development.

You don't have to get lit up in order to have the glow of health.

ALUMNI BULLETIN

Published three times a year at Indianapolis, in November, February and May by the Alumni Association of the Normal College of the American Gymnastic Union.

OFFICERS: Gladys B. Larsen, Chicago, President; Lucille Spillman, St. Louis, Vice-President; Meta Greiner, Chicago, Secretary; Curt Toll, Indianapolis, Treasurer.

Price, 50 Cents a Year

Address all Communications to

ALUMNI BULLETIN

415 East Michigan Street, Indianapolis, Ind.

CORRESPONDENTS

Buffalo—Esther Jolley Topp, 22 Columbia Parkway.

Chicago—Gladys Larsen, 2016 Greenleaf Ave.

Cincinnati—Hazel C. Orr, 1319 Avon Drive. Cleveland and Vicinity—Mrs. Ralph Shafer, 26 E. Tallmadge Ave., Akron, O.

Davenport—Moline—Rock Island — H. C. Klier, Deere High School, Moline, Ill.

Detroit—Emil L. Pletz, 8735 E. Jefferson Ave.

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

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

Milwaukee — Esther Heiden, 1525 W. Wright St.

Philadelphia—John C. Kieffer, 426 E. Wadsworth St.

Pittsburgh—Mrs. Harvey Lecollier, 620 Kenilworth Ave., Mt. Lebanon, Pa.

St. Louis—Vera Ulbricht, 4003 Giles Ave.

Syracuse—Francis Mulholland, 112 Wellesley Rd.

BUMPER CROP

The war may breed calamity and change; it will also breed for the colleges, once it is over, a bumper crop of students. Those whose education has been interrupted, those who have missed their chance at going to college, and the new generation of seventeen and eighteen-year-olds will all be knocking at the gates together. This is what happened after the last conflict; and this time, with the normal ways of doing things disrupted for a longer period, it may be expected to happen still more emphatically.

The tradition of going to college, shifting employment patterns of a world trying to get back to a peacetime basis, probable Federal subsidy—all these will unite to send young people back to school.

What shall we give them once they get there? Will the educational patterns of 1942 be good enough for them, just as the colleges of 1920 thought the 1917-1918 patterns were good enough?

Perhaps in 1920 it was impossible for educators to believe the world had changed so much; educators in 1940 cannot plead that excuse. There have been tremendous stirrings in American life during the last twenty years, and we now know something about war's power to crystallize changes which have been in solution. A new age, a new temper, will emerge; higher education must keep pace.

To many pessimistic souls, America, like the rest of the world, has appeared to be drifting rudderless between two wars. Disillusionment, materialism, crash, conflict, fear, appeasement—these have been the leitmotifs of the time. There has seemed to be a struggle among interests with devil take the hindmost, rather than any over-all pattern or idea. Higher education has seemed equally confused. The most conspicuous fact about our colleges and universities in the last twenty years is that they have been aggregates of knowledge, collections of courses, rather than functioning wholes. They have prepared young people to be chemists or doctors or engineers or teachers, with the one idea of being able to hold their own and to get on in the world. The student emerged with a vocation—if he was lucky—and with odds and ends of "culture" which might or might not stick, and which certainly did not add up to any whole. It is difficult to see how this kind of education can be called anything but anarchy.

Yet the last twenty years in America have not been fruitless. Out of the confusion and the appeasement has been emerging the clearest social philosophy America has had since Thomas Jefferson. In the days of Jefferson, "democracy" did not seem impossible of attainment; there was land enough for all, which would sustain men in independence and

sufficiency. Out of such free, self-sustaining men was the state to be built. It is significant that Jefferson regarded the city as the archenemy of democracy, the well-spring of corruption in the state.

Now the city has come to stay. For many years we have floundered on, using the old agrarian terms. Today we are beginning to know that the problem confronting us is to build an industrial and urban democracy, so that even for the many who cannot be sustained by the soil, enough sufficiency may be won to again make society a co-operative association of free men. We do not need to drift longer. We have found a direction congenial to our traditions, and good for years ahead.

Here, if higher education will but see it, is the directive for postwar education: first, a fuller economic and social democracy for all Americans; then, a patient widening of the mental and spiritual horizons of those for the first time admitted to equal opportunity. This concept should pervade the entire curriculum.

Physical science should provide us with both the natural framework in which our society must be set, and the tools with which to work. The social responsibility of the sciences should be stressed as never before. The social sciences should show the evolution and habits of social organizations, and furnish emerging democracy not only with suggestions but with objective criticism. The humanities—art, literature, religion—should again become, not exercises in esthetic, but studies in value and in the significance of human experience.

Toward an emerging democracy, not as a formula but as a direction—this might well be education's objective in the postwar world.—W. Boyd Alexander and Dorothy Hall Smith, in *Antioch Notes*.

To be constipated is to die of slow poisoning. Chronic constipation is called the mortal enemy of beauty.

CHILDREN'S CAMP AT BROSIUS

The Trustees of Indiana University have authorized the operation of Camp Brosius on the same basis as in the past. Although some loss of business might be anticipated because of various war restrictions, the Trustees felt that operation of our camp should not be interrupted.

Happily, reactions of past patrons to an inquiry indicate that business will probably be better than expected. The outstanding feature of camp operations is the Children's Camp which in four years has grown considerably. Forty children attended it last year. Our inquiry brought the gratifying result that parents of past campers immediately enrolled twenty children. Since then numerous inquiries have been received and at this writing it looks as though enrollment may be larger than last summer.

As Bill Treichler, who had charge during the last two years, expects to be in service by June, Mrs. Clara L. Hester was appointed director of the camp. With her will be Fred Martin, Mrs. Martin, Gladys Lang and Otis Osborn as counselors. This is an exceptionally strong staff and should, under Mrs. Hester's leadership, conduct the camp very satisfactorily.

The Children's Camp will open July 1 and close August 11. The fee for the entire six weeks is \$150.00, but children may enroll for shorter terms at correspondingly lower rates. This fee includes room and board, laundry, handcraft materials, passenger and baggage transportation from and to depot as well as transportation of children to church, shows, etc., and instruction in all activities. Considering all that is offered and the splendid equipment and fine meals, the rate is low compared with other camps. Alumni who know of children between the ages of eight and fifteen years who might want to go to camp, should write the College office. A commission is paid.

NATIONAL PHYSICAL FITNESS CONFERENCE

The national convention of the Association for Health, Physical Education and Recreation called national physical fitness conference, was held in Cincinnati April 13-16 as scheduled. Like all conventions conducted by our very capable alumnus, Bill Streit, it went off with the usual finesse.

Our College can be quite proud of its Alumni who are outstanding among the leaders of the Association. With Streit as convention manager and August Pritzlaff as president-elect and now president we are right there among the best.

The program as one would expect, followed the so-called new emphasis on the physical objectives of our field. Of course a few of the "die-hards" attempted feebly to revive the social-moral character emphasis but were so outnumbered that they will have to wait until the war is over to get to first base. We can rest assured that at least physical fitness is to stay for the duration.

There is no particular use to try quoting the speakers. Most of the points they made are the ones our school has been emphasizing for years. The usual statistics were given to show the tremendous need for physical hardiness as demonstrated by the rejections of men for military service. Objectives such as strength, endurance, skill, agility were mentioned again and again. It merely proves that as usual we are going in circles and eventually get back to the starting point. Ten years from now or thereabouts we'll re-discover character training. The usual merry-go-round.

The convention was dominated more or less by the military aspects of the subject. Army and Navy uniforms were present in large numbers. Every panel discussion group had at least one military officer as a speaker. The dance section was the one exception of those I attended.

Of course, the social parts of the con-

vention were not neglected, not in Cincinnati. There were all kinds of opportunities for get-togethers with friends. Normal College Alumni from coast to coast gathered informally. Al Arps from Los Angeles; Grover Mueller, Louise and Bill Reichelt, Martha Gable and Fred Foertsch from Philadelphia; the Kripners from Chicago; Ruth Frasier from Kansas City; Edwin Hoppe from Milwaukee; Emil Rath from Indianapolis; Louis Thierry from Detroit were among those present. Of course the Cincinnati Alumni were there in full force.

For once the Psi Kaps and the Phi Deltis buried the old worn-out hatchet and had a fine get-together in the form of a luncheon at the Netherland Plaza. This came about through the efforts of two of our most loyal alums, Hazel C. Orr and Mildred McCartney. I say "Let's do this more often."

Some of our new loyal friends and boosters were also present. Dr. and Mrs. Patty, the Bookwalters and the Millers were seen here and there. Of course Ben Miller as president of the Midwest Association had quite a prominent place on the program.

C. L. H.

Assistant Superintendent John Rush Powell, of St. Louis, in a communication to all high school principals, says: "There is no thought at this time of inaugurating an R. O. T. C. program in place of a well-rounded physical education program. The first step in the preparing of young men for military service is certainly to build up their bodies with the best possible program of physical education which can be devised."

"There is no excuse for any young man endowed by nature with a sound body, not to have a strong body. If his body remains weak because of his own neglect, he is weak in other ways. His mental or moral fiber is not properly balanced. He is either lazy or spineless."
—Capt. Paul Dickson, U. S. Army.

THE FUNCTION AND SCOPE OF PHYSICAL EDUCATION

Physical education is that phase of education which is concerned, first, with the organization and the leadership of children in big-muscle activities to gain the development and the adjustment inherent in the activities according to social standards; and, second, with the control of health or growth conditions naturally associated with the leadership of the activities, so that the educational process may go on without growth handicaps.

A program of activities in physical education must be based upon the biological, mental, moral, and social needs and capacities of the child with a view of achieving a sound, healthy body, proper attitudes toward wholesome physical activities, and fine standards of social behavior.

It is the right of every child to enjoy the opportunities of good health, social intercourse, and self-confidence through participation in physical activities.

Physical education differs from other types of instruction not in its aims, but in the specific objectives that it emphasizes, and in the kind of activity, (large neuromuscular) that predominates in its program.

Since education is concerned with the integration of a whole personality, it follows that efficient habits of thinking, acting, and feeling in the realm of healthful living are of prime importance. The word **health** itself implies an integration, embracing as it does physical, intellectual, emotional, moral, and social aspects of development.

Health as a goal of education has received increasing emphasis with time. It heads the list of the "Seven Cardinal Principles" as stated by the Committee on the Reorganization of Secondary Education in 1918. It attains prominence in at least three of the ten "Social-Economic Goals for America" as stated by the Committee on Restatement of our Na-

tional Goals in 1934. These three goals are named Heredity, Strength, Physical Security, and an Active, Flexible Personality.

No department of the entire school system, no phase of the whole educational program is so strongly challenged to contribute to this basic potential of full and complete living, **Health**, as in Physical Education.

Character education, like that of health, belongs to all phases of the school program. The play life of the child has always been considered as a powerful moral force, and Physical Education offers countless opportunities for the practice of civic and moral virtues. Working with others, leading, following, taking turns, playing fairly, winning graciously, losing generously, behaving courteously, are but a few of the concomitant activities that Physical Education must be ever conscious of if it is to contribute to the development of our boys and girls.

In the role of prevention, Physical Education should save the State many dollars and much human suffering. This is accomplished through the prevention of mental and physical defects, and through activity serving to forestall crime and delinquency. As a corrective measure, Physical Education should, when properly directed, lessen the need for hospitals, jails, and insane asylums.

The chief business of the child is growing. The business of the educator is to assist him to grow wholesomely. Physical Education is concerned with growth through bodily activity.

The general objectives of physical education are:

1. To develop organic and neuromuscular power.
2. To remove such physical handicaps as may be readily corrected by carefully planned activities.
3. To develop desirable standards of social and moral conduct and emotional control.

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4. To develop an appreciation of the values of bodily activities for healthful living.

5. To develop useful and desirable skills in activities suitable as avocational interests for use during leisure time.

6. To develop essential safety skills and the ability to handle the body skillfully in a variety of situations for the protection of self and of others.

7. To develop, as concomitant outcomes

- a. a symmetrical body.
- b. a rhythmically functioning body.
- c. correct posture.
- d. vigorous health.

These general objectives are achieved through the stimulation of growth and development by means of big-muscle activities. Their attainment contributes to the realization of the general objectives of education, particularly mental and physical fitness, character, and avocational interests. Furthermore, since mental and physical fitness are pre-requisites to satisfactory school progress, participation in the Physical Education activities should improve the body tone and thus improve the quality of work done in all school activities.

Youth is a strategic time for the development of physical power since maintenance of power is all that can be expected after maturity. It is highly desirable that a carefully graded program of physical education be planned so that the activities stimulate maximum effort on the part of the pupils.—W. K. Streit.

EIGHT MUSTS FOR NUTRITION

Very few city families probably make a habit of eating all the protective foods necessary for health and strength, according to preliminary reports on a recent nutrition poll made public by Fed. Sec. Administrator Paul V. McNutt. The survey was conducted in South Bend, Ind., where an intensive community nutrition program is now under way.

The eight basic food groups about which the housewives were questioned are those listed as daily "musts" in the national nutrition rules: milk and milk products, oranges, grapefruit, tomatoes, raw salad greens; green or yellow vegetables; other vegetables and fruits; whole-grain products or enriched white bread and flour; meat, poultry and fish; eggs; butter and other spreads.

Only a small percentage used all eight groups daily, but one third of the group used at least seven in the average day's meals and another third used six.

In our last prewar year, 1940, the people of our country had an average length of life of 63.77 years, according to a life table prepared in the Statistical Bureau of the Metropolitan Life Insurance Company. A person 19 years of age today has, on an average, as many years of life before him as the newborn baby had according to conditions in 1900. As to sex differentials, for white females in 1940, the average length of life was remarkably high, namely 67.31 years; for white males the figure was 62.94 years, or about 4½ years less.