

Alumni Bulletin

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PHYSICAL EDUCATION

Its Meaning

Physical education helps people satisfy age-old needs—physical and social—in present day living. It provides physical activity, needed by everyone to grow properly and keep physically fit, in a day when many earn a livelihood with little use of muscular energy. It provides experiences that give release from the emotional strains and nervous tensions that build up in a complicated way of life. It encourages wholesome social behavior in a democracy that places a premium upon teamwork, sportsmanship, and getting along with others. It develops skills, interests, appreciations for constructive recreation and satisfying self-expression at a time when more people have more leisure than ever before.

Physical education is a way of education. As a phase of the total educational program, physical education aims for the same general goal that gives purpose to all the learning activities of school—the well-rounded development of each student as a responsible citizen of our democratic society.

Individuals who possess vigor, strength, and character are in normal times the greatest resources of a nation. They are indispensable in times of emergency. Physical education contributes to the total FITNESS of all citizens who in their accumulated strength guarantee the SECURITY OF THE UNITED STATES OF AMERICA.

Its Platform

For every person there should be opportunity to gain the values of physical education by taking part in activities selected according to his interests and according to his needs—as shown by a medical examination or other ways.

In every community all possibilities for physical education should be developed.

Through the elementary schools, every child—in this formative period of his development—should have the advantage of a well-planned, well-conducted physical activity program.

No boy or girl in junior and senior high school should be deprived of the physical and social development to which physical education contributes so much.

Effectiveness and efficiency of college students should be developed and maintained through a coordinated campus-wide program which includes physical education experiences for all students.

Supplementing instruction in physical activity, there should be ample opportunities for all boys and girls to participate in intramural and other recreational activities.

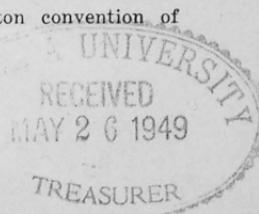
So that all the educational values of interscholastic athletics may be secured for youth, athletics should be administered and conducted by school officials and teachers who are primarily concerned about the welfare of the participants.

United through professional associations of national, district, state and local levels, leadership in physical education should represent the finest in professional preparation, personal integrity, and social consciousness.

States and local communities, assisted where necessary by the federal government, should provide sufficient support for a quality program of physical education.

America must remain strong; all those who live beneath her flag—all agencies concerned with the health, physical and social well-being of her people—must work together for national security and international goodwill through citizens who possess total FITNESS.

(Adopted by the Boston convention of AAHPER.)



STUDENT ACTIVITIES

Sophomores

Only five weeks remain before finals and camp will be with us once again. For many of us, the two years at Normal have gone by quickly; with much eagerness, we await the last two years at Indiana University or some other school. For others, this concludes their formal education; we hope that they have benefitted from their college experiences and have a very happy future.

Everyone returned from Easter vacation in good spirits. Congratulations are extended to the newly engaged couples among our classmates: Marcia Kohn-Bob Miller, and Kate Pearson-Bill Sirk. Our best wishes are given to the new "papas"—Paul Chappelle (faculty) and John Angelo. The Chappelles certainly kept us in suspense.

With Mrs. Hester's return from her trip we will be busy working on our Spring Demonstration for the evening of May 7. Plans for our Spring dance on the 6th are well under way with John DiBiase's careful guidance. During that weekend we hope to be having some of you Alumni with us. In the meantime preparation is being made by the freshmen girls for the annual gym meet held by the Sophomore girls in May. Also, Gene Mitchell has had the Spring Picnic committee at work. A busy month awaits us.

Mention should be made of the activities of Phi Epsilon Kappa which have been accomplished under direction of Al Isler here in school. The securing and distributing of interesting and informational pamphlets was done by Seymour Haliczer's committee while Hans Hafer's ran a Ping Pong Tournament. Keep up the good work, fellows.

With the sun beating down on us as we play softball at Riverside, thoughts and conversations are directed toward Camp Brosius. Here's hoping that snow Mr. Steichmann reported was the last of winter. Before we know it, Normal College days will be over, so we will say Goodbye for now to the faculty, Mr. Steichmann, Jean

and the Freshmen—and thanks. We will be seeing you at Home-Coming we hope.

—Laraine Colston.

Freshmen

Ah, spring is here
And this we know
Because the freshmen
Tell us so.

They show the signs
By the things they do
So I'll take some time
To list them for you.

Kiki Eubank in a softball game
Ran a little race.
She tried to beat out a hit
By charging to second base.

But right in the middle
Of her heroic dash
She decided to slide
Result - - - a rash!!

Classleader Bernie Lehman
Had a great surprise
When his entire class vanished
Right before his eyes.

He left his class to get some equipment
And this is one thing we must never do;
So his pupils decided to fool him
And up to the balcony they flew.

And when he returned
The gym was bare
Except for the mice
And they live there.

And of course spring has brought with
it
Its traditional signs
One landed on Barbara Andrews' finger;
It's a diamond that shines.

Phi Epsilon Kappa
Has recruited five
Of our freshmen boys
To keep it alive.

Eddy Fedosky and Joe Gawrys
Plus Bill Gregory are three,
Of those who are now pledging
This great fraternity.

Arthur Steinberg and John Sweeney
Are the other two
Who are obliged to render
What service they must do.

Congratulations to you boys!
Your efforts were worth while.
Now if you survive the next month or so
You can smile, smile, smile!

The spring formal has us buzzin'
And there is plenty that we must do
There's care and dates to plan for
And financial backing's needed too.

The girls are busy sewing seams
Or trying a new hair-do
Just to look their nicest
For the boys in BLUE.

By blue I refer to levis,
For there is a rumor going 'round
That that's what they'll be wearin'
If they're careful not to gain a pound.

We girls hope that they are fooling
And that this is all a joke
And also that what we hear's not true
About their being broke!

So goes the life of a freshman
In the blooming months of spring;
Our heads are light and happy
And our hearts about to sing.

—Jane Splete.

More married women are now employed or are looking for work than single women. A recent census report shows that 8,300,000 married women are now part of the labor force, compared with only 5,900,000 single women. Labor market experts think that employment of married women workers will continue to grow.

THE BOSTON CONVENTION

The national convention of the American Association for Health, Physical Education and Recreation, held in Boston April 15-23, was too well attended. Most meetings, including the general meetings were too crowded. However, with all the crowds there were relatively few Normal College Alumni present. I missed the "Gemuetlichkeit" of the St. Louis convention which really was "Old Home Week" for me. Among those I saw in Boston were Bill and Mrs. Streit, the Pritzlaffs, the Reichelts, Grover Mueller, Marty Gable, Martin Trieb, Al Arps, Karl Klein, Earl Vornheder, Bob Mayberry, Marion Notley Stowell, Paul Romeo.

Martin Trieb came from California with a delegation of 25 if I remember correctly. On the other hand, I didn't meet many of our Alumni from Eastern cities. Don't our Alums in that part of the country attend professional meetings?

The convention followed the usual procedure. Nothing new or startling was discussed. Physical Education seems to be in a rut right now. The same controversial problems which no one pretends to solve are hashed and rehashed. But all in all a convention is a great institution. The informal meetings and discussions, the friends one meets make worth while the time, energy and money expended.

—Clara L. Hester.

TO MY CLASSMATES OF '24

Sorry to say that I have not heard from any of you since I sent out my letter regarding our 25th anniversary reunion. I know that Home-Coming seems a long way off, but do keep it in mind. I wish that all of you would drop me a line or two and let me know what you are doing so that we may have news about every one at our reunion luncheon.—Bobbie Larsen.

The 1951 convention of the AAHPER will be held in Detroit in connection with the Midwest convention.

ALUMNI BULLETIN

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ROBUST DEMOCRACY

The enemies of our system believe it can be overthrown because of certain weaknesses inherent in democracy. One of these is our failure to use repressive measures in fighting their propaganda. This they regard as bourgeois sentimentality and stupidity. Curiously enough, some of our own ultra-conservative elements agree with the communists on this point. They protest that we are putting ourselves in the position of a boxer who insists on fighting according to the Marquess of Queensberry rules, against an opponent who has no such inhibitions. They warn us that we'll lose the fight against Soviet ideas unless we employ Soviet methods of repression. They hold that we cannot save democratic ideals except by

the use of undemocratic methods. This is equivalent to telling us that democracy can save itself from being murdered only by committing suicide. Fortunately, most Americans don't believe that democracy is in quite so desperate a state as that. In fact, they feel that democracy is immensely more robust than its timid friends and its optimistic enemies are capable of realizing.

Even today, when our military and economic security are intertwined with the affairs of Europe and of Asia, some plaintive appeals are heard for a return to isolationism. I find myself having a grudging admiration for people so magnificently immune to logic and to facts. They remind me of the motion picture producer who was told of a comment that had been made by one of his more caustic critics. He made the classic reply: "You expect me to answer that fellow? Why, I wouldn't even bother to ignore him!"

There are times when all of us would like to take that attitude towards the rest of the world, and not even "bother to ignore" Europe and Asia. But in the modern world it is somewhat difficult to snub a whole continent.

Whether we like it or not, what is happening in Europe and in Asia today is to all intents and purposes, happening in our own back yard. One of our basic responsibilities is to equip our people to meet that situation intelligently.—President Homer P. Rainey of Stephens College.

ARMY PHYSICAL THERAPY COURSE

The Army's course for Physical Therapy aids which was discontinued in 1946 and started again last year, will again be given in 1949-50. Women between the ages of 21 and 26 years who are graduates of a College with a major in physical education or will graduate within six months after applying for admission, are eligible. The first six months the course will be given at Fort Sam Houston, Texas; during the second six months students are assigned to army general hospitals. An applicant who is accepted must apply for a commission as

second lieutenant in the Women's Medical Specialist Corps Reserve and must volunteer for a two year tour of duty (fourteen months of which are spent in training). At the end of the probationary period she will be required to apply for a commission in the Regular Army.

The base pay of a second lieutenant at present is \$180.00 a month with an additional allowance toward subsistence. Quarters are furnished. A uniform allowance of \$250.00 is paid.

Application blanks may be obtained from The Surgeon General, Department of the Army (Attention: Chief, Women's Medical Specialist Corps), Washington 25, D. C.

LIFE FROM THE SOIL

When I look back on the processes of history, when I survey the genesis of America, I see this written on every page: That the nations are renewed from the bottom, not the top; that the genius which springs from the ranks of unknown men is the genius which renews the youth and energy of the people. A people shall be saved by the power that sleeps in its own deep bosom, or by none. A people shall be renewed in hope, in conscience, in strength, by waters welling up from its own sweet, perennial springs. Not from above, nor by patronage of aristocrats—the flower does not bear the root, but the root the flower. Everything that blooms in beauty in the air of heaven draws its fairness, its vigor, from its roots. Nothing living can blossom into fruitage unless through nourishing stalks deep-planted in the common soil. The rose is evidence of the vitality of the root; and the real source of its beauty comes from those silent sources that lie hidden in the chemistry of the soil. Up from the soil, up from the silent bosom of the earth, rise the currents of life and energy. Up from the common soil, up from the quiet heart of the people, rise streams of hope and determination bound to renew the face of the earth in glory.—Woodrow Wilson.

CAMP BROSIUS

On April 11, the writer went to Elkhart Lake to check on the work planned for improving Camp Brosius. Carpenters and plumbers were busy putting in the new showers and repairing halls and cabins. The men's room will be increased to four times its present size and a shower and wash room will be added. Likewise, five showers will be put in an addition to Hester hall.

The camp course will begin June 2 and end June 30. About 85 students are expected. Mrs. Hester, Mr. Martin and Mr. Chappelle will be in charge.

The children's camp will begin July 2 and end August 13. Mrs. Hester is in charge this year, assisted by Mr. Chappelle.

Reservations in the hotel are more numerous than ever at this time of the year and there are but few vacancies left for the period from July 10 to August 20. Mrs. Schueler will again be hostess.

Resolutions were adopted at the AAHPER convention (1) endorsing the N.E.A. program looking toward the attainment of federal aid to public education, (2) approving and supporting the National School Health Services Act of 1949, (3) commending Congress for voting approval for the U. S. participation in the World Health Organization, (4) recommending legislation to enable Boards of Education to expend funds for camping and outdoor activities, (5) approving and supporting the resolutions of the Joint Committee of the National Education Association and the American Medical Association, (6) approving the recommendation that military training not be substituted for physical education in colleges and high schools, (7) approving the report of the Jackson's Mill Conference on Undergraduate Professional Preparation in Health, Physical Education and Recreation as a guide and that the standards contained therein be implemented and (8) urging that members support in act and spirit, practices directed to preventing discrimination against minority groups in sports and athletics.

PERSONALS

Appointments and Transfers

After five years of retirement from the public schools, Henry W. Kumpf has accepted a position at Buffalo University. His first job is to teach rhythemics to all four classes.

The newly-established post of assistant director of school-community relations in the Philadelphia public schools has been filled by the appointment of Martha A. Gable. She will continue the promotion and direction of school and pupil programs for radio and television which she has handled since the first of the year.

George Wallenta has been appointed baseball coach at Lane Technical High school in Chicago.

Emil Rothe, Sr., will resign from Lake View High School in Chicago at the end of this semester and join the faculty of the American College of Physical Education in September.

* * *

Births

Suzanne Christine is the name of the little girl that arrived for the Paul Chappelles April 23.

Mary Alice Shively (Mrs. J. L. Hobson) presented her husband with a little boy March 9; his name is David Lee.

A boy, Gregory Paul, arrived at the home of Major and Mrs. Frederick Ploetz in Buffalo February 11.

The second baby of Burdeen Southern Schmidt is a girl born February 28, named Deborah.

Dorothy Spaulding Broadwell and Herbert announced the arrival of a girl, Judith Lee, March 9.

The fourth child, Timothy, arrived for Agnes and Alfred Eberhardt in St. Louis in November.

Evelyn (Johnson) and John Tanzine are the proud parents of a baby girl born in April.

Leslie Boehmer and his Seneca High School basketball team won the Buffalo city championship.

The Beyer family (Jewel Gordon) have pulled up stakes and settled in Orlando Beach, Florida.

Grace McLeish McConnell is home from the hospital and convalescing. Glad to hear that she is getting better.

We are sorry to hear that Elsa Kramer lost her father; he was for many years a teacher in the Cincinnati schools.

Deer are hard to find in Indiana, but Bill Treichler managed to have a collision with one while driving near Martinsville.

Clarence Porter, Superintendent of Schools in Missoula, Montana, was a welcome visitor at Normal College March 2.

Francis Mixie developed a good gym team at the Cincinnati Y.M.C.A. which placed high at the Columbus meet in March.

Emma and George Wallenta announce the marriage of their oldest daughter, May Belle, to Mr. Robert Soukop of Cicero on April 16.

Longing for the open country, Esther Plischke Boettcher and husband have bought several acres ten miles north of Milwaukee.

Margery Woods Stocker underwent a major operation in March, but has recovered very well and started work in her school again April 25.

A national gymnastic meet of the American Turners was held in Clinton, Iowa, April 22 to 24 with Henry Schiget in charge of arrangements.

The city senior high school gymnastic championship in Philadelphia was won by the team of the Germantown high school under Dr. Leo Zwarg.

To save time, Bill Streit and Mrs. Streit flew to Boston for the HPER convention. Streit was recently reelected director of the boys' club in Cincinnati.

Walter and Alfred Eberhardt have 1500 girls and women enrolled in their evening classes at St. Louis University and teach from 200 to 250 every evening.

Cincinnati Phi Epsilon Kappa celebrated the 25th founders' day with a banquet at Sleepy Hollow Inn. Fritz Reuter who now lives in Indianapolis, was a guest.

After a meeting with the Athenaeum Turners, Emil Pletz, national secretary of the American Turners, also met with the Normal College students who were awarded Turner scholarships.

Marie Hanss and Louis Kittlaus organized classes for training playground instructors in St. Louis. Marie also arranged two unusual programs for the national convention of School Administrators in February.

The Chicago chapter of Delta Psi Kappa had a bridge meeting at Minnie Wassermann Braker's house April 9. The following Normal College Alumni were present: Esther Marx, Betty Thompson, Harriet Harz, Hazel Gronemann, Carolyn Wassermann, Charlotte Newman, Nanon Roddewig, Reo Olson and Helen Pritzlaff.

Phi Epsilon Kappa Alumni in Buffalo elected the following officers for this year: Matthew J. Poeltl, president; Chester Lesniak, vice-president; John M. Stocker, guide; Raymond Ping, sergeant-at-arms; Andrew Lascari, librarian. At the recent ladies' night party, 25-year service awards were given to Matthew Poeltl and Louis Montgomery.

Apparently not having enough to do, George Heeschen has taken over the management of the entire building of Cleveland East Side Turners, bar, kitchen, dining room, etc. Of course he also teaches between 450 and 500 people in his gym classes and besides is chairman of the national physical education committee of the American Turners.

Grover Wm. Mueller, director of physical and health education in the Philadelphia schools, recently served as a member of the examining committee of the New York City Board of Education for selection of a director of physical and health education in the New York schools. "Bill" has now completed 35 years of service in the Philadelphia schools.

William A. Nicolai edits "The Score", official publication of the Philadelphia Association HPER, and makes it very interesting. He also directs the individual remedial physical education program at Central high school, is president of the middle Atlantic district of the American Turners and also on the executive committee of the Pennsylvania state association of HPER.

Pennsylvania's Governor Duff has allotted the use of the immense national guard military reservation at Indiantown Gap as an outdoor camping school for underprivileged children. The children from congested urban centers of the state, regardless of race, color or creed, will have an opportunity for health, sports, fun, learning new skills and acquiring new interests the greater part of the year. Grover Mueller's recommendations for the conduct of the camp were approved.

BOOK REVIEWS

Nutrition and Physical Fitness, by L. Jean Bogart, Fifth Edition. 610 pages with 96 figures. W. B. Saunders Co., Philadelphia. \$4.25.

This book is not entirely new; it was first published in 1931. This fifth edition relates new knowledge, enlargement and application of previously known facts, new trends in education, and revision of our ideas of the most important factors in nutrition. The author has also added a valuable feature at the end of each chapter: questions, problems and lists of suggested readings. In my opinion it is one of the most outstanding books in the field of nutrition. It has been used in general courses of nutrition, health and hygiene and is recommended for use to a greater extent.

—Paul C. Chappelle.

* * *

Fundamentals of Body Mechanics and Conditioning, by Mabel Lee and Miriam M. Wagner. 377 pages, illustrated. W. B. Saunders Company, Philadelphia. \$4.50.

The practical material in this new book covers the following phases of the program:

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the need for a course in the fundamentals of body mechanics and conditioning subject matter for the course; methods of offering the material, of evaluating class work and of safeguarding pupils; plans for organizing and conducting the course as a whole; and suggested lesson plans. The authors insured greater interest and understanding through the use of selected figures, charts and photographs. This interesting text is highly recommended for students in training and teachers in the field.—Paul C. Chappelle.

* * *

Modern Dance—Technique and Teaching, by Gertrude Shurr and Rachael Yocom. 191 pages. A. S. Barnes & Co., New York. \$8.75.

This book is an excellent text in the field of modern dance. The first chapter deals with an explanation of the modern dance. In a very clear fashion the authors explain the principles, technique, creative aspects and uses. Their point of view is sensible. They show practical application of much of the work to large group, recreations and people interested only in the body conditioning aspects of the techniques. The descriptions, illustrations and teaching cues are good. The material is divided into warming-up exercises, dance exercises and dance techniques consisting of movements only. The book does not give any material on the creative or space aspects of the modern dance.—Clara L. Hester.

Honor Your Partner, by Ed Durlacher. 286 pages. The Devin-Adair Co., New York. \$7.50.

This is undoubtedly the best and most complete work on American country dances published up to date. There are 81 dances with calls, descriptions and music. In addition the hints for calling supplementary calls, glossary of terms and bibliography of records and books are excellent. The descriptions are very clear. I can recommend this book most highly.

—Clara L. Hester.

* * *

Individual Sports for Women, by seven members of the Department of Physical Education of Smith College. Second Edition. 414 pages with 154 figures. W. B. Saunders Co., Philadelphia. \$4.25.

This most excellent book on various sports was first published in 1943; the second edition was somewhat revised. The sports included in this volume are Archery, Badminton, Bowling, Fencing, Golf, Riding, Swimming and Tennis, each treated by a specialist. Teachers and students will find in this book a wealth of valuable material.

Educators look down on physical education. This is probably a subterfuge to cover up a feeling of inadequacy about their own lack of physical development. Haven't they heard that the first cardinal principle of education is health?