

Put - NCAGU

Alumni Bulletin

Vol. XXX

Indianapolis, Indiana, February, 1947

No. 2

THE BIGGEST HOME-COMING

What a crowd! 400 seats were provided in the gymnasium, but they were not enough for the people who came for the demonstration Friday afternoon. 201 persons attended the banquet. From Thursday afternoon until Saturday evening, the College and the Athenaeum were places of much activity.

One hundred and eighty Alumni (and wives) from other cities registered. They came from Buffalo, Rochester and Syracuse and even from New York and Philadelphia; Cleveland, Detroit, Chicago, Milwaukee, Davenport, Moline, St. Louis, Evansville, Louisville, Cincinnati, Dayton and Pittsburgh were represented, and even Alton. Many of the visitors were ex-service men who welcomed the opportunity to meet once again with their class-mates after an interval of five years since Home-Coming at Normal College was last held.

The program started the morning after Thanksgiving day with a meeting of Turner society instructors who discussed matters of particular interest to them. George Heeschen, chairman of the physical education committee of the American Turners, presided. Then there was a meeting of Alumni at which present trends of physical education were discussed with Nelson Lehsten leading, followed by Dr. W. W. Patty, Karl Bookwalter and Robert Yoho. In the afternoon, Normal College students gave a demonstration under the direction of Mrs. Clara L. Hester. Fred Martin and Constance Zimlich, Walter Eberhardt commanded pole tossing which was much applauded.

Then in the evening of the banquet and meeting with Alumni president Bobbie Larsen presiding and Walter

Eberhardt as toastmaster and W. K. Streit leading the singing of Normal College songs. Dr. Rudolph Hofmeister who had been asked to speak about Emil Rath whose death occurred since the last Home-Coming, could not be present, but had a recording made which was run off. Miss Larsen read the names of other Alumni who died since 1941; there were 34 on the list including five who died in service. Dr. Patty explained the work of the new School of Health, Physical Education and Recreation and how Normal College graduates may acquire the Master degree and doctorate in these fields.

After serving for 35 years as treasurer of the Alumni Association, Curt Toll asked to be relieved of this job because of ill health.

The election of officers resulted as follows: President, Walter C. Eberhardt, St. Louis; Vice-President, Therese Pletz, Detroit; Secretary, Eleanor Doerr, Buffalo; Treasurer, Ray Zimlich, Indianapolis.

The Alumni Dance kept the big crowd of Alumni, students and friends together in the Kellersaal until 1:00 o'clock.

Meetings continued Saturday forenoon with Mrs. Norma Koster of the Indianapolis recreation department directing and explaining various activities suitable for recreation work.

Delta Psi Kappa and Psi Epsilon Kappa had their luncheon meetings Saturday noon; Phi Delta Pi held its meeting Friday noon.

And then the big affair was officially over, but many groups not ready to go home still gathered in the Athenaeum until evening.

Looking over the gathering of Alumni at the banquet one can not but admire the loyalty of Normal College graduates

PRESIDENT'S OFFICE

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to their Alma Mater. One wonders if the training our people received may be the cause of it. Emil Rath, during his 25 years as president of the College, always stressed the principle that teachers are servants of communities and must strive to give their best to youth as well as adults, and he continually spoke of this ideal of the Turners. Mrs. Hester is following in his footsteps. With such ideas and ideals as guiding stars, the Normal College will continue for many years to lead in the field of Health, Physical Education and Recreation.

CAMP BROSIUS NEWS

Camp Brosius will be operated next summer as in the past; that is, the College students will occupy it during the month of June, the children's camp will be conducted during July and part of August, and the hotel operated from July 1 to Labor Day. A successful season seems assured; registration of children has already started and requests for hotel reservations have been received.

Important improvements are planned and will be made if the material can be had this year. First among them is the erection of an infirmary, nurse's quarters and meeting room for counselors. Some equipment such as new dishwashing machines, etc., has been ordered. Indiana University authorities are eager to make Camp Brosius one of the best equipped camps in the country.

GENEROUS GIFT

At the time Normal College was merged with Indiana University, Mr. Leo M. Rappaport pledged \$1,200.00 to the College scholarship fund, to be paid in four equal installments. Mr. Rappaport has not only contributed the above amount, but kept sending \$300.00 in 1945 as well as again last fall, so that his contributions to this fund now amount to \$1,800.00. His continued interest in the College deserves high praise.

PHYSICAL FITNESS TRANSLATED INTO PRACTICAL VALUES

By Martha Gable

The term physical fitness has been used extensively in recent years in various connections concerning the nation's health. Its definition, however, has been left largely to the reader, and is governed by his background and understanding. There are some who believe that physical fitness is simply the state of being free from disease and physical defect; some envision large and brawny musculature when fitness is mentioned; others connect the term with an abstract rather than concrete conception of good health and well-being.

The following then, is an attempt to describe physical fitness in a practical sense as related to everyday living, toward which the modern physical and health education program is striving.

1. One of the basic essentials of fitness is firm and elastic muscle fibre which the high-priced beauticians call "muscle tone". Physical educators sometimes less glamorously use the term muscle development. The achievement of this condition is the same—exercise—regardless of terminology. Well designed exercise to bring all muscle groups into play is necessary, whether it be calisthenics, sports, dance or other forms of activity. The important point is that the activities be chosen for all round development rather than over-exercising some muscle groups while others are neglected.

2. Along with the above there is the improvement in endurance and strength. Heart and lung can withstand greater stress and strain. More work can be done with less fatigue and stiffness, at home, in industry, at play, carrying market baskets, or in other daily activities.

3. Another extremely desirable concomitant of fitness is coordination, grace and balance which results from the performance of skills such as dance, sports,

stunts. This means that the body moves with a minimum of effort and awkwardness, and with a maximum of rhythm and physical poise.

4. And of course, good posture is a natural part of all the foregoing. Good balance and coordination augmented with the "feel" of proper body alignment in sitting, standing and walking, and a desire to form the habit of good posture are necessary. Good style and effective wearing of clothes are impossible with slumping, awkward pose and movement.

5. The understanding of utility skills is valuable in conserving energy and preventing injury and fatigue. For example, the bending of the knees in lifting, rather than at the waist only, takes the strain from the sensitive back muscles and places it on the powerful leg muscles. This simple bit of body mechanics can prevent many backaches common to housekeeping. The same is true in opening windows that stick, and in carrying burdens. Also an understanding of balance while standing on ladders, during reaching, and while on moving vehicles can prevent accidents and strain. And a knowledge of how to fall, with a roll, and with relaxation, lessens the chance of broken bones, and other injuries.

6. The activities which contribute to the foregoing physical attributes also stimulate organic function such as circulation, respiration, the supply of nourishment to body cells and the discharge of waste matter. This helps to improve state of skin, hair, nails, teeth, as well as all other tissues and functions.

7. And basic to the activity program for the development of fitness is attention to health habits such as proper nutrition, rest, cleanliness, correction of physical defects, recreation. Health education stresses all these points, but until they become a part of living, and can be followed throughout each day—at school, at home—they are only theoretical items of pedagogy. Home and school must work together on this.

8. And last, if young folks are to seek wholesome, active recreation, both during their school years and after, they must learn sufficient skills in school to make such participation enjoyable. Golf, badminton, tennis, basketball, dance, swimming, bowling, riding, and many other activities are a part of the modern physical education program. But until time and facilities make it possible for each boy and girl to learn one or two of these, with enough proficiency to give a fair degree of assurance, the carry-over into adult life will not take place. The older we grow, the less we like to be "duds". This is a real opportunity for the schools to equip young people with the tools which will contribute to lasting fitness as well as to enjoyment. Present facilities are inadequate to do the job indicated.

In closing, then, physical fitness has more than physical values. It contributes to efficiency, to attractiveness and to enjoyment. It's fun; it's glamorous, too.—The Discobolus.

BOOK REVIEW

Muscle Testing; Techniques of Manual Examination, by Lucille Daniels, Marian Williams and Catherine Worthingham, W. B. Saunders Co., Philadelphia. \$2.50.

Miss Daniels is director and Miss Williams assistant professor of physical therapy at Stanford University; Miss Worthingham is director of professional education for the national foundation for infantile paralysis. They have joined in presenting a book of value to physical therapists and physicians. It contains 349 diagrammatic line drawings illustrating the proper treatment of muscle dysfunction.

May I take this opportunity to thank all the nice people who took time out to send me greetings during my recent little journey to the hospital. Your good wishes helped to speed my recovery.

Clara Hester.

**SCOPE OF THE SCHOOL
of
HEALTH, PHYSICAL EDUCATION,
AND RECREATION
of Indiana University**

By Willard W. Patty, Dean

The School of Health, Physical Education, and Recreation of Indiana University began official operation as an autonomous school of the University July 1, 1946. The program of the school is a reorganized continuation of work of several agencies which have been joined in this new unit of the University. The Normal College of the American Gymnastic Union began to train teachers of physical education in 1866—the first educational institution in America to perform this type of professional service. The Physical Welfare Training Department of the School of Education of Indiana University was an outgrowth of work in preparing teachers of physical and health education approximately a quarter of a century ago with the first graduates in this field receiving degrees in 1926. The departments of Physical Education for Women and Physical Education and Athletics for Men at Indiana University have been developing programs of service physical education courses, intramural sports, and recreational training for many years.

Status

The School of Health, Physical Education, and Recreation has the status of equality with other professional schools of the University, exercising full liberty in determining its courses of study and curricula which lead to undergraduate and graduate degrees.

Degrees Authorized

The Board of Trustees of Indiana University have conferred upon the faculty of the School of Health, Physical Education, and Recreation the responsibility and authority to qualify students for the following degrees:

- I. For those successfully completing four-year curricula:

Bachelor of Science in Physical Education—B.S.

Bachelor of Science in Health and Safety—B.S.

Bachelor of Science in Recreation—B.S.

Bachelor of Science in Public Health—B.S.¹

- II. For those successfully completing the prescribed pattern of one year of graduate work:

Master of Science in Physical Education—M.S.

Master of Science in Health and Safety—M.S.

Master of Science in Recreation—M.S.

- III. For those successfully completing the prescribed pattern of two years of graduate work:

Director of Physical Education—Pe. Dir.

Director of Health and Safety—Hs. Dir.

Director of Recreation—Rec. Dir.

- IV. For those successfully completing the prescribed work of the major, two minors, and acceptable doctoral thesis, and preliminary and final examinations:

(Three or more years of graduate study)

Doctor of Physical Education—Pe. D.

Doctor of Health and Safety—Hs. D.

Doctor of Recreation—Rec. D.

Functions

Among the major functions which the School is organized to perform are the following:

1. Providing service physical education courses, both required and elective, for undergraduate students of Indiana University.

¹ Sponsored jointly with the Department of Public Health of the School of Medicine.

2. Organizing and supervising intramural sports programs for students of the University.
3. Contributing to wholesome recreational opportunities of students and faculty.
4. Preparing leaders, supervisors, and directors for recreational programs for state and municipal parks, community centers, summer camps, schools, and rural areas; also for service with private agencies such as industrial concerns, Y.M.C.A., Y.W.C.A., and settlement houses.
5. Training athletes and athletic coaches.²
6. Furnishing technical and professional instruction and training for teachers of safety education, health education and physical education for schools, colleges, and turner societies.
7. Cooperating with the Department of Public Health of the School of Medicine in training sanitarians and public health educators for public health work.
8. Preparing graduate students for promotional, supervisory, administrative, and instructional work in college, universities, state departments, schools, states and communities in fields of health, safety, athletics, physical education, and recreation.
9. Training research workers in health, safety, athletic, physical education, public health, and recreation areas of investigation.
10. Carrying on research concerning the problems associated with the various phases of the program of the School.
11. Conducting such special activities as health workshops, recreation institutes, safety conferences, physical education demonstrations and seminars, and athletic coaching clinics.
12. Giving consultant services to workers in the various areas within the scope of the programs of the School conducting surveys. Furnishing information upon request.

(This is the second of a series of brief articles concerning the new School of Health, Physical Education, and Recreation of Indiana University, of which the Normal College is one department. See Alumni Bulletin for November, 1946, for article concerning relationships.)

CONVENTIONS

The national convention of the American Association for Health, Physical Education and Recreation will take place in Seattle, April 21-26. Arrangements have been made for a special train from Chicago with privilege of stop-overs in the West.

The Eastern Association will hold its meeting March 31 to April 3 in Brooklyn.

Information about the meetings of other sections has not been received to date.

ALUMNI DUES

² The staff of the Department of Athletics belongs to the School of Health, Physical Education, and Recreation and the professional preparation of coaches is a function of the school, but the direct control of the intercollegiate athletic program is in the hands of the Indiana University Faculty Committee on Athletics as prescribed by Western (Big Nine) Conference regulations.

Ray Zimlich, new treasurer of the Alumni Association, will send statements to Alumni this month. Mr. Toll used to mail them in January, but because of his illness and because Mr. and Mrs. Zimlich spent a vacation in Florida, the mailing was delayed. We trust that Alumni will respond to the call for payment of dues as promptly as they did during the past years.

PERSONALS

Appointments and Transfers

Ralph Sigel has been appointed to a teaching position in the Detroit elementary schools.

Herbert Broadwell is teaching at Ithaca College; he and Dorothy moved there from St. Louis last fall.

Dick Roberts and Alfred Sapecky are working at the Batavia, N. Y., veterans hospital.

Chester Lesniak and George Kuhn have been appointed to teaching positions in Cleveland high school, Buffalo.

Katie McElroy is now at Coolidge junior high school in Moline. Due to crowded conditions at the senior high school, a four-year course is given, grades 7-10. Miss McElroy has only a part-time assistant to help with the big load of girl students. Herbert Klier is supervisor in the elementary schools and also coaches the gym team in the senior high school.

Having entered service as a private, Bertram Chalmer was discharged in November, 1945, with the rank of major. He got his Bachelor degree in June, conducted a summer camp for boys during July and August and then received appointment as instructor in the Eden, N. Y., high school.

* * *

Weddings

Henry Schroeder, who after his discharge from service took his position as instructor at the New York Turnverein again, was married November 23 to Miss Gretchen Wuest, sister of Alumnus Christopher Wuest.

Doris Pottenger is married and her name now is Mrs. J. W. Chapman.

* * *

Births

A baby girl arrived November 29 for Juanita Davis Lennox in Indianapolis.

Richard Henry is the name of the boy who arrived at the home of Mr. and Mrs. Henry Montoye in Champaign November 30.

A boy, too, came for Mr. and Mrs. Fred Whipple (Martha Washburn) November 20 in Troutdale, Ore.; he was named William Alan.

And another boy arrived October 23 for John and Kathleen Conley; Mr. Conley is a sophomore student in the College.

Mrs. Edna Shafer Eggleston in Buffalo has a baby girl born November 19.

* * *

Helen Young lost her father in November.

Sorry to hear of the death of Harriet Schrader Harz's mother.

Edward Krueck is home from the hospital after an attack of angina.

After an appendectomy, Bob Colwell is back on the job in the Norwood schools.

Having sold her house, Hazel C. Orr is now cooped up in a four-room apartment in Cincinnati.

Buying a cottage in Wisconsin, Maud Suter thinks high of that state and its excellent fishing.

Due to her father's illness, Therese Pletz missed Home-Coming for the first time in many years.

Miss Hazel C. Orr has also helped the College office by correcting the list of Alumni living in Cincinnati.

Ioma Jean Hudson drove from Richmond to Cincinnati to attend a symphony concert and do some visiting.

Gretchen Lecollier recuperated in Florida and was joined by husband Harvey during the Christmas vacation.

Herbert Suedmeyer has moved into his new home in Buffalo which was completed a week before Christmas.

Bennett High School's football team in Buffalo, coached by Fred Braun, beat Arthur Whalley's Lafayette team in the finals on Thanksgiving day.

Among the "farming" Alumni are Minna Pritzlaff Johnson and husband who own a small place outside Buffalo and spend most of their week-ends there.

Winona Fitzgerald Lindley has moved from Louisville to Marengo, Ind., where her husband has taken over the management of the famous cave owned by her father.

How time flies! Leo Doering's daughter, Cyrilla Mary, was married December 28. Leo completed ten years of service with the Reynolds Engineering Company of Rock Island.

Having just completed his first year as director of Detroit Turners, Harry Warnken is busier than ever juggling gym events and dates in an effort to get everything into a crowded winter and spring season.

Not satisfied with three issues of the Alumni Bulletin, Henry G. Vorsheim asks for five. He is living in Los Angeles and used his leisure time inventing an announcing system for buses, railroads, etc., and also a valuable office appliance.

All Alumni teaching in Turner societies report large increases of attendance this year in all classes. William Klier, of Moline Turners, Fred Bifano of Davenport Turners and Henry Schiget of Clinton Turners are quite busy with their large classes.

Ralph Sigel and Henry Dreyer, younger members of the staff in the Detroit schools, are holding their thumbs hoping that a proposed salary increase will materialize soon. Ralph attends classes at Wayne University twice a week in quest for his M. A. degree.

Iowa just concluded its centennial celebration. Much of the successful interpretation of outstanding phases of its development, portrayed in an impressive pageant with songs and dances, was due to efforts of Normal College graduates in the public schools of Davenport.

Louis Thierry and two of his brothers in the Phi Epsilon Kappa Alumni Chapter in Detroit, went to Ann Arbor January 13 and reactivated a chapter at the University of Michigan which had been inactive during the war years. Fifteen

members were initiated and the installation was impressive. The ceremony was held in the Waterman gymnasium, a well-known landmark on the university's campus. Lou is very active in the Alumni chapter and also in the business men's class of the Detroit Turners and recently received an award for perfect attendance.

Mrs. Arthur Volles, of Syracuse, the mother of Anne Volles, a Normal College student who was killed two years ago in an automobile accident, and who at that time sent \$55.00 for an Anne Volles book fund to be used for books needed at Camp Brosius, has donated \$5.00 additional to this fund. Mr. and Mrs. Volles took Anne home after the camp course and were much pleased with their visit at Camp Brosius.

Davenport, Moline and Rock Island teachers are making strong efforts through American Federation of Teachers locals to gain higher salaries. Some school board members oppose all increases and still expect the underpaid teachers to assist loyally in securing new teachers to take the place of the fast-dwindling numbers of qualified teachers. Physical Education teachers are assisting the union; Fred Jacobi of Sudlow Junior High School is on the legislative committee.

THANKS, DR. PATTY

With the large enrollment of men in the Normal College the need for a meeting room or lounge for the men students became apparent. The University provided new furniture for the women's room, but funds were not available this year for furnishing a men's room. However, the former corrective room was partly furnished for this purpose and then along came Dr. W. W. Patty, Dean of the School of Health, Physical Education and Recreation, with a donation of \$100.00 for the purchase of suitable furniture. Thanks very much!

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TO BE NOBLE

"Suddenly, admission to college has become recognized as a privilege involving keen competition. . . . For every one of you here there are several others outside the gate. They were close behind you in qualifications for college work. If you think of them as you should, you will be at peace with your conscience only if you make the best use of the special privilege you now enjoy and which was denied to them. . . .

"Distinctly you are not here, we hope, merely to gain the smartness required to beat other men. You don't need to go

to college for that. In fact, you can learn that better outside college where the real specialists in acquisition are to be found. . . . We hope that you will think of your growing knowledge and skill always in relation to your duty to the community. It would be terribly lonesome business to know how to do something well only for the purpose of advancing a personal interest, to get ahead of someone else. . . ."

"You see peace on this campus and perhaps incline to think that war is something far off. Let me assure you that no place is far off today. All are near each other. Danger for one is danger for all. . . . What can you do about it?

"Soon, very soon, you may be required to do something about it. You may have to fight about it. Surely the issue should be clear to you if your life is at stake. The difficulties in the international field are not about votes in the Security Council or the disposition of Trieste or any of the things you see so frequently in the headlines. It is rather a choice between two systems, one democratic, the other totalitarian, one depending on the secret ballot, the other on secret police. Let no sophistry, no errors of government in our free society blind you to this distinction. Look at the whole balance sheet of America, not just a single detail, before you begin to disparage America. . . .

"In time you will become scientists or engineers or humanists or economists or doctors. . . . What we can do for you is of no lasting importance if we have not taught you that citizenship comes first today in our crowded world. . . . No man can enjoy the privileges of education and thereafter with a clear conscience break his contract with society. To respect that contract is to be mature, to strengthen it is to be a good citizen, to do more than your share under it is to be noble."

From an address to new students by Isaiah Bowman, president of Johns Hopkins University.

PLAYING WITH BALL

By Fred Martin

Music—Beer Barrel Polka.

Formation—Column of Front Couples in Circle Formation facing counter clockwise, No. 1 on outside, No. 2 on inside, one ball to a couple.

Introduction—Standing at attention, No. 1 with ball at L. hip..... 8M

Exercise I

- A. Both couples beginning with outside foot, 4 polka steps forward passing ball on second and fourth measures 4M
- B. Eight skips forward passing ball on second, fourth, and eighth measures 4M
- C. Repeat A 4M
- D. Repeat B, omitting last 2 skips and jump to a side stride stand and close, partners facing each other 4M
- 16M

Exercise II

- A. Four skips backward, and four skips forward passing ball to No. 2 on first measure and pass ball to No. 1 on third measure..... 4M
- B. Partners move left sideward with step close, step No. 1 passing ball obliquely left forward to No. 2 of next couple..... 4M
- C. Repeat B, opposite but No. 2 passes ball to own partner No. 1... 4M
- D. Repeat all but omit last two measures (c) and No. 2 with ball skip right into a flank circle in front of No. 1 (all facing the same direction) 4M
- 16M

Exercise III

- A. No. 2 jump to straddle angle stand touching ball to floor and hold two measures. No. 1 jump to side stride stand swinging arms sideward and return (1 measure)

and leap frog over No. 2 (1 measure) 2M

- B. No. 2 straighten, bounce ball, catch it, and throw it backward over head to next person. No. 1 dip twice in support squat (1M) jump to a side stride stand and close with arm movements (catching ball on second measure)..... 2M
- C. Repeat A and B three more times 12M
- 16M

Exercise IV

- A. No. 2 roll ball between legs to No. 1 (one measure) and straighten with a $\frac{1}{2}$ turn left facing partner (one measure). No. 1 catches rolled ball and throws it to No. 2 (2 measures) 2M
- B. No. 2 passes ball to No. 1 of next couple (one measure) and No. 1 passes ball to own partner, No. 2, who makes a $\frac{1}{2}$ turn left in line of direction (one measure)..... 2M
- C. Repeat A and B three more times —No. 2 omit $\frac{1}{2}$ turn left on last repeat (facing partner)..... 12M
- 16M

Exercise V

- A. No. 1 beginning right, four pas de basques making $\frac{1}{4}$ turn right, facing outward on first step (pantomime pleading for ball) No. 2 six skip steps forward (clockwise) tossing and catching ball and passing ball to No. 1 of next couple on fourth measure 4M
- B. Repeat A opposite, No. 1 skips to original partner instead of moving counter clockwise 4M
- C. Repeat A 4M
- D. Eight skips—moving into two front lines, facing each other with original partner. No. 1s in possession of ball 4M
- 16M

{ 2	Front	1 }
{ 1		2 }
{ 2		1 }
{ 1		2 }
{ 2		1 }
{ 1		2 }

No. 2 Line No. 1 Line

Exercise VI

- A. No. 1 line—four skips forward beginning left and four skips backward, partners passing ball on first and second measures and on third measure, No. 2 throws ball to No. 1 in Line 2 on fourth measure.
No. 2 line—No. 1 bounce and catch ball on first measure, throw ball to partner (No. 2) on second measure, No. 2 bounce and catch ball on third measure, and throw ball to No. 1 in line 1 on fourth measure 4M
- B. Repeat A 4M
- C. No. 1 and No. 2 lines, No. 1s throw ball across to No. 2s in opposite line and Nos. 2s catch and hold ball 2M
- D. Repeat C opposite 2M
- E. Repeat C and D 4M
- 16M

Exercise VII

- A. No. 1 line and No. 2 line, passing right shoulders, six skip steps forward exchanging places and No. 1s pass ball to No. 2s of opposite line when meeting at the center, and turn around in two skips 4M
- B. No. 2s of both lines bounce ball across to No. 1s who catch and hold it 2M
- C. Repeat B opposite 2M
- D. Repeat A 4M
- E. Both lines skip into a front line in eight skips, No. 1 line $\frac{1}{4}$ wheel right about the center and No. 2

line, $\frac{1}{4}$ wheel left about the center into the following formation..... 4M

						16M
11	11	11	11	11	11	
—	—	—	—	—	—	
21	21	21	21	21	21	
Couples	1	2	3	4	5	6

No. 1 of each couple passes ball to No. 2 of next couple on last measure.
No. 2 of No. 6 couple passes ball to No. 1 of No. 6 couple.

Finale

- A. First couple beginning with outside foot, skip diagonally right forward and No. 2s bounce and catch ball (1 measure) and pass to No. 2 of next couple (2 measures), No. 2 of last couple (6) passes ball to No. 1 on second measure. No. 1 throws ball to No. 1 couple, skipping diagonally forward, on first measure 2M
- B. Repeat A until all couples have made their exit—last couple will do likewise after No. 2 passes ball to No. 1.

STUDENT ACTIVITIES

Sophomores

The last week in January it seemed as though the whole student body was on pins and needles, but had good reason to be that way. Yes, we had those semester examinations which I'm sure you Alumni have not forgotten.

Looking over the past few months we have many fond memories to recall. Home-Coming was a great success and we had a grand time. Then, too, there were the freshman-sophomore football and hockey games. I hesitate to report that the freshmen took all the honors, but we gave them a good fight. We also had our Christmas party with a grand turnout. After that, home for two weeks. From all reports, Santa was good to all Nor-

mal College people, but every one seemed glad to return.

At the close of the semester, we lost some of our classmates. Bob Mayberry and Pat Fiumano have transferred to Bloomington. We'll miss Shirley Mayberry's smiling face in the office.

Pauline Wessel returned after an appendectomy. And Mrs. Hester was out for some time getting a (non-malignant) tumor removed, but she recovered quickly and is on the job again.

Betty Byrne.

* * *

Freshmen

Now that semester examinations are over and Home-Coming as well as Christmas vacation are fond memories, we are looking forward to second semester's activities, especially the big spring dance in May.

We missed Mrs. Hester during the second half of January when she went to the hospital for an operation. Thanks, sophomores, for helping the regular faculty in taking over during her absence.

Congratulations to our classmate, Bill Lang, upon his engagement to Miss Eleanor Atkinson, sister of our Betty.

For the first time since 1942, Normal College again boasts a gym team. The tumbling team, part of the gym team, has given exhibitions at Lawrence Central High, the Butler field house, and Central School in Keystone, Indiana, the latter under the sponsorship of Mr. Pale Harmon of the Indiana State Board of Health. The gym team is to meet the boys from Bloomington for an exhibition at Normal College March 1. Gym captain Norman Schulte expects his team to give us a good performance for the members are practicing almost daily.

H. B.

SIGNIFICANT YEAR

This year will be significant to us as physical and health education teachers. The tremendous interest in physical fit-

ness engendered during the war should pave the way for development and expansion in the school program. The ground work has been laid. We must follow through and prove the value of the program.

BUILDING GOOD HEALTH

Can we, in our effort to safeguard the health of our people, do even as well as some other countries have already done? The United States is the richest of the nations and is known throughout the world for its high standard of living and its progress in sanitation, science and education. But we are far from first in provisions for maternal and child health. Our death rate, even when restricted to the white population, is by no means the lowest. Several of the small countries of pre-war Europe had lower death rates among children and adolescents.

We cannot build good health in our Nation in a day or a year. It is a long-time process. It means not only a sound physical environment but also a social and emotional setting which will help the child achieve security within the family circle. We must provide better nutrition, better homes for our youngsters, better health and medical care, and special services for correcting physical and mental handicaps, so far as correction is possible.

Other nations are making their plans for the future. We must make ours. Planning cannot be done in a vacuum. It must be based on facts that show what the needs are, where they are most urgent, how much has been accomplished, and what still remains to be done. Communities, State and the Federal Government must offer safeguards and services that will help parents to insure the vigor and well-being of the Nation's youth.

—U. S. Children's Bureau.

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PLANNING FOR FACILITIES

A conference of physical educators to work out a definite national plan for facilities in health, physical education, athletics and recreation was held early in December at Jackson's Mill, W. Va. Among the participants were August H. Pritzlaff of Chicago, W. K. Streit of Cincinnati and Martha Gable of Philadelphia. After Christmas, Pritzlaff and Streit went to New York for a meeting of a smaller committee to edit the report on the meeting. Thirty nationally selected physical educators attended the conference which prepared a guide for use of architects and school and recreation boards for the impending building programs already adopted by many cities.

The urgent need for functionally designed facilities for community-wide programs of athletics, recreation, health and physical education has been brought forcefully to public attention during recent years. There has also been revealed a tragic lack of essential structures and spaces, faulty planning, and a wasteful use of existing resources. Cooperative planning is needed in the community-wide use of such facilities. The West Virginia Workshop established principles for the planning of a system of community-wide interrelated facilities, to determine the kind of such facilities needed and to develop standards for functionally designed facilities. Mr. Streit has

headed a committee on such standards for the American Association for Health, Physical Education and Recreation since 1940.

35 YEARS SERVICE

After serving the Alumni Association for 35 years as treasurer, Curt Toll resigned at Home-Coming in November. He went to the hospital the day after the Alumni meeting for a general check-up and treatment and was kept there for six weeks, but has recuperated and is now at home.

Only those who have had experience in a job involving collection of dues can realize what enormous help Mr. Toll has given the Association and he deserves the sincere thanks of all Alumni.

Alumni who attended Home-Coming and ordered the material used in the demonstrations, had to wait a long time for it. The reason is that Mrs. Hester who is now Director of the College and therefore took on many additional responsibilities, has simply not had the time to write out the drills she used. The drills that are ready have now been mailed and the others will be sent when available. Some Alumni have asked for the mixers and other recreational material used Saturday morning; this, however, can not be had.