

# Alumni Bulletin

VOL. III

Indianapolis, Indiana, January, 1920

No. 4

## THE NORMAL COLLEGE OF THE AMERICAN GYMNASTIC UNION.

### Observations and Comments.

By A. E. Kindervater, member of the Board of Trustees.

As a non-resident member of the above named board it has for the last five years been my privilege and pleasure to participate in the annual meetings of the men that are in charge of the Normal College, which educates and provides efficient teachers and missionaries for our cause, and also of those men who are continually stimulating physical education in our Union and provide the necessary rules and regulations for fair competition at our National Festivals—the National Technical Committee. Both bodies meet annually during Thanksgiving week in the home of the Normal College at Indianapolis and enjoy a few days of intense mental work as well as genuine sociability. The last evening of my stay was spent in a combined meeting of the above named body, the Executive Committee of our Union (Bundesvorort) and a delegation of Chicago Turners who had come in the interest of the next National Festival assigned to the city of Chicago in 1921.

As a member of the Board of Trustees of our college, my first and main duty consisted of a thorough inspection of its management and the observation of the work planned and accomplished in the various departments. The Director and Dean of the college, Mr. Emil Rath, had prepared a large and varied program of activities in which the students of both classes, those of the first and second

year, were given the opportunity to demonstrate to us what the college is offering them to become efficient teachers of physical education and what they have accomplished so far, in becoming such. The demonstration consisted of marching, running, skipping, hopping, dancing, free exercises, apparatus work, acrobatic stunts, song plays and games, partly directed by Mr. Rath and partly by the Senior students and were well planned and excellently performed, showing plainly the efficiency of the management. After two and one-half hours of this strenuous work, during which the students showed a fine spirit of co-operation and much real enthusiasm and enjoyment, a meeting of both classes and the members of the board was arranged and the non-resident members given the opportunity to address the students.

Dr. Carl Ziegler, Supervisor of Physical Education in the public schools of Cincinnati, read a paper dealing with School Hygiene which was very instructive and helpful to the students. As a second speaker your correspondent was introduced and read a paper on "Practical Hints for Future Use."

First; with special emphasis on the need of good language and its correct use, in teaching as well as for public speaking.

Second; about the necessity and value of knowing music and its application in connection with physical education, especially the playing of a leading instrument, for the accompaniment of exercises and songs.

Third; some valuable information on how to supervise the work of others.

Mr. Wm. A. Stecher, Supervisor of Physical Education in the public schools of Philadelphia and for many years Secretary of the National Technical Committee, read a paper on his revised and much simplified course of study in Physical Education at present in use in the Philadelphia schools.

A recess and reception followed this formal meeting in which we received the opportunity of a personal acquaintance with all students in a very pleasant way, and I am pleased to state that the men as well as the women students looked upon as co-workers and colleagues of the future, made a most favorable impression on me. Eighty-three students are taking the course, of which fifty-five are Juniors and twenty-eight Seniors. Twenty-four are men and fifty-nine women. St. Louis is represented by seven, three men and four women. With the discovery of the deplorable condition of physical unfitness of our young men brought out in the physical examinations for government war service, and the universal recognition of the value and necessity of physical training for our young people of both sexes, the demand for good and efficient teachers of physical education will grow from year to year, for both men and women teachers. Here is a splendid opportunity to acquire, not only a much called for but a very pleasant and lucrative profession for life. Young men and women prepared and trained for this work in our Turnvereins and high schools are the very best material for this profession and every Turnverein ought to induce and assist, if necessary, one of its young members, be it man or woman, to take a course in our College.

Here is furthermore, a splendid opportunity of Alumni members of our College, teaching physical training in high schools and other institutions, to act as

missionaries for the good cause and to increase the enrollment of our College by inducing capable students to enter.

On Saturday morning I attended the lesson of one class in School Hygiene, directed by Dr. W. A. Ocker, Supervisor of Physical Education, Public Schools of Indianapolis, formerly with us here in St. Louis, and a class in the "American Language," directed by Prof. Ed. Holloway. Both teachers demonstrated their work in a most efficient way and the students displayed much interest and intelligence in these subjects.—St. Louis Turner.

#### N. C. BASKETBALL SONGS.

The present class has a number of fine yells and songs for use during basketball games which undoubtedly encourage the team very much. Judge for yourself:

Here's to old Normal; Normal must win.

Fight to the finish; never give in.

Rah! Rah! Rah!

You do your best, boys,

We'll do the rest, boys.

Three cheers for A. G. U.

Rah! Rah! Rah!

Physical Eds will shine tonight,

Physical Eds will shine.

Physical Eds will shine tonight,

Oh, what a time.

Physical Eds will shine tonight,

Physical Eds will shine.

When the sun goes down and the moon goes up,

Physical Eds will shine.

The following is sung to the tune: "It takes a long, tall, brown skinned girl, to make the preacher lay his bible down."

It takes an A. G. U. team, to show—  
how to play this game.

They always thought ball playing was  
their line,

But when they met our team they  
changed their mind.

It takes an A. G. U. team, to show—  
how to play this game.

**REPORT OF THE TREASURER.**

Report of the Treasurer of the Alumni Association of the Normal College, A. G. U.

July 1, 1918, Cash on hand.....\$113.00

**Receipts.**

Membership Dues .....\$253.00

Banquet Col., 1919 ..... 22.00

275.00

\$388.00

**Expenditures.**

Oct., 1918, Bulletin .....\$ 45.91

Jan., 1919, Bulletin ..... 57.00

Mar., 1919, Bulletin ..... 51.75

May, 1919, Bulletin ..... 61.20

June, 1919, Grad. Banquet... 58.00

273.86

June 30, 1919, Cash on hand .....\$114.14

**Receipts.**

Mem. Dues, 1919-20..... 29.00

\$143.14

**Expenditures.**

Oct., 1919, Bulletin ..... 105.65

Dec. 30, 1919, Cash on hand .....\$ 37.49

The members will notice that the treasury is at low ebb due to the ever-increasing cost of printing the Bulletin, but also due to the fact that but 29 members have paid their dues for 1919-20. The fiscal year of the Alumni Association is the same as the school year, beginning July 1st and ending June 30th. Dues of \$1.00 per year, are payable after July 1st. If you have not sent in your dollar, do so immediately. We need your moral and financial help in order to continue the Alumni Bulletin which has during the past three years proved to be of great interest to all graduates of the Normal College and the Normal School. Do not put off this duty until tomorrow—place your dollar bill in an envelope now and mail to Curt Toll, Treasurer, 326 N. Riley St., Indianapolis.

**OUR SUMMER HOME.**

The article about the planned summer home of the Alumni which appeared in the last issue of the Bulletin, has created much interest among the members, judging from letters received. Until now, however, none of the colleagues have made any definite promise to visit the beautiful shores of Lake Huron next summer.

Of course, it is rather early as yet. But, half of the school year is over, and many teachers are already looking forward to the summer vacation. Teaching is the most strenuous work; one dare not criticize the educators' longing for the summer rest.

No better opportunity is offered for this than in the region described in the October issue. Our colleague Fleck is quietly going ahead with his preparations. He will erect a building near the lake which may be used as a meeting place of the tenters. Other improvements will be made in spring. The preparations for the old folks' home are also continued. Mr. Fleck has been quite successful in his campaign for financial assistance, in Detroit, Indianapolis and elsewhere.

It is now up to the members to say whether or not they wish to have a summer camp. We should like to hear soon from those interested in the proposition. Let us have your opinion; tell us about your plans for the summer; write us if you want further information. The editor is planning to go to the summer camp early and assist Mr. Fleck in the preparations so that the members will find everything in good shape when they arrive. But we must know in advance how many members we may expect at the camp, what accommodations they prefer, etc. Therefore, once more, let's hear from you.

## PERSONALS.

Olive Knorr True, '12, is now teaching in Cleveland.

Louis Zinsmeister's twins, Marie and Cecilia, are thriving.

A baby boy came to Mary Browning O'Neal, '17, on January 8th.

George Haegele, '16, has been married for a year; he teaches at Peru, Ill.

Evalyn Talbot Apking and Charles Apking, both of '15, are teaching in Chicago.

We were sorry to hear of the death of Sofie Eid's father which occurred on November 4th.

Charlotte Herringer, '15, tells most interesting stories about her work in corrective gymnastics.

May Paddack, '14, was in Indianapolis during October for the pledging of the new members of the Phi Delta Pi.

Anna Hoesterey was a welcome visitor at the home of Elsie Kuraner in Leavenworth during the Christmas vacation.

Jane Culmer, '16, has changed her name to Mrs. Jane Shireman; she still lives in her home town, Martinsville, Ind.

Clara L. Olcott Tripp, '15, has moved to California where "houses to let" are as scarce as "apartments to let" in New York.

Gertrude Law, '18, is director of outdoor sports at Ferry Hall, Lake Forest, Ill., and also studies at Northwestern University.

Anna Kettmann Higgs, '16, has written another song which is now being published. Her first, called "Maiden Eyes," was a success.

Mrs. Olive Tyson Heck of Cincinnati announces the marriage of her daughter Sybil Marjorie to Alfred Frank Linde, '15, December 20th, 1919.

Hermann Waizenegger, '12, left for Germany on November 23rd to visit his aged mother in Baden. He expects to be back in the U. S. next year.

Frieda Flaig is another of the 1916

graduates who was married during the last year; her name is now Mrs. Lawrence. She is still teaching at Altoona, Pa.

Lelia Guenther, '16, sends a picture of the Hutchinson High School at Buffalo where she is now teaching—the largest high school in the state outside of the city of New York.

Katherine Norris, Lilly Beckman and Irene Mezek visited Ada Crozier at Indianapolis during the holidays and then the quartet spent a day at Doc Norris' home in Frankfort.

Lilly Gally was visiting at a home recently where two sons had grown up to be disappointments to their mother who summed up the situation thus: "The one is a dude and dut nix; the other is a sport and sport nix."

Irene Lindley, '19, came all the way from California to accept a position in the schools of Baltimore. She spent Christmas vacation with Lavina Stoeber, '19, at Rochester, N. Y. Lavina is also teaching in Baltimore.

Chicago Delta Kappa members and pledges met at a luncheon at the Hotel LaSalle during the holidays. Mrs. Harriet M. Nohr, '13, of La Crosse, Wis., and Mrs. Harriet S. Harz, '14, of Buffalo were among those present.

More wedding bells! Hope Solbrig, '16, was married on Thanksgiving day to Julian Keller, at Palo Alto, Cal. Mr. Keller is an electrical engineer and formerly lived in Indianapolis where the romance of Hope's college days began.

Lu Belzer, '14, uses strong language when she says that she is not married yet. But, she says, why teach in Evansville when somebody whom you like real well lives in St. Louis. Her successor in the Evansville High School is Elinor Cornick, '18.

Joe Weissmueller, '15, took charge of the Louisville Turngemeinde as succes-

sor to Alfred Diete, '14, who succeeded Alfred Teuscher, '06, at the Chicago Turngemeinde. Colleague Teuscher is now devoting his entire time to teaching in the Chicago Normal School of Physical Education.

Dr. Carl Ziegler, '86, was chief speaker at the meeting of the Indiana Association of Physical Educators which was held Thursday, October 30th, in the gymnasium of Shortridge High School at Indianapolis. The boys and girls of the high school elicited a vote of thanks by the part they played to interest the audience of four hundred teachers which filled the gymnasium to overflowing.

Al Schaffner visited Indianapolis during Thanksgiving week. He, it will be remembered, was the invincible forward of the unconquerable basketball team of 1917-18. It seemed like old times to see Al on the floor working with the present team. Unfortunately he had to leave with a seam over his eye where Doc Sputh found it necessary to take several stitches after a head-on collision with captain Schmidt.

The following relatives of graduates are now attending the Normal College: Helga Ebsen, daughter of Christ. Ebsen, '99, of Belleville, Ill.; Hugo Fischer Jr., son of Hugo Fischer, '88, of Indianapolis; Julietta Gally, sister of Lilly Gally, '16, of Indianapolis; Anita Hartung, daughter of Dr. Henry Hartung, '88, of Chicago, Ill.; Margaret Jahn, daughter of F. L. Jahn, '86, and sister of Meta Jahn, '19, of Chicago, Ill.; Renilda Kittlaus, daughter of Louis Kittlaus, '91, of St. Louis, Mo.; Louise Metzger, daughter of Frances Mueller Metzger, '90, of Indianapolis; Laura Mead, sister of Harriet Mead Nohr, '13, of La Crosse, Wis.; Caroline Wassermann, sister of Minnie Wassermann, '15, of Chicago, Ill.

From far-away Okmulgee, Okla., writes Anne Hoesterey, '19: "This is a

wonderfully interesting country and I am enjoying my year here in spite of difficulties and heavy program. Okmulgee lies in a valley and is protected on all sides by hills which the people here call "the mountains." The view over the country from the hill tops is beautiful and the city looks like a vision of contentment and peace from the top of the hills, but is really a center of industry. The atmosphere here is one of industry and spells money; all over one is reminded of the fact, particularly in the oil and gas fields."

The following graduates were in Indianapolis for the Indiana State Teachers' Convention at the end of October: Henry Meyer, Fort Wayne; Edward Koenig, South Bend; Hilda Deibig, Hartford City; Martha Gault, Crawfordsville; Anna Kettmann Higgs, Connersville; Lillian McConnell, Columbia City; Marjorie Clark, Frankfort; Florence Johnson Browning; Phoebe Bentley, Shelbyville; Dorothy Siling, Greensburg; August Eckel, Richmond; Gertrude Duering, Lafayette.

Otto C. Mauthe, '95, director of the Multnomah Athletic Club at Portland, Ore., remembers that this is his twenty-fifth year of teaching and wonders what the prospects for a reunion of the members of his class are. The members of this class are—Rudolph Braun, Rochester, N. Y.; Otto Dreisel, St. Louis, Mo.; F. J. Gerlich, Chicago, Ill.; Fritz Kuettner, St. Paul, Minn.; Henry Luther, Cleveland, Ohio; Dr. Carl Ross, Los Angeles, Cal.; Dr. Theo. Toepel, Atlanta, Ga.; Henry Vorsheim, Chicago, Ill.; Dr. Frank Weege, Chicago, Ill.; Guido Werner, Manchester, N. H. All but Dr. Ross, Mr. Vorsheim and Mr. Werner are still in the profession. How about a reunion—a silver jubilee—at the Alumni summer camp in Michigan during the summer?



### PHI DELTA PI.

December 13th, 1919, marks a notable day in the history of the Alpha chapter of the Phi Delta Pi. On that day seven faithful doggies completed their pledge days, survived the torture of initiation and became members. We know that the Alumni who have not yet become acquainted with their new sisters, will be glad to welcome them and are eagerly looking forward to the second annual convention to be held in June. The new members of the Alpha are:

Ruth Dowd, Durand, Wis.

Louise Stover, Chicago, Ill.

Genevieve Semon, Edwardsville, Ill.

Paula Kalb, Highland, Ill.

Eva Ludwig, Highland, Ill.

Miriam Haas, Elwood, Ind.

Leona Kestner, Lawrenceburg, Ind.

The following girls are new pledges and will be initiated in the near future:

Clara Gawer, Portland, Ore.

Elsie Tegetmeier, Mt. Vernon, N. Y.

Louise Kieselbach, Cleveland, Ohio.

Gretchen Kemp, Indianapolis, Ind.

We were pleasantly surprised by having with us for initiation two unexpected visitors, Alice Mareck, '17, of Minneapolis, and Gertrude Kern, "ex"-'20, of Dayton.

The excitement always noticeable before the holidays, was greatly increased by the sudden appearance of Marguerite Holzbauer, '19, and her co-worker, Charlotte Galpin, en-route home for the vacation. They related many interesting stories about their work on Long Island, and their visit was thoroughly enjoyed.

Christmas holidays brought many social events among Phi Delts, especially the Alphas of Chicago. Emily Nowack, Ethel Emrich, Meta Jahn, Anita Fuhring, Edna Goedde, Gertrude Law, Margaret Jahn and Pearl Luce enjoyed being together at Edna Goedde's home; at a

party given by Ethel Emrich, and the Alpha luncheon at Field's.

To the Alumni of the A. G. U.—"A Prosperous, Happy New Year!"—Gladys Seiler, '20.

### BOOK REVIEWS.

"Girlhood and Character," by Mary E. Moxley. The Abingdon Press, New York. This book of 376 pages is dedicated to mothers, teachers and older friends of girls. Every teacher reads several books more or less scientific, on girl and boy life, in the course of the year. If you have not decided on yours for the coming year, let this be one of them. It is very practical and will clear up things about the adolescent girl that you have been pondering over.

"How to Study Effectively," by G. M. Whipple, Professor of Education, University of Illinois. A manual of only 44 pages including a splendid bibliography.

"Folk and School Dances." Published by the Normal College. Price 50 cents. This is the long-awaited collection of folk and school dances used at the Normal College. It has been enlarged and now contains twenty-three compositions: Shoemaker Dance; Dance of Greeting; German Clap Dance; Nixie Polka; The Chimes of Dunkirk; Children's Polka; Mountain March; Bleking; Tantoli; Swedish Clap Dance; Ace of Diamonds; Czeboogar; Hop, Mother Annika; Come, Let us be Joyful; Highland Schottische, Santiago (all of the above with music); Gathering Peascods; Ritka; Peter Pan Schottische; Ring Dances; Ruffy Tufty; Virginia Reel; Original Virginia Reel. Each dance is printed on a separate sheet which innovation is found practical by the physical director and the pianist. The grades in which each dance may be used, are given; also the numbers of the Victrola records which contain the music for the various compositions.

### PHI EPSILON KAPPA.

With almost half of the school year gone the Phi Epsilon Kappa has progressed along with time. One of the most important events of the season was the final degree of initiation given to three Seniors and eight Freshmen, eleven of the most promising fellows at school. This initiation occurred on the Friday after Thanksgiving, when the Phi Epsilon Kappas from all parts of the country returned to their Alma Mater for a few days. A banquet was arranged and we heard interesting talks as well as news of what our men are doing in the world of physical education. Some of those who returned were: E. Klafs, F. Jacobi, R. Heinrich, F. Hell, C. Barnickol and W. Gilson. Our friends Doc Sputh and A. Thoma were also present and everyone had a good time.

Needless to say we are at present planning a number of social affairs for the winter as well as the coming spring for the enjoyment of our members.

One of our brothers, Arch McCartney, was unable to return after the Christmas holidays owing to an operation; we are glad to hear that Arch will soon be with us again.

### MEETING OF THE CLEVELAND PHI EPSILON KAPPA ALUMNI.

Harold Quinlan, our President, after returning from the Christmas holidays, told of a meeting of the Alumni there. Eugene Heck presided and his ability as Chairman is known to all. The question of a frat house at Indianapolis was discussed and a lot was said on that subject. President Heck said he would carry the house to Buffalo. But as we want it in Indianapolis, let us hope he only carries the proposition to that city. E. Knoth, now at Illinois University reported that Illinois had sixty frat houses at present and that by careful study it was

found that those students who live in a frat house received higher grades than those who did not. A fine argument for a frat house. It was pointed out that the Alumni would assist the active chapter in every way possible. The Cleveland Alumni passed a resolution that they would guarantee a sum equal to the sum pledged by any other Alumni in the country. The meeting suddenly adjourned owing to an attack of illness upon the President.

We were glad to hear of this meeting and hope to have good news from the other Alumni chapters in the near future.

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### IN MEMORIAM.

Charles J. Suetterle, '88, died May 12th, 1919, at the age of 59. Cause of death was peritonitis following a fall. He died at his home, Niles Center, Ill., where he had been practicing medicine. Dr. Suetterle did not long remain in our profession after his graduation from the Normal School, but attended the Cleveland Medical College from which he was graduated in 1893, and then went into medical practice.

Carl Herman Stein, '07, died August 5th, 1919, in Pittsburgh, of pneumonia at the age of 44. Carl Stein also took up the study of medicine soon after his graduation from the Normal School at Milwaukee, attending the University of Pittsburgh from which he was graduated with the M. D. in 1912. He practiced medicine in Pittsburgh. He married a class mate, Mabel Sheaffer.

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Many a man thinks that it is goodness that keeps him from crime, when it is only his full stomach. On half allowance he would be as ugly and knavish as anybody. Don't mistake potatoes for principles.—Carlyle.

# ALUMNI BULLETIN

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OWNERS: ALUMNI ASSOCIATION OF THE NORMAL COLLEGE OF THE NORTH AMERICAN GYMNASI-  
C UNION.

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ALUMNI BULLETIN  
415 East Michigan Street, Indianapolis, Ind.

What are you doing to further your education? Remember that the world is moving forward more rapidly than at any time in its history and those who do not keep abreast of the times will be left behind. Opportunities for educational advancement are offered everywhere and should someone be unfortunately situated in this respect he can always resort to correspondence courses offered by some of the best universities in the country. Prepare for the next job which should be a better job, by adding to your knowledge of physical education.

## BASKETBALL IN FULL SWAY.

On December 12th the Physical Eds opened up their season against the crack-erjack Indiana University team. They suffered defeat at their hands to the score of 32-10 in an exceptionally tight but somewhat slow game. The superior guarding of Indiana turned the trick.

The following night the team journeyed to Purdue University, at Lafayette, where they were again defeated 42-19 in a fast game marked with fine shooting by the Purdue boys. In this game Browne played a fine game, while Cannon starred at Indiana by making four

sensational long shots from the center of the court. In both games it was a better practiced and more efficient team that beat our boys and at least ten men were used against them in each game, a severe test of endurance when the fresh men were all of good quality. Schmidt and Seelbach played at forward, Browne at center, and Cannon and Steiner at guard. Glunz and Dunning served as forwards in part of both games.

On December 20th, before a large group of loyal students, who stayed over for the game, the boys beat Butler 32-22. The game was somewhat rough, as Butler games usually are, but there were a number of brilliant stretches of pass work by both teams. The regular line-up played throughout.

On January 10th Danville Normal was the victim losing to the Physical Eds 27-14. Our loyal substitutes, with Cannon, started the game and played the entire first half and beat the Danville boys 11-10. Schott jumped at center, Streit and Spitzer played forward, while Cannon and Otto Schmid played guard. The regulars then went in with a shifted line-up, due to the injury of Browne on center. They allowed no field goals and piled up 16 points. Steiner and Allen Schmidt played guards, Seelbach center, and Dunning and Glunz forward.

Lack of practice, due to work and heavy schedule, are big handicaps which the men are trying hard to overcome, and they are making a splendid showing. These same men are to be used in the future dates against Rose Poly at Terre Haute on the 17th and Butler and Danville Normal later in the year. The Schedule is not entirely filled as yet.

## DELTA PSI KAPPA.

The Indiana Alumni Chapter of Delta Psi Kappa entertained Alpha Chapter with a lovely banquet in the Palm Gar-



den of the Athenaeum November 28th, 1919. Between courses the pledges entertained with an interesting program including an original farce on Shakespearean plays by "All Star Pledges," a toe dance by Dorothy Gordon, and a charming song by Vera Osenbaugh.

On December 13th, Delta Psi Kappa initiated thirteen girls at the home of our Grand President, Mrs. A. E. Metzger. Rough initiation in the afternoon was followed by a banquet, and solemn initiation took place in the evening. Our new Psi Kaps: Elsie Wolf, Louise Metzger, Dorothy Gordon, Dolly Kuehl, Esther Wieland, Anita Hartung, Peggy Miller, Renilda Kittlaus, Charlene Sargent, Sarah Gaines, Helga Ebsen, Helen Humphrey, Julietta Gally.

We were sorry to lose our pledge Peggy Quinn, but I guess if one must become engaged one might as well stop going to school.

We are proud to announce the installation of two new chapters, namely:

Theta—Newark Normal School of Physical Education, Newark, N. J.

Iota—Oregon State College, Corvallis, Ore.

Great preparations are being made for our national convention to be held in June. Watch for detailed information.

Don't miss "The Foil."

Laura Louise Mead, '20.

### CLASS OF 1915.

I wonder if we can have a one hundred per cent. representation at our class reunion?

Brain throbs will come and go! Here's one that came the other day: How would you like to have our reunion and a vacation at the same time? Where? At the Normal College summer home in Michigan. That's merely a brain throb. It would necessitate waiting until Au-

gust; but then, we all like to rest a bit before starting in the new school year.

Will all who have suggestions to make, make them soon, so that we will be able to work with real facts instead of "wishes" and "I wonders?" If it is impossible for you to make plans to come, let us know that. Send some word before the end of March. Thank you!—Mildred W. Jost, 415 E. Michigan St., Indianapolis.

### CLASSIFICATION OF PHYSICAL EDUCATION MATERIAL ACCORDING TO AGE GROUPS.

There are certain conditions, physiological and psychological, prevalent during the different age groups, which must be recognized and which to a great extent determine the need, i. e., the quality and quantity of work for the various age groups.

These conditions have been thoroughly worked out by Dr. F. A. Schmidt of Bonn and practically applied by Mr. W. A. Stecher, Supervisor of Physical Education in the Philadelphia Public Schools, and are here given with further additions and some necessary changes.

The following division of age groups is made: Infancy; Early childhood; Late childhood; Adolescence; Manhood, 20-30; Age group, 30-40; Age group, 40-60.

#### Infancy and Childhood From Birth to Six Years.

Playful activities, mainly with its mother, are the beginning of the infant's mental and physical development. The mother's play leads the child into the more intricate mental and physical activities of the Kindergarten, which, in turn, underlie the educational aims of the school. The characteristics of the games and plays of this period are:

1. Large movement plays in which movement predominates and which have little mental content.

2. Dramatic plays, in which the child imitates the life around him.

Typical games for children from four to six years of age are:

1. Movement plays, such as running and skipping plays and games.

2. Dramatic plays such as the games imitating the activities of the shoemaker, the blacksmith, the carpenter, etc.

**Early Childhood from two to eight years,  
(Dealing, However, Only With  
School Ages).**

Excepting the Kindergarten, this is the first period of school work. So far as its effect upon health is concerned for the average child, it means a change from a free active life to one requiring a considerable amount of sitting, with its shallow breathing, sluggish circulation of blood and lymph; hence producing conditions interfering with sound growth. The heart works under difficulties. Respiration very shallow; only the lower part of lung (abdominal) involved. Aeration of apices of lungs hindered (reading and writing). Blood does not get sufficient oxygen on account of poor ventilation. Hence so much anaemia and lack of blood in early school life (increasing). Strain on back muscles in sitting in seat leads to so many postural defects, particularly where there is a lack of resisting power. (Rickets, lack of blood). The result is a decreased capacity for lung growth, and a decreased circulation of blood and lymph.

During this period, especially at its beginning, a child is still too weak and undeveloped to perform exercises designed primarily to greatly increase muscular strength, or to try to develop special sets of muscles. It is, however, most important to select exercises that actively engage large muscle-masses, and which at the same time stimulate respiration and circulation. The activities employed for these ends should be mainly plays and

games, as they create largely feelings of joy, and give opportunity for spontaneous action.

Modern life has taken the child from field, forest, stream, flowers, animals, the true environment of childhood through which it learns so much. City life with its books and reading, as a rule, is distasteful to him. He wants the real active life; wants to know things at first hand, not out of books. The games of this period, therefore, are largely activities that resemble the primitive outdoor experience he should undergo, leading to self-assertion, to an expression of individuality, for this is a period of self-finding, the child beginning to feel itself as an individual.

At appropriate times, and especially when bad weather makes it impossible to exercise in the open air, the lesson should consist of exercises for increasing good posture, of vigorous trunk exercises, of marching and of steps. Where it is possible it must be the rule that gymnastics must be performed out of doors. No indoor exercise, however valuable, can be compared in its effect upon blood enrichment to the value of these same exercises when performed out of doors in the sunlight.

During the first school period the teacher begins to discover that some pupils are of slow mentality. For their mental stimulation, so-called "teasing games" and the song games with arm or leg movements are very valuable. If children are of the extremely nervous type their gymnastic work should consist mainly of rhythmic exercises (not of exercises performed only upon command). Exercising with properly selected music, also, is very valuable in such cases.

The fundamental ideas in selecting material for this period are:

- (a) Large movements employing the large muscle-masses—

1. Simple exercises that increase metabolism and induce healthy normal growth.
  2. Easy exercises which counteract the detrimental effects upon health which the habituation to school life brings to the child.
- (b) Predominantly spontaneous and rhythmic work.
- (c) Much self-activity in the games and plays:
1. Repetition of movements, phrases with much action, typified by good song-games; also by games of imitation like "Follow the Leader."
  2. Impersonation as shown in games appealing to the imagination like "Cat and Mouse."
  3. Simple chasing games, tag games like the plain Tag, Hand-Tag, Squat-Tag; or the tag games in circle formation like "Come Along, the Beetle is Out."

The characteristics of these games are:

(1) Their short duration; physically the child will not and should not exercise to exhaustion; it has little physical endurance. (2) They quickly reach their climax; it is impossible for the child to exert itself mentally over a length of time; it has little mental endurance. (3) They have few rules; the rules generally apply to the selection of the next players.

The typical games of this period appeal strongly to the imagination of the players. They are suited to the immature mental and physical powers of young children. So far as sex is concerned there appears to be no great difference between the likes and dislikes of boys and girls in the choice of games.

#### Late Childhood, Nine to Twelve.

The general viewpoints determining the selection and character of physical training work for the first school period are still the predominant ones for the second period. The children of this group are still largely individualistic in their activities although the beginnings of co-operation in games may be noticed. Exercises of skill are a most important factor. Therefore, the games should now demand greater co-ordination as well as quickness, readiness, greater mental and physical effort, and also some endurance. Boys especially enjoy the combative type of games. Because of the first appearances of co-operation during this period, children begin to be interested in team games of low organization. Health should be at its best during this period, while reason, true morality, sympathy, love and esthetic enjoyment are but slightly developed.

In track and field work fast running (sprinting) from 50 yards gradually leading up to 75 yards should have a prominent place. Endurance (slow) running should progress from 4-6 minutes. Broad and high jumping should be practiced. At the end of this period the fundamental swimming strokes should be taught. Ice and roller skating should be encouraged.

In apparatus work easy exercises of agility, mainly in the hang, and in handling should receive careful attention.

The essentials to be demanded in the formal gymnastic lesson should be:

- (a) Good posture in standing and walking.
- (b) Vigorous trunk exercises combined with simple arm and leg movements.
- (c) Elementary steps in alternation with walking, also simple combinations of leg and arm movements.

Games of the following types should predominate:

- (a) Those employing all players in active participation, like Day and Night, Blackman, Rabbits, etc.
- (b) Personal antagonistics (especially by boys) like Stick Wrestling, Pushing and Pulling over a Line, Foot in the Ring, Tug of War, etc.
- (c) Intricate tag games, like Last Pair Run, Three Deep, Stick-I-Spy, or games of skill like Leap Frog, Hop Scotch, Duckstone, etc.

The characteristics of games of this period are: (1) Their longer duration, the climax not being reached as soon as in the games that appeal to younger children. (2) The injection of daring, courage and greater skill in the play-forms. (3) The beginnings of definite rules regulating even minor activities.

#### Adolescence, Twelve to Maturity.

During these years the child is undergoing a great physiologic change. With girls puberty arrives generally between the years 12 and 15; with boys the time usually is between 15 and 17 years.

Mentally this age brings with it the beginnings of group-consciousness, the unfolding man and woman begins to feel the need of companionship.

This period may be divided into three parts, i. e., early period, from 12 to 15 years, middle period, from 15 to 17 years, and the late period, 17 to manhood.

#### Early Pubescence, Twelve to Fifteen Years.

The child at this age begins to realize its relations to others, it begins to feel itself a part of a social group. This desire to co-operation shows itself in some of its play forms. Games in which the individual stood forth most prominently now begin to share attention with those

demanding some co-operation. The games of boys are characterized by a fighting, antagonistic spirit. Games requiring an increased skill and daring appeal to this group.

The characteristics of these games are: (1) The banding together of a certain number of players as a team to compete against similar groups. (2) The team as a whole works like one individual; as a rule there is little division of work, the games being mainly those of low organization, like Dodgeball. (3) Definite rules regulating all details of the game appear, carrying with them the introduction of an official—an umpire.

The track and field work should consist of sprinting up to 100 yards and endurance runs from six to eight minutes. Broad and high jumping, also the triple standing jump and the hop, step and jump should be practiced. The more advanced swimming strokes, also greater skill in skating should be encouraged.

In apparatus work the exercises in the hang and in the support-stand may be of medium difficulty designed primarily for increasing skill; also for increasing the strength of arms and the abdominal muscles. Care in assuming support, as the shoulder girdle muscle may not be strong enough. Also in support lying.

The essentials demanded in the formal gymnastic lesson are:

- (a) Good posture.
- (b) Free exercises of a medium degree of difficulty performed with energy and precision.
- (c) Steps of medium difficulty executed with good finish.

Orthopedic classes should be organized to treat children with poorly developed chests and the beginnings of spinal curvature. Advanced scoliosis should not be handled by the instructor of physical education.

### Period From Fifteen to Seventeen Years.

A characteristic of this age is an increased rapidity of the growth of lungs and heart and the physiological changes brought on by the advent of puberty. This is the "storm and stress" period for boys as they enter their pubertal year. Girls should be safely grounded as young women by this time.

Games demanding much running give to the vital organs the stimulus they should have for increased activity. Team games of increasing complexity offering opportunity for co-operation but requiring no great endurance are ideal forms of exercise at this age. Games demanding a greater division of work, even some specialization, are characteristic of this period.

Track and field work should consist of sprinting 150 yards and of endurance runs from 8 to 10 minutes. To the jumping of former periods should be added low hurdling and pole vaulting. Boys and girls at the end of this period should easily swim one hour, and know the different swimming strokes. In skating also, they should be adepts. Tramping from five to ten miles is of great value and should be encouraged.

In apparatus work exercises in the hang should require more skill. Momentary supports should alternate with mounts, dismounts and vaults. For girls exercises designed to strengthen the muscles of the back and abdomen should predominate.

During the whole lesson both in free exercises and apparatus work the demands upon the skill, agility and strength of the pupils should be increased. Boys especially should have exercises demanding resoluteness, daring and courage.

Up to the beginning of puberty there need be no great difference between the exercises for both sexes. With the advent of this change, however, the many

valuable exercises in the hang, on the ladders, rings, giant strides, etc., offer to the girls the same opportunities for the self-activity that the more violent forms of exercise on the bars, buck, etc., offer to the boys.

In the free exercises for both sexes special attention should be paid to:

- (a) Good posture.
- (b) Vigorous trunk exercises.
- (c) The correct co-ordinations demanded by the more advanced steps.

### Period From Seventeen to Twenty-one Years.

A characteristic of this period (17-19) is the most rapid growth of lungs and heart, with no corresponding growth of arteries. During the years from 14 to 18 or 19 years the heart practically doubles its size. Based upon the law that appropriate stimulation of an organ when it is growing most rapidly will produce the best results, heart and lungs at this period of a boy's or girl's life should receive much stimulation by means of suitable exercise. The best exercise for heart growth is running. Games, therefore, and activities that demand much running, but no severe strain, are most valuable forms of exercise.

The viewpoint determining the selection of gymnastic material for girls is the same as in the preceding period.

The games of both boys and girls should demand the highest degree of skill. Running games should give the body much encouragement for vigorous growth.

In the selection of material for this group, one thing must always be kept in mind; i. e., the body should never be deprived, by indulgence in men's games or activities demanding great endurance, of the material it needs for growth. Marathon races of all kinds on land or water, as well as football games played



according to rules designed for adults should not be permitted if the growing youth is expected to develop into vigorous manhood or womanhood. Where, however, in mature individuals physical powers have reached a high stage of development, these games may be indulged in.

Track and field work should consist of fast running up to 220 yards; cross-country runs (no speed) up to 30 minutes are permissible. Throwing and putting should be added to the field events of the preceding periods, while swimming, skating, tramping, rowing and other natural forms of exercise should receive full recognition.

In apparatus work, especially for boys, exercises in the support and vaulting should now receive much attention, while for both sexes the exercises of skill performed in the hang may be increased. Suitable apparatus work is of special benefit to the high school girl, in giving her a training for courage and determination, and an impetus to develop initiative which modern life makes so necessary for girls. As creators of "joy in achievement" the stunts possible on suitable apparatus are factors of no small importance in guiding a girl's life into proper channels.

During the whole physical training in the high school period the tendency to select forms of exercise that develop initiative and individuality should predominate. That part of the lesson devoted to free exercises, therefore should be short and be filled with vigorous physical work demanding not too much concentration. Its characteristics should be:

- (a) A sustained effort to increase good posture.
- (b) Vigorous trunk exercises, made more valuable and interesting by the frequent use of suitable hand apparatus.

- (c) Steps demanding (especially for girls) difficult co-ordinations.

During the later part of this age-group the young man is gradually nearing maturity. As a rule height has reached its maximum and breadth begins its development.

His games may now demand a medium amount of endurance. With boys the musculature now is becoming strong enough to allow the gradual introduction of strength exercises like wrestling, putting the 16 pound shot, and the countless forms of exercises upon apparatus.

If he has received the training outlined above, fast running at all distances and cross-country running up to one hour are permissible. Rowing as a sport may be begun. Training for any one sport should, however, be discouraged. Girls at this age, and later, revel in the highest forms of aesthetic dancing.

With the completion of the 20th year most men have arrived at maturity. For approximately the next twenty years man can undertake any kind of physical work without interfering with his bodily development.

#### Types of Exercises For the Ages of Twenty to Thirty.

This is the period in life in which records in exercises requiring skill, speed, courage and daring are generally established. It is the right period for a thorough development of these qualities. The best time for speed work may, perhaps, be a little earlier, beginning at about 17. (17-24).

This is also the period in which specialization is the least harmful, although it should not be encouraged. Over-doing of any kind of one sided work will have its effects.

The value of strenuous systematic training to break records is questionable, when considered from the viewpoint of health. Despite its influence on the will-

power and on the development of endurance, it is worthless for the general welfare. A company of soldiers composed of record-breakers would probably be useless for a trying campaign.

During this period the highly organized games of the preceding period still hold their sway.

All forms of field and track work (also the heavy forms omitted in preceding period).

Combinations on the apparatus requiring skill, strength, courage and endurance.

Various forms of vaulting exercises; heights and distances constantly increased.

Team and group work in free exercises, with hand apparatus (Kunstfreibung).

Competitive stunts (natural gymnastics).

For women, same as preceding period.

#### Types of Exercises for the Ages Thirty to Forty.

Period for greatest achievements in strength and endurance. No improvement or advancement in exercises of skill; there is, rather, a tendency to lose skill. The ability for speed work is considerably lessened.

Where there is a disposition to it, adipose tissue begins to form. Exercises of strength and endurance attack and draw upon this reserve tissue.

Excessive strength exercises (specialization) must not be indulged in, because of their deleterious effect upon the circulation and the respiration.

Exercises same as previous period, making less demand upon skill and speed but an increased demand upon strength and endurance.

In free and apparatus exercises the trunk exercises should predominate, particularly toward the latter part of this period.

Games as in preceding age-group.

After some years (after about 33rd or 35th year) a change takes place and a close analysis of the play of adults who are engaged in serious occupation for the most part, shows that it is not play in the sense of the foregoing, but recreation. The characteristic of play undertaken now is that consciously it is undertaken: (1) To furnish mental relief from the stress of work, or (2) some form of physical work for those engaged in sedentary occupations. As such it consists largely of tramping, swimming, rowing, fishing, riding, driving and similar forms of playful activities.

#### The Age of Forty to Sixty Years.

- I. These men lead irregular and unhygienic lives, partly (a) from necessity of business or profession, (b) partly from choice.
  1. Have dinner engagements and irregular hours of eating; hence may eat food inadequate for their mode of living, or they overeat.
  2. Many overwork mentally.
  3. Many get too little rest and sleep. This added to overeating makes for bad conditions.

Chronic fatigue ensues with associated ills. Become sluggish through lack of exercise. This is the typical condition of American business and professional men.

- II. Care must hence be taken in the selection of exercises and urging exercises on them. Lameness or stiffness discourages them. Strains occur easily because of weakness or flabbiness. Not much work should be given, particularly not as vigorous or severe as their condition indicates. Recreative—mind off business; games.
- III. Older business men should be advised to: (a) Rest and sleep, (b)

diet, (c) correcting faulty habits.

Men of related professions, trade or business, grouped into classes.

Physiologically there is a decrease in all directions. Arteries are less elastic ( $\text{CaCO}_3$  forms in walls). Working ability of heart decreases. Formation of adipose tissue in mesentary and abdominal wall interfere with the action of the diaphragm, and consequently with respiration. Lung capacity decreases. Exercises of speed impossible (mild forms of running). Exercises of strength also to be avoided.

Endurance work: Long walks, climbing hills, swimming, bicycling with moderate speed. Games which necessitate no rapid running. Very useful: Free exercises, trunk exercises predominating and forming the greater part of the lesson or all of it; simple apparatus exercises. No vigorous movements of any kind, as inverted positions, circles, hand-springs, etc. (Difference between regular workers and others).

Exercising leg and trunk muscles better for hygienic effect than arms.

1. Large muscle bulk, hence stimulating to organic functions.
2. Small expenditure in proportion to amount of work done.
3. Interfere less with circulation and respiration than arm exercises.
4. The larger the muscle mass and the coarser the movement, the smaller the brain area needed to govern it.
5. Complex hand movements need use of large brain areas; coarse trunk and leg movements require small brain area.

Ear-marks of hygienic work: Simplicity of movement; right dosage; use of large, coarse muscles with rapidity to produce perspiration and joyful exhilaration.

#### Apparatus Exercises for Business Men's Classes.

If divided in squads according to age and ability, the difficulty may vary con-

siderably, as some squads will then be able to do much more strenuous work than others.

For the less capable and the elder gentlemen:

Horizontal bar: No circle of any kind, even no hip-swing off or up. (Dizziness, results in fall; congestions.)

Parallel bars: Careful in performing. No kippings, swing-stems, continuous dipswings.

Horse: No long jumps or scissors. Also no exercises on rings, excepting simple pull-ups, etc.

Still a large number of good possibilities remain.

Horizontal bar: Underswing over rope (much liked) for distance; pull-ups and simple swings; exercises on low bar; exercises on double bar.

Parallel bars: Front and rear vault from stand, seat, support, with and without swing. Exercises from lying support frontways (side and cross); easy swinging exercises; hang stand and lying, support stand and lying, and exercises in them are much liked.

Horse: Front and rear vault; exercises from fore-swing; leg-swing forward and backward; knee-mount and knee-jump; squatting and squat-vault.

Buck: Straddle vault.

Horizontal and slanting ladder: Giant stride; easy exercises, always avoiding element of competition.

Some field and track work, as high and broad jump, window jump, shot-putting and throwing, hurl ball, javelin, sprints and long distances.

#### Suggested Apparatus Index.

1. Horizontal bar and buck.
2. Parallel bars and jumping.
3. Horse and ladder (rings or circle swing).

The horse, parallel bars, and buck are the best liked apparatus. E. R.