

Alumni Bulletin

Vol. VIII.

Indianapolis, Indiana, May, 1924.

No. 3

THE THIRD YEAR COURSE.

Beginning with the next school-year, the often-discussed third year course will be given at the Normal College. The catalog sent to the members, in April, contains the schedule and description of the course. It is also explained in the catalog that hereafter, diplomas will be granted only upon the completion of three years of work, beginning with the class entering in fall of 1924. However, the third year's work will be given in 1924-25, and it is to be hoped that each year thereafter a sufficient number of students will remain for the third year's course so that it may be given without interruption. Five members of the 1924 graduating class will return in fall, and

two members of the 1923 class have also decided to attend for another year. There should be at least twelve members of that class, and we hope that any graduates interested will write to the college office at once.

The introduction of the third year's work gives graduates of the two-year course an excellent opportunity to attend a well-arranged course leading to a higher diploma and, eventually, to the Bachelor degree. Instead of trying to complete all of the work required for the Bachelor degree, by attending courses here and there, it is much more advisable to take a leave of absence and get one year's work completed as a unit. The introduction of this course should particularly interest the alumni teaching in Indiana where three years of preparation is now required for a license to teach in high schools.

Annual Meeting and Banquet SATURDAY, MAY 24, 1924

AT THE ATHENAEUM, INDIANAPOLIS

- 1:00 P. M. Alumni Banquet in the Palm Garden.
 - 3:00 P. M. Demonstration, by the Graduating Class, in the Gymnasium.
 - 4:00 P. M. Annual Alumni Meeting, in the Lecture Room.
- Plate for the Alumni Banquet, \$1.00. Places must be reserved not later than May 22, at the College office.

KANSAS CITY CONVENTION A. P. E. A.

The convention of the American Physical Education Association (the national as well as the middle west) was held in Kansas City, April 22-26. It was one of the most interesting meetings of the organization, and the addresses prepared by some of the speakers gave the hearers many new ideas.

Kansas City has made wonderful progress in the care for the health and physical welfare of the school children. Although the city has a population of less than 350,000, it has sixty teachers of physical education in the elementary schools and twenty-five in the high schools. This does not include a large number of hygienists of which the physical education department also has charge. The physical education work in the city is under the direction of specialists. There is a supervisor for corrective work, one for dancing, one for games, one for gymnasium work, etc.

The exhibition given Thursday evening was made up of interesting work. There were some excellent things shown such as the natural and clog dancing, the tumbling, and the work on the horizontal bar, which although lacking in form was performed with considerable ease. There were two numbers presented at this exhibition which were criticized the following day during the lecture and discussions. One was a Free Exercise drill of grade seven given without music and consisting of a lot of meaningless and purposeless movements of the arms and legs. The other was an Indian Club drill of grade seven consisting of arm and hand circles with standing and kneeling and finishing with snake circles well performed and prettily arranged. It is needless to comment upon this. The skill displayed in the performances on the whole was excellent. A swimming exhibition given at the Kansas City Athletic

Club contained a great variety of water activities. There were introductory exercises to swimming, form swimming of various strokes excellently demonstrated by high school girls, dashes, relays, American Red Cross Life-Saving work, canoe rescue work, stunts, and diving.

On Thursday morning, the Convention was opened by President Carl Schrader. He surveyed the past with reference to the objectives pursued, criticizing and discussing the skill aims, health aims, folk dance aims, posture aims, and other specific aims of the past, and concluded that the training for citizenship should be the ultimate goal of our work. He appropriately referred to these specific objectives as millstones and milestones.

The next speaker was Dr. Henry S. Curtis, Director of Hygiene and Physical Education of the State of Missouri. His subject was "Compulsory Athletics". He outlined the method of making athletics and games obligatory for schools of smaller townships and rural districts. A program of activities consisted of the most usable athletic events and games. Some of the points Dr. Curtis brought out were, that children before going to school have an average of ten miles of walking per day which falls off to three miles when attending school. Further, that there is a marked decrease of action with age.

An interesting paper entitled "Physical Education in the Rural Schools" was presented by Dr. A. G. Ireland, Director of the Public School Section, on Friday morning. Dr. Ireland has made a thorough study, primarily of a sociological nature, of rural districts and communities. He studied the people and community life from the school and social point of view, therefrom reducing the need of the rural child, which he summed up in the following:

First, health training and instruction; second, activities to counteract farm

work; third, activities of an intensely social type like plays, sings, and exhibitions.

"Swimming in the Public School Program" by Miss Genevieve Jones brought out the fact that most boys and girls learn to swim between the ages of ten and eleven.

The Saturday morning session brought a very interesting paper by Dr. Jesse F. Williams, Professor of Hygiene and Physical Education, Columbia University, New York. Dr. Williams' paper concerned itself with two well-known educational doctrines, the doctrine of Interest and the doctrine of Effort in Physical Education. Interest is represented by games, athletics, and other natural forms of movement based upon instinctive tendencies. The doctrine of Effort is represented in the formal work as tactics, free exercises, wands, clubs, etc., movements invented by adults. He argued that Interest in activities forms a basis for the future continuation of these activities, whereas activities inherently uninteresting and requiring effort do not carry over. This has its basis in the reactions of an individual to stimuli known as satisfiers and annoyers. The nervous system establishes bonds with difficulty if the stimulus is annoying, whereas these bonds are easily established if the stimulus is satisfying as is the case in natural activities. This is probably due to the fact that the nervous bonds for this type of activity already exist since it is based upon primitive movements. In the artificial type of movements, this is not the case. Here you may find an apparently outward obedience with an inward rebellion and very often the movements are performed because of love or fear of the teacher. Such procedure is apt to set up very dangerous attitudes toward the teacher, the school and the work. Too frequently the teacher thinks it his duty to force children to perform tasks

and activities whereas it is his duty to merely arouse and direct the energy of the pupils. In the discussion which followed the speakers came to the defense of formal work, insisting upon the need of it under prevailing conditions.

Dr. Norris presented an instrument for the measuring of abdominal muscle strength and emphasized in her paper the great need of the development of abdominal muscles for women.

James W. Linn, Professor of English, University of Chicago, in his paper on "What Mental Training May Learn From Physical Training" would have universities proceed in the selection of certain capable individuals for advanced work along the same lines as a coach proceeds in selecting his team. Professor Linn thinks it a waste of time to lecture to a class of one hundred or more individuals who, perhaps, are only attending universities for the purpose of becoming alumni. He would, of course, have those taken care of who earnestly desire to learn a profession, but the kernel should be selected from the chaff and the few superior individuals placed in charge of a professor so that he would develop high scholarship and excellent scientists as are at present produced by European universities. Such a procedure might place America on the same plane in its educational achievements with regard to the rest of the world as it holds in its athletic achievements.

The A. G. U. Section had an interesting meeting immediately following the luncheon of the Mid-West Section. About twenty-five graduates of the Normal College were present, many of whom are active in the Turnverein, the majority, however, are engaged in the schools. The subject was "Recent Developments of the Normal College and Camp Brosius", by Dean Rath.

Mr. Rath started his remarks by explaining the object of the revised curricu-

lum which has gradually grown into its present content, slight changes being made from time to time during the past years. A comparison of the present curriculum and content of the subject matter with that of six to eight years ago would show a radical difference.

The greatest changes have taken place in the practical work and in the methods of presenting the practical work with a view of developing a higher grade teacher. Some of the results striven for in the training of students at the Normal College, are a free and unhindered development of individuality, initiative and creative ability, the furthering of a spirit of mutual helpfulness, and the development of bodily control and skill of a high order in all kind of activities as well as the ability to recognize individual differences in pupils not only physically but also in personality. The material has been adapted accordingly and consists of both formal and informal work. The formal work is not over-done but has its proper place. All work is of a purposeful nature. The purpose is clear and in accordance with the mental development of the age-group taught. Drilling in meaningless movements has been completely eliminated. Students will be taught the proper methods to develop the inherent powers, capacities and needs of children.

The talk was followed by interesting discussions. Many questions were asked and many useful ideas expressed pro and con. This was followed by a description of the development of Camp Brosius. Many of those present promised to be at this or next year's Summer Session. The meeting lasted about two hours and we parted with the hope that a larger attendance would be recorded at the Chicago Convention of the Middle West Section next year.

The members present at the meeting, included Mr. A. E. Kindervater, Wm.

Reuter, Max Alletzhæuser, Louis Zabel, Mr. Rath, Dr. Everhart of St. Louis as guest, August H. Plag, Fred C. Voss, Lillian Neubarth, Gladys McKinney, Otto Wurl, Harold Browne, Erwin Knoth, Gladys Stetson, Martha Evans, Janet Funke, Eunice Vine, Dorothy Elliott, Evelyn Williams, Gertrude Schlichter, Grace McLeish, Adele Martens, Elsie Kuraner.

A NEW COMPOSITION.

Waltzes fitting to a few Schubert melodies, compose a new combination of dancing and groupings arranged by Mr. Rath. The dances are written for sixteen girls, and include a duet and a solo. The love song from "Blossom Time" is the predominating theme. The entire composition is of medium difficulty and can be easily taught. When the composition was shown at the spring exhibit of the Indianapolis Turnverein at which the Normal College classes assisted, and again when the Cincinnati teachers of physical education visited the College, it was highly praised for its beautiful effects. The music and description may be ordered from the College at 50c per copy.

Graduates will be interested to know that the Starlight Valse (music and description) has been reprinted and may also be had at 50c per copy.

EXCHANGE OF DIPLOMAS.

The wording of degrees awarded by the Normal College has been changed, as was reported a year ago. Instead of Master, or Bachelor of Science in Gymnastics, the degrees now are Master, or Bachelor of Physical Education, abbreviated M. P. E., or B. P. E.

Holders of either degree may exchange their diplomas for new ones with the later wording if they will write to the College office. A small fee will be charged to cover the cost of the new diploma.

IN MEMORIAM.

Alvin G. Herrmann, prominent St. Paul insurance man and former president of the Minnesota Life Underwriters' Association, known throughout the Northwest for his interest in athletics and his ability as an instructor of physical education, died suddenly on March 1st. Heart trouble is believed to have been the cause of death.

Herrmann died while taking his morning exercises, a custom he had followed for many years. He was 41 years old.

Surviving are his widow, formerly Miss Minnie Brandtjen, of St. Paul, one son, John, 6 years old, a daughter, Jean, 2 years old and his mother, Mrs. C. J. Herrmann.

Alvin Herrmann followed in the footsteps of his father, Carl Julius Herrmann, '78, and decided to become a physical educator. He was graduated from the Normal College in 1911, and stayed another year with the local Turnverein. From 1912 to 1917 he had charge of physical education and coaching at Central High School in St. Paul where he was very successful. After that he went into the insurance business and rose rapidly in this field. The St. Paul Daily News paid the following tribute to our dead friend:

"Al Herrmann's sudden death on Saturday morning came to his many friends as a decided shock.

"St. Paul has lost a good citizen. He was a man gifted with great personality. Al had the ability to make friends and he held them. His list of personal friends is one of the largest of any man in the city. Al held his friends because he was a real man. He possessed those qualities which everyone admires.

"Al was thorough in whatever he undertook. He was thorough as a student, as an athlete, as a coach and in business. He had a deep affection for men, but especially for young athletes.

He possessed to a superlative degree a great love for his high school, Central. When he was athletic director at that institution he gave all that his body and mind possessed for the betterment of Central athletics.

"After he resigned to enter the business field, the call for aid from his school always found a ready response. He came back again and lifted his school's athletic teams out from distress, placed the Red and Black banner again waving triumphantly.

"Al Herrmann's athletic teams always showed the distinctive qualities of their coach. They went out on the field and there gave all that they had in an endeavor to win. Often have I seen teams coached by him win when all the odds were against them, by sheer will, by the inspiration of their coach. I have officiated in many football games for Herrmann-coached teams. Always they played the cleanest football, played to the letter of the rules and sportsmanship, but played hard. They played as boys inspired, as indeed they were.

"Meet a Central man anywhere who was coached by Herrmann and you meet a man, no matter how many years have passed since he played—and you will find a man whose love for his coach has not diminished, but is even a greater love.

"Al has passed on over the great divide which lies ahead of us all. His going leaves a place that cannot be filled, but he has left in the hearts of those who knew him a reverence which will endure until the final call comes."

Logical.

A professor says that sedentary work tends to lessen the endurance. In other words, the more one sits the less one can stand.—Boston Transcript.

No, Dulcy, "Syntax" is not a duty on wickedness.

DR. SPUTH VISITS THE EAST.

It has been my pleasure, while on an eastern trip in behalf of the Phi Epsilon Kappa Fraternity as well as to attend clinics in Eye, Ear, Nose and Throat, to visit some of the Turnvereine.

February 2 and 3, I spent in Buffalo, N. Y. On Sunday the club rooms in the Buffalo Turnverein were packed with men and women. Some played cards, others had meetings, etc., and a fine spirit prevailed among all. In the gymnasium Mr. Lascari was busy drilling his ladies' class for the coming "Winter Turnfest" of the West New York District. "Andy" told me he has to drive his pupils from the gymnasium, because they are so interested in the work and don't know when to stop.

Tuesday morning I arrived in New York. After visiting clinics all day I decided to call on my friend Mr. Wuest, instructor of the New York Turnverein. After climbing up four flights of stairs, in a far off corner I found the gymnasium. It was a miserable night, and Mr. Wuest apologized for his small active class. When the Turnwart called the class to order, 58 Actives lined up, ranging in ages from 18 to 56 years. I saw some real work and everyone worked, no sitting on the apparatus and gossiping.

Wednesday is "Bears" night. I was urgently requested to be present, because following the lesson they were going to have a "real commers". This sounded good to me, so I put in my appearance. At the command "Antreten", some thirty men from 35 to 72 years of age obeyed orders. After seeing these old men exercise I was ashamed to tell them that I was a member of our business men's class and tried to avoid the question. The "Commers" reminded me of pre-war days. Everyone who was called upon to render something for the benefit of those assembled did so without hesitat-

ing. Needless to say I had a most enjoyable night, and the evening was all too short for me. The remaining nights in New York were given to fraternity affairs.

February 10, I arrived in Philadelphia, and on Sundays the Quaker City is like a graveyard. Fortunately, the Philadelphia Turngemeinde had a "Home Talent" show at their hall that evening. The performance was excellent, and was witnessed by approximately 1,500 (members and their families only). The Philadelphia Turngemeinde, by-the-way, is the largest society in the Turnerbund. Their hall houses a fine gymnasium, a nice swimming pool, a very large ball room, dining room, and several small club rooms. I was anxious to see their classes at work. My friend Heinemann, the chief instructor, insisted that I should see his juniors. Monday at 8:15 P. M., 135 juniors were on the floor, and here, like in New York, everyone working, a wonderful picture. Mr. Heinemann has immense classes and is compelled to conduct the apparatus work in squads. Each squad is in charge of a leader. (This holds good for the women as well as the men.) In all he has 70 leaders who meet every Saturday afternoon for advanced instructions and an outline of the next week's lessons.

I had dinner at the Turngemeinde Tuesday night. The weather was furious and stirred up a terrible cold wind and poured down some snow. I therefore decided not to take in a show but watch the Actives at work. At 7:30 P. M. I entered the gymnasium and saw about 25 doing stunts on the apparatus. At 8:15, the command "fall in!" was given and 88 took their places on the floor. I almost fainted to see that 88 ventured out in this terrible weather. That's what I call true Turnerism.

The ladies' class met Wednesday night and numbered about 140. The organiza-

tion of the ladies is the same as of the men's classes.

What appealed to me the most is the fine spirit in these societies. Everyone I talked to, had the Turnverein's interest uppermost in his mind.

C. B. SPUTH.

CINCINNATI TEACHERS VISIT.

About thirty or more teachers of physical education in the Cincinnati Public Schools, visited the Normal College on Saturday, May 10th. Dr. Carl Ziegler, Director of Physical Education in Cincinnati, came earlier, arriving Thursday evening, and observed the work of the classes on Friday. Saturday morning a demonstration was given by the senior class to show the visitors the type of work done in our gymnasium. The program was as follows:

Port de Bras.

Steps and combinations in various rhythms, changing on command.

Slow movements.

Group of dances: (a) Liebesfreud; (b) Moment Musicale; (c) Schubert Garland.

Primitive Exercises.

Apparatus Work.

Gymnastic Dancing.

Tactics.

It was, as Dr. Ziegler remarked, one of the best demonstrations ever given by the Normal College classes, notwithstanding the fact that scarcely any drilling had been possible during the last two months. All of the Cincinnati colleagues seemed to be well pleased with what they had seen. Among those present were the following Alumni: Dr. Ziegler, Dr. Arthur A. Knoch, Hermann Haeberle, Wm. Fallon, Karl Schulmeyer, Alfred Linde, Ernst Thoma, Clarence C. Abrams, Sophie Eid, Lena Suter, Elsa Kramer, Maud Suter, Anna Hausknecht, Mr. and Mrs. Gilbert de Buck, Harry Struck.

THE FRATERNITY HUT.

With beaming face and broad smile, Mr. Franklin Vonnegut, president of the Board of Trustees of the Normal College, said "Thank you!" when Dr. C. B. Sputh, president of the Phi Epsilon Kappa Fraternity, announced at the April meeting of the Board that the "Frat" offered to build on the College property at Elkhart Lake a rest room or hut for the use of the men of the regular class who go to Camp Brosius in June, as well as for the men attending the summer sessions.

As you know from the previous issue of the Bulletin, Dr. Sputh as president of the Fraternity, had appealed to all members to contribute towards the fund for the erection of a Fraternity Hut. When he visited Camp Brosius last year and saw the rest room for the women he realized that the men should have a similar gathering place, and he set to work immediately to secure the funds. At the April meeting of the Board of Trustees he was able to report that \$800 were available for the purpose and that the Board should designate the most suitable location for the hut. Mr. Vonnegut accepted the gift on behalf of the Board of Trustees, thanked Dr. Sputh for this splendid addition to the camp and requested him to convey the gratitude of the Board to all contributors.

The rest room or Fraternity Hut will be erected on the hill overlooking the lake. It will measure 18x35 feet, and will have a large fireplace. On the side toward the lake, a screened porch 10x35 feet will be added. The contractor has promised to have it ready by June 1 when the regular class will arrive in camp.

All members of the Fraternity, and particularly all who have contributed to this fund, will be proud of the new building, and should not fail to go to Camp Brosius so as to be able to make use of the hut.

ALUMNI BULLETIN

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ALUMNI BULLETIN

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1924 SUMMER SESSION.

Once more the Normal College offers its graduates and others interested in physical education an excellent opportunity to combine profitable work with a real vacation. The place for doing this is Camp Brosius at Elkhart Lake, Wis., the summer home of the Normal College; the time: June 30th to August 2nd.

The program has been sent to all members of the Alumni Association, and Camp Brosius is well enough known to them so that no elaborate description is necessary here. Three summer sessions have been given in camp, and all who attended praised the beauty of the place, the splendid program offered each time, and the way in which the camp management took care of the summer students. It goes without saying, that this year's preparations are, if anything, better than ever before.

There are but a few points to which attention will be called here. 1. Graduates have the opportunity to earn seven semester hours' credit toward the degree of Bachelor of Physical Education. There will also be much new material offered in the various phases of physical education. 2. Following a demand made by many teachers who attended previous summer sessions as well as by some of our colleagues in leading positions, a summer session diploma may now be acquired

after completing four summer sessions. This should be brought to the attention of elementary and high school teachers doing departmental work in physical education. 3. It is essential that reservations for tent space be made early. The College is prepared to take care of every one; however, the sooner we know approximately the number to be expected, the better preparations can be made.

A change may be noted here: Mrs. Boos, matron of the women's dormitory, finds herself unable to go to camp this summer; in her place, Miss Mildred Anderson will have charge of the mess hall, assisted by Miss Katherine Zimmerli as chief of the kitchen force. Miss Anderson will be remembered as having given the course in Nutrition last year; she gives this course in the Stevens Point, Wis., State Normal School, and Miss Zimmerli is teacher of domestic science in the same school and also has charge of their restaurant. The engagement of two such able dieticians assures the preparation of proper, wholesome food.

Now, once again: make up your mind early as to attending the summer session. If you have no program and registration blank, write for one.

SUMMER SESSION DIPLOMA.

Acting upon suggestions of well-known physical educators, and also following demands of elementary and high school teachers, the Board of Trustees of the Normal College has decided to grant a diploma for summer session work. Many teachers, coaches, etc., who are not graduates of our school, wanted just a little more than a mere statement of work completed after attending several summer sessions, and their desire was found justified. The granting of a diploma for summer work is also in harmony with the policy of many other institutions conducting summer sessions.

The innovation will be of interest particularly to teachers interested in physical education who teach the subject part of their time either in elementary or high school, and to those who eventually want to enter the profession. We suggest to the Alumni that they call the attention of such teachers to the new course; copies of the following information will be sent to any address upon request.

The Summer Session Diploma will be awarded to applicants who attend four consecutive summer sessions of the Normal College and complete the work outlined below, in a satisfactory manner; i. e., make at least 70 per cent. in the final examination in each subject.

Applicants for the summer session diploma must complete the four sessions as outlined below. During the third and fourth summers, only one of the subjects marked with an asterisk need be taken; but several or all may be pursued. The course in swimming and diving may be completed during any one of the four summers.

Applicants who have attended previous summer sessions of the Normal College, or physical education summer sessions of other approved institutions, may offer the work satisfactorily completed as credit toward advanced standing. In no case, however, will credit equalling more than three summer sessions be accepted.

The work is rated in semester hours. The summer sessions last five weeks, six days per week. A semester hour, therefore, is equal to thirty minutes per day, for thirty days.

Se-
Hrs. mes-
Per ter
Day Hrs.

Program for 1924.

Physiology	1½	3
Physiology of Exercise.....	1	2
Tactics and Free Exercises....	½	1

Gymnastic and Folk Dancing..	½	1
Graded and Advanced Apparatus Work	½	1
Primary and Graded Games....	½	1
Aesthetic and Interpretive Dancing	½	1
Track and Field Activities....	1	2
Swimming and Diving.....	1	2

Program for 1925.

Method and Management.....	1½	3
Play and Recreation.....	½	1
First Aid	½	1
Tactics and Free Exercises....	½	1
Gymnastic and Folk Dancing..	½	1
Graded and Advanced Apparatus Work	½	1
Primary and Graded Games....	½	1
Aesthetic and Interpretive Dancing	½	1
Football (for Men); Hockey for Women)	1	2
Swimming and Diving.....	1	2

Program for 1926.

Descriptive Anatomy	1½	3
Applied Anatomy (Kinesiology)	1	2
*Tactics and Free Exercises....	½	1
*Gymnastics and Folk Dancing	½	1
*Graded and Advanced Apparatus Work	½	1
*Primary and Graded Games....	½	1
*Aesthetic and Interpretive Dancing	½	1
Speedball (for Men); Indoor Baseball (for Women).....	½	1
Soccer	½	1
Swimming and Diving.....	1	2

Program for 1927.

Principles and Organization of Physical Education	1½	3
Physical Diagnosis and Anthropometry	½	1
School Hygiene	½	1
*Tactics and Free Exercises....	½	1
*Gymnastic and Folk Dancing..	½	1
*Graded and Advanced Apparatus Work	½	1
*Primary and Graded Games..	½	1

*Aesthetic and Interpretive

Dancing -----	1½	1
Basketball -----	1	2
Swimming and Diving -----	1	2

Tactics and Free Exercises, Gymnastic and Folk Dancing, Graded and Advanced Apparatus Work, Primary and Graded Games, and Aesthetic and Interpretive Dancing will be given for all grades every summer. This work is divided into two sections, for grades 1 to 6, and for grades 7 to 12. The material used in these courses is so divided that it will take two summers to cover all of the subject-matter for the first six grades, and two more summers for the material of the last six grades. Any one wishing to get all of the material used in the above courses will, therefore, have to pursue them for four consecutive summers. Applicants for the summer session diploma will be required to take this work for grades 1 to 6 during the first, and for grades 7-12 during the second summer. During the third and fourth summers they need take but one semester hour's work from these courses, as stated above; but they may continue all of them if desired. They may, if capable, do advanced work in these subjects after completing the required courses. The primary and graded games for grades 1 to 6 will include the following games of low organization of which those in the first column will be taught every even year, and those in the second column every odd year:

Dodgeball in a circle	Progressive Dodgeball
Battleball and Bombardment	Captain Dodgeball
Endball	Cornerball

Other games will be divided in the same manner. Those for grades 7 to 12 will include the following organized games of which those in the first column will be taught every even year, and those in the second column every odd year:

Captainball	Prisoner's Baseball
Volleyball	Fieldball
Kick Baseball	Schlagball (Batball)
Tag Football	Rabbits

PHI DELTA PI.

We are always glad to have our alumnae come back and were more than overjoyed when Esther Hoebner, better known as "Hebby", honored us with a visit. She raised all our spirits and we were sorry to see her leave. Come again, Hebby!

On April 10, Marie Clark was a recipient of the colors and a few days later, a pledge. It seems just a little bit hard on her to be the only "Doggie" amongst so many of her "Highnesses". Because of illness in her family, she was compelled to go home. We're all waiting for her to come back and hope it will be soon.

Our Indianapolis Alumnae Chapter held a bunco party for us at the Lincoln Hotel on April 19. We all enjoyed being "buncoed". Alpha was very much pleased to have had this honor and it helped them to show the real, helpful spirit which exists between the Actives and Alumnae.

What could be so pleasant as to be invited to a party on May Day? This is exactly what the Freshmen have done. We were given "orders" to wear "kid clothes" and that's all we know of the affair. By all the signs and secret whisperings floating around, we are sure that everyone won't mind being taken back ten years.

The time is drawing near for the ruling hand of the Seniors to be lifted. At the next meeting, new officers will be elected, and the following one, installed. We, who have had charge of Phi Delta for the past year, feel confident that everything will be left in good hands for the year to come.

PERSONALS.

A daughter was born March 12th to Ray and Renilda (Kittlaus) Glunz '21 in Buffalo.

Mr. and Mrs. Alvin Gibson (Elinor Crum '16) at Slater, Mo., have a son, Alvin Edward, Jr., born April 29.

Gladys Stetson '19 received word at the beginning of May, of the death of her father which occurred while he was on a visit in Massachusetts.

John Harvey is the name of a new arrival in the Glominski family in St. Paul. He came on December 27th to Faye Harvey Glominski '16.

Adolf Pohl '12, who is still supervising physical education in the schools of West New York, N. J., has been presented by his Gertrude with a boy.

The sudden death of Mrs. Viola Feist Whalley, wife of Arthur Whalley '18, was a great shock to her many friends in Buffalo.

Whilma Fulwider '23 has been added to the staff of the Syracuse, N. Y., schools where Paul Krimmel '17 has now five Normal College people in his department.

Because of the illness of another teacher, Mary Ellen Trant '23 has assisted her classmate, Doris Kirk, in the Saginaw, Mich., high school since the beginning of the year.

Arlington Evans '13, who married a graduate of the New Haven Normal School of Gymnastics, is the proud father of two girls and one boy, 5 years, 3 years and 3 months old, respectively.

At the beginning of March, Dr. Armin Stecher '14, suffered from a serious poisoning of the lower lip which necessitated a quick operation. He got over it nicely and is practicing again.

After living for six years in Fond du Lac where no physical education classes existed, Mrs. Madge Allen Mabie '07 visited one of the girls' classes after the work was introduced in the schools this

year, and says she felt like an old war horse smelling powder. She could not resist pitching right in and at least playing for the class.

Teaching the sit-up, the pull-up, the chew-up and similar exercises, is the job of Louise Tag von Stein, '20 with her class of two. Millicent Rose and Baron Scott von Stein arrived on August 29. You bet she is proud of her twins.

In February, Janet Funke '18 and Gladys Stetson were struck by an automobile and both seriously injured so that they had to stay in a hospital for a week. We are glad to hear that they are all well again.

Teachers of Physical Education often look for good piano compositions for the accompanist. One of the most splendid collections of classic pieces is "Masterpieces of Piano Music", by Albert Wier, published by the Muml Publishing Co., 207 W. 25th St., New York.

During spring vacation, Mildred Jost McCartney and little Mary Jane, and Mr. and Mrs. Steichmann motored to St. Louis and were the guests there of Dr. and Mrs. Rudolph Hofmeister. On one afternoon, Corinne arranged a party for classmates of the visitors. Mrs. Arthur Pfaff (Erna Fritson) and Mrs. Harry Schumacher (Viola Seitz), Ella Haeseler, Mrs. Jos. Ondr (Lucille Belzer), Charlotte Roos and Louise Nagel '22 were present.

Violets and poppies in bloom here, wrote Hazel Orr in February. Of course, she is in a warmer climate, down in Tucson, Arizona, where she completed her work for the Master's degree and spent her free time riding western ponies over the desert. Hazel is assured of her degree, and her thesis has been found worthy of publication by the University of Arizona; she says that she would never have been able to do the work without the assistance of Normal College alumni who furnished her much of the material required for the thesis.

WHEN THE SANDMAN CALLS.

This dance is for girls nine to twelve years of age and is arranged to the "Missouri Waltz", published by Forster Music Publishing Company, 509 S. Wabash Ave., Chicago, Ill.

There is an introduction of eight measures during which the last eight measures of the dance or a similar arrangement including yawning and stretching may be performed. The children may also pull each other on the stage in couples suggesting opposition to going to bed. The children are dressed in nighties.

I.

Balance step left forward and right backward with the dress in both hands -----	2 M
Run in small circle to the left, in 5 steps, finishing in a stand on the left foot with the left finger on the lips as if to say "Hush". (Sound the "Sh") -----	2 M
Repeat all beginning right -----	4 M
Step left sideward with folding hands under the right cheek with the head resting on the hands (1 M); the same to the right (transfer) (1 M) -----	2 M
Step left sideward count 1) then cross step right on count 3 (1 M), step left sideward and hold with resting the right cheek on the folded hands (1 M) -----	2 M
Repeat the last 4 measures starting right -----	4 M
Repeat all -----	16 M

II.

Stand on the right foot, pointing left fourth in rear and rub the eyes as if sleepy and then yawn and stretch. The right arm should stretch upward and the left sideward during the stretching -----	4 M
Balance step left forward and right	

backward, 3 steps forward and point right in second with the dress in both hands -----	4 M
Repeat all to the opposite side ----	8 M
	<hr/> 16 M

Interlude:

Repeat the first 4 measures of II (rubbing eyes and yawning) ----	4 M
Stamp left (1 M); shake the head as if reluctant to retire (1 M); stamp right (1 M); and again shake the head as if refusing to go to bed (1 M) -----	4 M
	<hr/> 8 M

III.

Run in a circle to the left in 12 steps with the dress in both hands, and sprightly as if to show that it is not yet bed time -----	4 M
Two double step-hops to the left (2 M); face about and two double step-hops to the right (2 M); the dress is held in both hands -----	4 M
Repeat the first eight measures of I -----	8 M
	<hr/> 16 M

IV.

Deep step courtesy left sideward placing the left cheek on the folded hands, then step courtesy right sideward with the right cheek on the folded hands (2 M) 3 steps to the left (step on counts 1 and 3 and 1 and pause). Rub eyes and stretch and yawn with the left arm upward and the right arm sideward (2 M) -----	4 M
Repeat these 4 measures beginning to the right -----	4 M
Place the left foot forward with dress in both hands (1 M), place the left foot backward (1 M), run 5 steps sideward to the left (2 M)	4 M
Repeat beginning with foot placing right forward -----	4 M
Repeat the first eight measures ---	8 M

Balance step left forward and fold hands on right cheek, balance step right backward changing hands to other cheek (2 M); step obliquely forward, hold and rub eyes, yawn and stretch (2 M); slowly kneel on right knee and rest the elbows on left knee, left cheek on folded hands (4 M) --- 8 M

32 M

PHI EPSILON KAPPA NATIONAL CONVENTION.

The Alpha chapter, located at Indianapolis, had the honor of being the host for the 1924 National Convention of the Phi Epsilon Kappa Fraternity. The convention opened Friday morning, March 28th, in the Blue Room of the Athenaeum. On Friday night, the delegates were shown the degree work of formal initiation; pledge Kittlaus of St. Louis was initiated. A smoker and general eat and talkfest followed. The gathering broke up early, to allow the travel-weary visitors to get in a good night's sleep.

At the close of the convention, March 29th, the officers for the following year were announced. They are as follows:

Grand President, Dr. Carl B. Sputh.

Grand Vice-President, Arch D. McCartney.

Grand Secretary-Treasurer, Olin A. Storch.

Grand Historian-Editor, William A. Gerber, Jr.

Chairman Extension Committee, William Reichelt; assistants, John Wendelken, Ralph Shafer.

Alpha Chapter gave a dinner dance in the Rainbow Room of the Hotel Severin, Saturday night. Laycock's orchestra furnished the music for the dancing. The evening was a perfect success, and from the mezzanine balcony, the varied colored evening gowns in the bright setting

of the room's decorations gave the affair the appearance of a monstrous, vibrant, living rainbow.

WM. A. GERBER, Jr.

WAND EXERCISES TO "MOMENT MUSICALE."

These Wand Exercises are arranged to Schubert's "Moment Musicale." They are not very difficult, but are performed in rapid rhythm and must, therefore, be thoroughly learned. There are two counts to a measure. When more than two counts are required, additional measures are indicated. The drill may be used for boys or girls of Junior or Senior High School age.

I.

With rocking on toes on each count, bend arms to thrust (wand front of shoulders)—1; thrust arms forward—2; bend arms to thrust—3; thrust arms upward—4; continue thrusting forward, then upward, for 15 counts and lower wand on 16----- 8 M
Repeat all with jumping on each count ----- 8 M

16 M

II.

Jump to a side stride-stand and bend arms to thrust—1; turn trunk left and thrust right arm forward (the left arm remains bent)—2; return to thrust position—3; repeat to right—4; return to thrust position—5; repeat to left and right from 6-15; return to position of attention on 16 ----- 8 M
Repeat all ----- 8 M

16 M

III.

Lunge left sideward and swing both arms right sideward (wand right sideward, left hand front of

chest)—1; bend trunk right, pointing wand to right toe (the left hand remains)—2; straighten trunk, arms right sideward again—3; straighten left leg and raise arms upward—4; bend right knee and lower arms left sideward—5; bend trunk left pointing wand to left toe—6; straighten trunk, arms left sideward again—7; return to position 8 ----- 4 M
 Same to right (9-16)----- 4 M
 Repeat all ----- 8 M

16 M

IV.

Swing arms fore-upward—1; bend arms to thrust—2; bend trunk forward and thrust arms forward (floorward)—3; bend and thrust again in one count with slight dipping movement of the trunk—4; straighten trunk and swing wand fore-upward—5; bend arms to thrust—6; bend knees (slightly dipping) and thrust arms forward and bend to thrust again on one count—7; repeat—8 ----- 4 M
 Repeat all ----- 4 M

8 M

V.

Place left foot forward and swing arms forward—1; place left foot sideward, bend trunk left and swing right arm upward, left hand in front of right shoulder, wand vertical—2; place left foot forward and swing arms forward—3; replace left foot and swing arms upward—4----- 2 M
 Repeat same to right, left and right 5-16----- 6 M
 Bend trunk fore-downward and swing arms fore-downward (to-ward floor)—1; straighten trunk and bend arms to thrust—

2; thrust arms upward—3; bend arms to thrust—4----- 2 M

10 M

VI.

Thrust arms upward—1; bend arms to thrust—2; lower trunk forward and thrust arms forward (floorward) twice (the trunk makes a dipping movement and the arms bend and straighten in one count)—3-4; raise trunk and repeat one and two—5-6; bend knees slightly (dipping) or rocking on toes twice and thrust arms forward twice (arms bend and straighten in each count)—7-8 ----- 4 M
 Repeat all—9-16----- 4 M
 With arms bent for thrusting, sway trunk left and right sideward—17-18; lower wand—19-20-- 2 M

10 M

Here am I, old Gym Pep, affable, romantic, irresistible! It is I who hardened the youth's sword arm and I who beat the rhythmic timbrel stroke that swayed the supple maidens in their dance; I who bore the shield of Chivalry and I who plucked the lute strings of Minstrelsy. I preach the Gospel of Clean Living; I teach the Philosophy of Good Cheer and work in the Fields of Contentment and in the Metropolis of Ambition. I am the tireless helper of man! Is your burden too heavy? Do you need me?

Maye: I have an awful cavity that needs filling.

Faye: Where are you going, to the dentist, restaurant or university?

Give me health and a day and I will make the pomp of emperors ridiculous.—
Emerson.

BOOK REVIEWS.

Of the following books, the first three have been adopted as text books for the Normal College classes. They are to be highly recommended, and Alumni who wish to get acquainted with the new ideas in these subjects, should get the books.

The Prevention of Disease in the Individual. By Kenelm Winslow, B. A. S., M. D. Second Edition thoroughly revised. Published 1923, by W. B. Saunders Co., Philadelphia. Price \$2.00.

This is the second edition, thoroughly revised of a book which has been accepted as a text book in hygiene. The revision has brought the book thoroughly up-to-date. The author treats the subject of prevention of disease as follows: Three chapters on Personal Hygiene; three chapters on Germ Diseases; a chapter each on the prevention of the following diseases: Cancer, Sexual Diseases, Acute and Chronic Rheumatism, Neuritis and Acute Tonsillitis, Diseases of Children, Diseases of Middle Age, Nervous and Mental Diseases, Diseases of Digestion, and Asthma. There is also a chapter each on Food Poisoning, Deficiency Diseases and Disorders of Nutrition, Prevention of Deformities, and Infection of Bleeding in Wounds.

A Text-Book of Anatomy and Physiology.

For Schools of Nursing, Normal Schools and Colleges. By Jesse Feiring Williams, M. D. Published 1923, by W. B. Saunders Co. Illustrated. 523 pages. Price \$3.00.

This text-book is written especially for the students of the practical arts—nursing, physical education, physiotherapy and occupational therapy. The subject is approached from the fundamental standpoint of the living cell,—the formation of the embryo, the tissues, then the skeleton, the skeletal muscles, and the nervous system, from the physiologi-

cal standpoint,—first the circulatory system, followed by the respiratory, digestive and excretory systems. The book also includes a chapter each on the reproductive system, the endocrine system, and the organs of general and special sense. The method of dealing with the subject in this book is new in so far as special attention is given to the development of the human body from earliest infancy through adolescence, and will therefore be especially helpful to teachers of physiology in the public schools.

Individual Gymnastics. A Handbook of Corrective and Remedial Gymnastics. By Lillian Curtis Drew. Published 1923, by Lea & Febiger. Second Edition, Thoroughly Revised. Illustrated with 109 Engravings. 260 pages. Price \$2.00.

This is the second edition of this valuable book, which has been revised and enlarged, with new chapters added as follows: Corrective Exercises for Groups; Overweight and Underweight; Indications for Exercise in Abnormal Heart and Thyroid Conditions.

The Dietary of Health and Disease. For the Use of Dietitians, Nurses and Instructors in the Sciences that Pertain to Nutrition. By Gertrude I. Thomas. Published 1923, by Lea & Febiger. 210 pages. Illustrated. Price \$2.25.

In the preface of this book the author says that the purpose of the book is to provide an intermediate text as a basis of instruction in schools of nursing or departments of home economics. The book is of convenient size and good type. The tables are especially well arranged for practical use. The subject is treated in the following order:

Food and Its Relations to the Human Body; The Processes by Which the Body Makes Use of Food; Water; Mineral Matter; Carbohydrates; Fats and Oils; Proteins; The Caloric Value of Foods; Weights and Relations of Food-Tables

of Caloric Values; Food Preparation, including recipes. An entire chapter is given to each of the following subjects: Eggs, Milk, Meat, Fish, Poultry and Vegetables.

Diets are given for the various periods of life, also for various diseases, and under special circumstances.

The author suggests in the first six pages of the book an outline to be used by Instructors in Dietetics, to cover a period of sixty-eight hours: Hours 1 to 12, Theoretical Dietetics; Hours 13 to 60, Laboratory course in practical dietetics; Hours 60 to 68, Dietotherapy.

Teeth, Diet and Health. By Kurt T. Thoma, M. D. Published 1923, by the Century Co., New York. 226 pages. Illustrated. Price \$2.00.

This is one of the best books for the teacher of hygiene on the subject of the teeth. It is written in non-technical language, well illustrated, and discusses the subject from the modern viewpoint. The table of contents is as follows:

Value of the Teeth in Health and Disease; Seven Thousand Years of Dental Disease; Development of the Teeth and Face, Abnormal Development of the Face and Irregularities of the Teeth; Dental Caries and Its Evil Consequences; Pyorrhea Alveolaris; Revelation of the Teeth to General Health; Substitutes for Lost Teeth; Pain; Its Meaning, Cause, Control and Treatment; Examination of the Mouth to Prevent Serious Disease; Mouth Hygiene; Nutrition and Its Relation to the Formation and Maintenance of Dental Structures; Diet as Applied to the Teeth; Suggestions for the Diet of Young and Old; A Plea for the Future.

Camp Management, A Manual for Camp Directors. By H. W. Gibson. Published 1923, by The Murray Printing Co., Cambridge, Mass. 265 pages. Illustrated. Price \$5.00.

Gibson's book is built upon long practical experience in boys' camp work. It

covers many points with reference to the management of private camps. The chapter headings, given below, give the general contents of the book: Chapter I. The Lure of the Out of Doors, II. Objectives, Leadership and Leadership Training, III. Organization, Business and Financial Management, Records, IV. Solicitation of Campers, Advertising, Professional Courtesy, V. Buildings, Tent-Houses, Equipment, VI. Fireplaces and Hearths, Their Construction and Care, VII. Sanitation, Water Supply, Toilets, Disposal of Waste, VIII. Nutrition and Diet, Menu Making, Recipes, Serving, IX. The Camp Bugler and Manual of Bugle Calls, X. The Camp Physician, Physical Examinations, Posture, Health and Hygiene, Medical Aid, XI. Rational Athletics, Tennis, Group Games, Mass Games, Circus, Sane Methods of Physical Development, XII. Swimming, Boating, Canoeing, Water Sports, XIII. Life-Saving Crews, First Aid, Emergencies, XIV. Scouting, Woodcraft, Hikes and Cooking Out, XV. Educational Program, Nature Study, Dramatics, Pageants, XVI. Effective Use of Yells, Songs, Music, XVII. The Spirit of Patriotism, Flying the Flag, XVIII. Weather Wisdom, Things to Do on Rainy Days, Tests, Stunts, XIX. The Development of Camp Spirit, XX. Moral and Spiritual Opportunities.

In the previous issue of the Bulletin appeared the excellent article, "Elementary (or Schoolyard) Soccer". We failed to give credit to the writer, Mr. Albert Nathan, Assistant Supervisor of Physical Education, St. Louis Public Schools.

Chief Surgeon: "What makes you think it is a case of chronic appendicitis?"

Interne: "When we stripped the patient, we found tattooed on his stomach, 'Please Open Along Dotted Line!'"