

# Alumni Bulletin

Vol. VIII.

Indianapolis, Indiana, November, 1924.

No. 1

## HOME-COMING.

Annual Home-Coming will be celebrated as usual on the last three days of Thanksgiving week. As the Normal College is growing bigger from year to year these home-coming affairs have developed into enthusiastic gatherings and reunions and a large crowd is expected this year. There will be much of interest to every alumni.

Home-Coming celebration will begin Thursday with open house at the women's dormitory and at the Fraternity house.

On Friday forenoon regular classes will offer an opportunity to observe the floor work as well as attend the lectures. The work of the third-year students should prove particularly interesting to the graduates. A demonstration by the classes of the Normal College will take place Friday afternoon. After that there will be basketball games and indoor baseball games between alumni teams and school teams and probably also a hockey game. Friday evening is given to Fraternity and Sorority entertainments.

Saturday forenoon visitors may observe the work of the children's model classes which have grown quite large

and are being taught by students under the supervision of Mr. Rath.

The alumni luncheon and get-together meeting will take place Saturday at one o'clock in the Athenaeum dining room. In order to enable us to make proper arrangements it is absolutely necessary that we be notified by all those who wish to attend the alumni luncheon. Don't fail to reserve places with Mr. Steichmann not later than November 26th. The price will be one dollar per plate.

The pledge banquet of the Fraternity will take place Saturday evening to be followed by entertainment and dancing arranged by the all-student association.

You will see from the above that there will be something doing all the time during those three days. The Home-Coming offers a fine opportunity not only for reunions but also for observing the new methods used at the college and for the gathering of new material.

The Board of Trustees of the Normal College will hold its annual meeting on Friday and Saturday of Thanksgiving week, which will be attended by the non-resident members, Mr. Henry Suder of Chicago, Mr. W. A. Stecher of Philadelphia; Mr. A. E. Kindervater of St. Louis and Dr. Karl Ziegler of Cincinnati.

# Home-Coming

November 27, 28, 29

## ALUMNI ASSOCIATION.

The Alumni Association meeting in May was called to order by the President. A nominating committee appointed by the chair consisted of Mr. Emil Rath, chairman, Dr. W. A. Ocker, and Mr. Curt Toll.

A motion was passed that students having completed the two-year course and returning for a third year may become members of the Association, but are not required to pay dues as long as they are in school. Sixty new members were voted into the organization.

A vote of thanks was given to Mr. Steichmann for long services rendered as editor of the Bulletin.

A letter was received from the Chicago branch of the Alumni Association. Their social gatherings and educational meetings are so interesting that more such branches should be formed where three or more graduates are in the same city.

## TREASURER'S REPORT FOR 1923-24.

## Receipts.

Balance on hand	\$325.97
Dues collected	285.00
Banquet collection	12.00
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	\$622.97

## Expenditures.

Alumni Banquet	\$ 59.00
May Bulletin	39.00
November Bulletin	58.85
February Bulletin	58.00
Printing	36.00
Postage	15.00
Miscellaneous	5.00
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	\$270.85

Balance, May 24, 1924 \$352.12

CURT TOLL, Treasurer.

## IMPROVEMENTS AT CAMP BROSIUS

Many improvements have been made and will still be made at Camp Brosius so that next year's visitors will be astonished when they see the New Camp. Since the close of the camp in September, an eight-room cottage has been erected as an addition to the hotel and the hotel dining room and kitchen have been considerably enlarged. The little cottage at the head of the stairway, when going from the hotel up to the camp, was changed into an office building with a large porch surrounding it on three sides. The new office is a vast improvement over the headquarters tent and the porch will certainly be appreciated by the students.

At this writing, the grading of the athletic field is taking place. This field will be continued to the west for a distance of 255 feet so that the entire level field will measure 100x375 feet. A straight track of 120 yards, built at the southern side of the field, and jumping pits, throwing spaces, etc., are also planned.

Another improvement will be the enlarging of the mess hall kitchen to be done in spring so that the cooks can take better care of the 150 students going up to camp in June.

By making these improvements, the Board of Trustees of the Normal College have incurred a great expense. They feel, however, that these improvements are very valuable if not essential to the success of the camp. Their purpose is to leave nothing undone that may help to increase the happiness of the students.

Arrangements for the next year's summer session are already under way and they promise to make it an interesting session. Among the new courses

may be mentioned one for teachers in junior high schools. The work in these schools is getting to be entirely different from that of the senior high schools and special preparation for the teaching in junior high schools seems a necessity. Such a course should appeal to a great many of the Normal College alumni.

#### MATERIAL FOR TEACHERS.

A good deal of letter writing is needlessly put upon the college office because of the many requests for material suitable for teachers of physical education. If graduates will keep the lists as printed in the Bulletin from time to time, they can then order such material when needed and will not have to inquire what compositions are in stock. We therefore print again a complete list of Normal College publications and urge the members that they retain this list for future orders.

The books by Mr. Rath are probably in the possession of every graduate of the last eight or ten years; they are, however, included in the list to make it complete.

Theory and Practice of Physical Education, 3 volumes.	
Vol. 1. Gymnastic Dancing	.....\$1.50
Vol. 2. Free Exercises	..... 2.00
Vol. 3. Apparatus Work and Athletics for Women	..... 1.50
Graded Apparatus Work for Men:	
Lower Grade	..... .50
Intermediate Grade (mimeographed sheets)	..... .75
Outline of Foil Fencing (mimeographed sheets)	..... .50
Club Drill (Tales from the Vienna Wood)	..... .50
Reed Drill (Roses from the South)	..... .50
Dumbbell Drill (Jolly Coppersmith)	..... .50

Humoresque Free Exercises (Dvorak's Humoresque)	..... .50
Bow and Arrow Free Exercises (La Zingana)	..... .50
Folk and School Dances (23 dances, music and description)	..... .50
Frolic of the Brownies (with the original music)	..... .25
Starlight Waltz (music and mimeographed description)	..... .50
Wild Bird Mazurka (music and mimeographed description)	..... .50
A Schubert Garland (music and mimeographed description)	..... .50
The following compositions by Mr. Rath and by Mr. Karl Heckrich, are furnished only in mimeographed form, without the music; this can be purchased at any music store.	
Aesthetic Movements (Port de Bras)	..... .20
Port de Bras, Series 1 and 2	..... .10
Wand Exercises to Moment Musical	..... .10
When the Sandman Calls (Missouri Waltz)	..... .10
Interpretive Dance Combinations:	
Chopin Waltz No. 1	..... .10
Brahms Waltz No. 14	..... .10
Tytl and the Blue Bird (Rudolf King's Caprice)	..... .10
Silver Star Mazurka	..... .15
Dance of the Sunbeams (Dance of the Hours from Giaconda)	..... .20
Third-year Dance Combinations for Practice	..... .25
Ballet of the Four Seasons (consisting of detailed description and the following compositions which may be used separately: Spring Song, Dance of the Lady Butterfly, French Gavotte, May Pole Dance, Harvest Boy and Girl, The Harvesters, Sleighbell Polka, The Skaters, Ballet of the Flowers)	..... \$2.00
Peach Blossom Ballet	..... .50
Chopin Interpretations (The Day)	..... .50
O Sien Ko, a Dance to the Goddess of the Moon (Ballon Dance)	..... .25

## THE 1924 CLASS

Of the sixty graduates of 1924, eleven have returned to the College for the third year's work as shown on the list of students printed on another page. Most of the other graduates have found positions, and are now located as follows:

Katherine Anderson, Mooresville, Ind.  
 Cora Baldauf, Public Schools, Kansas City, Mo.  
 Elizabeth Bauer (Mrs. Strain), Niagara Falls, N. Y.  
 Frances Behan, Bradford, Pa.  
 Bernhard Berg, Akron Turners Club, Akron, O.  
 Louise Braden, High and Grade Schools, Shelbyville, Ind.  
 Mary Calkins, Liberty, Ind.  
 Vera Carr, Chicago, Ill.  
 Josephine Chiles, Alton, Ill.  
 Robert Colwell, High School, Norwood, Ohio.  
 Mildred Cox, Darlington, Ind.  
 Ruth Cray, Monticello, Ind.  
 Leo Doering, Turnverein, Clinton, Ia.  
 Dorothy Eck, Miamisburg, O.  
 Laura French, Public Schools, Kansas City, Mo.  
 Harold Gebhardt, Junior High Schools, Syracuse, N. Y.  
 Wm. Gerber, Tower Grove Gymnastic Society, St. Louis, Mo.  
 Evelyn Giffin, High School, Lebanon, Ind.  
 Marie Hanss, St. Louis, Mo.  
 Wm. Heiland, High School, Gary, Ind.  
 Mary Heneman, Centerville, Ia.  
 Albert Helms, Public Schools, Denver, Colo.  
 Hattie Hettich, Grade Schools, Buffalo, N. Y.  
 Alice Huth, Chicago, Ill.  
 Mildred Hynds, Public Schools, Philadelphia, Pa.  
 Jacob Kazmar, Altoona Gymnasium, Altoona, Pa.

LaMar Keltz, Grade Schools, Buffalo, N. Y.

Coleman Kortner, Junior High School and Allentown Turnverein, Pittsburgh, Pa.

Gladys Larsen, Chicago, Ill.

Harvey Lecollier, St. Louis Turnverein, St. Louis, Mo.

Margaret Lytle, High and Grade Schools, Hartford City, Ind.

Louis Montgomery, High School, Ne-gaunee, Mich.

Vivian McCarthy, State Normal School, Marquette, Mich.

Thelma Penman, Brazil, Ind.

Mathew Poeltl, Turnverein, Kansas City, Mo.

Clarence Porter, High School, Lincoln, Nebr.

Laura Rosengarth, Public Schools, Pittsburgh, Pa.

Ethel Saucier, St. Louis, Mo.

Martha Schneider, Indianapolis, Ind.

James Seaton, Public Schools, Akron, Ohio.

Marietta Sicer, High School, Rushville, Ind.

Marion Snyder, Michigan City, Ind.

Ruth Sonderman, Junior College, Nazareth, Ky.

Raymond Strain, High School, Niagara Falls, N. Y.

Gretchen Stuart, High School, Stuttgart, Ark.

Josephine Turner, Hudson, O.

Mildred Watcher, Public Schools, Cincinnati, O.

Margery Wood, Public Schools, Buffalo, N. Y.

Margaret Wright, Public Schools, Duluth, Minn.

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Knowledge, in truth, is the greatest sun in the firmament. Life and power are scattered with all its beams.—Daniel Webster.

### INDIANAPOLIS ALUMNI OF PHI EPSILON KAPPA.

The Indianapolis Alumni chapter of the Phi Epsilon Fraternity started their second year of activities with a meeting and social gathering at Mr. George Altmann's.

After the election of officers and the business meeting, the rest of the evening was turned to social activities, varying from the discussion of Turnerbunders to politics, and including views on the screen of Mr. Altmann's travels through Canada and the Northwest, and it came to a climax with the serving of delightful refreshments by Mrs. Altman.

Members of the chapter who have not been attending are urged to come and enjoy these good times with us.

Our officers for the coming year are: President, Mr. George Altmann; vice-president, Mr. Curt Toll; secretary and treasurer, Orol Bridgford; sergeant-at-Arms, Mr. Alvin Romeiser; guide, Mr. Emil Kramer.

Our next meeting will be at Mr. Orol Bridgford's home at 5700 Northwestern avenue, on Sunday evening, December 14, 1924.

### NEW PHYSICAL EXAMINATION CHART.

On pages 6 and 7 of this issue of the Alumni Bulletin, we publish the new chart for physical examinations used at the Normal College this year. It was worked out by Mr. Rath with the assistance of Drs. Kime and Spath. Its purpose is to bring out the really important information about the student's physique and health, and unnecessary questions have been eliminated. The physical examination of the new students conducted in eight or ten groups by as many physicians while Dr. Spath examines eye, ear,

nose and throat of all students and Dr. Jane Ketcham examines all women, is usually completed in four or five hours. Of course, the senior students assist in measuring, taking of the personal history and similar items, and in making out the examination charts.

Inasmuch as we often receive requests for physical examination charts, we thought it advisable to reprint this one in the Bulletin.

### PHI DELTA PI.

Back to school! Full of pep and ready for a year of work and pleasure. Glad to be back with A. G. U. friends and Phi Deltas once again. Many familiar faces were missing and we wondered how we were going to manage without our seniors. But the many strange faces showed us that the seniors had left us their responsibility, and that we should spend our time getting acquainted and trying not to miss the others too much.

Saturday, October 11, we were entertained by the alumni on a steak fry at Riverside.

On October 22, we were happy to pin our colors on Vinnetta Barnitt and on November 2, she was formally pledged.

Rush started Tuesday, November 4. The week of activities was brought to a climax on Friday, Phi Delt Day. The rush party, a dinner dance at the Claypool Hotel, fulfilled all expectations. We took pleasure in bidding the following girls: Evelyn Adler, Florence Anderson, Beatrice Barger, Margaret Edwards, Winona Fitzgerald, Meta and Margaret Greiner, Alice McGregor, Ethel Todd, Lucille Spillman, and Elizabeth Stoner.

With our ever present pep and vigor we intend to carry on another successful year for Phi Delta Pi.

# NORMAL COLLEGE OF THE AMERICAN GYMNASTIC UNION

## *Physical Examination*

Name \_\_\_\_\_ Year of Course \_\_\_\_\_

Home Address \_\_\_\_\_ Date, First \_\_\_\_\_ Second \_\_\_\_\_

	FIRST	SECOND		FIRST	SECOND
1. Age (Years and Months) _____			19. Hearing, Right _____		
2. Weight _____			20. " Left _____		
3. Height (Standing) _____			21. Nose (Septum: Normal, Bent, Spur?) _____		
4. Back (Right or Left Scoliosis) _____			22. Turbinates: Norm., Hypertr., Atr., Cong.? _____		
5. " (Kyphosis) _____			23. Tonsils, Condition (Size, Diseased) _____		
6. " (Lordosis) _____			24. " Removed? _____		
7. Chest Contour (Normal, Flat, Round, Pigeon, Grooved) _____			25. Thyroid (Not Palpable; Palpable; Simple; Toxic) _____		
8. Abdomen (Firm, Flabby, Pendant, Scapoid) _____			26. Teeth (Cavities; Devitalized; Gums) _____		
9. Feet—Right { Normal, Pronated, Flat: _____			27. Lungs (Right) _____		
10. " —Left { Long Arch; Trans. Arch _____			28. " (Left) _____		
11. Girth of Chest, Normal (at Nipple Line) _____			29. Heart, Condition (Apex, Where?) _____		
12. " " " Contracted _____			30. " Sounds Clear; Muffled _____		
13. " " " Expanded _____					
14. Depth of Chest, Contracted _____					
15. " " " Expanded _____			31. Pulse, Rate _____	Before	After
16. Lung Capacity (in cubic inches) _____			" Quality _____	2 Min.	
17. Vision, Right _____			" Regularity _____	Before	After
18. " Left _____			32. Blood Pressure, Sys./Dia. _____	2 Min.	

The Cardiac Functional Test should be taken as follows: The student sits during the taking of pulse and blood pressure. He then steps with the left foot on a chair 18 inches high and follows with the right foot so that he stands on the chair, with the weight on both feet. He returns to the floor by the opposite movements. This is to be done in 4 seconds; i. e.: Step up left (one); follow right (two); step down left (three) and follow right (four). Repeat 14 times (15 in all) using 60 seconds for all. Then follow the examinations "after" exercising. When they are completed rest two minutes, sitting relaxed on a chair and then take the third set of measurements.

# PERSONAL HISTORY

PERSONAL—PAST (State Nature, Date, Length and Severity of each of the following):

Operation \_\_\_\_\_  
 Injuries \_\_\_\_\_  
 Serious Illness \_\_\_\_\_  
 Specific Diseases \_\_\_\_\_  
 Date of Last Successful Vaccination \_\_\_\_\_

## PERSONAL—PRESENT

	FIRST	SECOND
Frequent Colds _____		
Headaches _____		
Constipation _____		
Varicose Veins _____		
Hemorrhoids _____		
Hernia _____		
Menstruation—Frequency _____		
“ Duration _____		
“ Amount (Normal, Scanty, Excessive) _____		
“ Pain (When—before, during, after; degree) _____		

	FIRST	SECOND
Items _____ to _____ examined by _____		
Items _____ to _____ examined by _____		
Items _____ to _____ examined by _____		

## FAMILY

	Living	Dead State Cause	Present Health
Father _____			
Mother _____			
Brothers _____			
Sisters _____			

Which of your ancestors, if any, have had any of the following diseases:

Tuberculosis \_\_\_\_\_  
 Heart Disease \_\_\_\_\_  
 Cancer \_\_\_\_\_  
 Kidney Disease \_\_\_\_\_  
 Nervous Disorder \_\_\_\_\_  
 Venereal Diseases \_\_\_\_\_  
 Skin Diseases \_\_\_\_\_

General Remarks by Examiners:

# ALUMNI BULLETIN

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

OWNERS: ALUMNI ASSOCIATION OF THE NORMAL COLLEGE OF THE AMERICAN GYMNASIAC UNION.

Price 50 Cents a Year

Address all Communications to  
ALUMNI BULLETIN  
415 East Michigan St., Indianapolis, Ind.

## FEET.

This is one of a series of articles that should prove of the greatest interest to our readers, since it is a fact that more people are suffering from bad feet than from bad teeth. While both (teeth and feet) are of the greatest consequence to the individual, yet less attention is paid to the pedals than the teeth, and therefore we suffer untold agonies that might be easily remedied. It is just as important to have good feet as it is to have good teeth. Are you as careful of your feet as you are about your auto? Remember that the feet must carry you wherever you want to go. Do you wear properly fitting shoes and stockings? There are 96 different types of normal feet and many more abnormal ones, and these are compressed into a few styles of shoes. When buying shoes go to a place where they use brains in selling foot comfort, where a practical practipedist will ask no questions, but examine your foot and give you what you need.

(A practipedist is a person who has studied the physiology, anatomy and the mechanism of the foot; he can make a pedograph of your foot and thus show you the source of some of your troubles).

If there is no practipedist at your favorite shoe store, then see to it that the salesman who takes your measurements does not do so while you are sitting, but stand upon the measuring stick. If there

is any foot weakness, the foot elongates from one-half to two sizes when the weight is placed upon it. A shoe that fit you six months ago may be too short today. Do not tell the salesman what size of a shoe you want, but be measured every time. Remember a shoe that is comfortable when sitting may be found too short for walking or standing. See to it that the large toe joint fits into the widest part of the shoe.

A trained salesman can tell you just what height of heel you can wear with comfort; some types of feet have really adapted themselves to high heels, because through wearing high heels the back leg muscles have become shortened; a low heel will cause pain and discomfort, unless the change is made gradually.

A practipedist can diagnose foot troubles by examining the shoe you have worn if at all out of shape, worn in places or run down at the heels; it tells its own story.

There are two arches in the foot, and the front arch is the one that breaks through wearing short shoes or stockings, which throw the large joint outward, causing bunions, callouses on the ball of the foot and corns on the toes. Unless this condition is corrected through corrective appliances and exercises the condition becomes worse.

The foot has three bearing points in form of a tripod, which gives it the strongest mechanical construction. When one of these bearing points is lost through the weakness of the ligaments and muscles holding the joints together, the weight is thrown upon other structures causing them to become strained and to lose the true balancing power.

When the ankle is strained the toes contract and they are pulled back up on the foot, and when they come in contact with the friction and pressure of the shoe, corns and callouses are produced,

resulting in burning, numbness or excessive perspiration.

Corns and callouses are due to nature's effort to protect the tender nerves, veins and arteries of the foot against this friction. She builds up epithelial cells (outer skin cells), cells upon cells which result in corns and callouses.

To cure this condition properly fitting shoes and stockings must be worn. The effect must be traced back to the cause, which may be due to systemic diseases; or to foot weaknesses which results in broken arches, weak ankles and many other abnormal conditions of the feet. Very often rheumatism, backache, or headache can be traced to these foot conditions.

There are many so-called "Corrective Arch Guide" and "Orthopedic" shoes in the market, whose manufacturers claim their models will correct foot troubles. Do not buy these unless upon the advice of a practipedist, as they may do more harm than good in your cases. Each of these models may be just the thing for a certain type of abnormal foot, but a detriment to others.

An arch support built into a shoe may give support to one type of foot but not to another, because all arches are not fallen to the same degree; all depending upon which of the joints is subluxated and to what degree it must be brought back.

If your foot troubles are due to systemic disease, see your physician; if caused by the loss of the tripod bearing points, then the re-positioning of the lost balance will effect the cure. This can only be done through carefully fitted mechanical appliances, of which there are many; but only those of metal, strong enough to hold the foot in the corrected position to bear the body weight, will restore the equilibrium and effect the cure.—Elizabeth Bachman in Cleveland "Vorwaerts Turner."

#### THE CLASS OF 1924-25.

When in the November issue of 1923 we reported an attendance of 140, we believed that the limit had been reached because the facilities would scarcely accommodate more students. This year, however, the total attendance is 151. This number includes fourteen third-year students so that the other two classes are practically as large as last year.

The number of participants in the third-year course is very gratifying. Next year will, of course, bring a larger number of Juniors as the new laws requiring three years of preparation are becoming effective now. In many Indiana cities, teachers of physical education are asked to get an additional year's training if they want to retain their high school positions. This affects many of our graduates. We advise them to take a year's leave of absence and attend the Normal College again. This, after all, is the easiest and quickest way of getting the additional credits. Courses for the third-year students on the program for this semester, include The Teaching of Physiology and Hygiene, given by Mr. C. E. Sharp of Manual Training High School; Nutrition, given by Dr. Ocker; Experimental (Laboratory) Physiology, by Dr. Gabe; History of Education, by Mr. Rice; Genetics, by Mr. Richardson; Economics, by Mr. E. O. Malott of Indiana University, and Public Speaking, by Professor R. A. Tallcott of Butler College.

Besides the new faculty members mentioned above, Mr. E. Appelt and Mr. Carl A. Spitzer have been added to the Department of German; Mr. Spitzer is teaching the evening classes of the Turnverein and pursuing the third-year course. Dr. Ralph Pantzer is also a new instructor, giving a special course in Anatomy and Physiology for the ele-

mentary class which numbers 12. Miss Clara Ledig is assisting Mr. Rath in the physical education work.

The following students are now attending the College:

#### Juniors.

Auernheimer, Aug., Seattle, Wash.  
 Bridgford, Orol, Indianapolis.  
 Dinehart, Mera, Elkhart, Ind.  
 Fridy, Bernadine, Evansville, Ind.  
 Goudie, Elizabeth, Alton, Ill.  
 Hartman, Irma, Davenport, Ia.  
 Matthei, William, Boston, Mass.  
 Overman, Ivan, Greensburg, Ind.  
 Rath, Elizabeth, Indianapolis.  
 Spitzer, Carl A., Fitchburg, Mass.  
 Strohkarck, Mildred, Davenport, Ia.  
 Thomas, Hugo, Meriden, Conn.  
 Wigal, Martha, Indianapolis.  
 Winterhoff, Viola, Indianapolis.

#### Sophomores.

Andrews, Stella, Newport, R. I.  
 Ballin, Ralph, St. Louis, Mo.  
 Barnitt, Vinetta, Chicago, Ill.  
 Baumann, Carl, Buffalo, N. Y.  
 Bell, Pauline, Lafayette, Ind.  
 Bischoff, William, Boston, Mass.  
 Blakely, Margery, Fort Wayne, Ind.  
 Blumer, Samuel, Middletown, Conn.  
 Bobrink, Irma, Lawrenceburg, Ind.  
 Bowser, Mabel, Knox, Pa.  
 Braun, Fred, Indianapolis.  
 Briggs, Harry, Shelbyville, Ind.  
 Brister, Freda, Ambler, Pa.  
 Brubaker, June, Peru, Ind.  
 Burnett, Thelma, Buffalo, N. Y.  
 Carter, Ralph, Buffalo, N. Y.  
 Dippold, Harry, Clinton, Mass.  
 Dippold, Norma, Syracuse, N. Y.  
 Duddy, Jane, Indianapolis.  
 Elder, Laura, Philadelphia, Pa.  
 Evens, Charles, Indianapolis.  
 Frasier, Ruth, Leavenworth, Kans.  
 Fries, Harriet, Mazomanie, Wis.  
 Gable, Martha, Philadelphia, Pa.  
 Garcea, Rosi, Akron, Ohio.

Gawer, Herman, Portland, Ore.  
 Gilchrist, Rena Mae, Greensburg, Ind.  
 Graham, Catherine, Decatur, Ill.  
 Hahn, Harold, Milwaukee, Wis.  
 Hehrlein, Martha, St. Louis, Mo.  
 Hermann, Arthur, Milwaukee, Wis.  
 Holt, Eleanor, Greenup, Ill.  
 Iselin, Irma, Indianapolis.  
 Jacquin, George, Syracuse, N. Y.  
 Kern, Louis, Holyoke, Mass.  
 Kettering, Lester, Canton, Ohio.  
 Kittlaus, Louis, St. Louis, Mo.  
 Koenig, Florence, Evansville, Ind.  
 Kolb, Hyacinth, Buffalo, N. Y.  
 Kurtz, Herman, Indianapolis.  
 Larkin, Evalyn, South Bend, Ind.  
 LeGrand, Jane, North Vernon, Ind.  
 Lemmon, Elizabeth, Shelbyville, Ind.  
 Lorber, Bernice, Chicago, Ill.  
 Madden, Elizabeth, Chicago, Ill.  
 McCarthy, Winifred, Madill, Okla.  
 Mohler, Eva, Peru, Ind.  
 Moore, Joseph, Middletown, Conn.  
 Padden, Dorothy, Chicago, Ill.  
 Pegel, Robert, Chicago, Ill.  
 Pfaender, Thomas, New Ulm, Minn.  
 Schlich, Elizabeth, Louisville, Ky.  
 Schoepfel, Louise, Shelbyville, Ind.  
 Search, Agnes, Indianapolis.  
 Simon, Vera, Buffalo, N. Y.  
 Stocker, John, Sacramento, Cal.  
 Thorelius, Florence, Chicago, Ill.  
 Underwood, Elizabeth, Indianapolis.  
 Viering, Louise, Johnstown, Pa.  
 Weber, Dulce, New Holstein, Wis.  
 Whittemore, Sarah, East Aurora, N. Y.  
 Wirth, Raymond, Lawrenceburg, Ind.  
 Wymond, Anna, Warsaw, Ind.  
 Young, Irene, Cincinnati, Ohio.  
 Zimmerman, Katherine, Alton, Ill.

#### Freshmen

Adler, Evelyn, Buffalo, N. Y.  
 Amos, LaFern, Peru, Ind.  
 Anderson, Florence, Buffalo, N. Y.  
 Bangerter, Erika, Indianapolis.  
 Barger, Beatrice, Philadelphia, Pa.  
 Beale, Nelson, Snyder, N. Y.  
 Bednarczyk, Theo., Clinton, Mass.

Bifano, Mary, Johnstown, Pa.  
 Blackwell, Sara, Evansville, Ind.  
 Brallier, Frances, Altoona, Pa.  
 Dalton, John, Cincinnati, O.  
 Dennis, Lois, Crawfordsville, Ind.  
 Douglas, Muriel, Chicago, Ill.  
 Edwards, Margaret, St. Louis, Mo.  
 Ellis, Emma, Buffalo, N. Y.  
 Engelbert, Walter, New Ulm, Minn.  
 Fischer, Katherine, Indianapolis.  
 Fitzgerald, Winona, Louisville, Ky.  
 Frahm, Kathryn, Clinton, Iowa.  
 Frank, Pearl, St. Louis, Mo.  
 Freuck, Herman, Chicago, Ill.  
 Glidewell, Kenneth, Greensburg, Ind.  
 Gregg, David, Cincinnati, O.  
 Greiner, Margaret, Chicago, Ill.  
 Greiner, Meta, Chicago, Ill.  
 Grob, Max, Schenectady, N. Y.  
 Haase, Gerhardt, Fitchburg, Mass.  
 Hartung, Harold, Chicago, Ill.  
 Hauenstein, Julia, New Ulm, Minn.  
 Hein, Hildegard, New Ulm, Minn.  
 Heis, Rudolph, Philadelphia, Pa.  
 Hente, Walter, Saginaw, Mich.  
 Hoyler, Elsa, Buffalo, N. Y.  
 Jones, William, Lawrenceburg, Ind.  
 Jordan, Gertrude, St. Paul, Minn.  
 Klein, John, Los Angeles, Cal.  
 Kneiser, Aria, Buffalo, N. Y.  
 Lobraico, Margh., Chicago, Ill.  
 Madajesky, Ruth, Ironwood, Mich.  
 McGregor, Alice, Chicago, Ill.  
 McMahan, Edith, Richmond, Ind.  
 Miller, Dorothy, St. Louis, Mo.  
 Miller, Maybelle, Gaston, Ind.  
 Mumenthaler, Edw., Clarence, N. Y.  
 Muto, John, Buffalo, N. Y.  
 Oehler, Helen, Snyder, N. Y.  
 Overman, Clarence, Shelbyville, Ind.  
 Pletz, Emil, North Braddock, Pa.  
 Preiss, Emil, Chicago, Ill.  
 Reichenbach, Geo., Carrick Boro, Pa.  
 Renwick, Georgia, Canandaigua, N. Y.  
 Rick, Charles, Saginaw, Mich.  
 Scherbaum, Walter, Glenside, Pa.  
 Schiget, Henry, Charleroi, Pa.  
 Schweitzer, Jos., Philadelphia, Pa.

Senkewitz, Ernst, North Braddock, Pa.  
 Shear, Alberta, Buffalo, N. Y.  
 Snyder, Irene, Bremen, Ind.  
 Spillman, Lucille, St. Louis, Mo.  
 Stahle, Chas., Turtle Creek, Pa.  
 Stoner, Elizabeth, Greencastle, Ind.  
 Suedmeyer, Herbert, Buffalo, N. Y.  
 Swinehart, Lucy, St. Louis, Mo.  
 Szeles, Lewis, Rochester, N. Y.  
 Thayer, Henry, Buffalo, N. Y.  
 Todd, Ethel, Montgomery, O.  
 Wagner, Emmeline, Richmond, Ind.  
 Wagner, Mildred, Chicago, Ill.  
 Weinsheimer, Gladys, Evansville, Ind.  
 Woltz, Emilie, Buffalo, N. Y.  
 Wood, Helen, South Norwood, O.  
 Young, Randall, Akron, O.  
 Zinkgraf, Louise, Sheboygan, Wis.

#### COPY FOR ALUMNI BULLETIN.

Among the Alumni the impression seems to prevail that contributing to the contents of the Alumni Bulletin is limited to a number of selected correspondents. We should like to correct this erroneous idea and inform the membership that articles, news notes, personal items, etc., from any one will be welcome. In fact, the more contributors we have, the more interesting the Bulletin.

Do not wait for an invitation to send to the Bulletin any matter which you believe to be of interest to your colleagues. Send it on. You may have discovered some new method in handling this or that phase of your work in elementary or high school or Turnverein—let your colleagues know about it. Some magazine or your local paper may publish an interesting item regarding physical education—send it along. Still better, you may have done some research work and your conclusions may be of importance—should not your brothers and sisters in the profession have such information? Help us to make the Alumni Bulletin a really interesting journal.

### THE MODEL CLASSES.

The children's classes of the Indianapolis Turnverein organized by its committee on physical education of which Mr. Rath is chairman, are taxing the capacity of the gymnasium every Tuesday and Wednesday afternoon and Saturday forenoon. It is real pleasure to observe the seventy to eighty girls and as many boys from 9 to 14 years of age romping on the floor during play time and going through their lessons under the leadership of the sophomores. Thus the latter gain valuable teaching experience. The program as outlined by Mr. Rath, is as follows:

#### Program for Model Classes.

##### Girls' Classes.

#### Part I. Rhythmic Work (20-25 minutes).

1.
  - a) Fundamental rhythms.
  - b) Port de Bras, Gymnastic and folk dancing.
  - c) Aesthetic and interpretive dancing.
2.
  - a) Fundamental rhythms
  - b) Clog dancing.
  - c) Natural dancing.

The above are to be alternated, 1, a, b, c, being given one week and 2, a, b, c, the next week.

#### Part II. Formal Work (8-10 minutes).

1. Tactics.
2. Fundamental exercises.

#### Part. III. Apparatus Work (8-10 minutes).

1. Apparatus work. See schedule and aim chart.

#### Part IV. Games, Tumbling, Athletics. (10-15 minutes).

1. Athletics, Tumbling, and short games.
2. Organized games.

Number 1 and 2 are alternated every other lesson.

##### Boys' Classes.

#### Part I. Rhythmic Work (20 minutes).

1.
  - a) Fundamental rhythms.
  - b) Exhibition work (free exercise compositions).
  - c) Lyric gymnastics and compositions.
2.
  - a) Fundamental rhythms and exercises alternated or combined with them.
  - b) Stunts and grouping compositions.
  - c) Athletic compositions.

Number 1 and 2 are alternated every other week.

#### Part II. Formal Work (10 minutes).

1. Tactic exercises.
2. Fundamental exercises.

#### Part III. Stunts on floor, apparatus & athletics (15 minutes).

Apparatus work and tumbling or athletics. See schedule and aim chart.

#### Part IV. Games (15 minutes).

Games: See schedule.

A short game may precede an organized game.

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### SPECIAL!

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He looked up. A convulsion seemed to shake his whole being. The sound of feet on the boarded floor drew closer. He started. The sounds became more audible. He tried to assume the air of a bravado as he lifted his hand to his mouth to quell a seeming nonchalant yawn. Pat, pat, pat, came the feet. The sounds ceased to ring to his ears. The figure of Disaster stood by his side. He coughed and the lump in his throat grew larger. Beads of sweat broke out on his perturbed brow. He swallowed, once, twice, thrice, and then a calm passed over him. The figure moved on. He smiled. Again he had fooled the prof. He had swallowed his exam pony.

**THE FRATERNITY HUT.**

The following letter was mailed by Dr. Sputh to the members of the Fraternity:

In donating the Hut to our dear old Normal College, Phi Epsilon Kappa has made a wonderful contribution to Camp Brosius. It serves as a study hall, meeting room and a place for recreation for the men attending the camp. Situated on a beautiful spot on the hill next to the men's washrooms, the Hut overlooks the lake as well as the camp. It is a splendid gift to our Alma Mater, and a credit to Phi Epsilon Kappa.

This summer the brothers at camp held several meetings and discussed the past, present and future of Phi Epsilon Kappa. At one of these meetings we selected a name for the Hut which I know will meet with the approval of all. We wanted to bestow this honor upon someone who not only is interested in the welfare of the fraternity but the Normal College as well, and therefore unanimously decided on "Stecher Hall".

The financial report to date is as follows:

Louis C. Brieske (for building the Hut) .....	\$858.96
Stone contractor (for fireplace and foundation) .....	98.00
Printing and postage.....	17.50
Total .....	\$974.46
Subscriptions .....	854.10

Leaving a deficit of.....\$120.36

In addition, "Stecher Hall" needs furnishing. A committee of women made recommendations as to the kind and pieces of furniture necessary to equip the Hut as it should be. The furnishings will cost \$300. This added to the deficit, means that we must raise \$420.36 in order to make the gift to our Alma Mater complete.

I have never known Phi Epsilon Kappa

to fail, and I hope it will rally in this instance and put the job which we have begun "over the top." Won't you subscribe something to this fund at your earliest convenience? Give what you can spare. I should like to have this gift come from the Fraternity as a whole and not from just a few of us, therefore I repeat, give what you can.

Fraternally yours,

CARL B. SPUTH,  
20 Stokes Bldg.

**THE FRESHMAN-SOPHOMORE FOOTBALL GAME.**

Friday, November 7th, dawned at noon. At least, that's the first time the sun came into view. To be specific, it was not an ideal day for the Freshman-Sophomore game, and rain threatened all morning. Despite the weather, nearly the entire school was on the scene of battle. Mr. Kinkle of Butler and Mr. Page were there to officiate, or to be the third party in all disputes. The first aid monitor, with a corps of assistants, was on hand ready to remove all corpses from the scene of battle, and to see that all unattached arms and legs were returned to their rightful owners. The frosh coeds, scenting victory, due to the unfounded boasts of their class gladiators, broke forth in continuous cheering. The frosh won the toss, and chose to kick. With a strong wind blowing, the Sophomores chose the goal with the wind at their backs. Preliminaries settled, the outfits lined up, and the whistle shrilled. The game was on.

The kick-off went high and far, but the Sophomores transformed suddenly from eleven scattered units into a concerted speedy, low-charging machine, carried the ball back over several white chalked lines. And then came action. Sweeping the bewildered frosh team before them, in two plays, the upper classmen scored. Scarcely had play been resumed, when

the frosh, outguessed, out-played and broken in morale once again witnessed a triumphant offense resulting in another sophomore touchdown. A deceptive overhead game, mixed in with a smoothly executed running attack swept the Frosh off their feet in the first quarter.

Failing to take advantage of the wind in the second period, the frosh proved incapable of advancing the ball out of their territory, and the third quarter opened with the Sophomores again in scoring distance. A third touchdown followed, the Frosh failing to break up Soph interference which was enabling the upper class backfield to annex large slabs of territory. Three times following touchdowns, with the Frosh plunging through expecting a kick, the Sophs crossed them by shooting successful forward passes for the extra point. Several times during the first and third periods the Sophs took advantage of the high wind to send long twisting spirals far down into the Frosh territory, and then waited for a break which would put them in scoring distance. This strategy reaped bountiful rewards.

Following a fourth touchdown, the Sophs went into the last quarter with a comfortable margin of 27-0. As the last quarter was shortened, the Frosh, with the ball deep in their own territory, threw caution to the four winds, and forward passes to any old wind in a desperate attempt to score.

For the Sophs, Kittlaus, with Moore, Kern, Hahn and Garcea in the backfield, showed wonderful offensive and defensive ball. The defensive work of the Soph line, and the uncanny ability of Braun to follow the ball were also big factors.

On Saturday noon of Homecoming Week, a second game is being planned, and the Frosh, undismayed, promise a much better showing and are eagerly awaiting their revenge.

## PERSONALS.

Arthur Iser '21 has a little fairy in his home, called Lucille.

The second son arrived in the house of Capt. Gus Braun '15 in September.

Don't fail to read Leopold Zwarg's '18 article in the last issue of Mind and Body. It is an interesting account of an investigation regarding formal and informal work.

Mr. and Mrs. August Pritzlaff '17 are the parents of a boy born August 25 at Culver, Ind., and Mr. and Mrs. Herbert Evans '15 were presented with a daughter on the same day.

Hattie Hettich and Margery Wood of last year's class, were added to the staff of the Buffalo Physical Education Department. Mr. Burkhardt now has 102 people in his department.

Albert Hensel '21 believes in seeing the country while he is young. Last year he went east and south, and now he is in California, after having toured the national parks—always afoot.

Dr. and Mrs. Rudolf Hofmeister motored from St. Louis to Buffalo in September, making the trip in two days. They visited with the Guenther's, and Mr. and Mrs. Eugene Hofmeister.

Three Normal College graduates were on the faculty of the summer school of the State Normal School of Physical Education at Cortland, N. Y.: Gertrude Nicke '20, Lelia V. Guenther '16, and Henry Wurth '19.

Coleman Kortner '24, has charge of the gymnasium classes and athletic coaching at South Junior High School in Pittsburgh, and teaches the classes of the Allentown Turnverein also. He says that he likes it very much.

George Vonnegut '81, Mrs. Vonnegut and their youngest son, Carl, returned from an extended trip through Europe during October and upon arrival at New

York, Mr. Vonnegut and Carl had to be transferred to a hospital, both ill with typhoid. According to last reports, they are getting along very well and may reach Indianapolis by the middle of November.

Buffalo is better represented in this year's College classes than any other city, furnishing five sophomores and thirteen freshmen. Chicago is next with six sophomores and nine freshmen. Indianapolis sent eleven students this year.

Leo J. Doering, '24, and Miss Cyrilla Humes, who played many a beautiful composition to the dances attempted by the students, were married in August and are living in Clinton, Iowa, where Leo has charge of the work in the new Turner hall.

The Normal College Alumni of Buffalo gave a wiener roast in East Aurora on September 18, for the new college students from Buffalo. Every one had a wonderful time. Almost fifty graduates and students attended, all having motored out from Buffalo.

From Syracuse writes Harold Gebhardt '24 that he is working in two new Junior High Schools with fully equipped gymnasiums; each school has seven showers for boys as well as girls, large locker rooms and director's offices. It must be a pleasure to work in such surroundings.

Wedding bells were ringing almost continuously this summer for graduates of the Normal College. Albert K. Haas '16 and Carl Baer '16 were both married in July, and William Braun '17 was married in August, all three to Buffalo girls. Going east from Buffalo, we meet Henry Wurth '19, who was married on August 13, to Miss Rose Fekete of Schenectady. Turning west again we come to Richmond, Ind., where Mr. and Mrs. von Pein announced the marriage of their daughter, Julia Ann, to Clarence

Porter '24, on August 24. In Chicago, two members got tired of single life: Wm. George Gilson '21, who received his Bachelor degree from De Paul, was married to Clara Loewe, on June 25, and three days later Chas. Siebert, also of '21, married Marjorie Sibley. Going further north and west, we hear the bells in Minneapolis for Hugo Fischer, Jr., another member of the '21 crowd, and Miss Dorothy Dollenmayer. Still another '21 graduate, Genevieve Semon, is now married and lives in Indianapolis; her name now is Mrs. Ralph Shimer. And finally we learned that Lillian McConnell '18 changed her name to Mrs. Briggs some time ago, and is living in Fort Wayne.

A photograph of a forest stream near Suva, Fiji Islands, was one of the summer's greetings from Elsa Kramer '17. She selected for this year's travel education a trip through the Canadian Rockies and then by steamer from Vancouver to Honolulu, Fiji Islands, New Zealand, Australia and return. We hope Elsa will write an account of her trip for the next Bulletin as she did in former years when spending her summers by going to other distant parts of the world.

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#### PSI KAP NEWS.

"From every state, you can hear each Psi Kap say, 'There's a college that is very dear to me.'"

College days for Psi Kaps were resumed when school opened October 1st. How good it seemed to get back to Normal and to all the Psi Kaps. Many times we long for our sisters of last year but the vacancy is partly filled by the five third year students who have returned: Mildred Strohkarck, Mera Dinehart, Elizabeth Rath, Irma Hartman, and Viola Winterhoff.

October 23rd was Founder's Day, and

we celebrated with a dinner in the palm garden of the Athenaeum and added another member to the sorority in the person of Miss Elizabeth Schlich.

Our thoughts are now turning to "rush" which begins at midnight on November 4th at which time Hyacinth Kolb, a pledge, will be initiated. The "rushers" will be entertained with a tea at the home of Miss Irene Young, Saturday afternoon, November 8th, and a dinner dance at the Spink Arms Hotel in the evening.

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Mr. and Mrs. Ray Glunz (Renilda Kittlaus) entertained the Buffalo Psi Kaps at dinner on Saturday, October 25, in their new home. Their seven months old daughter is adorable. Buffalo Psi Kaps are: Renilda Glunz, Josephine Reilly, Virginia Fessler, Lelia Guenther, Minna Pritzlaff, Hattie Hettich, and Margery Wood of East Aurora.

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#### PHI EPSILON KAPPA.

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We are always glad to have our alumni come back and will be more than overjoyed with their presence during Home Coming week.

We have made definite arrangements and plans for our pledge banquet, which we have scheduled to take place during Home Coming week. At this all important event, we will feel highly honored with the presence of our alumni. The banquet is to be held on Saturday evening, November 29th, at the Athenaeum. On Friday evening, November 28th, the formal pledging of candidates will take place at the Fraternity house and again we express our desire of having our alumni brothers with us.

A great interest for the welfare of the school and Fraternity is at heart in every brother and each is endeavoring to promote the high standards of his Alma Mater and make this a banner year at Alpha.

R. W.

#### ALL STUDENT ASSOCIATION.

With the dissolution of the Student Alliance, an All-Student Association has been formed by the students of the Normal College for the purpose of promoting all social and athletic affairs. This new organization, it is believed, will be more efficient. Undoubtedly it will create a better spirit of unity among the student body. Heretofore athletics were but weakly supported and social affairs, due to the great number of women, were little better. Dues will be much more easily handled than formerly. The fee is placed on the student's bill, and the secretary of the All-Students Association obtains the money from the office. This plan eliminates the troublesome "dues getting" from the students themselves, thus preventing much embarrassment on both sides.

The Sophomore (II year) class are allowed two candidates for each office and the Juniors (III year) one for each office.

HERMAN C. KURTZ.

Walking as a means of locomotion seems to have passed out.

If people want to get anywhere in these days they take a car, take a taxi or take their own automobile. They get off the vehicle just as close to their destination as possible. And scorn to walk except as a last resort.

That is a mistake.

Walking is the best sort of exercise. And the cheapest.

But it should be done correctly. Don't walk in a drooping position. Keep your head and chest up.

When it's cold don't curl your shoulders around your chest to keep from shivering. That is a cramped, tiresome position and you won't derive any benefit from your walk.

Brace up. Look the wind in the face. And walk straight.

Walking, properly done, will help you to retain your health.