

Alumni Bulletin

VOL. IV.

Indianapolis, Indiana, May, 1921

No. 4

THE SUMMER SESSION.

All members of the Alumni Association have received the new catalogue as well as the summer session program. The latter brought the welcome news that the summer course will be conducted in a camp this year, at the shores of the beautiful Elkhart lake in Wisconsin.

This well known summer resort has for many years been the vacation and resting place for many members of the American Gymnastic Union and graduates of the Normal College. It is a most beautiful spot, and should prove very attractive to our graduates as well as to grade teachers wishing to combine pleasure with work.

The Normal College camp is located at the western end of the lake, on the property formerly owned by our colleague W. Fleck. This property includes a hotel of some twenty rooms, a dining room, and other buildings suitable for resorts. On high ground overlooking the lake, the camp has been built. There will be twenty-five tents, 16x16 feet, all on solid wooden floors, each tent suitable for four persons. Two large platforms have been built, one 30x60, and the other 35x70 feet, for exercising. A dining room with a seating capacity of 100, and adjoining kitchen have also been erected. Also docks for boats and canoes, and a diving platform.

For five weeks, beginning July 5th, our summer students will live in this camp, among the shady trees and near the cool, refreshing water.

One thing we wish to impress upon our graduates and others wishing to attend, is that the space in the tents will

be reserved in the order of the receipt of applications. The best locations are up on the hill, and in order to get into these tents, your application should be sent in soon.

AN A. G. U. BOY'S CAMP.

In connection with the summer session or, rather, following it, there will be conducted a camp for boys of 10 to 16 years of age at Elkhart Lake, Wis. Alfred Seelbach, '20, having had charge of camps for the last three years, is well fitted for the position of director of this boys' camp. Any one knowing of boys that might be interested will kindly call their attention to our camp and send us their names so that we may send them the necessary information.

THE MICHIGAN CAMP.

Although it is to be hoped that all alumni wishing to go to a camp during the summer will attend the summer session of the Normal College in the camp at Elkhart Lake, Wisc., attention might be called to the continuation of the summer camp conducted last year on the property of the Freethinkers' Home near Harrisville, Mich. Four or five alumni have arranged to go to this camp again and any others who may not be able to begin their camping at the time the summer session opens and who want to be in a congenial crowd later during the summer, can get further information by writing to Mr. W. Fleck, Superintendent of the above property (address: Harrisville, Mich.), or to Mrs. Kate Steichmann at Indianapolis.

MR. BASKET BALL.

Where is the old-time spelling match? What has become of the old-fashioned ciphering contest? Who remembers the time when a debating society was in good standing? Time was when these phases of education held first place in extra-curriculum activity and in community interest, but it is not so now. Today the chief non-curriculum activity in Indiana secondary schools is under the domination of Mr. Basket Ball. He rules the State from the Ohio to the Lakes and from the Wabash to the St. Joseph. Patrons may not know the name of the student who can quote accurately and with feeling choice lines from Tennyson, but they do know the student who makes the most foul goals; they may not know the name of the student who can explain with clearness and vigor the method of electing the president of the United States but they do know the student who makes the largest number of baskets during the game.

Mr. Basket Ball came highly recommended: (1) He provided a means for the physical education of boys and girls. Everybody saw the timeliness of his appearance, for since father and mother had taken over all the chores, there was nobody else in sight to provide the young folks with muscular exercise. (2) He also furnished a wonderfully strong disciplinary training. In the face of ice cream, chocolate bars, and the resignation of parental oversight, this attribute was acclaimed with eclat. Moreover, (3) he created a school spirit of such binding power that many young lads who otherwise would have too early entered the industrial world were kept in the classroom. This characteristic won hundreds to his colors because it indirectly gave such strong support to the enforcement of the child labor laws. And (4) not the least of his recommendations was

that quality of carrying his home town wherever he went. Such advertising was unique; a human soul would paint the name of the home town in the enemy's standard, if need be, in blood. And this was excellent in view of the tremendous straits home merchants were put to in order to meet the high costs of advertising and gasoline.

Thus Mr. Basket Ball was introduced. He maintained his initial record with amazing ease. In addition, he quickly demonstrated that no show could furnish in two acts more wholesome amusement for so small a price of admission as he could. No evil was connected with such a performance. If some young Roman made a bet on the outcome of the game or some saintly deacon wagered six bits on the home team, that was a matter foreign to the young Mr. Ball. And all agreed that it was so. But it was soon seen that the best amusement was associated with the most skilled performers and that the performers of the most skill too frequently were the poorest performers in the classroom. It also developed that the home folks wanted Mr. Basket Ball always to defeat his rival. It gave better advertising to the town and left in the townspeople a spirit better soothed and sustained for daily cares. To get the most attainment in teamwork, everybody perceived, an expert tutor for Mr. Ball was necessary. Accordingly, no expense was spared to obtain a coach who had a record for winning victories. For Mr. Ball might fail to keep the training rules; he might occasionally or even frequently, choose to "star" as an individual player rather than co-operate with his fellows in team play; he might lose his self-control and make many personal fouls; he might represent the poorest scholarship in his school; for all these shortcomings, he would be forgiven if only

he won his games. Of all the elements that entered into his game that of victory was paramount.

Mr. Ball had succeeded beyond his fondest expectations. He was the pick of the school; he had a tutor whose salary exceeded that of any teacher of the other students or the head of the school; he received more publicity than any of his fellows. Everybody was for him. Whoever criticized young Basket was silenced with shouts of "Crucify him! Crucify him!" And to show their triumphant enthusiasm students and teachers made holidays lively with song and yell, parade and dance. Mr. Basket Ball was the monarch of all he surveyed, the master of youth and age alike, the lord of the curriculum, extra and regular. He spoke and it was so; he commanded and it stood forth.

By and by, after the tumult and the shouting were over it came to pass that those who watched the gladiatorial combats for the purpose of appraising their educational value, reported unanimously that a man is the product of what he eats.—Educational Issues.

WAYS AND MEANS.

A good lesson in physical education, like a good lesson in geography, history or any other subject, should not contain a preponderance of new material. The same contents slightly disguised on successive presentations will keep the brighter pupils interested and at the same time lend courage to the slower ones when they unconsciously fall into the right track by mechanical repetition of the fundamental you are trying to inculcate.

* * *

If you have once tried a physical efficiency contest in your gymnasium classes you'll never do without one.

* * *

Those skeptical regarding the surgeon's scalpel as a cure for all the pains that women are heiresses to are welcome to the following good talking points when urging women to right about face in meeting the crucial period. One of the greatest fallacies among women is the acceptance that suffering goes with the climacteric or change of life. Among primitive peoples, suffering incident to the change of life is practically unknown. Artificial modes of living and unnatural methods of treating diseases are the cause of this phenomenon among the civilized women. Through unnatural habits of eating, drinking, dressing, breathing and unnatural methods of medical treatment, the kidneys, skin and bowels have become inactive and benumbed, thus throwing a great deal of the burden of elimination upon the menses. Consequently, with the cessation of menstruation there is a period of adjustment necessary which is almost unendurable to many women.

* * *

The discovery of the minute cell as the basis of the human organism on the one hand, and of the unlimited divisibility of matter on the other hand, explains the rationality of the infinitesimal dose. Health and disease are resident in the cell; therefore, the homeopath doctors the cell, and the size of the dose has to be apportioned to the size of the patient.

"THE GYMNAST."

You can still get a copy of the '21 GYMNAST. Judging by the proofs we are convinced the book will surpass our expectations. Don't wait too long.

A single copy is two dollars (\$2.00)
Write Arch D. McCartney, Bus. Mgr.

The six best doctors anywhere,
And no one can deny it—
Are sunshine, water, rest and air,
Exercise and diet.

PERSONALS.

Mrs. (Frances Pettis) Hall has a son. Jewel Gordon, '19, is to be married June 11th.

"Tootsie" Daniels is now living in San Francisco.

Laura Mead, '20, paid us a visit the week of April 24.

Otto Eckl, '15, is the proud dad of a bouncing boy.

Mrs. (Florence Dodge) Crull, '12, is teaching again.

Max Grueb, '14, graduates as a doctor in June.

Martha Gault, '19, became Mrs. Coffing in March.

Mabel Gipe, '14, has been a bride lo! these many weeks.

Fred Hall, '18, puts the last spike into his pre-medics this summer.

Madelin Thorud is married and has a son, and lives in Jacksonville, Ill.

Inez Lemmon, '18, and Mabel Loehr, '20, were recent visitors at the College.

Gertrude Krug, '14, whose matronly name we do not know, is living in New York.

Suppose you all heard about that Kalbfleisch baby? He arrived New Year's day.

Marjory Clark, '19, teaching in Frankfort, Indiana, recently visited the schools of Bloomington.

Emma Chandler, '15, has not been back long from France, but she's already on the job in Jackson, Mich.

Mrs. (Dorothy Case) Galloway, '16, lives in Van Buren, Arkansas, and has a sturdy three-year-old son, Bobby.

Mrs. (Lillian Oppenheimer) Mengel, '17, suffered the loss of her husband in February. We extend our sympathy.

Mrs. Frieda Flaig Lawrence, '16, has moved to California, being located at Ontario, Cal., where she will teach next year.

Mrs. (Harriet Schrader) Harz, '14, wrote us a letter of complaint at not receiving the Bulletin, which is a compliment.

It was interesting to learn recently that Betty Stokes, '16, is now Mrs. Thompson and that she has a two year old son, Billie!

Head of the Department of Physical Education at the Northern State Normal School, Marquette, Mich. Such is the title now of Gladys L. Gray, '18.

Harvard University heads its list of instructors in physical education for the summer, we are proud to notice, with our Colleague George J. Altmann, '13.

Ye Editorial Staff were pleased to receive greetings from Hilda Schuman, '14, who has been Mrs. Adolf Knoll since autumn, 1920.

We note with pleasure and are glad to pass on the lordly manner in which George E. Mueller, '17, speaks of a wife and the baby Charlene.

Bernard Ploch, '18, will complete his pre-med work this June. He is one of the most beloved nurses at the Alexian Brothers Hospital, St. Louis.

A splendidly enthusiastic letter was received from Capt. Gus Braun, '15, who is at the head of physical training at the Infantry School at Camp Benning, Georgia.

We are happy to announce the receipt of the wedding announcement of Mr. Erwin Archie Knoth, '18. His bride is Miss Margaret Kinney, of Portland, Oregon.

Mrs. (Dorothy Wydman) Sweeley, '17, who has been with her soldier husband in the Philippines for fifteen months,

welcomes the thought of coming home in November.

Announcements just received divulge the fact that Marietta Rose, '20, has been married since December 27th, to Franklin Raub. "At home" in Lafayette, Ind.

Another prospective M. D.: Carl Varrelmann, '14, has just resigned as physical director of the University School in Milwaukee in order to take up the study of medicine in fall.

Florence Johnson Browning, '17, was a visitor at the Normal College recently and brought her baby daughter along to get acquainted with the school which she will at some future time attend.

How splendid it is that our colleague, Elsa Schmidhofer, '09, was beside her brother in his recent bereavement, and valiantly undertook to mother his two little sons that were left motherless.

We hope to see Olive Knorr True, '12, this summer on her way to visit the newly-wed Mrs. (Margaret Wickemeyer) Williams and Mrs. (Helen Devlin) Morey, '15, who has a darling boy and girl.

Hans Reuter, '11, sends Alumni dues, and hearty greetings out of La Crosse, Wisconsin, the land of skiing, spear fishing, and other winter sports, all of which he and daughter Marianna, are "going in for."

A successful field day of the public schools of Moline, Illinois, was held May 10th. Adolph Oppenheimer, '90, is at the head of the physical education department, ably assisted by Katie McElroy, '20.

Newspaper clippings arrived from Rochester, N. Y., lauding the work shown in the recent exhibition of the Turnverein there. Joseph M. Ulrich, '20, who is director of the society, is to be congratulated.

At a luncheon at the home of "Lu" Belzer Ondr, '14, at 1825 Newstead Avenue, St. Louis, Mo., the following Alumni were present: Mildred Jost, '15, Mrs. Corinne Hofmeister, '11, Lottie Roos, '14, Ella Haeseler, '14.

Larry Mollis, '13, and Dr. F. Burger, '93, of Kansas City, Mo., stopped over in Indianapolis on their way to the Middle West Section meeting of the American Physical Education Association held in Cleveland in April.

Eugene Hofmeister, '13, Alfred Seelbach, '20, Miss Lelia Guenther, '16, Mr. Richard Meller, '90, have each appeared on the program of that live wire association mentioned before—the Western New York Physical Education Association.

Newspaper clipping out of California says: "Mrs. (Hope Solbrig) Keller, gymnasium instructor at the Palo Alto Union High School, gave a wonderful exhibition of fancy club swinging and her girls showed a credit to her teaching in dancing."

The Alumni of Indianapolis are stepping lively these days. We meet the first Wednesday of each month, talk things over and then eat dinner together. Ralph Shafer, '17, was our out-of-town guest recently and carried off second in the bowling. Emil Kramer certainly swings a true arm at the pins!

Among the graduates whose marriage has not yet been announced in the Alumni Bulletin are Maud Andridge, '07, and Gail Yost, '16. Dr. Ziegler informs us of the change in the positions of these former assistants in the Cincinnati schools, as well as of the fact that Jane K. Leen, '17, another assistant, is engaged and will be married in June.

We never thought to hear again of Alvin G. Herman, '11, since he left our ranks to go into big business, therefore,

great was our surprise to hear of his promotion to president of the St. Paul Life Underwriters. From a salesman of life insurance he has risen to a pinnacle in four years. Well, you know how he always knew the use of the compass and rule.

Mrs. (Faye Harvey) Glominsky, '16, very thoughtfully sent us the announcements which summoned the Western New York Physical Education Association to their quarterly meetings. Dr. Carl H. Burkhardt, '05, is the president; William Braun, '17, is on the program committee. So, with Mrs. Glominsky as secretary, I'm sure any of us could hang our old hats up right there any time and feel at home. Since the above was written, Mrs. Glominsky has moved to St. Paul, Minn.

From a Champaign paper:

"Somewhere in Champaign, a wiser man, is the driver who insisted on being knocked out by A. J. Schuettner of the School of Athletic Coaching.

"While the gymnast was at a downtown show, a motorist ripped the fender from Schuettner's car and put it in the tonneau. The fender was left protruding from the car so that when the taxi driver passed he scraped the paint off his car.

"When the gym instructor came out he found the driver waiting for him, and after a lengthy dissertation on carelessness, was forced through his opponent's aggressiveness to put him to sleep with an old-fashioned lullaby.

"He ran right into my fist," said Schuettner yesterday. "And he looked hurt at my roughness."

They arrived hurriedly at the fifth inning.

"What's the score?" he asked a fan.

"Nothing to nothing," was the reply.

"Oh, goody!" she exclaimed, "We haven't missed a thing."

THE GRADUATING EXERCISES.

Graduation exercises will take place Thursday, June 9th, in the auditorium of the Athenaeum. The program includes an address by Mr. Oscar H. Williams, Supervisor of Teacher Training for the State of Indiana, and the valedictory address by Charles L. Siebert, '21. The classes will sing one song while another will be given by a double quartette of students trained by Mr. Arnold Spencer. Mr. Franklin Vonnegut, President of the Board of Trustees will, as usual, present the diplomas.

As in former years, a meeting of the Alumni Association will take place in the forenoon to admit the new members, and this will be followed by the banquet tendered the young colleagues by the Alumni Association. A demonstration by the senior class will be given in the afternoon.

We trust that all alumni who can manage to do so, will attend the exercises and be with us all day.

CONCERNING CANCER.

I.

"Certain discoveries by Dr. H. C. Ross of London, England, confirm my claims," says Dr. H. Lindlahr in his book entitled "Nature Cure," "that cancer is not at all of local and accidental origin, but that it is constitutional and that it may be caused by the gradual accumulation in the system of certain poisons which form in decaying animal matter."

One day, while experimenting in his laboratory, Dr. Ross brought white blood cells or leucocytes into contact with a certain aniline dye on the slide of a microscope, and noticed that they began at once to multiply by cell division (proliferation). This was the first time that cell proliferation had been observed by

the human eye while the cells were separated from their parent organism.

Dr. Ross realized that he had made an important discovery and continued his experiments under the microscope in order to find out what other substance would cause cell multiplication. He found that certain xanthines and albuminoids derived from decaying animal matter were the most effective for this purpose and induced more rapid cell proliferation than any other substances.

Dr. Ross obtained these "alkaloids of putrefaction," as he called them, from blood which had been allowed to putrify in a warm place. He found that albuminoids obtained from decayed vegetable substances did not have the same effect.

His discoveries led him to believe that the "alkaloids of putrefaction" produced in a cut or wound by the decaying of dead blood and tissue cells are the cause of the rapid multiplication of the neighboring live cells, which gradually fills the wound with new tissues. Thus, for the first time in the history of medicine, a rational explanation of nature's methods for repairing injured tissues has been advanced.

Dr. Ross applied his theory still farther to the causation of benign and malignant growths, reasoning that the "alkaloids of putrefaction" produced in or attracted to a certain part of the body by some local irritation are the causes of the rapid, abnormal multiplication of cells in tumor formations.

In benign tumors the abnormal proliferation of cells takes place slowly, and they do not tend to immediate and rapid decay and deterioration.

In malignant tumors, the wild cells created in immense numbers, decay almost as rapidly as they are produced because the abnormal growths are devoid of normal organization. They have no established regular blood and nerve supply nor are they provided with adequate venous drainage. They are, therefore, cut off from the orderly life of this organism and doomed to rapid deterioration.

The processes of decay of these tumor materials liberate large quantities of "alkaloids of putrefaction" and these, in turn, stimulate the normal, healthy cells with which they come in contact to rapid, abnormal multiplication. The malignant growth, therefore, feeds on its own products of decay, aside from the systematic poisons and morbid materials already contained in the blood and tissues of the body.

These morbid products permeate the entire system. They are carried by the circulation of the blood into all parts of the body. This explains why it is, as I stated it, rooted in every drop of blood.

It also explains why cancer, or rather the disposition to its development (diathesis), is hereditary.

If the original cancerous growth is removed by surgical operation, X-rays, the electric needle, cauterization or any other forms of local treatment, the poisonous materials (alkaloids of putrefaction) in the blood will set up other foci of abnormal, wild proliferation. Medical science has applied the term "metastasis" to such spreading and reappearing of malignant tumors after extirpation.

Dr. Ross' findings throw an interesting light on the relationship between cancer and meat eating. Is it not self-evident that in a digestive tract filled most of the time with large masses of partially digested and decaying animal food enormous quantities of "alkaloids of putrefaction" are created? These are absorbed into the circulation, attracted to any point where exists some form of local irritation and then stimulate the cells in that locality to abnormal proliferation.

But it will be said, "Meat eating alone does not account for cancer, because vegetarians also succumb to the disease."

This is true. Alkaloids of putrefaction are constantly produced in every animal and human body. They form in the excretions of living cells and in the decaying protoplasm of dead cells, and if the organs of elimination do not function properly, these morbid materials will accumulate in the system.

ALUMNI BULLETIN

Published four times a year at Indianapolis, Ind., in January, March, May and October, by The Alumni Association of the Normal College of the American Gymnastic Union.

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

Price, 50 Cents a Year

Address all Communications to

ALUMNI BULLETIN

415 East Michigan Street, Indianapolis, Ind.

ABOUT CRITICISM.

In a notice published in the "Turnzeitung" soon after the appearance of the last Alumni Bulletin, Dr. C. F. Weege criticizes the Bulletin for not saying anything about the national tournament of the A. G. U. to be held in Chicago in June.

Criticism should always be welcomed by editors, but they should also have the right to defend themselves.

In this case, we think, the criticism is not well founded. Dr. Weege evidently overlooked the quite lengthy article on the Turnfest published in the previous issue of the Alumni Bulletin which the editor considered sufficient because every colleague knows quite well that the festival will take place and does not need to have his attention called to it in this publication, and because the Turnzeitung as well as the official paper of the Chicago committee advertise the festival widely enough as far as our members are concerned.

If, however, Dr. Weege thought that another notice would be appropriate, why did he not send one to the Bulletin? We should be only too glad to give it space. Every man writing again and again on the same subject, must needs repeat himself. An outsider will often

say something entirely new and much more interesting. We have felt right along that our colleagues are not assisting us in the manner that should be expected. Not long ago another Chicago colleague made the very good suggestion that more news about the older members should be published in the Bulletin; we called attention to it and urged these older members to send in any notice of interest to the Association, but we are still waiting for the first item of the kind. We realize that the Chicago colleagues are as busy as we are, but one or the other might have found a half hour for the writing of a few personal notices, or a short article about the Turnfest, etc. When criticising, do not forget that here in Indianapolis as well as anywhere else the duty of doing things rests on but few shoulders and that the men and women willing to jump in and work, are usually overworked.

THE PROJECT PROBLEM METHOD.

It would be advantageous for the Normal College to know the results of experiments with the Project Problem Method in physical education made by some of our progressive and wide awake graduates. We trust that there are many who have been looking into this new idea of education and attempted its application to physical education. If the reader is one of those will he or she be so good as to send answers to the following points to the Normal College at your earliest convenience?

We should like to know:

1. What branches of physical education were used.
2. With what classes.
3. For what purposes.
4. With what success.

A few words of explanation in answer to these points will be very much appreciated.

E. R.

THOSE WHO WORK ON.

Upon leaving the Normal College, most of the graduates feel as though they had studied enough for a life-time. Soon, however, they realize that life is but a continual study, and that hard work is necessary if one wants to "get some-where." They then take up studies at this college or that university so as to earn the credits required for the B. S. G. Many, however, fall by the way-side and after a year, or two years, or even three or four years, give up the thought of ever being able to secure the valuable, but oh, so distant degree.

That the necessary credits can be acquired in a comparatively short time, even while working in the profession every day and even when interrupted by war service, is proven by two graduates: Louis K. Appel and Geo. J. Altmann. The former, a graduate of '11, went right at work as soon as he left the college and continued his studies although he was married in the meantime and compelled to devote quite a bit of time to his twins; colleague Appel received his degree of B. S. G. in 1919, eight years after graduating from the Normal College. Colleague Altmann, '13, also worked hard and will, we are told, probably receive his degree this year. Others who have submitted their credits to the Administrative Board of the College and will receive their degrees either this or next year, are Hazel C. Orr, '10, Maud P. Suter, '10, and Helen C. Schmitz, '17. These graduates have earned their credits by taking correspondence courses, by attending different colleges or universities, and by attending summer sessions of the Normal College and other schools.

We know that a goodly number of other men and women who have graduated from the Normal College, are working now toward their degree, but

only those above named have submitted credits for consideration. Of course, there are a number who have completed their courses in medicine and because of this work have received, or will receive the Bachelor of Science in Gymnastics. Dr. H. Armin Stecher will be the recipient of the degree this year.

The lesson this brief account should teach our alumni is, that any one can forge ahead if he will put his shoulder to the wheel and push his cart on.

PHI EPSILON KAPPA.

The annual convention of Phi Epsilon Kappa was held during the Thanksgiving recess. Alpha, Beta and Gamma Chapters were represented at the meeting where important matters of vital interest to the Fraternity were discussed. It was decided to hold the next annual convention at Indianapolis.

In the latter part of March the students of the Normal college were treated to a roller skating party which was arranged by the Fraternity. Our intentions were to offer a prize to the individual fortunate enough to remain on his feet the entire evening without falling—but, no one present dared to claim it, so you can readily understand that there was hilarity galore.

On the first of May, fourteen of the Brothers, including Alumni Brothers Hall and Romeiser, attended a canoe party on the White river. After paddling about four miles upstream, a very appetizing lunch was prepared on the banks, and—you should have seen us eat. The party was so fully enjoyed by all that it was decided to "wind up" the social season of Phi Epsilon Kappa with another similar affair. Should our expectations be fulfilled, this event will prove even more successful than the first.

We hope that the Chicago Alumni Chapter is considering the arrangements for a reunion of the Fraternity Brothers who will be present at the National Turnfest this summer.

NORMAN W. BRAUN.

DELTA PSI KAPPA.

On Sunday of the week-end of the U. A. A. in Bloomington, Indiana, Alpha Chapter was hostess of the Grand President, Miss Lillian Stupp, the Grand-Vice-President, Miss Inez Lemmon, several girls from Zeta Chapter, St. Louis, Mo.; and Miss Cox from Corvallis, Oregon. Dinner was served at the Athenaeum on Sunday, and in the evening Mrs. Theo. Stempfeler entertained us for supper at her home. The St. Louis girls gave several stunts for our amusement, Miss Stupp gave a very interesting talk, and the evening was over only too soon.

On Saturday evening, May 21, there was a Delta Psi Kappa May Fete at the Turner Park. The evening was spent in dancing. Miss Therese Prinz gave a Spanish Dance, Valencio, and Miss Renilda Kittlaus danced Magyar. Refreshments were sold, there was a fish pond, and a cake donated by Mrs. Boos was raffled off. Miss Georgia Veatch was the lucky person with the winning number five. She re-donated the cake to be auctioned by the piece, and some were sold as high as \$1.10 per cut.

At a meeting late in May the following were elected to office for the coming year:

President—Georgia Veatch.

Vice-President—Therese Prinz.

Corresponding Secretary—Lois Riley.

Recording Secretary—Virginia Fessler.

Treasurer—Grace McLeish.

Chaplain—Viola Schneberger.

Chapter Reporter—Gertrude Schlichter.

Sergeant-at-Arms—Mary Schudel.

May they have as much success as we have had.

Early registration for the Summer Session is recommended; the best located tents go to the first applicants.

PHI DELTA PI.

Roller skating has become quite popular at the Normal College. "Phi Delt" has been very successful in its parties at the Y. W. C. A. Fox trotting and toddling on roller skates was such fun when alternated with squat stands and lying frontways and rearways on the floor! So much energy was expended in skating, that it had to be replaced by pop and chocolate candy.

On Monday evening, May 2, Phi Delt gave a dinner at the Athenaeum in honor of Helen Haight, a Phi Delt from Zeta Chapter. Although an Indianapolis girl, she is attending school at Chicago. Besides being a girl it is worth while knowing, she has already proven herself valuable to our Chapter. More of that later.

Warm spring days are here and with them come the river, canoes and the moon. Last Saturday night, the Seniors took lunch and "much fun," and paddled up the river. Everything was so calm, cool and peaceful. The sunset on the water—later to watch the moon come up and then the stars come out, one by one—it was indeed a beautiful trip. And fun? Well, ask the Seniors.

While we all hate to see the end of the year come, which means separation, still we are looking forward to the National Convention in June.

Many social events have been planned for the last few weeks and Phi Delt will complete a successful year.

Isn't it strange that princes and kings
And clowns who caper in sawdust rings,
And common people, like you and me,
Are workers for eternity?

Each is given a bag of tools,
A shapeless mass, a book of rules;
And each must make, ere life be flown
A stumbling-block or a stepping stone.

WE HAD A PARTY!

. ——— .

And what constitutes a real party? Always the "festive board" is a principle requisite, around which are gathered those who are bound together by some "fellow feeling" of congeniality—and what such feeling "carries on" as does that born of affiliation to the same Alma Mater?

So it was, that on Saturday noon, April 23, during the Eighth Annual Conference of the Middle West Section of the American Physical Education Association, which convened in Cleveland, among the Alumnae luncheons that were being held, was bulletined ours of the good old Normal College of the A. G. U., at the Hotel Statler.

Mrs. Statler is no mean hostess, and furthermore, thanks to the good Stehn family here, our table was made beautiful with lovely carnations of our own red and white. Therefore, we had the festive board in all its glory.

Now, as to those about the board. Here is the list of names, plus two main items of interest concerning each. "Read them and weep" 'cause you couldn't be with us:

Emil Rath, '98, Indianapolis; H. W. Luther, '98, Cleveland; M. C. Alletzhaeuser, '87, Duluth; Julius Doerter, '91, Evansville; F. Burger, '93, Kansas City; G. Irving Kern, '09, Cleveland; Arthur H. Froehlich, '11, Detroit; L. H. Molis, '13, Kansas City; Carl F. Hein, '14, Cleveland; Emma C. Chandler, '15, Jackson, Mich.; James W. Pendlebury, '16, Cleveland; Florence Stehn, '16, Cleveland; Alice Louise Swaim, '17, Cleveland; C. L. Sollinger, '18, Cleveland.

Mrs. Olive Knorr True, '13, and Sylvia Handler, '17, both teachers in Cleveland, were unable to be present because of illness, or the Cleveland teaching list would have been absolutely complete.

Mr. Kern as "Master of Ceremonies"

(how can we label anyone truly "Toast Master" since the 19th Amendment?) called upon the more prominent ones for a word about themselves and their work, which we were glad to hear.

Mr. Rath gave us a most interesting word picture of the Summer Camp, after which, if wishes were horses, the entire list above would be riding astride their dapple-grays straightway to Elkhart Lake, for I know each of us wished mighty hard our summer might include the session at the camp.

Dr. Burger, of Kansas City, Mr. Alletzhaeuser of Duluth, Mr. Doerter of Evansville, all of whom are heads of the Physical Training departments in their own cities, and who have members of our alumnae on their staffs, told us something of their own fields. Mr. Froehlich, too, had something good to offer when called upon to speak of Detroit.

Mr. Luther as the representative for the Fifth City, closed the happy hour with hospitable words of Cleveland's Physical Education Department's assurance of "glad you could be with us" to all the representatives from out of town, and a hope that the conference program had been of value and met with the approval of all.

ALICE SWAIM, '17.

THE "PUTITOFFS."

My friend, have you heard of the town
of Yawn,

On the banks of the River Slow,
Where blooms the Waitwhile flower
fair,

And the soft Goeasys grow?

It lies in the valley of What'stheuse,
In the province of Letitslide,
That tired feeling is native there—
It's the home of the listless I don't care,
Where the Putitoffs abide.

—Wis. Ed. News Bulletin.

HELP US TO FIND THESE ALUMNI.

It is a very difficult matter for the Normal College office to keep a correct address list of the graduates if these themselves do not care to notify us of change of address or position. Recently we had a complaint from one graduate who had not received the Bulletin for some time; this young lady had moved from one city to another, but never notified us of the change of address. We try our best to get such information in various ways, but are surely not to blame if the alumni will not take the little trouble of writing a postal. Some friends of the Normal College help us out once in a while by sending the addresses of other alumni. Dr. Ziegler, for instance, when sick in bed for a few days, looked over the catalogue and found several of his assistants listed wrong. Dr. Ziegler is a very busy man, but he found time after being out again, to write us a long letter giving all the changes. We thank him for his assistance and hope that at least one graduate in each city will be compelled to remain in bed for a few days so that they, too, may look over the list and send us corrections when necessary. And now we want to appeal to all members of the Alumni Association to look over the list below and to send us the correct addresses of the members listed there, if they know it. We want to make our list 100 per cent. correct, if possible.

Adler, Moritz, '77.
 Anderson, Arthur, '15, Cincinnati, Ohio.
 Andridge, Maud, '07.
 Apking, Charles, '15.
 Backhusen, Dr. Rich., '93, St. Louis, Mo.
 Bartsch, Walter, '93, San Jose, Cal.
 Beckmann, H. B., '07, Milwaukee, Wis.
 Belitz, Dr. A., '88, Milwaukee, Wis.
 Bissing, Theo., '77, Los Angeles, Cal.
 Bischoff, Andr., '14, Brooklyn, N. Y.
 Bornheim, Caroline (Mrs. S. S. Judd), '03

Carstens, Agatha, '04.
 Conner, Marian, '18.
 Cook, Mabel C. (Mrs. L. D. Lonergan), '06.
 Deibig, Hilda, '19, Buffalo, N. Y.
 Denny, Susan, '13.
 Douglas, Lula, '05.
 Downs, Nath. E., '17, Cincinnati, Ohio.
 Duering, Gertrude, '18.
 Dunlap, Helen (Mrs. Francis Roe), '16.
 Eickhoff, Harry P., Detroit, Mich.
 Ernst, Frank L., '07, Adams, Mass.
 Essers, Charles, '71.
 Feldmann, H., '82.
 Feldmann, Karl, '14, Cleveland, Ohio.
 Fink, Harry, Cincinnati, Ohio.
 Foertsch, Henry J., '14, Kansas City, Mo.
 Gerlach, Louise, '77.
 Granger, Jos. Mary (Mrs. Roberts), '08.
 Grebner, Edith, '08.
 Hambrock, Paul, '93.
 Heinze, Louis, '73.
 Held, Otto, '73.
 Hennig, Oscar, '09.
 Hodge, Edwin, '07.
 Hueber, Jos., '16, Philadelphia, Pa.
 Jaenichen, Hermann, '88.
 Kaiser, Theo., '78.
 Kaelble, Henry W., '13.
 Kanters, Christine, '05.
 Kelley, Miriam (Mrs. Jos. Hueber), '16, Philadelphia, Pa.
 Knapp, Carl, '98.
 Kroh, Karl, '79.
 Krug, Gertrude, '14.
 Lampe, Otto, '77.
 Lehmann, R., '71.
 Lentz, W., '68.
 Lindenthal, Edmund, '73.
 Lipovetz, J. Ferd., '17.
 Lorfeld, Meta M., '18.
 Lueck, F., '93.
 Mason, Ruth (Mrs. Edwin Wolfe), '18.
 Melms, Karl, '75.
 Meyer, H., '71.
 Mitchell, Katheryn, '18.
 Mueller, Franz, '77.
 Nuess, Franz, '75.

O'Donnell, Cornelius, '16, Cincinnati, O.
 Osterheld, Dr. David, '90, Los Angeles, Cal.
 Preusse, Louis, '75.
 Retzer, W. G., '93, Seattle, Wash.
 Reuter, Robert, '79.
 Rhode, Karl, '86.
 Ricken, Robert, '76.
 Riffle, Pauline, '18.
 Schacht, Herman, '78.
 Schliep, Ernst T., '09.
 Schmid, Robert, '79.
 Schuman, Hilda, '14.
 Shapinsky, Theo., '18.
 Signor, Meta L., '07.
 Spier, Fred J., '17.
 Spitzer, Robert, '68.
 Suetterle, Dr., '88, Chicago, Ill.
 Suetterlin, G. A., '91.
 Sultan, Charles, '81.
 Talbot, Evelyn (Mrs. Chas. Apking), '15.
 Thomas, Florence.
 Trumble, Anna (Mrs. Patterson), '12.
 Utz, Wm. J., '03.
 Wagner, Carl, '04.
 Weber, Louis W., '86, San Jose, Cal.
 Webster, Margaretta (Mrs. Claud Appleton), '09.
 Werner, Guido, '95.
 Wilby, Ann.
 Wissbauer, Herm., '73.
 Yost, Gail, '16, Cincinnati, O.
 Zenker, Karl, '69.

A gymnastic composition for young men, requiring considerable skill. Arranged to "La Zingana" by Bohm (Mazurka rhythm).

"Southern Roses Waltz" Reed Exercises.

For girls of high school age and over. Springing over the reed with dance steps predominates. Arranged to one of Strauss' beautiful waltzes.

"Humoresque" Free Exercises.

Suitable for girls and boys of junior and senior high school age and over. Not very difficult. Good setting up values. Arranged to Dvorak's "Humoresque."

"Tales from Vienna Woods" Club Exercises.

Suitable for girls of high school age and over. Of average difficulty. Free exercises and dance steps are interwoven. Arranged to one of Strauss' waltzes.

These compositions have all been tried out and found successful, and it is to meet the many requests for copies of them that they are published in music sheet form. The music has been specially arranged to suit the exercises. The description of the drills is very thorough and complete. It should offer no difficulties to any one for correct interpretation.

This is the first effort made to publish physical education compositions in this form and it, no doubt, meets a great demand. Few instructors have the time and many have not the ability to arrange well thought out compositions that have at the same time physical value and artistic beauty so that these compositions will be welcomed by many.

The price of each of these compositions is 50 cents. They have been printed in a manner similar to "Frolics of the Brownies," but contain more material. The "Frolics of the Brownies" (original music) still sells for 25 cents.

NEW PUBLICATIONS OF THE COLLEGE.

Among the new publications of the Normal College are to be found five compositions by Mr. Rath, as follows:

"The Jolly Coppersmith" Dumb-bell Exercises.

Suitable for boys of junior and senior high school age and over. Arranged to an old popular melody. Not very difficult.

Bow and Arrow Free Exercises.

There will also shortly be issued, in mimeographed form, some school dances arranged to popular songs, viz.: Avalon, chorus; Alice Blue Gown, song and chorus; Whispering, chorus; and Margie, chorus. These will be ready some time in June; the price will be nominal.

Volume III of Rath's Theory and Practice of Physical Education is now in print and will be ready the first week in June. It is a revised and enlarged edition of "Apparatus, Track and Field Work for Women," and will cost \$1.50. Of the material added to the first edition, the aim charts should prove of special value.

EMBLEM CONTEST.

This year's contest for the red, white and blue emblem of the Normal College developed lively participation, and nine of the students have met the requirements and will receive the emblem after the exercises on the last day of school. Contests are arranged during the year in swimming and diving, apparatus work, free exercises, dancing, track and field work, and games. Any student making at least ten points in three or more events is awarded the emblem. The following senior students added a sufficient number of points to those acquired last year, and will receive the emblem: Hugo Fischer, Jr., Arthur Iser, Arch D. McCarty, Carl Spitzer, Herman Steiner, William Streit, and Haworth Woodgate. Orol Bridgford, a junior, made enough points during his first year and will also be the recipient of the monogram. Four seniors, Ray Glunz, Charles Siebert, Evelyn Cornell and Renilda Kittlaus, received the emblem last year. Of the junior women, only two acquired a sufficient number of points, Esther Hoebner and Therese Prinz.

The new emblem shows the letters "N C A G U" in red on a white shield; the

one awarded to winners also has a blue border. This emblem, made after a sketch of Ada B. Crozier, '14, may now be purchased from the athletic committee at 50 cents.

IN MEMORIAM.

Bertha Seitz Schmidhofer.

After an illness of but two days, Mrs. Bertha Seitz Schmidhofer died of influenza on January 17. She leaves her husband, Dr. Max Schmidhofer, and two boys of 4 and 9 years of age.

The deceased came from Dayton, and attended the Normal School of the North American Gymnastic Union at Milwaukee, graduating in 1905. In her home city she met Max Schmidhofer, a graduate of 1903, then teaching at the Dayton Turngemeinde. Colleague Schmidhofer studied medicine and for years has been a practicing physician in his home city, Chicago. The many friends of both families and the classmates of the deceased and Dr. Schmidhofer will be sorry to hear of her death.

THE RECESS PERIOD.

The question of handling the masses of children on the playground during the recess period of fifteen or twenty minutes has always been more or less of a problem. The method in the near past has consisted in marching the youngsters out in well-organized lines to the yard and then letting them amuse themselves in the way that they saw fit, while the principal and some of the teachers watched the grounds. The result has invariably been, with a few exceptions, "piling on sacks," cap snatching, pushing, shoving, wild running and tagging. The boy must work off his pent up energy, so unguided he does his best. This kind of a recess, in most cases, has just

the opposite effect on the girls. They huddle around on the protected sides of the building to chat and shiver when the weather is cold, and to stand in the shade when the sun is hot. The answer to the question is **organized recess play**. Many of the Indianapolis schools have tried it out and have found it very successful. Others still do not see the value or are slow in lining up. So often the answer is:

"Yes, we should like something of that kind. Our boys are anxious for basketball; won't you help us organize teams?"

Basketball and football are probably the two most popular games in the high school and college. Everyone gets the fever. Symptoms usually show signs of development along about the sixth grade in the elementary schools. The call for organized competitive games at this age should not be ignored, but basketball for the grades is not the answer to the call. Basketball, in the first place, requires a great deal of space, the apparatus is expensive, and **only ten** boys or girls can utilize that space during a game. Then, too, the game is highly technical and the playing is very strenuous and intense.

Unfortunately, the play space on practically every ground is so limited that every square inch has to be used. Such competitive games of higher organization as end ball, corner ball, captain ball, volley ball, bat ball, Hemenway ball, etc., may be played with whole classes constituting a team, as the number of players is not limited. In places where the yard is large enough, or the double recess period is made use of, baseball may be introduced.

If such games, on account of lack of space, can not be played in the school yard, then battle ball, bombardment, kick ball, chase ball, progressive dodge ball and the various forms of running and passing relays, and similar games may be used, for the upper as well as the

intermediate grades. The problem of the lower grades is usually handled very nicely with the playing of the simpler forms of ring and song games.

The girls of the upper grades should play the same games as the boys. They should not, because they are girls, have the smallest space in the yard, and play the games of very low organization. They have just as much team spirit, and can be trained to play equally as well as the boys, if the proper attention is given them, and their interest can be aroused and held. Games of lower organization for the upper grades are splendid following an all 'round gymnastic lesson of tactics, free exercises and rhythmic work. Seventh and eighth grade boys and girls will get the keenest enjoyment out of "cat and rat" in a double circle formation with two cats and a rat, but it isn't a game that can be played day after day on a playground by the same boys and girls.—Ada B. Crozier, '14, in Bulletin of the Indianapolis School Board.

NORMAL-BUTLER TRACK MEET.

Friday afternoon, April 29th, we traveled out to Irwin Field to stage a dual track meet with Butler College. Injuries on our squad unbalanced our team so that some of the events were dispensed with. In the first event, the 120-yard high hurdles, we won two places, Siebert skimming over each barrier for an easy first place, while Bridgeford was barely nosed out of second place by a Butlerite. Butler scored a slam in the hundred yard dash, but we came back in the shot-put when Crane heaved the iron pill far beyond that of the nearest Butler man. Crane also scored a second in the javelin throw, and later Woodgate and he won second and third places respectively in the discus. Butler copped the pole vault and distance runs as our entries in those events were out on account of in-

juries. Siebert, who is the Indiana A. U. champion in the running high jump, won that event at 5 feet 10 inches after appearing to have been eliminated at 5 feet 6 inches. Shortly after he also copped the broad jump with a leap of 20 feet 5 inches.

Future meets on our schedule are: dual meet with the Independent Athletic Club, May 6th; Indiana Collegiate Athletic League meet, May 21st; and the Indiana Intercollegiate meet at South Bend, May 28th.

THE BUFFALO CONVENTION.

The convention of the eastern district of the American Physical Education Association held in Buffalo, March 17th, 18th and 19th, was well attended by our alumni. A short meeting held after the final session on Saturday morning, was called to order by C. H. Burkhardt and E. Hofmeister was appointed secretary. The following A. G. U. Alumni attended: Richard Meller, '90, Louis Schmitt, Sr., '93, C. H. Burkhardt, '05, Helmuth Wedow, '06, Mrs. Elsie Schmitt, '17, A. Seelbach, '20, Wm. Zabel, '12, Mrs. Lillian Hofmeister, '13, Otto (Pop) Steffen, '13, Eugene Heck, '13, Eugene Hofmeister, '13, Lelia Guenther, '16, Mrs. Fay Harvey Glominski, '16, Albert K. Haas, '16, Edw. Bartels, '16, Richard Heinrich, '16, Wm. G. Braun, '17, Harold C. Braun, '17, Louis J. Schmitt, '17, Harry P. Feucht, '18, Geo. J. Kalbfleisch, '18, Arthur Whalley, '18, Mrs. Geo. Kalbfleisch, '19, Hilda Deibig, '19, all of Buffalo, N. Y.; E. L. Rahm, '90, Jos. Ulrich, '90, Rochester, N. Y.; J. H. Schmidlin, '95, Elizabeth, N. J.; Dr. F. W. Maroney, '06, Trenton, N. J.; Oscar S. Schmidt, '09, Carl Baer, '16, Niagara Falls, N. Y.; Dr. Ernest H. Arnold, '88, New Haven, Conn.; Dr. Herman Groth, '90, Mr. Gerhard Havekotte, '09, Fred Foertsch, '11, Pittsburgh, Pa.; Alex (Pop) Harwick, '13, Reading, Pa.; H. R. Allen, '08, Harrisburg, Pa.; Carl Miller, '16, Cleveland, Ohio.

WHAT'S THE MATTER WITH AMERICA THESE DAYS?

"Too many diamonds and not enough alarm clocks.

"Too many silk shirts and not enough blue flannel ones.

"Too many pointed-toed shoes and not enough square-toed ones.

"Too many hundred-dollar suits and not enough overalls.

"Too many décolleté gowns and not enough aprons.

"Too many satin-upholstered limousines and not enough cows.

"Too many consumers and not enough producers.

"Too many seeking short cuts to wealth and too few willing to pay the price.

"Too much of the spirit of 'get it while the getting's good' and not enough of the old-fashioned Christianity.

"Too much discontent that vents itself in idle complaining and too little real effort to remedy conditions."

FROM THE SUBLIME TO THE RIDICULOUS.

Most sex hygiene courses have shown the result of "syphilization."

* * *

A young physical educator having applied for a position in one of the schools was jovially greeted by the doctor of the school board who was to conduct the interview with "So you are the pedagogue applying for this position?" "No, sir," was the response, "I am the chologogue prescribed."

* * *

One of the newly-weds of our tribe recently wrote, in one of those heart to heart and helpful epistles young married folks write to each other, "Don't throw your old lace curtains away; starched and stretched they make the best wall dusters obtainable." Believe you me, physical efficiency is transferable!