

BULLETIN
of the
KANSAS HEALTH AND PHYSICAL EDUCATION ASSOCIATION

Volume VIII

February, 1939

Number 5

CAPACITY USE
OF
SCHOOL GYMNASIUMS

Capacity Use of School Gymnasiums

By

Miss Eva Lyman, Kansas State College, Manhattan,
Member of Committee on Physical Education Curriculum,
Kansas Health and Physical Education Association.

As members of the Committee on Physical Education Curriculum for Kansas we have made a study of more and better ways we can use our old and new gymnasiums. Are we getting full benefit of our gymnasium? Is our community deriving benefits in proportion to the money spent on its gymnasium? We have heard citizens express definite opinions on the place of a gymnasium in community life. Is our gymnasium operating on a full time schedule for the enjoyment, growth and improvement of all in its neighborhood?

Why is physical education important?

It is a health and character builder. Health is the first objective in education. Physical education builds and maintains it. The findings of a committee of the American Medical Association state that growing boys and girls need four to five hours of out door exercise daily. Adults require activity, too. Physical education has the mediums for influencing character. It affords favorable conduct situations. It may promote social hygiene by affording activities in which boys and girls may take part together. It can be a factor in teaching safety. Physical education should teach each student at least one game that can be played in later life with enjoyment. A trained physical educator should bring the highest type of leadership to our school and community.

We know we need physical education in the schools? What about recreation for the fathers and mothers in our community after school hours. How many adults in your community have you sold physical education to? How many families in our community know how to play together? How many do? Do the adults understand the desire of their children for play? Do these same children ever see father and mother play?

Many parents do not know what physical education is. Physical education is more than basketball. Basketball is a fine thing, but it is an important spoke in a large wheel. Activities for girls include gymnastic drills, marching, rhythm, soccer, or speed ball, soft ball, tumbling, pyramids, basketball, volley ball, skating,

social games, games of low organization, tennis, table tennis, hiking and correctives for those who need special posture work. In addition the boys may have track and field, wrestling, boxing, touch football, and football in the larger schools. Some smaller high schools have dropped competitive football. It meant too big a strain on the few boys participating in it. Many of these activities do not require equipment. Others require only a ball. Tennis courts could be constructed by the boys and their father in available spaces. Much equipment can be made by men and boys with very little expense. Are we easily discouraged when there is no money for new things?

Do we offer co-recreation one day a week as part of our program? The boys and girls wear ordinary street dress for this class, with only a change to tennis shoes. This is our best laboratory for teaching the social graces. How we need them! Participation in suitable, supervised games during adolescence will develop a normal social life. Boys and girls must be taught how to assume responsibilities when they grow up. We must provide opportunities for working and playing together in a matter of fact way. In the opinion of a social hygiene expert, one of the chief reasons for divorce and desertion is that husbands and wives have never learned to play together. A well trained physical director for boys and another for girls can teach these classes.

What do we do with the students who must remain during the noon hour? They naturally gravitate toward the gymnasium. What do we offer them? There should be an organized program, ping pong or other recreational sports; tournaments for home rooms in volley ball or other games; or games of low organization such as dodge ball.

Do we close our gymnasium after school. Or is it used by boys and girls for intramural sports? Are we offering any opportunity for tournaments among school groups in minor sports? Do we encourage school

parties once a month for social or square dancing? Many young people will dance anyway. Why not teach them to do it well, with proper supervision?

Who uses our gymnasium from 5:30 to 7 p.m. Could Monday be assigned to business men, Tuesday to Boy Scouts, Wednesday to Girl Scouts, Thursday to the Y.M.C.A. or Y.W.C.A. and Friday for the basketball game. Other organizations can be substituted for these or arranged for on Saturday.

The evening hours could be utilized by P.T.A. groups, Mother's Clubs, community get togethers. Games could be used varying in activity to meet the popular demand. Square dancing and social dancing make an almost universal appeal. Rooms adjacent to the gymnasium could be used for quiet games for those who don't feel up to the more active ones. Suggestions include checkers, chess, cards, Chinese marbles, anagrams, jig-saw puzzles and bingo. Cultural activities should not be left out; they can be arranged for in the gymnasium

and adjoining rooms; orchestra, community sings, dramatics, hobbies, arts and crafts clubs of various natures, and entertainments given by different groups.

Each community will have to work these things out to fit its individual needs. A program such as this offers unlimited opportunity for the development of leadership and the enjoyment of all in a plant built for public use. One cannot do these things alone. Just what kind of leaders are we? Do our communities really know us? We must have leaders! Will you accept the challenge for your community?

L. W. Mayberry will speak on a "Superintendent's View of Physical Education", and Superintendent George L. McClenny will speak on "Physical Education in an Educational Program" at the State Physical Education Convention March 25th at the McPherson Auditorium in Community Hall. This meeting will be in the afternoon. Urge your superintendent to attend this meeting with you.

New Gymnasiums

The following is a list of cities in which new school buildings each containing excellent gymnasium facilities has been erected within recent years in Kansas. The list was secured from the office of the State Board of Education and is not complete:

Augusta	Clearwater	Holyrood	Nortonville
Ashland	Conway Springs	Hillsboro	Norton
Arkansas City	Collyer	Havensville	Oberlin
Arma	Coyville	Herndon	Ottawa
Attica	Dighton	Hutchinson	Ozawkie
Atchison	Damar	Jarbalo	Osage City
Ada	Dorrance	Kincaid	Olivet
Andale	Elsmore	Klowa	Onaga
Alma	Ellinwood	Kensington	Oakley
Argentine	Eldorado	Kansas City(Wyandotte)	Park
Bronson	Erie	Lebo	Pittsburg
Bird City	Fulton	LaHarpe	Phillipsburg
Burrton	Fall River	Logan	Pratt
Burr Oak	Fredonia	Lane	Plevna
Basehor	Girard	Little River	Pomona (Appanoose)
Beeler	Garden City	Linn	Quinter
Buhler	Garnett	Moran	Raymond
Bushton	Great Bend	Morland	Russell
Bunker Hill	Goessel	Meriden	Rossville
Brewster(Brownville)	Galva	Mankato	Saffordville
Buffalo	Glen Elder	McPherson	Soldier
Bonner Springs	Garfield	Marysville	Shawnee Mission
Coldwater	Geneseo	Minneapolis	Scottsville
Chapman	Goodland	Mound Ridge	Simpson
Cherryvale	Gaylord	McCracken	Seneca
Centralia	Hoisington	Mulvane	Stark
Carbondale	Howard	Manter	Sawyer
Courtland	Hays	Newton	Sylvia

Scandia
 Spearville
 Salina (Sacred Heart)
 Stafford
 Sumner H. S. (K.C.Kans)
 Traer
 Topeka (Catholic)

Topeka (East High)
 Turner
 Vermillion
 Westphalia
 Weir
 West Mineral
 Walnut

Waverly
 Wamego
 Ulysses
 Chase
 Bennington
 Chanute
 Independence

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CONVENTION SPEAKERS

Dr. Jay B. Nash

Dr. Jay Nash is Professor of Education and Chairman of the Department of Physical Education and Health at New York University. He grew up on an Ohio farm and his work has taken him from California to New York. No one in the country has more of a national understanding and no one is better equipped than he to discuss the relation of education to leisure time and health.

Dr. Nash did an outstanding piece of work as Director of Recreation at Oakland, California before going to New York University. He is a very much sought after speaker and has written a large number of magazine articles and books. The Kansas Teachers Association has twice brought him to Kansas as a speaker for their general convention.

Dr. Nash will speak on "Lawlessness, Delinquency and the Misuse of Leisure," at the general session on Friday evening, and will also speak at the general session on Saturday morning.

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Dr. Martin F. Palmer

Dr. Palmer came to Wichita University and organized the Department of Speech Sciences in 1934 and also became director of the Flo Brown Memorial Laboratory. He has made surveys of the speech defective children in Topeka and held general clinics in Salina, Beloit, Abilene, McPherson and Clay Center. He has also examined children in more than 30 other Kansas towns.

Dr. Palmer's work has received national and international recognition. We are fortunate to have him as a speaker. He will address the convention at the general session on Saturday morning on the "Speech Defective Child."

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Dean R. A. Schwegler

Dr. Schwegler is Dean of the School of Education and Director of the Summer Session at Kansas University. He received his Ph.D. from Columbia University and has done graduate study at Leipzig and Chicago Universities. He is a prolific writer and lecturer on education. He is an unusually interesting speaker and always has something of value to say. Dean Schwegler has spoken at state teachers conventions in eleven states. You should not miss hearing Dean Schwegler's address on "Personality, What Price?" at the general session on Saturday afternoon.

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State Superintendent George L. McClenney

Geo. L. McClenney is the recently elected Superintendent of Public Instruction for Kansas. He has had a long and successful career as an educator in Kansas which has put him in touch with every phase of public school life. Starting as a rural school teacher he was successively high school principal, city superintendent and county superintendent. He organized three rural high schools of "A" grade at LaCrosse, Meriden and Leon. We are fortunate in having Supt. McClenney speak on the topic, "The Importance of Physical Education in an Educational Program." He will appear before the Public School section on Saturday afternoon.

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Superintendent L. W. Mayberry

Dr. Laurence W. Mayberry is Superintendent of the Wichita city schools which position he has held since 1912. Previous to that he served at Washington, Arkansas City and Iola in a similar position. He was president of the Kansas State Teacher

Association in 1916 and has been a member of many state committees. Under his supervision there has been developed one of the outstanding departments of Health and Physical Education to be found in the United States. Consequently his talk on "My Views of Physical Education as a School Superintendent" should be of great value. His talk will be made at the Public School Session on Saturday afternoon.

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McPherson or Bust!

Every member of the Kansas Health and Physical Education Association will want to attend the convention of their association at McPherson on March 24 and 25. It will be a wonderful opportunity to hear an unusually fine group of speakers, meet old friends, make new friendships and get a load of pep and enthusiasm for carrying on your own work.

The general meetings begin at 7:30 P.M. on Friday and continue through Saturday afternoon. If you can get to McPherson earlier in the day on Friday you may visit the school and observe the facilities and program. McPherson's new high school is worth seeing. Plan to go and take some one with you. A complete program will come to you in the next issue of the Bulletin.

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College Alumni Luncheons

There will not be a regular convention luncheon at the convention this year. In its place the suggestion has been made that the various colleges have alumni luncheons for their past and present students. Schools interested in doing this should contact their graduates who are likely to attend the convention and arrange for a meeting place where they could eat together.

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The editors wish to thank those who contributed to this number of the Bulletin. The appreciation of the Kansas Health and Physical Education Association is due to both the contributors of news items and of longer articles. Won't you join the ranks of contributors to the next issue?

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Editorial Board:- L. P. Washburn, Manhattan, Editor-in-chief;
Ardis Hill, Kansas City; Oran Shearer, Wichita.

Caldwell has a fine physical education program under the direction of Leo Liljestrom who has developed some very interesting activities. The eight and ninth grade classes have recently started playing floor hockey. The boys made their own hockey sticks and these were taped so that they would not scratch the floor. The goals were made in the manual training shops. The only rule that had to be changed was that a boy must go to the penalty box if he lifted his club more than knee height. A rhythm co-education class has been started in the seventh grade.

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The Health and Physical Education Department of the Manhattan Public Schools will have their annual exhibition on March 31. It will be under the direction of H. Bruce Smith, Miss Opal Gaddie and Frank Prentup.

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The officers of the Central District Physical Education Association wish to remind those who attend the convention at Sioux City March 29 - April 1, to be sure to bring with them their membership cards in the American Association for Health Physical Education and Recreation. This will aid the work of the registration clerks and will enable the member to register for the national members fee.

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IMPORTANT MEETINGS

KANSAS HEALTH & PHYSICAL EDUCATION ASSOC
McPherson, March 24-25

CENTRAL DISTRICT H.P.E. MEETING
Sioux City, March 29-April 1

AMERICAN ASSOC. FOR H.P.E. & RECREATION
San Francisco, April 3-6

NATIONAL EDUCATION ASSOCIATION
San Francisco, July 2-6

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ORAN SHEARER, PRESIDENT-ELECT
ALLISON INTERMEDIATE
WICHITA

HENRY SHENK, VICE-PRESIDENT
HIGH SCHOOL
JUNCTION CITY

NATIONAL COUNCIL MEMBERS
E. A. THOMAS, TOPEKA
RUTH HOOVER, LAWRENCE

Kansas Health and Physical Education Association

* * *

HELEN G. SAUM, PRESIDENT
KANSAS STATE COLLEGE
MANHATTAN, KANSAS

L. P. WASHBURN, EDITOR
KANSAS STATE COLLEGE
MANHATTAN
IRMA GENE NEVINS, SEC'Y.-TREAS.
KANSAS STATE TEACHERS COLLEGE
PITTSBURG

DISTRICT COUNCIL MEMBERS
HELEN G. SAUM, MANHATTAN
W. H. MIFFLIN, COFFEYVILLE
ARDIS HILL, KANSAS CITY

March 17, 1939

Dr. Bogg Allen
University of Kansas
Lawrence, Kansas

Dear Dr. Allen:

Will you make an effort to have your major
students attend the convention at McPherson, March 24
and 25?

The student's section meet at the Mezzanine at
1:30 Saturday. The speakers, young and enthusiastic are:

Miss Clara Nicholas, M.A., George Peabody College
Director of Girls' Physical Education Hays High School.

Miss Ruthe Cross, B.S., Fort Hays Kansas State
Director of Girls' Physical Education Emporia High
School.

Dr. Lawrence Rarick, Ph.D. State University of Iowa
Director of Men's Physical Education, University of
Wichita.

We hope a large number of your major students
attend.

Sincerely yours,

Geneva Millett

Geneva Millett

Hotel McCourt

Kansas Health and Physical Education Association
March, 1939

Volume VIII

Bulletin No. 6

10th Annual Convention

Place--McPherson, Kansas

Time--March 24-25, 1939

Headquarters---Hotel McCourt

Admission to Meetings

Active Members-.50; Student Members-.25; Non-Members-\$1.50; Student Non-Members-.75

Friday, March 24

- 1:00-3:00 Visitation of schools, colleges. (See Directory of Schools and locations)
3:00-6:00 Registration - Lobby of Hotel McCourt.
3:00 Executive Committee Meeting - Persian Room, Hotel McCourt.
4:00 General Council Meeting - Persian Room, Hotel McCourt.
7:30 First General Session - Presiding: Helen G. Saum, President of K.H.&P.E. /
Manhattan.
Greetings to delegates - Supt. R. W. Potwin, McPherson Public Schools.
Mayor E. C. Crary, McPherson.
Address "Lawlessness, Delinquency and the Misuse of Leisure,"
Dr. Jay B. Nash, Dept. of Phys. Educ., New York University.
Announcements - Miss Helen Hirni, Convention Manager, McPherson Public
Schools.
9:00 Mixer and Dance - Gymnasium, Community Hall, Directed by Miss Hirni.

Saturday, March 25

- 8:00 Council Meeting - Persian Room, Hotel McCourt.
9:00 Second General Session - Presiding: Oran Shearer, President-Elect of K.H.
& P.E.A., Allison Intermediate School, Wichita.
"The Speech Defective Child," - Dr. Martin F. Palmer, Director,
Flo Brown Memorial Laboratory, Wichita University.
"Teachable Moments; the Essence of a Health Coordinating Plan,"
Dr. Jay B. Nash, New York University.
Announcements - Miss Hirni.
10:30 Section Meetings
Men's Section - C. S. Moll, K.S.C., Manhattan, Chairman.
"Physical Education as a Science," - Dr. Lawrence Rarick,
Wichita University.
"W.P.A" Recreation for Men "in Kansas,"
-Mr. Edgar Schmidt, Director of Recreation, W.P.A., Topeka.
General Discussion.
Women's Section - Edna McCullough, K.S.T.C., Emporia, Chairman.
"Recreation for Girls and Women," - Mr. Edgar Schmidt.
"Panel Discussion"
"Child Rhythms," - Miss Minerva Wooton, K.S.T.C., Pittsburg.
"Practical Health Education and its relation to Physical Education,"
-Dr. Earl Morris, Hays State College, Hays.
"Posture and Correctives in High School," - Miss Lyman, K.S.C.,
Manhattan.
"Tests and Measurements" - Miss Esther Cope, Hutchinson Public
Schools.
"The G.A.A. Program," - Miss Helen Barnett, Kansas City Public
Schools.
"Individual Sports," - Miss Gladys Taggart, Wichita University.
"Team Sports," - Miss Ruth Hoover, Kansas University, Lawrence.
"Co-recreation in College," - Miss Daisy Simpson, K.S.T.C., Emporia

- 12:00 Luncheon.
Reunion of various groups - schools, colleges, etc.
See Directory of Cafes and Restaurants in McPherson.
- 1:30 Section Meetings.
Public School Section - R. R. Strait, Chanute Public Schools, Chairman.
"My Views of Physical Education as a School Superintendent,"
--Supt. L. W. Mayberry, Wichita Public Schools.
"The Importance of Physical Education in an Educational Program,"
--State Supt. George L. McClenney.
Discussion.
Athletic Section (Men) - Earl Morrison, Salina Public Schools, Chairman.
"Some Notes on the Double-Wingback System of Football,"
--Paul Waldorf, Fort Hays State College, Hays.
"Suggestions for Wrestling in High School," - B. R. Patterson,
Morres - "Hold Demonstration" K. S. C., Manhattan.
"State High School Meet 1933"
Discussion.
Student's Section - Miss Geneva Millett, Hays State College, Hays,
Chairman.
"Problems of a First Year Teacher," - Miss Ruth Cross, Emporia
Public Schools.
"Graduate Work in Physical Education," - Miss Clara Nicholas,
Hays Public Schools.
"Problems of the Young Coach," - Dr. Lawrence Rarick, Director of
Physical Education, Wichita Univ.
Discussion.
- 3:00 Third General Session - Presiding: Miss Helen Saum.
Business Meeting
Summary of minutes of Council Meetings - Miss Cave.
Constitutional changes - Miss Cave.
Accomplishments of past year - Miss Saum.
Introduction of new officers - Miss Saum.
Plans for next year - Oran Shearer
"Personality: What Price?" - Dean Raymond Schwegler, University of
Kansas, Lawrence.
- 3:30 Basketball Rating Tests - Women's Athletic Section - Junior High School
Gymnasium - Miss Evelyn Hinton, Wichita University, in charge.
Four teams - McPherson College.
- 4:00 Meeting of New Executive Council - Presiding: Oran Shearer,
President of K.H.&.P.E.A.

Directory of McPherson Schools

Delegates may visit the various McPherson schools on Friday and the following list is given for their guidance:

Lincoln Grade Schools, 900 North Ash Street.
Roosevelt Grade School, 800 South Walnut.
Washington Grade School, 128 North Park.
Junior High School, 301 East Marlin.
Senior High School, 301 West Kansas.
New High School, 700 East Elizabeth.
McPherson College, East Euclid (15 blocks east of Main).

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Editorial Board:- L. P. Washburn, Manhattan, Editor-in-chief;
Ardis Hill, Kansas City; Oran Shearer, Wichita.

Directory of McPherson Cafes and Restaurants

Hotel McCourt Coffee Shop, 201 North Main
Hotel Empire Coffee Shop, 121 West Martin
Baker's Cafe, 307 North Main.
Flogo's Cafe, 204 North Main.
Puritan Cafe, 108 North Main.
White Swan Lunch, 204 South Main.
City Sweet Shop, 224 North Main.

Round Table Chairmen

Worth Reading

The following people were elected or appointed at the K.S.T.A. Round Table meeting last November to serve as Round Table Chairmen for the 1940 meeting to be held at the specified cities:

- Garden City - Ralph Churchill, Dodge City.
Irene Moll, Sr.H.S. "
- Hays - Alex Francis, Oberlin.
Clara Nicholas, High School, Hays.
- Topeka - H.Bruce Smith, Manhattan, gen.Chm.
Ralph Reed, Burlington.
Mary Washburn, Roosevelt Jr.High,
Topeka.
- Pittsburg - Wayne Campbell, Sr. High,
Neodesha.
Lucille Gibbons, Jr. High,
Coffeyville.
- Salina - P.L.Phillippi, H.S., Salina.
Ernestine Sturgeon, Lincoln High,
Salina.
- Wichita - R.H.McAllister, Pub.Schools,
Wichita.
Fern Focht, East High, Wichita.

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The Portland, Oregon, schools have recently adopted some rules similar to those of New York State in regard to high school athletics. The Portland High School Athletic Association new rules are now in effect controlling eligibility in all branches of athletics. The most important changes are the elimination of academic scholarship requirements for participation in athletics, lowering the age limit to 19 years, limiting the length of time of practice periods, elimination of out-of-Season practices and the classifying of the teams for competition according to age, height, and weight.

By these rules athletics are now recognized as a phase of physical education and therefore an integral part of the curriculum. The activities of physical education are placed in a par with other parts of the curriculum.

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"The Next Step in Teacher Training," by A. H. Steinhouse is a thought provoking article on the aims and objectives of physical education in the light of present conditions and also in relation to future developments. It appears in the Journal of Health and Physical Education for March 1939.

"Physical Education in the Elementary Grades" - This excellent book by Strong Hinman has just been published. It contains an unusually complete program of health and physical education for the kindergarten and first six grades. A large number of activities are given under the headings of Story Plays, Rhythmical Activities, Games and Relays, Athletic Games of Low Organization, Conditioning Exercises and Stunts and Self Testing Activities. These are clearly described and classified by grades. It should be valuable to principals, supervisors and class room teachers.

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Wichita's latest junior high school is beginning to take on recognizable shape. One wing contains the health and physical education facilities. There is a large double gymnasium floor which can be divided into two parts by sound proof partition. This partition will fold into a niche at one side of the room when it is desired to use the entire floor for one activity. Dressing and shower rooms are located at each end of the floor and under the balconies. Two class rooms are also included in the unit.

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Mr. Harold S. Hunt, Director of Athletics, Newton High School, is attending the University of Iowa this semester and doing graduate study.

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K. H. P. E. A.

STATE CONVENTION

MCPHERSON

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- Topeka - H.Bruce Smith, Manhattan, gen.Chm.
Ralph Reed, Burlington.
Mary Washburn, Roosevelt Jr.High,
Topeka.
- Pittsburg - Wayne Campbell, Sr. High,
Neodesha.
Lucille Gibbons, Jr. High,
Coffeyville.
- Salina - P.L.Phillippi, H.S., Salina.
Ernestine Sturgeon, Lincoln High,
Salina.
- Wichita - R.H.McAllister, Pub.Schools,
Wichita.
Fern Focht, East High, Wichita.

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The Portland, Oregon, schools have recently adopted some rules similar to those of New York State in regard to high school athletics. The Portland High School Athletic Association new rules are now in effect controlling eligibility in all branches of athletics. The most important changes are the elimination of academic scholarship requirements for participation in athletics, lowering the age limit to 19 years, limiting the length of time of practice periods, elimination of out-of-Season practices and the classifying of the teams for competition according to age, height, and weight.

By these rules athletics are now recognized as a phase of physical education and therefore an integral part of the curriculum. The activities of physical education are placed in a par with other parts of the curriculum.

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Wörth Reading

"The Next Step in Teacher Training," by A. H. Steinhouse is a thought provoking article on the aims and objectives of physical education in the light of present conditions and also in relation to future developments. It appears in the Journal of Health and Physical Education for March 1939.

"Physical Education in the Elementary Grades" - This excellent book by Strong Hinman has just been published. It contains an unusually complete program of health and physical education for the kindergarten and first six grades. A large number of activities are given under the headings of Story Plays, Rhythmical Activities, Games and Relays, Athletic Games of Low Organization, Conditioning Exercises and Stunts and Self Testing Activities. These are clearly described and classified by grades. It should be valuable to principals, supervisors and class room teachers.

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Wichita's latest junior high school is beginning to take on recognizable shape. One wing contains the health and physical education facilities. There is a large double gymnasium floor which can be divided into two parts by sound proof partition. This partition will fold into a niche at one side of the room when it is desired to use the entire floor for one activity. Dressing and shower rooms are located at each end of the floor and under the balconies. Two class rooms are also included in the unit.

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Mr. Harold S. Hunt, Director of Athletics, Newton High School, is attending the University of Iowa this semester and doing graduate study.

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Lawrence, Kansas
May 1, 1939

Mr. Oran Shearer,
Allison Intermediate School,
Wichita, Kansas.

Dear Mr. Shearer:

I will be glad to serve on your Teacher Training
Curricula Committee.

In regard to our supervisors of practice teaching -
may I state that for the women we have Miss Joie Stapleton,
but our man for next year has not yet been chosen to hand
the practice teaching. I will advise you later when this
selection is made, so that you may complete your committee
assignments.

I assure you it will be a pleasure for us to cooperate
in any way possible.

Very sincerely yours,

Director of Physical Education,
Varsity Basketball Coach.

FCA:AH

April 18, 1939

Miss Ruth Hoover - K. U. - Chairman	- Mr. C. S. Moll - K.S.C.
Miss Edna McCullough - Emporia	Dr. F. C. Allen - K. U. ←
Miss Geneva Millett - Hays	Dr. G. W. Neede - Pittsburg
Miss Katherine Geyer - Manhattan	Dr. Earl Morris - Hays
Miss Irma Gene Nevins - Pittsburg	Mr. V. Tusler - Emporia

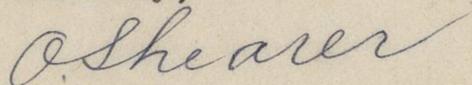
Dear Committee:

Subject - Committee appointments
(Teach training curricula improvements)

Will you continue to serve on the Teacher Training Curricula Committee? Your services are invaluable to the future physical education of the state. Some progress has been made and some disappointment voiced but we are set for a successful future I'm sure.

Will each of you send me the name of the person in your department who supervises your practice teachers? Maybe I should ask "Will you send me the name of an individual from your department who would serve on a Curriculum Construction Committee?" The time is fast approaching when a curriculum will be necessary for the state.

Sincerely,



O. Shearer, President

P.S. Central District Convention will be held in Wichita in 1940.

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BULLETIN
of the
KANSAS HEALTH AND PHYSICAL EDUCATION ASSOCIATION

Volume VIII

APRIL, 1939

Number 7

CENTRAL DISTRICT CONVENTION

WICHITA

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Guest Editor

Oran Shearer, Director of Physical Education,
Allison Intermediate School, Wichita.

We are glad to present Mr. Shearer as the Guest Editor for this issue of the Bulletin. Mr. Shearer has been a very valuable worker in the Association for several years. He has served as an associate editor of the Bulletin since 1934 and has passed through to steps of vice-president and president-elect to the presidency for the coming year.

Association Plans for the Coming Year

As president of the Kansas Health and Physical Education Association it becomes my duty to organize the plans and the thinking in the association for the coming year.

The primary aim of the association might be stated in a few words as -- betterment of health and physical conditions of all students in the State of Kansas. The objectives are those organized activities in which the association will engage to realize the aim. The aim will be met in such degrees as we are successful in mastering the following objectives:

1. Giving our continued support to the state Board of Education in setting up A state requirement in Physical Education for the boys and girls in class A and B secondary schools of the State.

At this time a physical education requirement in class A and B secondary schools seems a large task. If an ALL SCHOOL requirement was to be proposed by the state Board of Education, the K.H. and P.E.A. officers feel that school administrators of the state would not be ready for such a proposal. As schools grow so will their program. Therefore, a class A and B secondary school requirement seems adequate at present. A committee from K.H. and P.E.A. will meet with the state board May 28 in Topeka.

2. Setting up a suggested curriculum in health and physical education for boys and girls in the secondary schools of the state. (Using La Porte's Curriculum report as a basis for work.)

When the state board passes the proposed requirement the association plans to have a curriculum in readiness for presentation. A committee is being appointed to work out such a curriculum.

3. Utilizing the schools health, physical and recreational facilities for an adult program.

Many schools have fine gymnasiums which are used for only basketball or for a short time each day. A community will more nearly support a state requirement in physical education, if the members of the community are made to feel they have a part in the school's well-being. An adult recreational program of giant volley ball, volley ball, table tennis, shuffle board, badminton, dancing, card playing, group singing, etc. has been the means of a community good will toward the school program.

4. Standardize, as nearly as possible, teacher training institution requirements in physical education.

Teacher training institutions are trying to standardize their curricula. There will always be differences in these curricula because of the different type teacher training institutions. However, certain basic standardizations are taking place which when complete will place better qualified instructors in the field.

5. Bringing leaders in the field of health, physical education and recreation to the state for lectures, discussions and demonstrations.

Leaders in the field of health, physical education and recreation have found their way to Kansas. Thanks for your dollar membership fee. Mr. Jay B. Nash gave some excellent talks at the state convention. K.S.T.A. officers have secured other speakers from the field for general fall program.

The Central District American Association for health, physical education and recreation has tentatively accepted the invitation of Kansas and Wichita to hold the annual convention here in 1940. Kansas City, Missouri originally was to be the 1940 Central District host, but they have invited the national convention for 1942. The outcome of this invitation will determine whether Wichita or Kansas City, Missouri will be the host city for 1940. If Kansas is fortunate in securing this con-

vention many noted speakers will come to the state.

This five point plan is a partial list of activities of the association. These plans are not new. The statement of the aim and objectives for 1939-40 is merely a repetition of the Associations long term plan of school betterment. Health and Physical Education is very much in keeping with the modern trends in education if not the leader in the field.

Physical Education Curriculum for Boys
Chanute Senior High School
Reginald R. Strait, Director

Today one hears much of the new philosophies of progressive education, of living in a democracy, self-realization, preparation for living and the like. This is causing progressive schools to revise their methods, curricula, and techniques, suddenly coming face to face with the realization that some subject matter has been excess baggage and that it is necessary to revise subject matter for present day objectives.

In setting up a program of physical education it is very necessary to understand the philosophy that is back of all education, to realize that physical education is not a subject but a method or way of education, utilizing total body activities, to accomplish desirable mental, social, and physical growth.

Physical education offers great opportunities for the participant to act in situations that will stimulate mental, social, and physical growth. Giving him every opportunity to react to situations which will confront him as an adult in a democratic society.

If self-realization of objectives are to be reached it will depend on proper facilities, a definite course of study, and contact with the personality of a well educated teacher.

The best methods of teaching any subject are based on the laws of learning which require an interesting presentation of the material on the level of the ability of the pupil, adequate and repeated responses, and last, satisfying results to pupil activity.

The following program of activities is set up for high school boys in the Senior High School at Chanute. Physical education is required of all boys in the tenth and eleventh grade in Senior High School.

Classes are 60 minutes in length, meeting 5 times per week. The periods being divided as follows: 2 are given to health education, no text book is used but current health topics, safety education, rules of games, and motion pictures dealing with health topics are shown. 2 periods per week are given to the activities of the regular class period in the gymnasium or on the playground. 1 period is given to a new venture with us this year, co-recreation. Boys and girls classes meet together; no clothing is changed except shoes; and the following activities are used in these classes: Social mixers, grand marches, square dances, games of low organization, ring tennis, ping-pong, aerial tennis, volley ball, etc.

The regular class work centers around seasonal sports. We offer the following activities: Football fundamentals, touch football, soccer, volley ball, cage ball, Gymnastic and recreational activities, basketball, tumbling, wrestling, boxing, apparatus, track and field, softball, archery.

Each activity is set up in our course of study as a unit, the time allotment depending upon the class, weather conditions, etc.

The fundamental skills of each activity are set up and taught as the days sample lesson on the unit of football:

The lesson: 1. Fair catch and free kicks. 2. Value of scores. 3. Touchdown. 4. Try for point. 5. Safety. 6. Goal from field. 7. Touch-back.

Actual participation by all class members giving opportunities to develop skill and objectives.

Defective students, which have been selected by an examination given by an M.D., are placed in a corrective class.

At the present time this class has 24 members and is in charge of two instructors, which meet the class 5 times per week.

Intramural athletics play a big part in our program. Every boy is given encour-

Note: This article by Mr. Strait is published as a part of the Kansas Health and Physical Education Association program for developing a state curriculum in physical Education.

Problems of the First Year Teacher
Ruth Cross, Emporia Senior High School

When I was asked to speak I was given much leeway as to topics about which I might talk--problems which I have encountered and how I met them, how well qualified I felt and other courses I should like to have had. So I have chosen quite an informal combination of all of these.

I understand the desire is to discover what teachers just out in the field feel they lack and how colleges might better prepare them for teaching. My material necessarily is born from my experiences in my teaching situation, but I think is not confined to this situation alone. I have talked with others just out teaching, graduates of various colleges, and find we have many problems in common.

One of our larger handicaps, found predominantly in smaller schools, is the helter-skelter method of choosing the physical education instructor. The job is so often thrust upon any teacher who will accept it and who is not only unqualified to teach physical education, but who definitely considers it a nuisance to handle. Perhaps the teacher has four or more other subjects to teach and actually has not the time to handle physical education efficiently. This unhappy situation is not so much the teacher's fault as that of the administration which allows it to exist. Or, perhaps it is an even larger problem linked with the slow acceptance of physical education as an integral part of the regular curriculum.

One of my largest bones of contention is the near-racket of health certification for participation in gym work.

The health examination primarily consists of a casual stethoscopic examination of the chest to determine any heart or lung disturbances and takes at the best, about three minutes to complete. Then if the girl happens not to want to take gym, because it is too much trouble to shower after participation, or any other such invalid excuse, she can complain of a pain in her right side and receive an excuse from gym work. Many girls have told me how

agoment to participate. An intramural award is given on a point basis. Points are given for competition on teams as well as individual events.

how easy it is to obtain excuses from physical education on the most flimsy of bases.

The girls are not so stupid that they cannot realize how incomplete are the examinations they receive, which leads them to question the necessity of having them at all.

In my school system the situation seems so undesirable that we are planning to form a committee, consisting of the girls' and boys' physical education instructors and the school nurse, to attempt to devise a possible solution to be presented to the administrators.

I wonder how we can inculcate the conception that knowledge of one's physical condition is worthwhile in itself, and leave the question of its being an entrance examination to gym participation out of it entirely?

Since this is one of my more pressing problems I have given it most of my time, but there are a few others I should like to mention. These have to do with phases of my work in which I felt I should like to have had more training.

One of these is some advanced tumbling. Another is a lengthier exposure to G.A.A. activities, perhaps most effectively given in the senior year in college. I feel exceedingly fortunate in having for sports manager of our G.A.A. an unusually competent, dependable girl. I mention sports manager, for I believe the bulk of the work and responsibility of the organization rest upon her.

In closing I make this suggestion to students. We would save ourselves much time and effort if we would absorb a bit more of those correlative things to which we are exposed as students. I give as example, the importance of a thorough understanding of music construction upon which rhythm work is based.

Above talk given at K.H. & P.E.A. Convention at McPherson, March 1939.

Worth Reading

"Interscholastic Athletics in the School Program" by Robert Brown in the Journal of Health and Physical Education for April, 1939.

This is a splendid discussion of the relationship of the physical education class and athletic programs in the high school. He discusses teacher load for coaches and also the question of whether coaches should teach academic subjects or physical education classes.

"Contributions of Achievement Tests to the Athletic Program" by Amy Howland. Journal of Health and Physical Education, April, 1939.

This article analyzes the results of 400,000 records of including 53 skills received from all parts of the country. The results of this analysis are applied to determine the proper placing of games and sports in the physical education program for girls.

"Games for Boys and Men" published by the National Recreation Association, New York, Price fifty cents.

It is a selection list of games for boys and men for use in group social activities.

"The Purposes of Education in American Democracy" edited by W. G. Carr, Educational Policies Commission, Washington D.C., 1938, Price fifty cents.

This little book deals with the newly defined objectives of education which are self-realization, human relationships, economic efficiency and civic responsibility.

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Central District Convention

The 1939 Central District Physical Education Convention was held March 28 - April 1 at Sioux City, Iowa, and was the best Central District Convention on record in point of attendance. The convention was excellently planned and carried through. Officers elected for the coming year are: President, Willard Greim, Denver, Colo.; President-elect, Helen Manley, University City, Missouri; Vice-President, P. E. Michelson, Grand Forks, N.D.; Secy-Treas., J. H. Morrison, Wayne, Neb.; Member-at-Large on the Council, Hugo Fisher, St. Paul, Minn., Helen Saum and

C. S. Moll, both of Kansas State College, Manhattan and Oran Shearor are the Kansas Members of the Central District Council for the coming year.

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Physical Education in the Coffeyville Schools

An excellent program of physical education is carried on in the schools by a staff of ten full time teachers under the very capable direction of Wm. H. Mifflin, Supervisor of Physical Education. With one exception all of these teachers have a Bachelors Degree with full training in physical education. Five of the teachers work in the grade schools, four in the high schools and one colored teacher is located at the colored school.

In the senior high school sophomore classes meet three times a week, junior and senior classes twice, while in the junior high all classes meet twice a week. A swimming pool is included among the facilities at the senior high school.

A large intramural program is carried on in the junior high school. Classification is based on homerooms of which there are 23. Seventeen different activities are included in the program during the year and each activity is concluded within a six weeks period. Singles, doubles and mixed doubles schedules are provided for in the tournaments.

An extensive co-recreation program is carried on. It takes the place of separated classes during one week of each six weeks period.

Summer playgrounds are operated for a period of eight weeks on the school ground. The physical education teachers handle these as an extra job with extra pay. Every school playground is equipped with play apparatus.

On April 21 the annual physical education demonstration occurred. 4500 children took part under the flood lights including all pupils in the third grade and up.

A new Junior College building is planned for erection in the near future and when completed the physical education program will be extended to include the junior college students.

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FLASH!

The Central District Physical Education Convention will be held in Wichita in 1940. To Kansas will come the privilege and responsibility of entertaining the Central District organization next year. It will mean a lot of work for the Kansas Association, but it should also act as a stimulus and incentive to physical and health education in Kansas. Therefore it is necessary for every member of the K.H. & P.E.A. to aid in every way possible to make this a memorable occasion.

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Notes on the State Convention

The officers and council members elected to guide the K.H. & P.E.A. for the coming year are:

- Pres.: Oran Shearer, Wichita.
- Pres.-Elect: Edna McCullough, Emporia.
- Vice-Pres.: Sue Unruh, Kansas City.
- Secy-Treas.: Eva Lyman, Manhattan.
- Bulletin Editor: L. P. Washburn, Manhattan.
- Representatives on the National Council: Ruth Hoover, Lawrence and Ardis Hill, Kansas City.
- Representatives on the District Council: Oran Shearer, Wichita, Helen Saum, Manhattan and C. S. Moll, Manhattan.
- Members-at-Large on the State Council: Mildred Huddleston, Topeka, Earl Morrison, Salina, Katherine Geyer, Manhattan, Eva Lyman, Earl Morris, Hays.

Dr. J. B. Nash was the outstanding speaker of the Convention. He was scheduled for two talks and was kind enough to speak at a third meeting in place of Dean Schwegler who was prevented from coming because of illness. Dr. Nash's talks will be reviewed in later issues of the Bulletin.

Many people expressed disappointment that Dean Schwegler was unable to appear on account of illness as he is an unusually interesting and worthwhile speaker.

All previous attendance records of the K.H. & P.E.A. state convention were topped by the attendance at McPherson. Nearly 200 people registered for the meetings and the number of students attending is steadily increasing. This fact is encouraging and should lead to an increasing teacher membership as these students get out into the field.

The present membership of the Association is 239. Of these 68 are students and 171 are teachers in the field. This is the largest membership the Association

has ever had and represents a healthy increase over last year.

Mr. E. R. Sheldon represented the office of the State Superintendent of Education in the absence of Supt. McClenney who was prevented from attending because of a meeting of the State Board of Education. The paper read by Mr. Sheldon was an excellent presentation of the value of physical education in an educational program. It was very gratifying to know that the State Superintendent has such an attitude toward the physical education program.

The Program Committee and section chairmen deserve a great deal of commendation for the splendid group of speakers which they secured for this convention. All section meetings were very well attended and the programs were of a high order.

Miss Helen Hirni did a fine job as Convention Manager. That job is always a long, hard one full of vexing details. This Convention moved along smoothly and on schedule. The printed program with the information which it contained was worthy of special mention.

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Congratulations are due to Henry Sherk for his advancement from Director of Physical Education of the Junction City High School to the larger position of Director for all of the city schools. He is to supervise a program of physical education for all of the schools.

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Change of Address

The Bulletin Editor is desirous that all members shall receive their copy regularly. However, we have no certain means of knowing of changes of address unless you inform us of them. We ask that you do this promptly giving both the old address and the new one. Please do this promptly! Most such changes will come next fall, but we are mentioning this now, so that you may be reminded to send in the changes as soon as you know what your new address will be.

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Editorial Board: L. P. Washburn, Manhattan, Editor-in-chief; Ardis Hill, Kansas City; Oran Shearer, Wichita.

JUNCTION CITY
MAY 4
4 30 PM
1939
KANSAS

THE REVERSE OF CARD IS FOR ADDRESS



Mrs. Alberta Hulthen
Sec. Dept. of Physical Education
University of Kansas,
Lawrence, Kansas

Junction City, Kan.
May 4, 1939

Dear Mrs. Hulthen:

I have forwarded Mr. Stucky's membership
to Miss Hazel Love, our secretary. It
will be good for one year from date.

Very sincerely yours,

Henry Sherk.

May 3, 1939.

Mr. Henry Shenk, Membership Chairman,
Kansas Health & Physical Education Assn.,
Junction City High School,
Junction City, Kansas.

Dear Mr. Shenk:

I am enclosing 50¢ in stamps for Mr. Mano Stukey,
one of our graduating majors in the Department of
Physical Education, who desires a student membership
in the Kansas Health and Physical Education Association.
Will this carry his membership through a year; that is,
will it expire the first of next May?

Mr. Stukey's address is 1000 Ohio Street, Lawrence,
Kansas.

Sincerely yours,

Secretary, Dept. of Physical Education.

COUNCIL MEETING

The Council of the Kansas Health and Physical Education Association met at the McCourt Hotel, McPherson, Kansas, Friday, March 24 at 4 P.M. The meeting was called to order by the President, Helen Saum.

In the absence of the Secretary the initial business was postponed until later in the meeting.

Mr. L. P. Washburn moved that the invitation from Wichita for the state meeting for 1940 be accepted provided the Central District convention be secured for Kansas for that same year. If the Central District convention does not come to Kansas, the invitation of Topeka for the state meeting shall be accepted. Motion was seconded and carried.

It was moved that Strong Hinman be asked to act as proxy for Kansas at the National Convention in San Francisco, and that \$10 be allowed him for expenses. Motion was seconded and carried.

Miss Saum asked that all bills be filed for consideration at the Saturday Council meeting.

Miss Saum reported the recommendation to Mr. Evans, President of the Kansas State Teachers Association, of the following speakers for a general session of the Association: Carl Schrader, Ethel Perrin, James E. Rogers, Dr. Dorothy Nyswander, Dr. C. L. Brownell.

Roll was called by the Secretary and the minutes of the meeting of December 3, 1938, in Manhattan were read and approved.

A balance in the treasury of \$256.53 was reported.

Committee Reports

Membership Mr. Shenk reported a poor response from some of the round tables at the Kansas State Teachers Association meetings because they were held on Saturday morning. Mr. Washburn stated that the present membership numbers 215.

Publicity

Convention Oran Shearer reported an article in the Kansas High School Activities Association journal, a letter from the McPherson Chamber of Commerce to all those on the fall membership list of the Association, and several write-ups in the Wichita papers some of which appeared in papers of the other towns.

Radio Dr. Allen's report is in the Secretary's file.

Exhibitors for Convention Oran Shearer reported having contacted a large number of firms. The following companies have exhibits at the convention: Tom Broderick, Lowe and Campbell, and A. S. Barnes.

Physical Education Requirement and Curriculum Miss McCullough made an extensive report which is in the Secretary's file. There was considerable discussion of the best approach in making a state requirement for physical education. The feeling was generally expressed that a teachers training requirement should accompany or precede a physical education requirement.

Constitution Mr. Moll moved that the Council recommend to the Association that Article 3 of the Constitution be amended by eliminating the words "a vote of the Council and". Motion was seconded and carried.

Precedents Mr Washburn reported a proposal to retain section 24 as it now stands as part "a". He moved that a part "b" be added to read as follows: Those elected as representatives from the physical education round tables of each of the Kansas State Teachers Association convention cities shall be invited to attend without vote the Council meetings occurring between their election and the time of their taking office.

Teacher Training Curriculum Miss Hoover reported that each committee member was asked to submit a suggested teacher training curriculum. These were so at variance that it was impossible to work out a uniform curriculum, although the fundamental courses were much the same. At a meeting in Manhattan it was decided to have each school submit the general outline of requirements for the first two years. These, in turn, are to be sent out to the Junior Colleges of the state in order that those students contemplating a major in physical education may meet the necessary requirements.

Bulletin Mr. Washburn was not present to report. Approval was expressed of the new form of the Bulletin.

Miss Saum called Miss Clark's attention (as Chairman of the Records Committee) to the collection of the speeches from all meetings for filing with Mr. Washburn.

Miss Saum appointed Dr. Morris, Mildred Huddleston, Sue Unruh, and Helen Hirni on the Resolutions Committee.

Miss Saum declared the meeting adjourned.

Hazel Cade
Secretary-Treasurer