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# Kansas Health and Physical Education Association

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EARL KAUFFMAN, JR., PRESIDENT  
WASHBURN COLLEGE  
TOPEKA

May 5, 1938

L. P. WASHBURN, EDITOR  
KANSAS STATE COLLEGE  
MANHATTAN

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KANSAS STATE TEACHERS COLLEGE  
PITTSBURG

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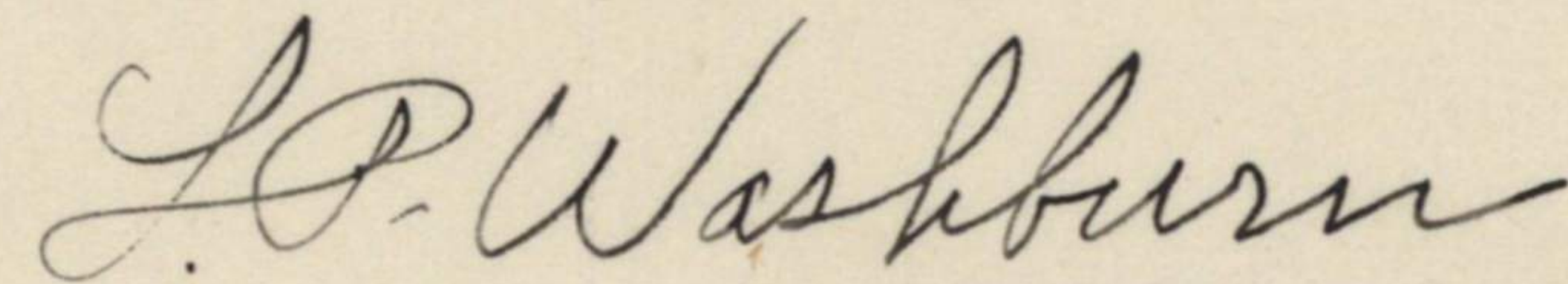
EARL KAUFFMAN, JR., TOPEKA  
THORA LUDVICKSON, WICHITA  
ARDIS HILL, KANSAS CITY

Dr. F. C. Allen,  
University of Kansas,  
Lawrence, Kansas

Dear Dr. Allen:

I have heard in a round about way that you have not been receiving copies of our state bulletin. We have been mailing them regularly to you at the address that was given to us on your subscription blank - 801 Louisiana Street, ~~and~~ *if* that address is incorrect, Will you kindly give us the correct address to which they should be sent?

Respectfully yours,



L. P. Washburn, Editor.

LPW/bjn



Guest Editor

Helen G. Saum, Director of Physical Education for Women,  
Kansas State College, Manhattan

We are very glad to present this message from the new president of the Kansas Health and Physical Education Association. Miss Saum, having served as President-Elect during the past year, moved into the presidential office at the Pittsburg convention on March 26. She heads up the Physical Education Department for Women at K.S.C. and also the Physical Education Majors Training Course; both of which she has developed to a high degree of efficiency.

#### Greetings from the President

I am very glad to have this opportunity of sending greetings to the members of the Kansas Health and Physical Education Association.

Let us make a concerted effort to emphasize the importance of an adequate program of Physical Education for the public schools of the state. Both the administrators and the general public must be made aware of the need in this respect. A few suggestions which will aid in establishing a favorable attitude toward physical education are:

1. The spring meeting of the K.H. & P.E.A. planned to attract and interest educators, administrators, parents, social and service clubs and reputable professional organizations.
2. Speakers from the field of physical education to participate on the General Program of the Kansas State Teachers Association meetings.
3. Principals and superintendents encouraged to give physical education a regular class period in the curriculum of the elementary and secondary schools.
4. Set up requirements for teacher certification in the state.
5. Pray for a State Supervisor of Physical Education.
6. Compile a State Syllabus in Physical Education.

We do not expect to accomplish all these things in one year - perhaps not in five years - but if each physical education teacher talks, lives and supports his or her professional ideals very day, we can do much to change the present indifference toward Physical Education in Kansas.

#### WHAT SHOULD A NURSE EXPECT FROM PHYSICAL EDUCATION?

by

Miss Gladys Walker, College Nurse, K. S. T. C., Pittsburg, Ks.

The relationship of the nurse to Physical Education is very close. The cooperation of the two departments will result in a better program and will be of benefit to every child. Health is a means of fuller and better living. We all know that prevention is better than any cure. The health and Physical Education teachers should unite in making a set-up that will be efficient and effective. Both of us want to protect and maintain health.

The medical inspection of schools is no longer an experiment but a pressing necessity. It is founded on a recognition of the close connection which exists between the physical and mental condition of children in the whole process of education. It seeks to secure ultimately for every child, normal or defective, conditions of life compatible with that full and effective development of its organic functions, its special senses and its mental and spiritual powers which constitute a true education.

In play, discipline, obedience and courage are taught, and they should be so constructed that every one's pastime would be used to promote health and the development of the body. The daily activities of work, rest and play have a bearing upon our mental, physical and social health. So in order to improve health we must develop and utilize the muscular force of our bodies.



The problem of posture is complex. Posture affects health and health affects posture. Poor bodily mechanics often explain why a child is not enjoying good health and the reason for his poor neuro-muscular control. Good nutrition is a contributing factor to good posture. Defective vision, adenoids and bad tonsils tend to have an unfavorable effect on the child's posture. Children who are effected with any of these conditions should be closely watched by both Physical Education teachers and the nurse. In childhood the tissues are plastic and the correction of faulty habits and bad posture is comparatively easy. Health education is fundamental and should be included as part of the required work from kindergarten through college.

There is no one who can develop an integrated personality like the Physical Education teacher. Posture in a way is the root of personality. It's the first step in voice correction which starts diaphragm breathing, and diaphragm breathing is dependent upon a posture which allows for lung expansion. The manner in which we wear our clothes is to a great extent determined by posture. Certainly it adds to the physical attractiveness of the individual as no elaborate supply of cosmetics and permanent waves can ever do. All the weight is not being thrown on a few over-worked parts of the body, but is being distributed equally. Too often we see people with swollen ankles -- hear them complain of backache, and see their shoulders rounded and stooped. Frequently these ailments, along with others too numerous to mention, may be blamed entirely on that one noxious habit--poor posture. The mental attitude of an individual is much better when they have developed a good posture. They have taken the first step toward the actual possession of self-assurance and poise. There are three reasons why I have called attention to posture, first, its essential to health, second, it adds much to individuals mental attitude and third, it adds beauty to the person.

We are aiming at a well rounded, healthful life, based on a sensible knowledge of the needs of the body. Much time must be devoted to the development and exercise of the muscles--yet a constant eye must be kept on the individual pupils to be sure that no child is being over exercised.

The nurses are expecting six things from the Physical Education Program:

1. To increase the capacity for the delay of fatigue.
2. To develop latent neuromuscular control through more efficient use of various sets of muscles.
3. To utilize portions of the body that are not habitually used.
4. To develop sufficient muscular tonus to enable the individual to work more effectively and efficiently with a minimum amount of effort.
5. To develop an integrated personality.
6. To recognize that some folk will not be benefited but definitely harmed by too much exercise.

In summing it all, I would say that one of the most important things is that the Physical Education teacher respect the nurse and the nurse respect the Physical Education instructor. Both departments are working for the same results--a healthy girl and one who appreciates her life in terms of the "good life".

"What I Expect of My Teachers" -- R. R. Strait, Supervisor of  
Physical Education, Chanute.

The story is told of a woman who had entered upon a mail-order course to develop charm. The first lesson directed her to sit before her mirror ten minutes a day for two weeks looking at herself. At the end of the first week the following defiant note came from her to her mail-order teacher: "Madame,- I have been looking at myself ten minutes a day for the past week and I just can't stand it any longer".

Teachers are under the constant scrutiny of children, fellow teachers, superior officers, parents, and the general public. Yet as a group we seldom take a look at ourselves. We might not be able to stand it either.

Every organism when functioning normally is capable of what we loosely call "adjustment." Biology teaches us, and common observation confirms the teaching, that all living organisms possess at least one common characteristic, the tendency to vary their activities in response to changed conditions in their environments. When an animal ceases so to adjust itself, it is dead. On the human level most of our adjust-



ments and surely the most difficult ones involve other people, they are social. Of no human being can this be said more truthfully than of the teachers. For example, every day the teacher has numerous contacts with individual pupils and even more numerous contacts with the group-the class. Each of these contacts calls for an adjustment of some sort. Some are easy and pleasant, others difficult and perhaps unpleasant.

Teachers must daily deal with human beings in the making, with all the baffling twists and quirks of childhood and with few of the tools for self-help and little of the protecting insulation the average adult has acquired. That the strain leaves its marks on the teacher is not surprising. The astounding fact is that the mark is not clearer, the result not more distressing. The demands of every profession leave their mark on its practitioners. The mark of the teacher shows first in personality because the teacher deals in personalities.

The most important part of every teachers equipment is the kind of person he is. It is the central part to every effort toward the improvement of teaching. It is essential to all programs for the betterment of education in general.

Remmer' in the Measurement of Teaching Personality and Its Relation to the Learning Process draws this conclusion. "'within the range of variation among teachers in service, their personality traits play a part at least as important in determining success or failure as do intelligence of training in and mastery of professional subject matter.'"

When Barr had selected two groups of teachers, one good and one poor in teaching effectiveness, and had examined their characteristics and teaching practices, he found that among other things they differed markedly in personal characteristics. Such studies show clearly that a complex of factors operates to determine teaching success and that not the least of these is itself a complex we call "personality".

Hart in Teachers and Teaching reports the reaction of ten thousand high-school seniors to a request that they describe their best liked teacher, their best teacher, and the one they liked least. Their answers give an answer of wholesome personality. in 80% of the cases the best and the best liked teacher were one and the same person.

A teacher whom the pupils like, if he possesses any teaching skill will tend to be an effective teacher. Pupils like teachers who possess the characteristics we all admire in wholesome personalities.

Teachers should frequently ask themselves questions such as the following: What kind of a person am I? Do students enjoy my company? and finally Do my students like me? The teacher who "hates kids," must lead a miserable life. I must not only like my pupils, but I must know and understand them.

I should like for my teachers to develop enthusiasm in pupils for the activity presented to them. Teachers that are Physical Education Majors will perhaps have a love for sports and activities but the enthusiasm of the pupil will vary throughout the year. Then the teacher must motivate enthusiasm by presenting the material in a manner that will increase interest. Not only should the teacher develop enthusiasm in pupils but also see that her own does not lag.

I should like for my teachers to use and develop their own ingenuity. To take the material at hand and do your best. Maybe the facilities are not the same as you were accustomed to in college.

Finally I should like for my teachers as a group to enter upon a concerted campaign to improve the public attitude toward us as persons and as a profession. We are too modest, too willing to let our works speak for us. The trouble is that our works often have to be gauged by long range results that the public forgets to consider. Might not some value result from a little well placed publicity?

#### Executive Council Meeting

The Executive Council met in the Hotel Besse on Friday morning. Members present were: Earl Kauffman, Jr., L. P. Dittmore, L. P. Washburn, Irma Gene Nevins, Oran Shearer, Sue Unruh, E. A. Thomas, Fritz Snodgrass, Bill Mifflin, Mildred Huddleston, Helen Saum, Katherine Geyer, Geneva Millet, Edgar Schmidt, Ardis Hill, Merle Henre, T. M. Evans, Hazel Cave, Strong Hinman, and Ralph Titus.



The Treasurer's report showed receipts of \$319.69 to March 26 and expenditures of \$118.79, leaving a balance of \$200.90. This did not include the financial report for the Convention. The Convention report showed receipts of \$137.00, expenditures of \$69.39, with a balance of \$67.01.

The following officers for the coming year were elected:

President: Helen G. Saum, Kansas State College, Manhattan  
President-Elect: Oran Shearer, Allison Intermediate School, Wichita  
Vice-President: Henry Shank, High School, Junction City  
Secretary-Treasurer: Irma Gene Nevins, K.S.T.C., Pittsburg  
Bulletin Editor: L. P. Washburn, Kansas State College, Manhattan  
Representatives to District Council for the year are:  
Helen G. Saum, Earl Kauffman, Jr., and W. H. Mifflin.

Representatives on the National Council are Ruth Hoover and E. A. Thomas.

The five members-at-large elected to the State Council for the coming year are: Ardis Hill, Kansas City; Hazel Cave, Pittsburg; Dr. Earl Morris, Hays; Sue Unruh, Kansas City; C. S. Moll, Manhattan; Mildred Huddleston, Topeka.

Article 6 of the Constitution was amended to read as follows: "The Council shall consist of the officers of the State Association, a representative of the Physical Education Round Tables of each Kansas State Teachers Association Convention City, the section chairmen, and five members-at-large elected by the Council."

It was voted that each State Representative to the District Council be allowed the sum of \$5.00 from the K.H. & P.E.A. treasury toward his expenses in attending the District Convention.

The following motion was passed: "That the Council of the K.H. & P.E.A. approve the adoption of the Curriculum Report of the College Directors of Physical Education as the minimum standard of physical education for Kansas and recommend its adoption by the State Board of Education. This curriculum report is the result of 9 years of research and has been participated in by a large number of people. Copies of the report may be found in the March, 1937 number of the Research Quarterly of the A.P.E.A."

McPherson was selected as the Convention City for next year and Miss Helen Hirni was elected Convention Manager by the Executive Committee.

#### NEWS NOTES

Friends University, Wichita, was host on March 12 to high school girls from 7 counties at a Play Day on the Quaker campus. The girls were divided into 8 "crews" using a nautical theme for the following maneuvers: Basketball, tumbling, dodge ball, ping pong, bowling, tossing darts, shuffleboard, and deck tennis. After "chow" at noon the afternoon was spent in a "regatta" of relays, tap dancing and folk dancing.

The Hamilton Intermediate School, Wichita, staged a Physical Education show, in March for the purpose of replenishing the fund for providing gymnasium outfits for indigent children in the school. An attractive program entitled, "Hamilton Hearties Present A Valentine Sampler," consisted of dances, two playlets, tumbling and pyramids. It was under the direction of Miss Florence Reitz, girls Physical Director.

We are glad to acknowledge and welcome Volume I, No. 1 of the South Dakota Health and Physical Education Association News Letter. It is attractive in appearance and interesting in content.

Mr. A. R. Edwards, Coach and Physical Education Director at Wellington, reports that physical education has been increased considerably this year in the Wellington High School. It is required in grades 7, 8, 9, and 10 and elective in the others. Each class meets twice a week and has hygiene once a month. Table tennis and badminton are very popular with the students. Their physical education exhibit was held on April 5 and 6 under the direction of Mr. Edwards and Miss Lora Vicker, girls physical director.

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



## SAFETY IN SOFTBALL

Motto: A Minimum of Accidents in Softball this Season.

### BATS

No bat should be allowed on the playground that--

1. is cracked or broken in any way.
2. is not properly taped.
3. has the knob worn off.
4. is larger than the Official Softball Bat.

Note: We have purchased two types of bats--a smaller, lighter bat (No. PG) that is to be used by the smaller children only, and an Official bat (No. 90) for the larger children.

### The Side at Bat

All children waiting their turn at bat should stand at least 15 feet (5 full steps) from the batter---behind the backstop or in some other position where it is impossible to be struck by a bat that is thrown or that slips from the batter's hands is better.

### Throwing the Bat after Batting

All children should be trained to develop the habit of laying the bat down by home plate after hitting a fair ball. For the safety of the other children, bat throwers should be deprived of the right to bat unless the fault is corrected immediately.

### Letting the Bat Slip Out of the Hands

All children should be taught to wrap the fingers around the bat and grip the bat tightly when batting. If a child does let a bat slip that was properly taped and had a good knob, it is my suggestion, except under careful supervision, to not allow that child to bat during the remainder of the season because of the danger to the other pupils. The child may play his position on the field but pass his turn at bat on to the next batter.

### Swinging the Bat Carelessly on the Playground

Home Plate is the only place where a player should swing a bat. In batting for fielding practice it should be understood by all concerned that he is going to swing the bat. There should be no bat swinging whatsoever on the way to and from the diamond. It is my suggestion to principals and teachers that responsible monitors be appointed to take full charge of taking the bats to and from the diamonds at the free play time and the physical education periods, and these monitors be instructed and trained to eliminate this danger of bat swinging. On the signal for the close of the period, all bat swinging should stop immediately and the monitors should take charge of the bats. Some of the most serious accidents occur in that moment of relaxation just after the signal when some child takes a lusty swing with the bat as the others are starting to leave the field.

### Home Plate the "Danger Zone"

### Non Players Crossing the Diamond During a Game

All children in the schools should be taught that home plate, during a ball game, is a very dangerous spot and they should no more run or walk near it than they should run or walk into a busy street. It is my suggestion to principals that, if possible, the assignments of play spaces be so arranged that it will not be necessary to cross a diamond to get to an assigned <sup>play</sup> space, and to assign small children to play spaces as far from home plates as possible. Train children to avoid home plates.

"The best treatment in case of accident is to avoid the accident."

Approved by  
A. J. Stout,  
Superintendent of Schools.

L. P. Dittmore,  
Supervisor of Physical Education,  
Elementary and Junior High Schools.



Kansas Health and Physical Education Association  
March, 1938

Vol. VII

Bulletin No. 6

9th Annual Convention

Place--Pittsburg, Kansas

Time--March 25-26, 1938

Headquarters---Hotel Besse

Room and Meals

Room--\$2, Single; \$3, Double  
Breakfast--35¢  
Luncheon---65¢

Admission to Meetings

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

CONVENTION COMMITTEE

Earl Kauffman, Jr., Chairman; Helen Saum, K.S.C., Manhattan; Irma Gene Nevins, K.S.T.C., Pittsburg; L. P. Washburn, K.S.C., Manhattan; Oren Shearer, Wichita; L. P. Dittmore, Topeka; Ardis Hill, Kansas City; and Hazel Cave, K.S.T.C., Pittsburg, Convention Manager.

Purpose

1. To bring together the people who are interested in physical education, health, recreation, and safety education.
2. To focus attention upon:
  - a. The need for safe living.
  - b. The importance of a balanced emotional life.
  - c. The value of athletics in terms of better living.
  - d. The integrating of the Health and Physical Education program into the regular class schedule.

Friday, March 25

- 4:00 Executive Committee meeting.  
7:30 General Session - Earl Kauffman, presiding.  
Group singing.  
Welcoming remarks - President W. A. Brandenburg; Mr. J. A. Fennimore, President of Pittsburg Chamber of Commerce.  
"The Court of Good Health and Right Living" - an allegorical dance fantasy.  
Mrs. Minerva Wooton, K.S.T.C., Pittsburg,  
Miss Helen French, Roosevelt Junior High School, Pittsburg.  
Announcements  
8:45 Old Fashioned Party - College Cafeteria Annex.  
10:00 Committee Meetings.

Saturday, March 26

- 7:30 Executive Council Breakfast - Earl Kauffman, presiding.  
9:00 General Session - Miss Irma Gene Nevins, presiding.  
Group singing.  
Miss Marian Telford, Director of Field Activities and Consultant on Child Safety of the National Safety Council.  
Announcements  
10:15 Section Meetings  
Men's Section - William Mifflin, Chairman.  
"Moral Traits Derived from Athletics," - Dink Littrell, Junior College Coach, Coffeyville.  
"A Program for a Small Junior High School With Very Few Facilities,"  
H. B. Randall, Columbus.  
"Tumbling Demonstration," - Coffeyville Senior High School Tumbling Team, John Charlesworth, Director.



- Women's Section - Gladys Taggart, Chairman.
- 12:15 Convention Luncheon - Helen Saum, presiding.  
Special music.
- 1:45 Section Meetings  
Public School Section - Ann Theilen, Chairman.  
"Safety Education" - Miss Marian Telford.  
"Understanding the Child," - Dr. Bert A. Nash, Kansas University.  
Athletic Section - Leo Green, Chairman.  
Student Section - Hattie Stoskopf, Chairman.
- 3:30 General Session - Earl Kauffman, presiding.  
"The Dynamics of a Teacher's Personality," - Dr. Bert A. Nash.  
Address - Mr. Howard White, Technical Consultant on Recreation, W.P.A.,  
Washington, D. C.
- 4:45 Business Meeting.
- 5:15 Meeting of the New Executive Committee.
- Exhibits: Special exhibit of physical education material prepared by Edgar Schmidt,  
State W.P.A. Recreation Director.  
Displays from Lowe & Campbell Athletic Goods Company, and A. S. Barnes  
Publishing Company, American Optical Company.

GUEST EDITOR

We are very happy to present, as guest editor in this issue, Dr. Bert A. Nash, of the Department of Education, Kansas University, and President of the Kansas Mental Hygiene Society. This is in line with the policy of the K.H. & P.E.A. to promote closer cooperation with the various organizations in Kansas which are interested in the welfare of boys and girls. Dr. Nash in his editorial shows very clearly the close relation between mental hygiene and physical education in the proper development of children and youth. Members of our physical education profession should receive a great deal of benefit from reading carefully this splendid, clearcut statement by an educational leader.

Mental Hygiene and Physical Education  
---by Dr. Bert A. Nash, Kansas University.

It has been unfortunate for both the mental health and physical health programs that we have so long thought of them as separate fields of study and investigation. As a matter of record, it is clear that physical hygiene developed for many years with only incidental reference to the role of mental health, and even now many persons interested in the physical aspects of children and adolescents fail to demonstrate in their work that the two aspects of the individual are really one.

There is a great deal of progress apparent in recent years, however, for through the joint efforts of the mental hygienist and the physical hygienist the program of youth instruction in health is much broader now. Instead of being concerned primarily only with muscle building and physical exercise, physical education teachers today are emphasizing that these factors are basic to proper emotional and mental functioning, and the mental hygienist is concerned that youth shall learn that physical health is basic for effective personal development.

The mental hygienist is ever ready to point out that the attitudes and spirit which the individual has toward his physical activity, and toward his physical processes, are fundamental in determining the extent to which he may profit in their culture. The attitude of the child toward his play, what he hopes to make of it, and how he relates himself to other persons through it are just as fundamental as the physical activity itself. In adolescence, with all the variety of physical activity programs sponsored by physical education specialists, there is even more opportunity for the development of the kinds of attitudes toward self, toward others, and the strengthening of positive emotional behavior which may render the individual stronger personality, and more able to get satisfactions from everyday living.

It is in the realm of personality development that the physical health program reaches paramount importance. We see weakness all around us in the form of shy, retir



ing, self-conscious individuals who have somehow missed any avenue of self-expression. This weakness may have resulted from weaker physical condition, or it may have been the result of the individual never having discovered that his body represented an asset of great potential strength in his competition with others in the affairs of life. Effective use of the physical body coordinated and poised movements, and the ability to use the body in a variety of activities are the background of some of the strongest personalities in active leadership today. Mental poise and emotional balance are at home usually in a physique which is well developed, well trained, and which is versatile in its avenues of effective functioning. Any personality is weakened in proportion to its limitation in terms of physical expressiveness, and even though most of us cannot be champions, or even exceptional in any one thing, there is plenty of room for the person who has his physical activities well developed, and who has developed a physical and mental poise which makes him feel at ease in any society.

### It Is Not Enough

The state convention is a wonderful stimulus to those of us who hope to be treading "school-houseward" down through the years. It gives us hope, inspiration, and determination to carry on in spite of all odds. It also puts us in contact with the leading people in our field and in those closely related to it. It gives us a chance to see our old pals and classmates again--men and women who may carry the marks of time, but who will live again with us those joyous college days, the trips and games, and the early days on the job. For these reasons alone the state convention is worth the cost in time, in money, and in effort.

Truly, the state convention is a wonderful institution; however, when we really look at it, it is only the high spot in a year's full work. It represents the passing of another milestone in our progress towards establishing the whole field of health, athletics, sports, physical education, and recreation as a vital and dynamic part of the total school-community educational program. The in-between steps and events are of importance and consequence, too.

In order that we can visualize the approach to the state convention, let us re-examine the program that the association has attempted to carry out this year.

First, we are attempting to build a membership of five hundred men and women **teachers** and administrators. We all realize that if our programs ever are to achieve the recognition due them we must have the cooperation of the state superintendent's office, supported by legislation making physical education mandatory, and providing for adequate supervision through a state supervisor. With the majority of our colleagues united behind this common purpose we have a material voice in pressing our demands.

Secondly, the state association is undertaking a wide flung campaign to inform the parents, school people, and others of the true meaning and values of inherent in our program. Through the channels of radio broadcasts, bulletins, news stories, magazine articles, exhibits, and demonstrations we are reaching thousands of people with a message of information and education.

Thirdly, along the many organizations in the state dealing with problems related to child health and welfare, ours is one of the first to assume the lead in bringing about a trend toward cooperation in effort and coordination of programs. Our committee on coordination has done much to interest this association in others, and others in us. The day is coming when there will be a unified attack on the child welfare front. We will be out in the lead when that time does arrive.

Fourth, the bulletin issued by the Kansas Health and Physical Education Association is improving every year. It ranks very favorably alongside those published in other states, and with those of other related agencies. In recent issues the bulletin has not only stressed "newsie" news items and association information, but it has also brought much practical material into the hands of teachers.

Any great movement has at its beginning a group of hard driving, courageous, intelligent men and women. Our field is growing and is going to grow even more in the years to come. YOU are carrying on. Let's enlist more good people in the interests of the children. Today is the day to ACT--call on your friends to join and take a part in building a better program for all schools. ---Earl Kauffman, Jr., Topeka.



Peabody College Curriculum Study Scholarships

The following letter to Mr. Earl Kauffman, President of K.H. & P.E.A., is self-explanatory. Any member of our profession interested in securing such a scholarship for study at Peabody College next summer should make application to Dale Zeller, Curriculum Director, State Department of Education, Topeka. It would be a fine thing for Health and Physical Education to be represented in one of these scholarships:

Dear Mr. Kauffman:

The Committee for Peabody is chosen from people in general education fields. If you have a person that you think would qualify to serve on this phase of the work we would be very happy to have the application of that person. Many things govern the choice of an applicant--geographical distribution, sections of the school system, and the kind of work to be done--but we would like to have applications from those interested.

Sincerely yours,

Dale Zeller, Curriculum Director.

NEWS NOTES

"Dance Symposium"

For the second consecutive year, a Kansas Dance Symposium has been held. Inaugurated at Wichita last year and carried on this year by Orchesis, honorary dance organization, at Kansas State College, the symposium strives to bring together the students of the modern dance, giving them opportunity to exchange ideas about this ever-growing phase of physical education.

Schools represented for the all-day session Saturday, February 26, were: Wichita, Kansas State, Kansas University, and Washburn. During the morning session, the first three schools presented some of the technical points of their work, with K.U. giving part of a group dance, "Americana," which is still in preparation.

During the afternoon, Klara Sepmeier, young exponent of the modern dance, who is now teaching at the college of fine arts, in the University of Wichita, gave a recital of her own compositions, bringing the meeting to a close.

The symposium will be held again in Wichita next year for the third annual meeting.

"Baseball Training Camp"

A baseball training camp is being sponsored by the Wichita Public Schools under the direction of Strong Himman, Supervisor of Health and Physical Education. This camp, for Wichita boys of intermediate and senior high ages, will be held at High School East, starting April 4 and continuing for 7 weeks. It will give each boy at least fifteen hours of baseball fundamentals and play. Intermediate and Senior High boys will be instructed separately.

Virgil Barnes, former New York pitcher, will have active charge of the instruction. His staff will be composed of W.P.A. recreational leaders in the Department of Health and Physical Education of the Wichita Public Schools.

This educational venture will be a great help in diminishing the number of delinquent boys during the summer months. Many sport fans, in addition to the American Legion and Police Department have endorsed the program.

The intermediate and high schools will continue their intramural spring program of softball, track and field, tennis, golf, swimming, and baseball.

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During the week of Feb. 14-18 a Posture Week for the entire Junior High School at McPherson was held under the direction of Miss Helen Hirni. During home room Monday a posture poem was read, then each following day a typed health slogan was given each student. The G.A.A. girls presented a health play, and in chapel Friday, the boy and girl with "Grade A" postures were presented. Also, a bright colored poster was placed



on the main bulletin board each day. This entire program seemed to cause a great deal of interest, and many became "Posture Conscious."

On March 9 the music and physical education departments at McPherson combined for a song and dance program. It replaced the senior high operetta and gym exhibition, of past years. The program was called "Melodies and Rhythms of 1938."

During the second six weeks period of this semester, Mr. Rich and Miss Hirni started co-recreation classes in the 9th grade twice a week, as a new project. They started with relays, simple games, folk and square dances.

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Russell, Kansas, is rejoicing in a fine new school building which embodies the most modern and up-to-date features of school planning. Physical education is well provided for with a gymnasium floor 80 by 48 feet and a seating capacity of 1000. Dressing and shower rooms for boys and girls are placed on opposite sides under the bleachers. The gymnasium dedication plaque appeals for good sportsmanship, fair play and a wholesome school spirit.

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The senior Physical Education Majors at Kansas State College, Manhattan, Made their annual inspection trip recently. They went to Wichita to study the Health and Physical Education program as carried on in the Wichita schools. Three days were spent observing activities, methods, facilities, and the organization of the department in all school grades.

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Miss Marian Telford, feature speaker on the program of the K.H.&P.E.A. Convention, is the Director of Field Activities and Consultant on Child Safety, National Safety Council, and Chairman of the National Committee on Safety and Director of the Project, National Congress of Parents and Teachers. In the summer time she teaches the course in Safety Education in the Department of Physical Education at Teachers College, Columbia.

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The Editors wish to thank those who sent in news items for this issue. They also wish to urge others to do likewise. Others are interested in what YOU are doing, so sit down now and send in one or more items.

#### IMPORTANT DATES

March 25 and 26

Kansas Health and Physical Education Association Convention, Pittsburg.

March 30 - April 2

Central District Physical Education Association Convention, Minneapolis, Minnesota.

April 20-23

American Association for Health and Physical Education Convention  
Atlanta, Georgia

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



EDUCATION FOR RECREATION IN KANSAS

by

Edgar P. Schmidt

State Director of Recreation, Works Progress Administration, Kansas

All of us are very much concerned, directly or indirectly, with the individual and collective problems of living. The entire educational system has been built on the basis of training for better living and the richer appreciation of life itself. The school has an important duty to perform in the training of youth to canvass the great variety of resources open to them and to choose intelligently for an enriched life.

Our schools now recognize that leisure is a vital part of modern life and that it will become increasingly important from time to time. What the boy and girl of today will do with his or her leisure time in the future, depends on how adequately the children in the classroom become acquainted with these resources about them and how well they develop their senses of values and judgments for wise discrimination between the good and the bad.

The American Physical Education Association has taken a very definite step in the education for leisure time by enlarging the scope of the Physical Education Program to include not only Health and Physical Education, but a broader and newer field, known as "Recreation".

The program of Recreation, whether it be in the school or in the community, should not be only a program of appreciation of the higher life values, but it must be a performance program. Action is essential and it follows that the schools must necessarily enlarge their scope of opportunities for practice through the contacts in the classroom, on the playground, athletic field and gymnasium, and in the performance of the regular school tasks.

It is conceded that many opportunities for performance can be presented on the pleasure basis or through the recreational approach. Play is a natural phase in the life of every normal child and should receive the same emphasis that is given to the mental growth for a balanced character physically, mentally, and morally.

Youth needs joyous adventures in recreational activities that allow them to run, to swim, to dance, to explore, to create things of beauty with their hands, and to express themselves in self-satisfying ways in their daily living.

Training for leisure time can be approached by participation on the pleasure basis in physical education, music, arts and crafts, drama, nature activities, hobbies, and other recreational activities, as well as by such subjects as civics and the social studies. Physical training and games have a very definite value in the training for cooperative community living. Man lives in social groups and since physical activities are forms of behavior, the recreational values are multiplied if the enjoyment of the individual is shared by the group.

Participation in recreational arts and crafts will develop not only the skills of the hand, self-reliance, dependability, perseverance, inventiveness; but also will provide the boy and girl with definite leisure-time attitudes that will carry over into adult living.

Music, if approached on the recreational basis, cannot be stressed too much because as an activity it is so closely related to so many aspects of life, and it is always within the reach of every person as a form of beauty in itself.

Recreational drama presents another form of splendid opportunity for genuine enjoyment for individuals or groups by allowing for the self-release of emotional urges.

The same values can be pointed out for activities in the field of nature through such activities as hiking, collecting, camping, exploring, which bring genuine pleasure to the individual and also encourage him to learn more about the plant and animal life about him for practical use in his daily living.

It has been said that the proper place for much of this type of training should be centered about the home rather than the school. Such is probably true, but due to the fact that the modern home does not and cannot in every instance meet these problems



it has become necessary for the school and the community to assume a part of the training for leisure-time needs of the American youth.

All indications point to the fact that the schools in the future will be held responsible to a greater extent for the training and developing of attitudes and ideals and the teaching of skills that will have a leisure-time carry-over into adult life. It will then become the responsibility of the home, school and community, working in cooperation with one another, to provide ways and means for the proper functioning of these skills, attitudes and ideals, thus leading to a cooperative society of happier and more useful citizens.

#### Guest Editor

Our guest editor for this month is Miss Edna McCullough. Miss McCullough is Past President of the Central District Physical Education Association and has also served as Secretary-Treasurer of the Kansas State Health and Physical Education Association. At present she is Chairman of the Demonstration Committee of the State Association. This Committee was appointed for the purpose of aiding in the development of worthwhile and educational demonstrations and exhibitions of health and physical education materials and activities in the Kansas schools. Health and Physical Education, in common with all branches of education, needs wise publicity. Demonstrations are a splendid medium for this purpose.

#### THE PRESENT TREND IN DEMONSTRATION

by

Edna McCullough

Head of Department of Physical Education for Women, K.S.T.C., Emporia

The large spectacular type of demonstration of the physical education program seems to be a thing of the past. In reviewing the current practices in Physical Education since 1933, there is little evidence of the old, colossal exhibition. However, demonstrations and exhibits still have a prominent place in the physical education set up.

The values of the old type demonstration are set forth by several authorities as follows:

1. To sell the physical education program to the community.
2. To provide opportunity for students to appear before the public.
3. To develop interest in the student body.
4. To provide entertainment for the community.
5. To raise money.

To a great extent these values still hold good, although the emphasis takes a different turn.

1. We still need to sell our program to the community, but from a more educational angle.
2. We want to give opportunity for our students to be able to appear before the public with poise, but our emphasis is now on developing his leadership ability instead of his "show off" qualities.
3. We develop the interest of the student body by educating them to the skills and fine points of the physical activities.
4. We are now attempting to socialize the people of the community by giving them opportunity for personal participation and education rather than entertainment.
5. The exhibition is no longer just a means of raising money. Much less money is spent on costumes, advertising, and putting on of the present type of demonstrations.

On the whole demonstrations and exhibits are now less of a show and more of an educational procedure.

There is the open house type of program in which, on a stated evening, the whole department (and often the whole school) is thrown open for observation and the various activities are carried on in regular class procedure. Very little extra practice is necessary for this form. Opportunity may be given to the students to help plan



and carry off the evening's program. The same evening exhibits may be shown which visualize safety education and personal and public health measures. These exhibits are a direct outcome of the regular class work. Another interesting form of the open house idea is to allow the parents and visitors to enter into the activity themselves, learning the skills and points of the games through instruction by the regular teacher or from student leaders. This serves to show the possibilities, the difficulties, and the fun in a way which cannot possibly be shown in the purely spectator type of demonstration.

Skill demonstrations are frequently shown to various small groups within the school. Emphasis is usually placed on the skills which will "carry over" into post-school recreational activities. Testing in various skills is shown to student groups and opportunity is given for self testing in a variety of skills.

Co-recreational evenings are gaining favor rapidly both in college and high school groups. New games and skills are demonstrated by a small group and then participated in by the entire group. Folk and social dancing have a large place in these evenings.

There are increasing numbers of studio recitals to present the original, creative work of students of the dance. Costume and lighting effects are reduced to a minimum.

Practically every issue of the current magazines in health, physical education, and recreation contain articles that open our eyes to the great number of possibilities for exhibitions and demonstrations in the field of physical education.

#### SOMETHING NEW FOR THE GYMNASIUM - THE GYMNASIUM SCOOTER

by

Ralph Titus, Director of Physical Education, Winfield, Kansas

With the idea of adding to the variety and novelty of the indoor program, the Winfield schools' physical education department has been using a new type of gymnasium apparatus, the Gymnasium Scooter.

The scooter is a square of wood or metal about one foot square, mounted on swivel casters, making movement in any direction possible. The student sits or lies on it in various ways and runs relays, does stunts, or plays games.

Games which have been successfully played on the scooters are:

1. Basketball, (played with a volleyball because of the difficulty of shooting the regular basketball from the sitting position).
2. A type of hockey, using a short paddle in the hand and a regular hockey puck.
3. A game similar to polo, using a round scooter for the ball. Variations of this game can be played by using a basketball or soccer ball.
4. Football. This is one of the most popular with the boys in the upper classes. A team is composed of five, or six, if twelve scooters are available. Almost everything that is done in regular football is done in this game.
5. Baseball, (Using a volleyball for the ball and batting it with the arm).
6. Tag of various kinds.
7. Keepaway.
8. Black man.
9. A game the students have named Scooter War. They dismount each other.

More than thirty types of relays have been run on the scooters. This is a fine method to use in large classes as it doesn't take very long to get a thorough workout on them.

Many stunts can also be done. It is possible to do the crawl stroke almost perfectly on them.

Winfield being a basketball town, the students prefer basketball above any other activity, but the games and contests on the scooters run a close second in popularity.

Because they develop muscles which need developing most, especially the abdominal, the scooters have met with the most hearty approval of the doctors in Winfield. A committee of doctors examined the scooters and activities possible on them and have given their approval of them as being a physiologically correct apparatus. This has done more toward putting across the physical education program with the people of Winfield than any other activity.



Department of Health and Phys. Ed., Wyandotte High School, Kansas City, Kansas

The following is an outline of the personnel, facilities, equipment and program of health and physical education for the new and splendidly equipped Wyandotte High School plant.

#### PERSONNEL

Each department has two instructors and one assistant. The men, in addition to teaching the gymnasium and swimming classes, coach two sports, swimming and gymnastics.

The women teach gymnasium, swimming and health classes and conduct the extra-curricular sports.

#### FACILITIES AND EQUIPMENT

##### Boys Department

The main gymnasium floor is 120x80 feet with a seating capacity of 1800. Opening from this there is a storeroom for the various pieces of heavy apparatus, volleyball standards, high jump standards, mats, wands, indian clubs and dumb-bells. Also a well equipped instructor's office with shower and toilet.

A team room is provided and both separate and group showers are placed in this room as well as a place for drying suits. There are 7 basket rooms with 2070 baskets available. The dressing room has 173 lockers equipped with combination locks. In connection with this are both gymnasium and team towel rooms. The shower room for gymnasium classes has 14 shower heads with gang control and 3 individual showers.

##### Girls Department

The girls gymnasium floor is 86x60 feet and has one basketball court. Adjoining is a storeroom for heavy apparatus, volleyball and high jump standards, mats, wands and piano.

The instructor's office has shower, toilet, and lavatory facilities, and an outer office equipped with cupboards and two study tables. The dressing room has 87 lockers and 1500 baskets are provided. Included in this unit is a drying room for swimming suits and hair dryers. The shower room is up-to-date in that it contains both gang and individual showers. Towel room and drying room are adjacent to the gang showers.

The facilities available for both departments include health instruction rooms with modern equipment; a corrective gymnasium, equipped with mats, exercise table, horizontal ladder, stall bars, medicine balls and tripple mirror; a large clinic in charge of a registered nurse, used for health examinations and for hospitalization during the day; a swimming pool 28x60 feet with balcony for 250 spectators.

The outdoor facilities consist of separate play fields for boys and girls, one with asphalt surface and an athletic field, with lighting system, running track, and stadium seating 5000.

#### PROGRAM

All students in freshmen, sophomore, and junior classes are required to take physical education. Only those seniors chosen as leaders may take gym. In the boys department the leaders are organized into the 'Naismith' Club of 36 members - these are boys interested in majoring in physical education in college. The girl's leaders club has 26 members.

Students are required to have a health examination. Printed forms are provided and students take these to their family doctors. In a few cases the nurse makes appointment with doctors willing to give the examination without charge. This is necessary for those students who have no family doctor, or who are unable to afford the examination. All students are given a dental inspection.

Physical education work includes swimming and health instruction. No student is excused from swimming unless his doctor's statement gives a reason for the student not doing so. One period of health instruction is given each week when the class is not divided for swimming.

#### NEWS ITEMS

----- By Ardis Hill

The Executive Committee of the K.H.&P.E.A. held a meeting at Topeka Saturday, Feb. 5, at which plans for the coming State Convention at Pittsburg on March 25 and 26 were discussed. Complete details of the Convention will be given in the March Bulletin. Miss Ruth Hoover, Kansas University, was appointed as one of the Kansas representatives on the Central District Council, to fill out the uncompleted term of Miss Thora Ludvickson.



This item, submitted by J. B. Edwards, Central Intermediate School, Wichita, illustrates the continued search for the ideal grading system for physical education. The new grading system as adopted by the Wichita Department of Health and Physical Education after a great deal of study and discussion by the staff consists of 5 main essentials and is as follows:

OBJECTIVE: 1. Attendance. 2. Achievement in Knowledge. 3. Achievement in Physical Performance; 4. Costume (a) Complete (b) Marked (c) Clean.

SUBJECTIVE: 5. Attitude (a) Effort (b) Cooperation (c) Sportsmanship (d) Courtesy.

On the basis of these factors each pupil is to be given a grade of A, B, C, D, or F.

Each physical director will use these five main essentials in determining a grade. Tests of knowledge and physical performance are to be made up and administered by each physical director and these are to cover the most important points taught in each activity. Each physical director is to have the right to determine how much importance to place on any one of the five essentials with the general recommendation that achievement in knowledge and physical performance be given major consideration.

The W.A.A. of McPherson College sponsored its first Volleyball Sports Day on January 29. Volleyball teams and instructors in physical education for women from the five colleges; Bethany, Kansas Wesleyan, Sterling, Bethel, and Southwestern were guests. 70 attended. An elimination type of tournament was used. Two games were in progress at one time. Another important feature of the day was the luncheon or banquet. The days' program was under the general direction of Miss Lilyan Warnor, Womens Instructor in Physical Education and Sponsor of the W.A.A.

Dr. V. W. Lapp of Kansas University is Chairman of the Research Section of the Central District Physical Education Association.

The new Chanute Junior College, which was dedicated in November, has a gymnasium seating 1500. It is on first floor and offers modern facilities to players and spectators. It will serve both Senior High School and Junior College.

Clem Tuggle, for 11 years coach and commerce instructor at Atchison High School, resigned to become a representative of the Travellers Insurance Company.

The Physical Education Department of Rosedale High School, K.C., Ks., under the direction of Leo Green and Juanita Nicholson, gave a gymshow-circus, January 20.

Miss Thora Ludviskon, Past-President of the K.H. & P.E.A., who formerly taught at Wichita High School North, is now teaching at the Roosevelt High School, Minneapolis, Minn.

Mr. James Douglass, for several years instructor in physical education and coach at Salina High School, resigned recently to go with the International Harvester Company. He is located at Topeka.

#### Worth Reading

"The Philosophy of Athletics." - in Scholastic Coach for December, 1937.

"The New York State Athletic Program," by H. A. Jones - in Journal of Health and Physical Education, January, 1938.

A full description of a very remarkable new set up in public school athletics. "Elementary Balancing and Tumbling." - Journal of Health and Physical Education.

Excellent descriptions, illustrations and progression of activities for boys.

"Marijuana - Assassin of Youth." - American Magazine, July, 1937.

An amazing record of danger to American youth and school children.

The Editors wish to thank those who sent in material for this issue of the Bulletin. It is impossible to get out the Bulletin without YOUR help. Please consider this a personal invitation to YOU Mr. or Miss Member.

#### IMPORTANT DATES

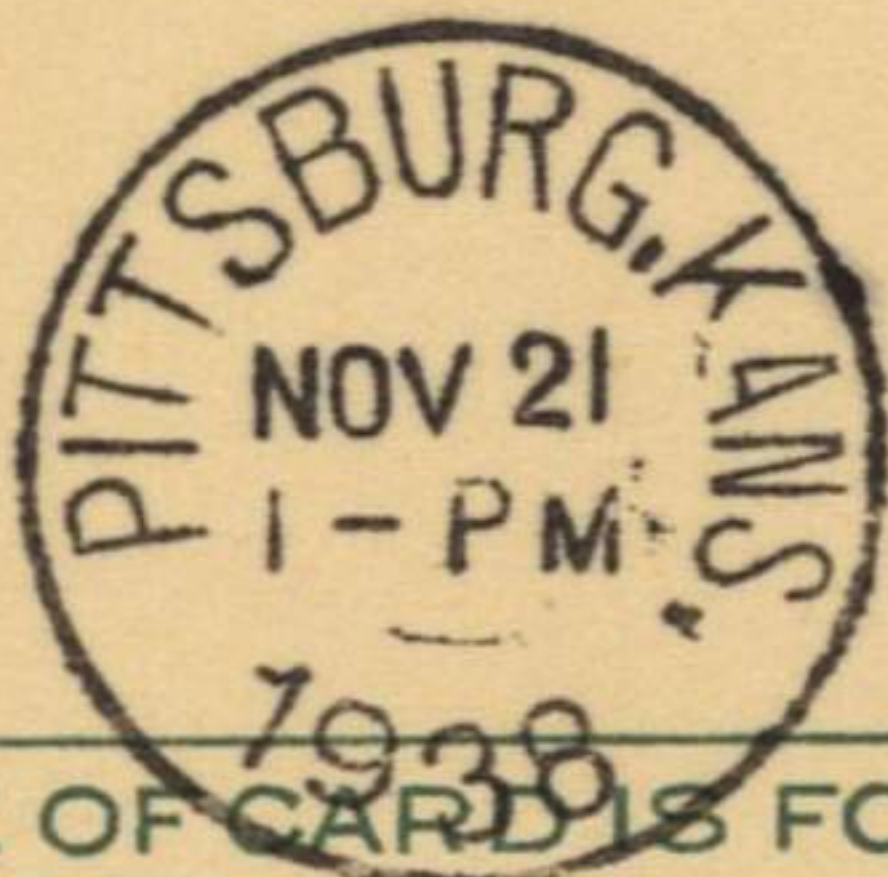
March 25 and 26

Kansas Health and Physical Education Association Convention, Pittsburg.

March 30 - April 2

Central District Physical Education Association Convention, Minneapolis, Minnesota  
Editorial Board:-L.P. Washburn, Manhattan, Editor-in-chief; Ardis Hill, Kansas City.





COLLEGE STA

THIS SIDE OF CARD IS FOR ADDRESS

Dr. Forrest C. Allen  
University of Kansas  
Lawrence, Kansas



November 17, 1938.

Dear Council Member:

There will be a meeting of the Council of the Kansas Health and Physical Education Assn. on Saturday, December 3, at the Hotel Wareham, Manhattan.

I will appreciate notification if you find it impossible to attend.

Very truly yours,

*Hazel Cave*

Secretary-Treasurer



Suggestive Program for the K.H.&P.E.A.  
1938-1939

Helen G. Saum, Guest Editor  
President of the K.H. & P. E. A.

who need it less, but the community and administrative emphasis upon "championships" makes any constructive ideas in this direction impossible.

- A. Every effort must be made to emphasize the value of an adequate program of physical education for the public schools of the state. Both the administrators and the general public must be aware of the immediate need in this respect. The Association members should make every opportunity for dignified, enthusiastic and intelligent publicity for the work. Certain procedures listed below will aid in establishing a favorable attitude towards physical education:
1. A speaker from the field of physical education participating on the General Program of the State Teacher's Association.
  2. The spring meeting of the H.&P.E.A. so designed as to attract and interest educators, administrators, parents, social and service clubs and reputable professional organizations.
  3. Contact with the above individuals and organizations set up through state, district and county educational meetings, parent-teacher organizations, service-social, and civic clubs and by radio.
  4. Principals and superintendents are to be encouraged to give positive credit for physical education work. Progress in this direction will be stimulated by the use of achievement tests and the practice of systematic grading in keeping with the so-called major subjects.
  5. A movement sponsored, favoring a regular class period in physical education every day.
  6. More emphasis given to intramural activities for every child and less to varsity or interscholastic athletics for the few.
  7. Trained, accredited physical education teachers are best equipped to sponsor such attitudes and ideals. The coach is often not only willing but anxious to promote activities for all the boys rather than the few
- B. The Association must bring to the attention of the general public and educational authorities, the critical need for safe athletic programs, systematic health inspection and periodic examinations for the normal children, and a carefully planned program for the physically handicapped. Suggestions follow for procedure:
1. Cooperation with the local, county and state health units is of much value.
  2. Establish intelligent and professional relations with the local, county, and state medical associations and ask their advice and assistance.
  3. Plan "limited" programs suited to the children "excused" from physical education work. Consult the attending physician and encourage his thorough understanding of your whole program and ideals. Ask him to help you select activities for the handicapped child under your direction. Check your results with him.
- C. A state syllabus should be compiled. The state department of education should be asked to cooperate and advise.
1. Present status of physical education to be determined by a survey in cooperation with school authorities.
  2. Syllabus to be based upon the findings from this survey and the local needs.
  3. Set a definite date for the completion of this syllabus.
- D. The teacher of physical education must make contracts with the community by active participation in the social and recreational life. The increased leisure is a direct challenge and a golden opportunity for the physical educator.
1. Sponsor adult recreation, tennis, golf, swimming, hiking, picnicking, camping, etc.



2. Participate in community dramatic, musical, literary, and legislative organization.
3. Set an example in your community for wholesome, healthful recreation.

Teacher Training Institutions

1. What kind of teachers are we graduating?
  - a. Intelligence, appearance, ability to teach.
  - b. Is our curriculum one that will enable our graduates to teach modern physical education and in keeping with present day education?
  - c. Are we offering courses for elementary teachers 30 and 60 hr. curriculum.
  - d. Courses for the part-time teacher (15 hr. minor).
  - e. Courses for the full time teacher (40 hr. major).

State Board of Education

1. Will they raise the standards in requirements?
  - a. Elementary teacher (5 hr. in health and P.E.)
  - b. Part time 15 hrs. (15 hrs. health; 15 hrs. P.E.)
  - c. Full time teacher (40 hr. major)
  - d. Follow-up requirements by definite check.
  - e. State Syllabus.
  - f. State Supervisor.

oOo

Strong Hinman, formerly Director of Health and Physical Education at Wichita, accepted the position of Director of Health, Physical Education and Recreation at Kansas City, Mo. He went to his new position during the past summer. Mr. Hinman has done a splendid piece of work at Wichita during the past years and developed one of the outstanding departments in the country, a department of which Wichita may well be proud. Mr. Hinman has been a leader in the Kansas Health and Physical Education Association and one of the small group who organized the association eleven years ago. We are sorry to lose his services and we congratulate him on his promotion.

The leaving of Mr. Hinman brought about several changes in the physical education staff at Wichita. Mr. R. H.

McAllister, for several years Head of the Boys Physical Education Department at Wichita High School East, has been promoted to the City Directorship. Mr. McAllister made a fine record in his former position and is well qualified for the larger field which he has entered.

Mr. Ray Kanehl, formerly instructor in the Boys Department at East High School, has been appointed head of the department to replace Mr. McAllister. Mr. Ed Wood, formerly of the Lawrence High School, has been added to the staff at Wichita East, to fill the position left vacant by the elevation of Mr. Kanehl.

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Miss Doris Peterson resigned her position as Girls Physical Director at Winfield High School to accept a teaching position at the Denton, Texas, State Teachers College in the Womens Physical Education Department.

Miss Helen Bice, a graduate of Fort Hays Kansas State College, is the new Girls Physical Director at Winfield. She came from Smith Center High School where she taught for two years.

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Physical education is being reorganized and consolidated in the ten grade schools of Salina. After ten years at Columbus, Kansas, Harry B. Randall comes to the Salina School System as Supervisor of Elementary School Physical Education. Mr. Randall was one of the speakers at the Public School Section of our State Convention in Pittsburg last March.

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A very interesting development at Kansas University is the grading of a new intramural athletic field. The field is five acres in extent and the cost of the grading will be \$1200. This money was appropriated by the Student Council from its student funds. The students are enthusiastically and substantially backing their intramural program.

Social dancing is being offered as a regular course in physical education at Kansas University this fall. It is the first time such a course has been offered there and college credit is given for it.

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A new Summer High School for negroes is being planned at Kansas City, Kansas. It will contain a complete physical education unit.



Two women have been added this fall to the physical education staff at Kansas City, Kansas. Dorothy McCauley, formerly at Emporia High School, is now teaching at Rosedale High School and Helen Bayer moved from Beatrice, Nebraska, to Argentine.

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The Wichita Schools are adding a new physical education unit to their splendid system. The John Marshall Intermediate School, located in the Riverside district of Wichita, will be ready for the fall of 1939.

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Miss Irma Gene Nevins, Head of the Department of Physical Education for Women at Pittsburg State Teachers College, is on leave from Pittsburg and studying to complete her E.D. degree at New York University. Her major work is in the field of Safety Education.

New teachers in the physical education staff at Pittsburg State Teachers College are Lela Horton, who taught last year at Denton State Teachers College, Texas, and Hattie Stoskopf, who was advanced from student assistant to full time instructor.

A co-recreational class in required physical education is being offered for the first time at Pittsburg State Teachers College. Badminton, shuffleboard, ping pong, tenniquoit, and square dances are among the activities used.

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#### Fall Council Meeting

The fall meeting of the K.H. & P.E.A. Council was held on Oct. 1 at McPherson in order to make plans for the State Convention to be held in that city on March 24 and 25, 1939. The following council members were present: F.C. Allen, Hazel Cave, Katherine Geyer, Merle Henre, Ruth Hoover, Geneva Millett, C. S. Moll, Earl Morrison, Helen Saum, Oran Shearer, Henry Shenk, Fritz Snodgrass, Ralph Titus, L. P. Washburn.

Miss Hazel Cave was elected Secretary-Treasurer in place of Miss Nevins, who is out of the State this year. The following local Committee Chairmen for the Convention were appointed: Exhibits, Joe Rich; Luncheon, Miss Warner; Mixer & Dance, Helen Hirni; Hospitality, Miss Warner. Miss Helen Hirni is the General Convention Chairman.

Other Convention Chairmen are: Auditing, Oran Shearer, Wichita; Convention Publicity, Oran Shearer; Records, Mary Lou Clark, Hutchinson; Registration and Budget, Hazel Cave; Nominating, L. P. Dittmore, Topeka; Precedents, L. P. Washburn, Manhattan; Membership, Henry Shenk, Junction City.

The Chairmen of the Sections which will hold meetings at the Spring Convention are: Women, Edna McCullough, Emporia; Men, C. S. Moll, Manhattan; Athletic, Earl Morrison, Salina; Public School, R. R. Strait, Chanute; Students, Geneva Millett, Hays.

A State Curriculum in Physical Education was discussed at length. Committee reports showed that contact has been made with all members of the State Board of Education and many favorable replies received. The fact that two members of the previous Curriculum Committee have left the state necessitated the formation of a new committee consisting of Edna McCullough, Chairman, Merle Henre, Eva Lyman, and C. S. Moll. Work will be continued toward bringing about the adoption of a State Curriculum.

A committee was also appointed to consider the possible improvement of teacher training curricula in the State Teacher Training Schools. The Evaluation of Physical Education Programs in the Public Schools of Kansas will be studied during the coming year.

Dr. F. C. Allen will head up the Radio Publicity Program and Merle Henre, that for Newspapers and Magazines.

The budget allowance for the Bulletin was increased from 25 to 50 dollars.

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Hiawatha High School has a varied and well arranged program of health and physical education including health classes, physical education classes, intramural and interscholastic athletics. Mr. Charles Socolofsky is director of the program.

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The Junction City High School athletic field has been greatly improved during the summer by the installation of lights and the building of new stone bleachers and running track.

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Mr. Ray Ellis accepted the position of Physical Director and Coach at Beloit, taking the place left vacant by the resignation of Frank Prentup.



All football games of the Wichita High Schools are being played on Friday evenings at the University of Wichita stadium this year instead of on Saturdays as has been the practice heretofore.

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Miss Elizabeth Barbour has returned to Fort Hays State College from a years leave spent in graduate study at New York and Chicago Universities. She majored in The Modern Dance.

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Mr. Riley Whearty is the new physical director and coach at Ellis succeeding Paul Fairbanks who resigned to enter business in Topeka.

oOo

Miss Lucille Hatlestad is extending her leave of absence from the Pittsburg State Teachers College for another year. She is at Iowa University doing graduate work for a doctors degree in physical education.

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Two Kansas City, Kansas, high schools have been improving their athletic facilities recently. A new stadium is being built for the Argentine while dressing facilities are being added to the Rosedale stadium.

Physical education is being required this semester for the first time at the Kansas City, Kansas, Junior College. It is required of all freshmen students including both men and women.

oOo

Miss Jane Byrne, graduate of Kansas University with advanced work at Wisconsin University, and James Raport have been added to the physical education staff at Kansas University.

oOo

Miss Lorraine Maytum is spending a years leave of absence from Kansas State College, Manhattan, in graduate study at Wisconsin University.

oOo

Miss Hazel Cave is filling two vacancies left by Miss Nevins. She is acting Head of the Department at Pittsburg State Teachers College, and was elected Secretary-Treasurer of the K.H. & P.E.A. at its recent Council Meeting.

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#### Large Staff at Kansas City, Kansas

A total of 58 teachers are participating in the health and physical education program of the Kansas City junior and senior high schools. Of these, 30 are men academic teachers with major or minor coaching assignments. 18 are physical education teachers and seven are nurses. Two women academic teachers assist with girls intramurals, a new development in Kansas City. The whole program is administered by one supervisor, Mr. Merle Henre.

oOo

Mr. Frank Prentup, a graduate of Kansas State College, Manhattan, has become Head Coach and Instructor in Physical Education at Manhattan High School. He takes the place of C. H. Little, who resigned during the summer to do insurance work with the Federal Government. Mr. Prentup was for several years at Beloit, and has a bachelors degree in physical education and Masters in Education. With Mr. Prentup heading up the athletic program and Mr. Bruce Smith directing the health and physical education program, Manhattan has two men of excellent training and successful experience.

oOo

Ruth Cross, Fort Hays State College, 1938, is teaching physical education at Emporia High School. Miss Margaret Nicholas, who taught last year at Hays High School, is doing graduate work at Peabody College, Nashville, Tennessee. Clara Nicholas is taking her place at Hays High School.

oOo

Ralph Titus, physical education director at Winfield, reports a very successful summer playground program carried on at Winfield last summer. The program was organized under the leadership of Evan Evans, Superintendent of Schools, and continued for 8 weeks. The Board of Education supplied the funds for the project which included games, music, arts and crafts, and manual training activities. A pet show, bicycle race, and doll show were some of the special events.

oOo



Kansas City, Missouri, Public Schools  
Show Health Progress

A late bulletin of the Kansas City, Missouri, Physical Education Department reports the following progress in certain health features:

- Diphtheria immunization: 1931, 79.5%;  
1938, 91.2%.
- Vaccination: 1931, 83.9%; 1938, 90.5%.
- First Aid Decreasing:  
1931 - 42,229 cases  
1938 - 16,734 cases
- Student Conferences Increasing:  
1932-3 - 6,945  
1937-8 - 11,231

oOo

State Teachers Association Meetings

Nov. 4 and 5 the Physical Education Round Tables of the K.S.T.A. will hold meetings in eight cities. The programs are varied and offer some very interesting features. They will be worth attending by every person interested in health and physical education. The K.H. & P.E.A. is very much interested in helping to make these meetings worthwhile and inspiring and urges a full attendance.

oOo

Officers of the K.H. & P.E.A. for 1938-39:

- President, Helen G. Saum, K.S.C., Manhattan.
- President-Elect, Oran Shearer, Wichita.
- Vice-President, Henry Shenk, Junction City.
- Secretary-Treasurer, Hazel Cavé, K.S.T.C.,  
Pittsburg.
- Bulletin Editor, L. P. Washburn, K.S.C.,  
Manhattan.
- District Council Members:  
Helen Saum, Manhattan.  
W. H. Mifflin, Coffeyville.  
Ardis Hill, Kansas City.
- National Council Members:  
E. A. Thomas, Topeka.  
Ruth Hoover, Lawrence.

oOo

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

Worth Reading

Physical and Health Education, by Helen Smith and Helen Coops; American Book Co., 1938.

This is an unusually clear and modern presentation of the combined program of physical and health education. Its purpose is to clarify the situation by standardizing terminology, indicate separate relationships, and explain detailed responsibility in the two fields.

The Organization and Administration of Physical Education, by E. E. Voltmer and A. A. Esslinger; F. S. Crofts & Co.

The chapter on Aims and Objectives of Physical Education is especially interesting and shows a new method of determining and evaluating the aims.

Teaching Procedures in Health Education, by Conrad & Meister; W. B. Saunders Co.

This is an up-to-date book on this subject and will be of interest to those teaching health courses in the secondary school.

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Next Month

Next month's Bulletin will contain a very interesting article on "Basket Ball Brevities," by F. C. "Phog" Allen, Basketball Coach at Kansas University. This article is timed to be of value to high school coaches as they start their basketball preparations.

More news notes will be forthcoming. You enjoy reading about what other schools and teachers are doing. So do your part to make the Bulletin interesting by sending in one or more items of things happening at your school. Sit down and do it now! Include new games, methods, changes in staff or curricula, new or improved equipment, facilities and buildings.



To The Teachers

of

HEALTH AND PHYSICAL EDUCATION IN KANSAS

Do you belong to the Kansas Health and Physical Education Association?

Here are a few reasons why you should support the organization:

1. It is taking definite steps in setting up a curriculum in Physical Education for Public Schools in Kansas.  
(This means more and better positions in this field - This affects you)
2. It has a committee working on a survey of Physical Education in an attempt to improve the facilities, program and instruction in this field. (This affects you)
3. It has a committee organized for the purpose of improving Teacher Training in the field. (This affects you)
4. It sponsors the Round Table meetings in Health and Physical Education in every convention city of the State Teachers Meetings.  
(This affects You)
5. It holds a State Convention each year for the purpose of bringing all teachers of Physical Education together to hear outstanding leaders and speakers in the field.  
(This affects you)
6. It publishes a Monthly Bulletin which contains helpful articles and news of what is happening in Kansas in Physical Education.  
(This affects you)
7. It sponsors a Radio Program. This year, Dr. F. C. Allen of Kansas University has charge of this work and intends to broadcast from all stations in Kansas. Listen for the announcements and tell your Superintendent.  
(This affects you)
8. The K.H. & P.E.A. is interested in raising the standards of Physical Education teaching requirements in Kansas.  
(This affects you)
9. Membership in the state association costs \$1.00. If you wish to join the National Association also, this membership is \$2.00. Write name, address and teaching position on envelope and insert amount for membership.

10. Be sure to remember the dates - MARCH 24-25 - K.H. & P.E.A.  
State Convention at McPherson, Kansas

COME



"BASKET BALL BREVITIES"

By  
Dr. Forrest C. Allen

Seasonal Preparations

The old adage, "A thing well begun is half done" certainly holds true in the preparations for a strenuous competitive basketball season. Schedules carefully arranged, adequate playing equipment all in order, prospective players hardened for the early grind by religious adherence to their preliminary setting-up exercises and "early to bed and early to rise" childhood ideals, and the playing court with its lines and baskets and nets trim and expectant -- all combine to say to a returning coach, "The stage is set, and it's going to be a great season." Such studied and complete preparations send a coach home whistling -- if he can whistle -- or singing -- if he can sing. In whatever state of awareness he finds himself, he is trying to say, "God's in His heaven. All's right with the world."

So important does the writer deem these simple exercises that during the entire season he gives 5 minutes daily to their execution. Failure on the part of the men to execute these drills is regarded by the coach as a direct violation of the training schedule and is treated as such. If consistently followed, these exercises will so strengthen the ligamentous attachments of the fingers, wrists, ankles, and knees that few injuries will occur in scrimmage.

Push-up Dip. Get down on all fours with the body extended parallel to the floor and with fingers and toes supporting the body. Without letting the abdomen, chest, or thighs touch the floor, execute a full dip. Then push up and dig again. Without allowing the hips to sag, repeat this exercise 12 times.

Full Squat Dip. Stand in upright position. With arms extended laterally to perfect the body balance, extend the right leg to the front and sink slowly on the left foot to a full squat. Without touching the floor with the hands or with the extended leg, put entire weight on the left leg and thigh, and depend up-

on the strength of the knee and the hip joints to bring the body again to an upright position. Finish with a rising skip. Repeat this exercise, 3 times on each leg, twice daily.

All these setting-up exercises should be slowly stretched through, quite after the manner of a contented cat before a fire. Plenty of stretching keeps the spine supple and the body youthful.

If nothing else could be said to players about eating this should suffice: Eat slowly at mealtimes and eat nothing between meals. How rapidly a player eats is just as important as what he eats.

The three B's - Boiled, Broiled, and Baked Foods. - Boiled, broiled, and baked meats should constitute good dietic fundamentals for a training menu; there should be no fried foods. The players should have their interests in body metabolism and the relative values of fats, proteins, and carbohydrates whetted to the point that they will thoroughly understand about tissue-building foods. If meats are eaten before games, the meal should be served three hours previously.

Oranges. This fruit is a pet hobby of the author for the training diet of all athletes. Through his long years of coaching, so important has the writer considered the use of oranges for conditioning players that he has never ceased to suggest a team orange fund to every "pep" organization with which he has come into contact. The sum-total results of this athletic orange-eating hobby have been without exception an orange a day for each and every athlete on the football and basketball squads throughout his coaching and administrative years.

In addition to the orange after practice, he has urged every athlete to eat another orange for breakfast and still another before going to bed--three oranges a day and more if possible. Oranges stimulate appetites and at the same time satisfy both thirst and hunger - thus preventing overeating.

The best way to eat an orange is to break up the cells and let the juice of



the orange cover the entire area of the tongue - thereby stimulating the gastric and biliary flow. These juices will aid digestion and will assist in eliminating constipation.

Water. Athletes should drink an average of one glass of water every hour, except on game days, when they should cut down to four glasses a day. After the games players should drink as much cool water, never ice-cold water, as is consistent with comfort.

The nervous and hungry type of athlete who never gets enough to eat and wants to eat between meals should try drinking a glass of water every time he craves food between meals. Water will appease this false hunger.

Sweets. In days now gone, athletes were absolutely forbidden the use of sweets. Now the trend is toward discretion rather than abstinence. Candy, when eaten discriminately after meals, is an energy producer and should have a definite place in a player's diet.

A Pregame Menu. The following meal should be eaten at least two and one-half hours before the game:

Sliced oranges, sprinkled with sugar, and accompanied with celery hearts. Two slices hot dry toast, butter, and a small cup of honey. One cup of weak tea with sugar and lemon or cream.

In very exceptional cases, if the team has been subjected to unusual hardships of travel, a small piece of broiled T-bone steak (2 in. square) may be added to this menu.

Contentment. Bear ever in mind the values of contentment. A mind at peace with itself does not get stale. A squad talented in singing and playing rarely suffers from staleness. Group singing is a great harmonizer and a developer of the finer qualities of comradeship.

It is a splendid plan for a team to eat the last meal before a game where they can hear good music. This meal does not strengthen the players much physically. Its best feature is in the contentment it might bring.

NOTE: Dr. Allen, Head Basketball Ball Coach at Kansas University, has had an unusually successful record as a coach. He is the author of several books, such as, "My Basketball Bible", "Better Basketball", and "Physical Education and Athletics" in Higher Education in America.

NEWS NOTES

NATIONAL ORGANIZATION PASSES RESOLUTION

The American Association for Health, Physical Education, and Recreation has adopted the following resolution. The facts presented in this resolution should cause a lot of thought:

"Inasmuch as the junior high pupils are in the midst of the period of most rapid growth, with the consequent bodily weaknesses and maladjustments, partial ossification of bones, mental and emotional stresses, physiological readjustments and the like,

BE IT THEREFORE RESOLVED: That leaders in the field of physical education should do all in their power to discourage interscholastic competition at this age level because of its strenuous nature.

BE IT FURTHER RESOLVED: That where school systems continue to foster a program of interscholastic sports competition for junior high schools, they be urged to limit it to pupils who are physiologically mature as measured by X-ray pictures of the degree of carpal bone ossification, advanced chronological age plus beard growth, or some other such indication of physiological maturity."

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Miss Viola Waugh is teaching physical education at the Atchison High School, succeeding Miss Sherod who taught there last year.

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A total of 106 persons paid membership dues to the K.H. & P.E.A. at the eight Health and Physical Education Round Table meetings of the K.S.T.A. This is an increase of six over last year. Eighteen people paid national dues at the same time. The Wichita meeting led in memberships, sending in 35 State and 8 National, with Topeka in second place, providing 30 State and 5 national memberships.



MEMBERSHIP LIST OF KANSAS HEALTH & PHYSICAL EDUCATION ASSOCIATION

PROFESSIONAL MEMBERS

Allen, Forrest C.	Lawrence	Howe, Emma K.	Lawrence
Allen, Geo. D.	Independence	Huddleston, Mildred	Topeka
Allphin, H. G.	Lawrence	Hughes, Elva	Independence
Antrim, Sara Jane	Peabody	Hukle, S. R.	Kansas City
Barbour, Elizabeth	Hays	Hunt, Harold S.	Newton
Barnett, Helen	Kansas City	Iba, Howard	Olathe
Barton, Gertrude	Pratt	James, Elisabeth	Neodesha
Bice, Helen F.	Winfield	Jones, Doris	Kansas City
Brecheisen, Kenneth	Garden City	Kadavy, Karla	Valley Falls
Brown, Virgil L.	Woodbine	Kittell, Marjorie	Topeka
Byrn, Jane	Lawrence	Knorr, Fritz	Kansas City
Callahan, Ada S.	Junction City	Lancaster, Corrine	Clay Center
Campbell, Wayne F.	Neodesha	Lance, John	Pittsburg
Cave, Hazel	Pittsburg	Lanyon, Helen D.	Pittsburg
Cheshire, Minerva W.	Columbus	Lapp, V. W.	Lawrence
Church, Helen M.	Dodge City	Liljestrom, Leo	Caldwell
Clark, Mary Lou	Hutchinson	Lyman, Eva	Manhattan
Cox, Orlis	Ottawa	McCoy, Paul	Columbus
Daniel, W. E.	Wichita	McCullough, Edna	Emporia
Davies, Louise	Coffeyville	McGinley, Francis	Topeka
Davis, Edith J.	Arkansas City	McGinley, J. P.	Topeka
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Dittemore, Lester	Burlingame	Mahoney, Sarah	Russell
Dunkel, Elizabeth	Lawrence	Martin, Edith M.	Wichita
Edwards, Betty	Coffeyville	Maytum, Lorraine	Madison, Wis.
Edwards, Jim	Wichita	Mifflin, W. H.	Coffeyville
Elbel, E. R.	Lawrence	Millett, Geneva	Hays
Elliott, Dorsey	Caldwell	Mitchell, Henrietta	Topeka
Ellis, Ray	Beloit	Moll, C. S.	Manhattan
Elvin, Carl F.	Galva	Morgan, Charles	Pittsburg
Erskine, Myra	Hugoton	Morris, Earl F.	Hays
Evans, T. M.	Kansas City	Morrison, Earl F.	Salina
Fiser, Lud	Atchison	Nash, Madge	Halstead
Focht, Ferne	Wichita	Neelly, Leroy	Ellsworth
Ford, Virginia	Arkansas City	Nicholson, Evcrett	Arkansas City
French, Helen	Pittsburg	Noll, Dorothy	Coffeyville
Froman, Rosella	Fort Scott	Oxandale, G. L.	Netawaka
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Gage, Ralph D.	Wichita	Pfleger, Esther	Wichita
Garrett, Mildred L.	Abilene	Prentup, Frank	Manhattan
Geyer, Katherine	Manhattan	Priddle, Clyde	Wichita
Gibbons, Lucille	Coffeyville	Pulley, Dorothy	Kansas City
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Goodwin, Lila H.	Topeka	Roode, Harold L.	Kansas City
Hawkins, Juanita	Wichita	Reed, Ralph L.	Burlington
Hedrick, John	Wichita	Reitz, Florence	Wichita
Henderson, Glen E.	Wichita	Rettig, Doris	Eldorado
Henre, M. R.	Kansas City	Rich, Joe	McPherson
Henrie, Wilbur	Burdette	Rodda, Lucille	Arma
Hill, Kenneth	Kansas City	Roy, W. D.	Kansas City
Hirni, Helen	McPherson	Saum, Helen G.	Manhattan
Hobson, Esther E.	Concordia	Scott, Madelene	Topeka
Holm, Elmer	Topeka	Shearer, Gran W.	Wichita
Hoover, Ruth	Lawrence	Shenk, Henry	Junction City
Horton, Lela C.	Pittsburg	Simion, Constance	Coffeyville



Simpson, Daisy  
 Smith, Alma  
 Smith, H. Bruce  
 Smith, Niles B.  
 Smith, Sue  
 Snodgrass, F. M.  
 Stoskopf, Hattie  
 Strait, Reginald  
 Summers, Maedella  
 Taggart, Gladys  
 Theilen, Ann  
 Thomas, E. A.  
 Titus, R. E.  
 Turner, Clair K.  
 Unruh, Sue  
 Upson, Mary Jane  
 Upson, W. E.  
 Vanous, Emma  
 Ventura, Frank  
 Warner, Lilyan  
 Washburn, L. P.  
 Washburn, Mary C.  
 Wilson, Donald M.  
 Wootton, Minerva J.  
 Yeagen, E.  
 Young, Ernestine  
 Young, Evelyn  
 Young, Florence  
 Zook, Maxine  
 Adams, Merle  
 Edwards, A. R.  
 Dunkel, Catherine  
 Loveless, Helen  
 Stebbins, Flora

Emporia  
 Hays  
 Manhattan  
 Hutchinson  
 Altoona  
 Pittsburg  
 Pittsburg  
 Chanute  
 Kansas City  
 Wichita  
 Wichita  
 Topeka  
 Winfield  
 Emporia  
 Kansas City  
 Topeka  
 Hutchinson  
 Kansas City  
 Kansas City  
 McPherson  
 Manhattan  
 Topeka  
 Wichita  
 Pittsburg  
 Chanute  
 Paola  
 Ottawa  
 Manhattan  
 Coffeyville  
 Humboldt  
 Wellington  
 Coffeyville  
 Iola  
 Wichita

Krieckhaus, Mildred  
 Martin, Lois  
 Mitchie, Alene  
 Moll, Irene  
 Nodrow, Jeraldine  
 Reed, Margaret  
 Smith, Jane  
 Streets, Polly  
 Sutton, Lois  
 Swanson, R. W.  
 Townsend, Helen  
 Van Der Stitt, Helen  
 Willis, Betty  
 Woods, Eva M.  
 Woods, Roberta

Pittsburg  
 Pittsburg  
 Pittsburg  
 Lawrence  
 Hays  
 Topeka  
 Topeka  
 Pittsburg  
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 Manhattan  
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NEWS NOTES

The Department of Health and Physical Education at Pittsburg had its annual Tri-State Play Day on Saturday, October 29. The theme of the day was Radio Review, the teams being named by the call letters of well known stations. The morning activities started with the taking of the Play Day Oath, "As a participant of K.S.T.C. Play Day of 1938, I pledge myself to evidence a spirit of sportsmanship such that I, and those who play with me, shall enjoy the game whether in defeat or victory." Twelve towns were represented by twenty schools with two-hundred and seventy-eight girls registered for activity. With guests and visiting instructors there were three-hundred and forty-three for luncheon in the college cafeteria. While the girls participated in the team games during the morning there was an hour of round table discussion for the visiting instructors. Immediately following luncheon there was an Amateur Hour program in the college auditorium. Each team presented a number which was limited to a length of one minute, terminated by the sound of the gong. The afternoon activities consisted of individual challenge events alternating with swimming.

Considerable interest was evidenced in an extensive display of physical education publications during the Kansas State Teachers Meeting at Pittsburg. Several publishers cooperated in furnishing a great number of books recently off the press; A.S. Barnes, W.B. Saunders, Lea and Febiger, and Prontice-Hall each sent a fine selection of publications. These were supplemented with books belonging to the department library of the Pittsburg State Teachers College. This book display was much

STUDENT MEMBERS

Baker, Ruth  
 Baker, Thelma  
 Baldwin, Esther  
 Bellman, Kathryn  
 Bettenn, Lucille  
 Botton, Lucille  
 Brim, Catherine  
 Cannady, M.  
 Carson, Lorenc  
 Cross, Ruth  
 Dluhy, M.  
 Ellis, Bessie Lee  
 Elmore, G.  
 Garton, Elizabeth  
 Gilkeson, E.  
 Guffey, Margaret  
 Gurd, Margaret  
 Hansbarger, Maxine  
 Hardacre, F. M.  
 Hemphill, Bernice  
 Herlocker, Elizabeth  
 Horn, Daisy  
 Johnson, Nadine  
 Knock, Mercedes

Lawrence  
 Pittsburg  
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appreciated by the visiting teachers.

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Wichita Public Schools has Dr. Kenneth Haworth serving as full time school doctor this year after having several part-time doctors last year.

Men and Women Physical Education Directors of the Intermediate Schools of Wichita have been taking a half day visiting leave every six weeks. Schools in the city are visited.

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The Nurses round table group meeting at Wichita expressed a desire to join with the Physical Education group for a combined meeting next year. This would be a fine thing and a forward step as the work of the two groups has many interests in common. Health and Physical Education should work in close coordination to effect the best results for the pupils.

Prof. Frank Thompson of K.S.C., Manhattan, gave a very interesting talk on the teaching of tumbling to the Topeka round table meeting. This was demonstrated by members of his tumbling team. A similarly excellent demonstration lecture was given by Mr. Coulson of Newton, at the Wichita meeting.

The Topeka Health and Physical Education round table meeting was very well organized and could well serve as a model for other round tables. A general meeting was held first for men and women physical directors and health workers. This was followed by three meetings, one each for mens physical education, womens physical education, and health.

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Miss Ruth Buchanan is the new girls' physical education teacher in the Parsons Senior High School and Junior College, replacing Miss Ann Thielen, who transferred to Wichita this fall.

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#### Kansas Colleges High School Play Days, 1938

For as many as ten years Kansas Colleges have been sponsoring annual play days for high schools. Soon after the formation of the State organization of Women's Athletic Associations in 1924, a division of counties was made between the various colleges. Each year these colleges organize play days for the high

schools of the counties assigned to them. High schools look forward to these annual events and often write in to the hostess college weeks in advance asking if the usual play day will be held and requesting that they be allowed to participate.

This past year through the efforts of the State Committee on Women's Basketball and the State Chairman of the Women's Athletic Section a survey of college play days was made. The results of this survey were as follows:

1. Colleges holding Play Days: Emporia College, Friends University, Kansas State College, Manhattan, Kansas State Teachers College, Hays, Kansas State Teachers College, Emporia, Kansas State Teachers College, Pittsburg, Kansas University, Marymount College, Ottawa University, Southwestern College, Washburn College, Wichita University.
2. Play Day Themes: "Comic", "Air Circus", "Regatta", "Carnival", "Popeye", "Round-up".
3. Classification of high schools invited. Ten colleges reported inviting a combination of first, second and third class high schools. One college invited only third class high schools. One college invited first and second class high schools.
4. Health certificates: Five colleges required health certificates indicating that participants were in good physical condition. Three colleges asked that participants be checked as to physical condition, but did not require certificates. Four colleges made no mention of physical condition of participants.
5. Registration fees: Registration fees were charged for the most part to cover cost of lunches. The usual fee was twenty-five cents per participant. Three colleges did not charge a fee and two supplied free lunches.
6. Number of schools invited: Eleven colleges invited a total of 384 high schools; Average number invited by each college, 35.
7. Number of schools attending play days: Eleven colleges reported a total of 163 schools in attendance; Average number of schools attending each play day, 15.



WORTH READING

8. Number of participants: Total participation in 12 college play days, 1,562; Average attendance per college, 130; Approximate number of participants representing single high school, 10.

9. Meetings for sponsors accompanying high school groups: Six colleges reported such get-to-gethers; Problems having to do with girls' athletics were discussed. Such meetings were considered very profitable and worthwhile.

10. Activities and number of colleges using them: Swimming, Volleyball, 9 each; Tennis, 8; Basketball, Ping Pong, 7 each; Baseball, 6; Group Singing, 5; Darts, Posture Contest, Stunts, 4 each; Basketball Free Throw, Bean Bag, Jacks, Relays, Shuffle Board, 3 each. Twenty-one other activities were each used by one or two schools.

11. Comments:

The comments of those making reports were without exception favorable. There is much general agreement as to the value of play days. Many reported the return of the same schools year after year and the general approval of the sponsors of these schools.

Mention was also made a number of times of the valuable training afforded college girls, who for the most part planned and carried out the program with the advice of their respective women's athletic association sponsors.

---Evelyn A. Hinton  
State Basketball Chairman  
oOo

Officers of the K.H.&P.E.A. for 1938-39:

President, Helen G. Saum, K.S.C., Manhattan.  
President-Elect, Oran Shearer, Wichita.  
Vice-President, Henry Shenk, Junction City.  
Secretary-Treasurer, Hazel Cave, K.S.T.C.,  
Pittsburg.  
Bulletin Editor, L. P. Washburn, K.S.C.,  
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Ruth Hoover, Lawrence.

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In view of the increasing emphasis on mental hygiene and its inseparable relation to physical well-being, John Eisele Davis' book, "Play and Mental Health", should be on the reading list of every physical education teacher. In a very readable form it presents the subject of play as usable material for the organization of effective mental hygienic practices in school. Published by A. S. Barnes.

For those wishing a comprehensive view of tests and measurements in Physical Education the book, "Measuring Achievement in Physical Education", by Ruth B. Glassow and Marion R. Broer is most helpful. It gives a detailed discussion of the methods of evaluation and selection of physical education tests. Published by W.B.Saunders Co.

The Science of Health and Disease, by Haggard (Harper & Bros. Publisher) is an excellent book of general information in regard to health and disease. It is authoritative and readable for the average person.

Coaching Six-Man Football, by J. D. Alexander in The Coach for October - November, 1938. An excellent article about coaching this new sport which has been adopted by quite a number of high schools in Kansas this year. Mr. Alexander is the author of the book, Six-Man Football, published this fall.

The 1938 Basket Ball Rule Changes are found in the Kansas High School Activities Journal, November, and The Coach, October-November issue.

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The editors wish to thank those who contributed to this number of the Bulletin. The appreciation of the K.H. and P.E.A. is due to both the contributors of new 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