

PHYSICAL EDUCATION FOR HEALTH

Radio Program

February 16, 1939

"Physical Education at Haskell Institute"

(John F. Carmody, Director of Athletics and Physical Education at Haskell Indian Institute, interviewed by James H. Raport, of the Department of Physical Education, University of Kansas.)

Jim John, how many students are there at Haskell?

John About 720. This includes both boys and girls.

Jim What sort of physical education program do you have, John?

John Classes in physical education at Haskell are concerned with sports activities which naturally involves the teaching of skills. However, the social and hygienic processes are predominant and the ultimate aim of our class work. We also have competitive athletics and an intramural program.

Jim What types or kinds of games do you teach the young Indian boys?

John The age group interest, of course, is the determining factor in the type of games taught. And too, the seasonal sport is usually the center of interest.

Jim Well, John, specifically what games do you have in your program?

John We're organized on a semester basis. We play touch football; unorganized games such as individual dodge ball, hook arm tag and others; basketball with emphasis on individual skills for the elementary groups, and for the advanced groups the emphasis is on team play. We also play captain ball and team dodge ball, which are semi-organized and more advanced than the unorganized games. Volley ball, paddle tennis, aerial darts, boxing, softball, tether tennis, horseshoes, - are all on the class schedule. We also have classes in track and field events. All these games and events have been adapted to fit the lower age groups.

Jim Well, how about your higher age groups? What do they do?

John Activities are very similar but that there is a greater complexity of the game with the necessary emphasis on team play. We also have added tumbling and some wrestling and tennis besides the games already mentioned. In the track and field events we raise the standard of achievement for the older groups.

Jim That program seems to be very well integrated. As I understand it, the work you've outlined is philosophically sound education, since the locus of the teaching situation is the student. Well, now you've mentioned that you have an intramural program. Can you tell me something about it?

John The intramural program is an after-school activity. All the boys in school participate in one form of game or another. The boys may play touch football, basketball, boxing, track and field, softball, baseball, tennis, horseshoe pitching. The teams are organized by the students,

excluding only the students out for that varsity sport. Competitive units in the various sports are determined by the age level. However, in boxing the determinant is weight. In tennis, track and horseshoes there is no classification.

Jim John, your intramural track meet is always very interesting.

John The intramural track meet is one of the outstanding school events. The two men's dormitories compete against each other. The results are usually very close. Last year the difference between the winner and loser was only 4 points!

Jim Yes, I remember that and all the enthusiastic schoolmates yelling for their dorm teams. John, I was rather interested in what you named the "open basketball tournament". Just how does it work and what is its purpose?

John In the fall, immediately after football season, we have what we call our "open elimination basketball tournament." All boys at Haskell Institute may compete with any team to determine a Haskell champion. A team is permitted to play as long as they lose only one game. After a loss they are automatically eliminated. The tournament serves a dual purpose; first, it gives the boys a chance to compete with a group of their own selection; secondly, it gives the basketball coach an opportunity to get a line on varsity material. Boys showing ability in this tournament are invited to check out for varsity basketball. If they accept this invitation then they may not compete in the regular intramural tournament.

Jim Sounds like a good idea. Are there any other sports that command a great deal of student interest?

John Yes. Boxing, both as an intramural and varsity sport, attracts not only a great deal of student interest, but also a high percentage of student participation. Usually before our varsity boxing season begins we conduct an intramural tournament to determine the champions in the various weight divisions. These champions usually form the nucleus for our varsity boxing team.

Jim I know the Haskell Indian boxing teams are generally regarded very highly. Does your intramural boxing tournament help you in selecting successful candidates for the boxing team?

John Yes. It gives the coach the opportunity to see the boys in action and know of their possibilities. We've been very fortunate at Haskell in having a coach who has been able to make use of and develop boys who were eliminated in the intramurals, to a degree of skill which surpassed that of the intramural champion.

Jim Well, what success does the Haskell boxing team enjoy?

John The boxing team has been more successful than our other teams.

Jim To what do you attribute their success, John?

John For one thing, the coaching has been good. Another reason for our success is that the competition in boxing is on a classified basis according to

weight. Another very important training factor is the regular life which the students here at the school live. That makes for well-conditioned boys and condition is fundamental in boxing.

Jim What other competitive athletics do you offer at Haskell, John?

John Well, there's football, basketball, baseball, boxing and track. I might add that where two or more sports are running concurrently, a boy may compete in only one. For example, a boy playing basketball isn't permitted to compete in boxing; or a boy out for track may not play on the baseball team.

Jim All this seems like a very comprehensive program. I'd like to know what sort of health examinations are given to the boys.

John First, it is necessary that every student entering Haskell pass a physical examination. All boys participating in athletics are given a very thorough physical examination, including x-ray of the lungs before they may participate in the sport. This examination is required for each boy for each sport in which he competes. Our head physician, Dr. Renick, is very much interested in the student's welfare, and hence these examinations are exceptionally thorough.

Jim John, just what is the status of physical education in the Indian service?

John Physical Education is considered of prime importance in the education of the Indian youth. Although there have been marked changes in the methods in the past eight years.

Jim What changes, John?

John The old methods were mostly military, such as marching, calisthenics, etc. The trend now is toward the less formal and what I call the sports program, working toward acceptable social and hygienic standards.

Jim In other words, you agree with Staley's idea of "sports education". We've been speaking about boys physical education thus far. You said there was an equal division of the sexes. Do the girls have a physical education program?

John Yes, an extensive program. It consists of a class schedule and an intramural program. They play such games as softball, hockey, aerial darts, volley ball, basketball, tennis, slag ball, tumbling. They also have interpretative, tap and social dancing. Mrs. Clarissa Lowry is in charge of the women's program. Each year the girls department puts on a splendid gym show in which all the Haskell Indian girls take part.

Jim How long is a class period?

John ~~Fifty~~ five minutes, with time taken out for dressing. I'd like to mention, Jim, that we carry on a co-recreational group composed of the older boys and girls who are taught to play games of recreational nature, suitable for indoor and outdoor use, and for large or small groups, such games as dancing, stunts, and other social games.

Jim John, is there anything of particular interest about the Indian that you'd like to mention?

John Well, the Indian is commonly thought of as a vanishing race. That's not true. At present there are about 345,000 Indians. In fact, the annual net population increase is 190 a year. At that rate in 2039 there should be 940,000 Indians, whereas the white man's population will have fallen to 129 million in 1980.

Jim I always considered the Indian as the vanishing American. Has Science helped this population increase?

John Yes, definitely. The white man's hospitals, doctors, sanitation and dietary knowledge have made the Indian healthier. But it might be pointed out that the white man's effect was not always beneficial. Among the seven major causes of Indian mortality today only two - tuberculosis and war - were known before the advent of the white man.

Jim John, when was the Haskell Indian Institute founded?

John In 1884. At one time its enrollment was up to 1100 students. Its graduates are placed in practically every state in the union.

Jim What are some of the occupations Haskell graduates get.

John At Haskell there is a commercial department which graduates about 65 students each year. Last year its placement was nearly 100%. These students are out in large industry and government service; as stenographers, clerks, and bookkeepers. In fact about 30 Haskell graduates are working in the Washington office. There are the vocational training departments for both boys and girls, besides the regular academic courses.

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PHYSICAL EDUCATION FOR HEALTH

Radio Program

June 1, 1939

"A Future Student Faculty Play Day"

- Dr. Allen: It is with pleasure that I introduce the personnel of a group of student leaders who have done things and are now doing things at the University of Kansas. C. H. Mullen, senior, of Marion, Kansas, president of the Men's Student Council; collaborating with him is Miss Velma Wilson, junior, of Meade, Kansas, president of the Women's Student Governing Association; Dan Rhule, junior, from Aspinwall, Pennsylvania, president of the Men's Pan-Hellenic; John Oakson, junior, of Kansas City, Kansas, president of the Independent Student Association; Wayne Nees, senior, of Brazil, Indiana, president-elect of the "K" club; Nelson H. Sullivan, senior, of Kansas City, Kansas, who has revived and made the "K" club on the campus of the University of Kansas a living, breathing, doing thing; Bob Galloway, junior, from Marysville, Kansas, president of the Ku Ku's; Miss Sara Lou Smart, junior, from Lawrence on the Kaw, representative of the Jay Janes. These eight K. U. students will indulge in a friendly chat, their discussional subject being a future student-faculty play day.
- Mullen: Well, Dr. Allen, what do you mean by this student-faculty play day? What do you have in mind? Who would sponsor this?
- Dr. Allen: Well, C. H., my notion was that you leaders would sponsor it as a group. Don't you remember when you were in high school you had your senior picnics, and your all-school days, and so forth? Now, isn't it a fact that we have felt perhaps we are too large here at K. U. to meet in a group such as we propose. Miss Wilson, don't you think that it would be a fine thing if a group of student leaders would sponsor a mammoth student-faculty play day where the entire student body with the faculty could play games and then have a real get-together where the women serve the meal and the men and women eat it? Wouldn't that be fun? That would be just like old times, wouldn't it?
- Wilson: Well, that sounds interesting, at least as far as the men are concerned. I'd like to ask a question of Nelson Sullivan. He's been promoting various activities on the campus. Nelson, how does this idea strike you?
- Sullivan: I think it is a swell idea, but in addition I think we should have a Recognition Day combined with this student-faculty play day. This Recognition Day would include the awarding and honoring of all athletic participants - both men and women - in varsity athletic competition. Women's Athletic Association, and intramural athletics. And further, I think that the "K" club would perhaps want to at least nominate one of the famous old "K" men in some branch of athletics who has made good out in the business world, who would return and speak at a convocation, honoring the "K" athletes as well as awarding the trophies to the winners. Dan Rhule, as president of the Men's pan-Hellenic, I think you should have some ideas along this line.

- Rhule: Well, it appeals to me as a grand idea. We could start the activities by having a convocation in Hoch Auditorium at 1:30 in the afternoon for the presentation of awards and trophies by this honored guest whom you just mentioned, Sully, and maybe we could have Mr. Wiley's crack band to play for us. Then at 3 o'clock we would have this much-heralded faculty-senior baseball game on the intramural play field. But I would not limit the activities to just a baseball game - we could have horseshoe pitching, badminton, shuffleboard, deck tennis, volley ball, archery - in fact, every kind of game for the faculty members and the students. Not just one game, but have everybody playing - have the whole university family enjoying themselves out-of-doors. And then it would be a good idea for the fraternities, sororities, boarding clubs and others to cancel their evening meal, so that we could all eat together.
- Sullivan: And say, Dan, this is an added opportunity for the fraternity men and women and the independent men and women to play and eat together. John, do you put your O.K. on this?
- Oakson: When people break bread together they are really friendly, and I think it would be a swell thing. But Sully, this would necessarily mean a lot of organizing ability of the part of someone. There would need to be a publicity director, a director of invitations, a director of events, a director of foods, and a director of finances. That is quite an undertaking. Wayne Nees, you have been sitting there not saying a word. As president-elect of the "K" club do you approve of this scheme? Understand, it is going to take a lot of work to get this done.
- Nees This makes a big hit with me. I have always been strong on student leaders showing that they are real student leaders. I think we should ask Chancellor-elect Malott to give us this day so that we can get better acquainted with the faculty, and the faculty can meet us more informally. And by the way, they tell me that Chancellor Malott is a great horseshoe pitcher. Maybe he can make some ringers. Only last year President Lyman Wilbur of Stanford University won that event in a play day out there. Why can't our chancellor win for us?
- Jameson: Well, the Jay Janes would all cheer for the chancellor. Our cheers have borne fruit at times, yourknow. I remember four years ago Dr. "Phog" Allen gave us credit for winning a basketball game over in Hoch Auditorium. Kansas was behind 6 points, with 3 minutes to go, and he says the Jay Janes won that game for him. But the chancellor isn't the only one who is going to play, is he?
- Galloway You know, we have a number of athletes on our faculty here, Dean Stockton, of the School of Business, was captain of the football team at Johns Hopkins University. And Dr. Raymond Moore, of the Geology Department, was captain of the track team at Dennison University. They tell me he was a speedy fellow.

- Rhule: Yes, and Dr. Lawrence Woodruff, of the Entomology Department, played center on the Kansas 1923 championship football team.
- Nees: Dr. Carleton Kent, of the Physics Department, was a mean baseball player. You know he is a brother of Coach Maury Kent, of Northwestern University.
- Oakson: Yes, and I want you to know that our own Chancellor Ernest Hiram Lindley was a candidate for the first baseman's position at the University of Indiana, and it took a world's champion, Frank Daley, to beat him out.
- Galloway: We have some other athletes on the faculty, too-- Dean Paul B. Lawson, of the College, is a mean handball player. Major Edwards, of the R.O.T.C. Staff, was a member of the K.U. track team in 1917. And Dr. George Stratton, of the Chemistry Department, was on the Colorado basketball team.

PHYSICAL EDUCATION FOR HEALTH

Radio Program

HORSEBACK RIDING.....

May 18, 1939 .. Thur.

- Miss Hoover It noticeable that more people than ever before recognize horseback riding as a major sport and a means of delightful exercise, so this is an opportune time to discuss the subject of horses and horseback riding with a man who is well qualified to answer my questions. He is Mr. Gayle Mott who has recently opened a riding academy in Lawrence and formerly instructed college riding classes in Emporia, Kansas.
Mr. Mott, what is the location of your stables, and how many horses have you?
- Mr. Mott The stables are located on University Drive, a few blocks west of the campus. I have thirteen horses at present, two of which are still in training.
- Miss Hoover Do you break and train your own horses, then?
- Mr. Mott Yes, Miss Hoover, I buy my horses as young colts and train them in fields of riding for which they are best fitted, such as: three gaited, five gaited, highschoolled, or jumping horses. I have all these in my stables--some of them are trained for driving horses as well. I like to break and train each horse myself so that I know the horses are dependable and fairly uniform in performance and response.
- Miss Hoover You mentioned the gaits and gaiting of horses. What are the gaits and how do three and five gaited horses differ?
- Mr. Mott The five gaits are: walk, trot, canter, slow gait (or single foot) and rack. The three gaited horse has only the first three gaits named. The average saddle horse has only the three gaits--and is the best type for the ordinary rider. It is difficult for any but expert riders to keep a five-gaited horse in the proper gaits and there is no advantage in having a horse with all the gaits unless the rider is skillful enough to keep them distinct. If the rider is less instructed than the horse, a sad confusion of paces is apt to result; a horse with a good trot and a good canter is more useful to the ordinary rider than one of the highly accomplished gaited saddlers, and hence the popularity of the three-gaited horse.
- Miss Hoover I understand that there is quite a general confusion regarding the blood strains in saddle horses. I am interested in the characteristics of and the outstanding differences between the Thoroughbred and the American Saddle Horse.
- Mr. Mott There are two opposite types of blood strains in horses. The hot-blood is represented by the thoroughbred or racing horse and the cold-blood by the cow-pony or mustang. The Thoroughbred horse was originally brought to this country from England and it is the race-horse or running horse. The Thoroughbred has three gaits. The American Saddle Horse originated from crosses of the thoroughbred

upon pacers of mixed breed brought from Canada. Starting with these materials, a saddle horse possessing great intelligence and beauty was established. These horses are taught five or more distinct gaits and are also known as "The Five-Gaited Saddle Horse". The gaited saddler is the horse that has made Kentucky and Missouri famous. There he is looked upon with great admiration and bred and trained with great care.

Miss Hoover

Now, getting back to riding--Mr. Mott, do you think that riding lessons are essential to enjoying horseback riding?

Mr. Mott

Riding lessons are a safety insurance while you are enjoying riding. The risk of riding without them is too great. There is no way to learn without being shown. Some people have ridden or do ride without lessons, but they lack the keen cooperation between rider and horse. They "stick" on a horse.

I teach beginners the proper way to fall from a horse. Most horses will stop when they lose their rider and by knowing how to fall, a rider can usually avoid serious injury. Then, too, it is an advantage to know the proper way to handle the reins, two or four, as the case may be; the proper seat in the saddle; the proper position of the feet----all of which are factors in determining the ease and enjoyment of your rider, as well as the handling of the horse. There are many phases of instruction from the mere fundamentals necessary for a beginner up to the more involved methods used for five-gaiting, jumping, trick riding, show ring riding, and high schooling.

Miss Hoover--

Mr. Mott, what type of saddle do you recommend for easy riding?

Mr. Mott

I like for beginners to use the stock (or Western) saddle for the first few rides at least. It has the saddle horn to grasp if they need to do so and there is more saddle there than with the flat (or English) saddle----thus the beginner feels more secure and less as though he might fly over the horse's head at the first sudden movement of the animal.

For the person who has ridden enough to "get the feel of the horse" I recommend a flat or (English saddle). It is more comfortable riding and gives the rider more freedom. It also adds more style and show to both horse and rider.

Miss Hoover

What is the reason for two such opposite type saddles for riding?

Mr. Mott

The stock saddle is primarily for western riding. It emphasizes relaxation and comfort for riding for hours in the saddle over rough country. The large, deep saddle, the wooden stirrups, the saddle horn (which is really for use in roping), the cowboy boots, the chaps are all calculated to be aids to the security and comfort of the cowboy. The flat saddle is used for park riding, jumping, polo, show ring riding, and largely in the army---and always, of course, on five-gaited horses.

Miss Hoover

Now that we are getting technical, how about bridles? I have seen some with two reins and some with four,---what is the difference

between them and what is the purpose of each?

Mr. Mott

The two reins--or we call it the single rein bridle--is used quite generally on the average three-gaited and hunter type horse and may have either curb or snaffle bit. The four reins--or double rein bridle--is used on five-gaited horses and has both curb and snaffle bits, which are very essential in obtaining the five different gaits.

Miss Hoover

I feel that riding well taught can and should develop character and aid in solving psychological problems, improve posture, and assist in overcoming physical defects besides being a healthy form of exercise that can be enjoyed by both old and young, weak and strong.

Do you have any experience in teaching riding as it is related to improvement of body mechanics, Mr. Mott?

Mr. Mott

Yes, Miss Hoover, I have riders to whom riding has been recommended by their physician for overcoming various handicaps. Such as: Riding for posture correction, Riding to improve muscular and nervous troubles--Frequently riding is the only sport in which paralysis victims can engage. Also riding is often recommended for those who can't engage in other sports----such as sufferers from lung diseases, as asthma or tuberculosis, or for those who are excessively over- or under-weight. Many who cannot enter other sports can ride and enjoy riding, if the instructor can teach them to overcome their own limitations.

Miss Hoover

I can see that horseback riding can be adapted to many different people--both sexes, nearly all ages, and assorted weights because of the wide variations of the severity of the sport--for horses are assorted as to size, strength, and serenity and there is a great difference in the exercise obtained from riding a quiet horse at a walk or a strong high spirited horse at a vigorous trot or canter. It is a recreation especially suited to the enjoyment and pleasure of couples.

Mr. Mott can you give us a few general points as to the management of the horse when riding?

Mr. Mott

Yes, Miss Hoover, there are a few points which every rider would do well to observe: 1. Approach and go around the horse's head and not his heels. Mount on the left side and in approaching the horse avoid sudden and violent movements. Be slow and gentle. 2. Remember that the horse's mouth is one of the most important parts of his anatomy to you as a rider. Never jerk it. 3. At all gaits have your horse "collected" or under control. Never ride with a loose rein so that you cannot hold him back quickly if necessary. You are supposed to be managing the ride, though he may be quite willing to. 4. Walk the first and last five minutes of your ride so as to loosen up the horse and bring him in cool. He needs to warm up and cool off gradually like a human athlete. 5. Don't gallop away from other riders. Horses like to lead and don't mind racing and the horses become excited by running. Let the entire party keep together and enjoy a comfortable ride. 6. A horse, even a well tr

trained one will sometimes do unexpected things like shying or rearing or whirling about suddenly to start for home. Often you can detect his purpose and distract his attention by spurring him up a little or turning him a bit--give him something else to think about besides the contemplated "dirty work". 7. Kindness and patience are more effective with a horse than harsher methods--let him know what you want, but--it pays to be as quiet with him as possible. 8. If the horse runs with you against your will, remember that the run is an easy gait to sit and don't become tense. Pull him back vigorously although perhaps not with a steady pull. Pull hard, relax a bit and pull hard again. Turning him may help to stop him, especially if there is a bank to turn him toward.

Miss Hoover How should the directions be given to the horse to change his gaits?

Mr. Mott An experienced rider gives directions with hands, knees, heels, and sometimes riding crop or spurs. A low verbal command is permissible but never a loud or sharp tone. Horses are very sensitive to loud sudden noises and often become unstrung when shouted at.

Miss Hoover What is the near side and what the far side of a horse? I have heard the terms used often and I am never certain as to their meaning?

Mr. Mott The near side is the left side, the far side, the right side of a horse. In other words, the side you mount from is the near side. Nearly all work with a saddle horse is done from the left side--hence the "near" side.

Miss Hoover Do you have routes that the riders may take when they come for pleasure riding?

Mr. Mott Yes, I have many routes for hour riders to take for an enjoyable ride and others which take longer periods of time as desired. I also have a riding ring for ring work which is excellent for helping beginners and for practice in gaiting and drill work. I have hurdles which can be set up on the riding ring and adjusted to the desired height for instruction in jumping. I have a large pasture--about 46 acres--which makes a good place for cross country riding--plenty of hills, timber, and roughness for those who wish to "get out in the country". There are grand places for steak fries and picnics.

Miss Hoover Are visitors welcome at your stables at any time or do you have special days for "open house" so to speak?

Mr. Mott

I am glad and pleased to welcome visitors at any time, show them the stables and horses, and answer their questions. Come out and see the horses and equipment and I hope that soon I can invite all of you to attend a horse show which is in rehearsal now.

Miss Hoover

Mr. Mott I feel that I have profited by this discussion; you have shown me that riding can bring out the best in anyone. Riding requires just as much good sportsmanship and good manners as any other game or sport.

Mr. Mott

Yes, I have hoped, by this talk, to stress that riding, though not necessarily demanding great strength or endurance, requires and develops muscular control, ability to relax, sense of balance, poise and good posture, health and fitness.
I would leave the impression that it is a splendid sport, and that an acquaintance with such a noble animal and an alliance with him for health and happiness are worthwhile experiences.

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PHYSICAL EDUCATION FOR HEALTH
Radio Program

May 11, 1939

"Summer Camp Life" - (Miss Joie Stapleton, Miss Virginia Anderson
and Miss Margaret Van Cleave)

Miss Stapleton In the short time that we have, it will be impossible to tell or explain the intricate patterns of camp and camp life. There is, however, foremost in the mind of the parent, certain essentials that need an explanation. Also, the director has many problems to face, and with the aid of counselors, many problems are discussed and an attempt made to remedy them long before camp is in session.

One could see a reenactment of this scene in many different forms of camps all over the country at the beginning of summer and in this discussion, although devoid of emotional dramatics - you will hear, as nearly as possible, how the camp contributes to the development of the camper and what the camper does for the camp. We break in on this staff discussion as the curtain rises. The director of the camp - played by Virginia Anderson, is talking to one of her staff counselors, Margaret Van Cleave, in a pre-camp week discussion.

Virginia In this meeting of those of us who are going to work together I would like to explain to you about the things we all hope to see accomplished this summer. Margaret, as head counsellor, I know you can add much to what I want to say.

The success of our camp will depend upon our staff - whether we cooperate and enjoy working hard twenty-four hours of the day with children who are coming to us for a good time. The children have that one aim in mind, but their parents want them to have something more definite to show for having had this experience, to be better personalities for having lived and shared with others about their own age. The mother of one of our new campers is coming later this afternoon to see the camp and to ask questions.

But first, I want to talk a little about our job. Some of you are new to our group, so let us talk over our program. Margaret will you explain how we have our campers plan their own activities?

Margaret Well, Andy, you've given me a big job, but I'll try. The first day of camp, we have a meeting where we sing and get acquainted. Here each counsellor talks about the activity of which she has charge. At this time the campers are given the opportunity to choose the sport and other activities that interest them. Each girl then has a very flexible program, which can be modified or changed if desired. This program which calls for self-direction on the part of each child, tends to give them a sense of freedom and independence that makes for happy campers. Indirectly, we counsellors try to see that a balanced program is chosen so that each girl has a wide and varied experience with camp life. Is that what you wanted, Andy?

Virginia I think you said just what I would have said, and if none of you have any questions, we'll go on to the real part of camp, that everyone lives for - out-of-camp trips by station wagon, canoe and horseback. About twice a week, we make trips by one method or the other, depending upon

the age of the camper group that is going. The canoe trips are overnight or two or three days in length. Not more than four canoes leave camp at one time, and at least two counsellors are assigned to each group. I have a paper here that you can sign for the kind of trip you would like to take. Of course, a lot depends upon your ability for this kind of thing. We are responsible for the safety of each child, so there may necessarily be some changes made. Our pack trips are mainly day journeys, covering approximately twenty-five miles of trail. The stop for the noon meal is entirely up to the campers, as is the preparation of it. By station wagon we take larger groups to nearby points of interest, and these trips are really back-to-civilization treats for the campers. All of our excursions are more or less impromptu as far as the campers are concerned. Of course, we have to plan for meals out of camp, but the cook does that, so these trips are always a surprise to the campers and they just love it!

Margaret and I have spoken in some detail about a camper council in which they can have opportunity to discuss their problems, and to appoint certain individuals for honors. Some of these are lighting council fire, making announcements at meals, and helping plan entertainments to be given on rainy nights that come every so often. You have done a lot with these programs, Margaret, what are your ideas for this summer?

Margaret

I'm afraid that I can't express much of an opinion, because those programs turn out to be just as much a surprise to me as they are to you. Remember last summer how we racked our brains and ransacked the camp trying to get up outfits for a Pirate Party? Then how we chased every kind of a living thing around camp for our Pet Party? And you ask me to tell you what is going to happen this year. Running more sedately throughout the camp week are our inspiring council fires. The campers plan a theme for each camp fire, and we dramatize stories of the stars, of Indian legends, and of our own camp. On Sunday we have Chapel in the woods. Here each camper, sometime during the summer, contributes to the beauty and impressiveness of the hour by reading a bit of poetry, a simple story of admirable character traits, or joining with some of the others in giving a musical selection. All of you can see that we try to keep everything as informal as possible, and not regimented. We do get up and go to bed by the bugle, however, and come to meals whenever the welcome warning is sounded. There are certain hours for the classes in swimming, and the hour for general swim, but aside from these set times, the program goes its own speed - and very smoothly, too.

Virginia

You didn't mention that each camper has time to be by herself to read, write a letter home, or mingle with other groups. I think that is overlooked too often in summer camps, when each minute of the camper's time is planned for her and she seldom is alone to do as she pleases. Then also ----- How do you do? Mrs. Grant, its very nice to see you here. Mrs. Grant, this is my counselling staff.

Joie L.S.

Your group certainly looks as if they are very capable, Miss Anderson, and I know Nancy will be well taken care of. I wanted to ask something about the facilities for caring for the health of my little girl. Will you tell me something of how she will live while at camp?

Virginia

The food for meals is planned and selected by the camp dietitian and we have well balanced meals, good food, and plenty of it. Breakfast is eaten soon after rising and personal inspection, and the girls find that sleeping in the fresh air has given them a hearty appetite even for breakfast. The inspection that I just mentioned, takes place as soon as the girls are dressed and have washed. They must have their teeth clean, their hair combed and brushed, their hands and face clean - in other words - ready to start the day off right. The bugle for taps blows at nine and the rising bugle at seven - so you see each girl is in bed to hear taps, and up before reveille has ended. The girls have little opportunity to become over-fatigued, because of the spacing of their very active periods with the more quiet ones. In the afternoon, right after lunch, we have rest hour, during which the younger girls must sleep, and the older girls may read or write letters in their cabins. I should like to ask this one thing of all the parents, that they do not send candy or pastries to the campers. We have open candy store three times a week, just after the noon meal, and we think the girls have adequate chance to fill a longing for sweets at this time.

Joie L.S.

Mr. Grant and I have spent quite a bit of money this winter, giving Nancy music and dancing lessons. I hope the talent that she has developed will not be lost during the summer, because it will be hard to start all over again next fall.

Virginia

Margaret can tell you just what we do offer along those lines and I'm sure you will be satisfied after hearing her.

Margaret

Each of the counsellors are here, not only because of general ability in camping, but because we have special interests and abilities. Jane, has had much experience with dancing, folk, modern, and tap and has many plans for the summer program. Elizabeth, majored in dramatics at college, and she will have much to do with our plays, our puppet shows, and pageants. Marion here professes an ability to sing, which we cannot see, but we do know how well she does in teaching others. She supervises singing at meals, all musical talent shows, and has charge of the Sunday choir. These girls are examples of the specialists we have in camp.

Mrs. Grant

That is fine. Another thing, Mr. Grant and I have talked about is, since this is our first experience with camps, what experiences will Nancy have at camp that she could not have on a two week family vacation trip - for instance?

Maragret

She will have an opportunity to meet girls of her own age from many different types of homes. Miss Anderson has interviewed the parents of every girl, looked up her school record, and found out something about the girls' character. We have a group of girls, whose parents are every bit as anxious as you that their daughters should learn how to live with others, share their fun, and work together. Each girl has certain duties, such as kitchen police, making her bed, and doing her part to keep the cabin clean. It is all done in groups so these rather hum drum tasks are really fun.

Virginia

Maybe, Mrs. Grant, you would like to see the camp before you leave, but first let me tell you about the general layout. This central building contains the dining room which we use as a recreation room after meals. The kitchen and our general office are here, too. The girls live in screened-in cabins, four to a cabin. The ratio of counsellors to campers is one to every four or five girls. We have a tent unit of older girls who cook most of their meals over the open fire, but Nancy will have to wait a few years before camping in the rough. Over to the right is our Nurse's cabin. She is in camp all of the time and in case of accident, we have a doctor on call, who can reach here in a few minutes time. We will of course notify parents if necessary.

The lake has an excellent beach, dock and float, adequately protected with an excellent staff and all safety devices recommended by the American Red Cross, so you see we take no chances there.

Maie L. S.

I feel very safe in sending Nancy to you, Miss Anderson, and when may we see her? Four weeks is a long time for her to be away from us for the first time.

Andy..

Visiting day is every Sunday, and you are welcome to come. However, if you can let her stick it out by herself, she will get along better. We are looking forward to your daughter in camp, Mrs. Grant and we are so glad that you took time to come out.

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Radio Program
May 4, 1939

Physical Education for Health

"SWIMMING AND AQUATIC SAFETY"

(Mr. Herbert G. Allphin and Mr. Raymond Schlotterbeck)

Allphin Mr. Schlotterbeck, what is your official position with the American Red Cross?

Schlotterbeck My official position with the American Red Cross is that of First Aid and Life Saving Field Representative for the states of Kansas and Missouri. My particular responsibility is the training of first and and life saving instructors for local chapters and for promoting all of the safety activities of the Red Cross within the chapters of the two states. Maintenance of standards of instruction and program is also a part of my work.

Allphin You mentioned the safety work of the Red Cross. Just why is the Red Cross engaged in safety work and what part does your organization play in the safety field?

Schlotterbeck The American Red Cross as chartered by Congress in 1905 is charged with the responsibility "to continue and carry on a system of national and international relief in time of peace and to apply the same in mitigating the suffering caused by pestilence, famine, fire, floods and other great national calamities, and to devise and carry on measures of preventing the same." As a part of the prevention program in attempting to carry out this charge, the Red Cross has devised First Aid training courses, Swimming and Life Saving courses, a system of Emergency Highway First Aid Stations, a program of home and farm accident prevention, and courses in home hygiene and care of the sick. Thru these educational programs the Red Cross hopes to prevent and alleviate human suffering.

Allphin What is the nature of your work here, and how long do you expect to stay in Lawrence.

Schlotterbeck The purpose of my visit to Lawrence is to conduct a Water Safety Instructor Training Course for the training of teachers of Red Cross swimming, life saving and water safety courses. This is part of our regular leadership training program designed to furnish local chapters with instructors to carry on the educational work of water safety within local chapters, camps, and other organizations interested in this type of program. I will be in Lawrence for two weeks completing this training course. We now have 15 instructors under training at the University pool.

Allphin It is my understanding that this year marks a change in the Red Cross approach to the accident prevention problem as it pertains to aquatics and swimming. Just why did the Red Cross find it necessary to make this change?

Schlotterbeck That is true, Mr. Allphin. This year does mark a change in Red Cross approach to the aquatic accident prevention problem. In order to give you a clear picture as to why this change is taking place it is necessary to tell you something of the origin of the Red Cross Life Saving Service. It was at the request of the Boy Scouts and Y.M.C.A. that Red Cross first entered the Life Saving field in 1914. At that time we were confronted with the problem of promoting a life guarding type of program, as there were some 456 public bathing facilities in this country that were not adequately supervised. Life Saving technique as such was poorly understood and taught in most of our swimming areas. The Red Cross with its wide organization and many contacts was the logical organization to undertake the problem of standardizing life saving methods and of beginning the momentous task of water-proofing America.

Our first efforts were made by setting up standards of life saving methods and teaching the same to members of our volunteer life saving or life guarding societies that we organized within our local chapters throughout the United States. After some 15 years of this effort operators of public pools and beaches were convinced of the necessity of obtaining professional and well trained supervision at most of our bathing beaches. No longer was it necessary for Red Cross Chapters to furnish a corps of volunteers to do this work. But now we were confronted with the responsibility for developing a program that would train the masses in adequate swimming skills so that they could more readily take care of themselves, and that would at the same time train the more expert swimmers in how to save persons in peril of drowning.

Allphin Well, Mr. Schlotterbeck, this takes us up to about the time of the big crash. What happened after that?

Schlotterbeck This marked the beginning of a much broader educational type of effort. More persons were taught to swim, more expert swimmers were taught how to save life by swimming rescue and by other methods. Signs during the past five years have positively indicated that the time was approaching when the Red Cross in its peculiar capacity as a great repository for information accumulated over 25 years of experiment, study, and above all, experience, should synthesize the material at its command and put it into a more suitable form, to be given to the American public thru its great army of instructors and examiners. To this end two new textbooks, one on "Life Saving and Water Safety", and the other on "Swimming and Diving", were prepared. In them an attempt has been made to place a body of knowledge and aquatic skills which make of aquatic sports a skillful, pleasant and above all a safe experience for anyone in any form of aquatic activity that he or she might pursue.

Allphin Mr. Schlotterbeck, I have been a senior life saver of the American Red Cross since 1922. I qualified in the test at Chautauqua, New York, under Captain Fred Mills, who is safety director of the Boy Scouts of America, and Captain Charles Scully, director of First Aid

and Life Saving of New York City. I recall the old program of passing numerous persons in the beginners and swimmers test, but this new work you are talking about seems to be much more complete. Go ahead and tell us more of the new set up.

Schlotterbeck Out of this vast amount of informational material the Red Cross has developed six courses of training for all grades of aquatic skill - beginners swimmers course, intermediate swimmers course, swimmers course, advanced swimmers course, and junior and senior life saving and water safety courses. In this series of courses every man, woman, boy or girl will find something suited to his or her ability and skill that will more adequately train them in coping with experiences arising out of their aquatic activity.

Allphin But, Mr. Schlotterbeck, why all of this about an activity in which there are only about 7,500 fatalities a year?

Schlotterbeck That is true, Mr. Allphin, there are only about 7,500 drownings a year. You might be interested to know that since 1914 there has been an almost steady decline in the accidental drowning rate from 10,000 per year to the figure we mentioned. This has come about in spite of the tremendous increase in swimming, boating, fishing and ice skating as recreational pastimes by the people of America. This remarkable record has been made possible only thru the constant efforts of all organizations interested in this field, such as the Red Cross, Boy Scouts, Girl Scouts, Y.M. and Y.W.C.A., and all educational institutions. It has been estimated that 88 million people take part in some form of aquatic sport each year. If we are to continue this fine record and keep down the loss of life and accompanying heartache and financial loss, we must continue to educate these 88 million in how to safely participate in this activity. Education is a slow process and one in which there can be no let up if desired ends are to be achieved. A new slogan of the Red Cross is "Health, Safety and Happiness in Aquatics thru knowledge and skill". Thru its six educational courses the Red Cross hopes to bring to the 88 million people participating in aquatics the knowledge and skill necessary to attain health, safety and happiness.

Allphin I am attracted by your statement about "knowledge and skill in aquatics". What do you mean by knowledge and skill necessary for safety in swimming?

Schlotterbeck The knowledge necessary for safety in bathing consists largely in knowing when, where, and how much to swim. Skill for safety is made up of abilities to meet common hazardous conditions which beset the swimmer from time to time. This is the sum and substance of personal safety in the water.

Allphin Where would you consider to be the safest place for persons to swim?

Schlotterbeck It can be pointed out that persons should always swim under the watchful eye of a trained and experienced life guard and at places where activity is supervised. This fact is definitely brought out

by facts which indicate that the greater per cent of our drownings occur in unsupervised and unguarded areas. Modern swimming pool construction has made swimming as safe and pleasant as is possible by constructing safe diving structures, safe and regulated water depths, pure water, and sanitary provisions. Persons living in areas where such a swimming facility is available would do well to confine their activities to these areas rather than to seek out the lakes and streams isolated from supervision and protection. The "Old Swimming Home" that James Whitcomb Riley immortalized is a contributing factor to many fatalities among the young boys of our country.

Allphin Do you mean that you would limit all swimming to organized and public swimming pools?

Schlotterbeck Oh, by no means. Persons trained and skilled in swimming and who have the knowledge to wisely select the natural swimming places may safely swim most anywhere. But the novice and the untrained and unskilled would do well to remain under the watchful eye of persons trained to look out for their safety.

Allphin By skill for safety do you mean a person's ability to swim, or are there other skills necessary for safe participation in swimming?

Schlotterbeck Swimming is by all means the first and most important skill necessary for a person to acquire before participating in any form of aquatic sport. A survey conducted in the State of Minnesota, by the Minnesota Public Safety Committee, in 1931-35 definitely brings this out. These findings indicated that 60 per cent of those drowned during that period were non-swimmers; 26 per cent were novice swimmers; and only 14 per cent were listed as expert swimmers. This would indicate that a person in order to safely participate in any form of aquatic recreation should first of all "water-proof" himself by learning how to swim reasonably well. This is true even though he intends to limit his activities to fishing or boating.

Allphin Will you tell us something of the National Aquatic School which will be conducted in this area during the coming summer?

Schlotterbeck Eighteen years ago the First Aid and Life Saving Service of the Red Cross first developed a National Aquatic School for the purpose of training leaders and teachers in the art of teaching First Aid, Life Saving and its related subjects. This year there will be 17 such schools in the United States, five of which will be in the middle western states. The school to service this section of the country will be located at Rockaway Beach, Missouri, on Lake Taneycomo, near Branson, Missouri. The dates of the school are June 11-21. Enrollment in these schools is open to anyone in sound physical condition who is interested in teaching, First Aid, swimming, life saving, water safety, and boating or canoeing. The school at Rockaway Beach will offer a course in accident prevention primarily designed for those who are interested only in teaching First Aid and in studying its related field, the general accident prevention program.

Allphin Thank you very much, Mr. Schlotterbeck, for appearing on this broadcast. We are enjoying your work here, and wish you success.

PHYSICAL EDUCATION FOR HEALTH

Radio Program

April 20, 1939

("Public Swimming Pool Conference"- Mr. Earnest Boyce and Mr. Herbert G. Allphin.)

- Allphin Perhaps some of our radio friends would like to know something about the public swimming pool conference which will be held here at the University during the next two days. In this connection, I would like to ask - does the University have any state service responsibility in connection with public swimming pools?
- Boyce Yes, the swimming pool regulations of the State Board of Health are administered through the Division of Sanitation of the State Board of Health. This Division consists of two University state services - the Sanitary Engineering Service, established in 1907, and the Water and Sewage Laboratory, in 1915. These services form a part of the State Service Work of the School of Engineering and Architecture here at K. U.
- Allphin How long has the State Board of Health had regulations governing public swimming pools, Mr. Boyce?
- Boyce The State Board of Health adopted swimming pool regulations in 1925. These followed in a general way the recommendations of a joint committee of the American Public Health Association, and the Conference of State Sanitary Engineers. This joint committee has been studying the problems of swimming pool sanitation for a great many years.
- Allphin Well, Mr. Boyce, just what are your responsibilities in connection with public swimming pools in Kansas?
- Boyce The State Board of Health regulations are largely advisory. In other words, we attempt to make available to municipalities and individuals interested in this form of recreational activity, all the factual data that we can obtain regarding good swimming pool sanitation. The state regulations require that the plans and specifications of proposed swimming pools be submitted for review by the Division of Sanitation. This gives an opportunity to call attention to design features which might be unsatisfactory from a safety or sanitary point of view. We regard this work as more of an educational program than a regulatory one.
- Allphin Do you condemn and require the closing of unsatisfactory public swimming pools?
- Boyce While the regulations provide that the local health officers of the State Board of Health may require that a pool be closed if, in the opinion of the health officer, the continued operation of the pool would create a health hazard, very few swimming pools have been closed by order of the State or local health officers. Many improvements have been made to public swimming pools as a result of recommend-

ations made by the State Board of Health.

Allphin What do you hope to accomplish in this conference this week-end?

Boyce This conference, which is being sponsored by the School of Engineering in cooperation with the Department of Bacteriology and the Department of Physical Education, is being held for the purpose of giving information to pool operators so that they will give better service and have more knowledge of how to keep the pools in a sanitary condition.

Allphin About how many public swimming pools are there in Kansas?

Boyce I believe at the present time there are approximately 175.

Allphin That gives a great many Kansas children the opportunity to learn to swim. My father drove a stagecoach over Kansas in the early 80's, between St. Joseph Mo. and Dodge City, Kansas; I have often heard him speak of swimming in the Arkansas River near Gread Bend. Tell me, are most of these pools in good sanitary condition?

Boyce In answer to this inquiry, I would say that most pool operators are conscientiously trying to keep their swimming pools in good condition. However, the older pools do not have the equipment and water treatment facilities that are needed to meet the standards which the State Board of Health believes should be met. Fortunately, however, public interest in improving swimming pool facilities is very great, and during the past few years, many towns have provided excellent swimming pools to form a part of the recreational program of the community.

Allphin I notice you are holding this conference the same week-end as the Kansas Relays. Is there any particular reason for this?

Boyce Yes, this has been requested by a number of operators of swimming pools who are serving as high school coaches during the school year. They will be here for the Relays, and they want to take this opportunity to use time which would not be occupied by the Relay activities, to get information regarding the work they will do during the summer months. You will note that our program, Mr. Allphin has been arranged so that engineering problems of swimming pool design will be discussed on Friday afternoon. We appreciate that a great many of the high school coaches will be busy with the High School meet that afternoon. We have planned a program which will be of interest both to the engineers and to the operators on Friday evening. We will have a dinner at the Union Building followed by a discussion of swimming as a part of a community recreational program. I think we have been very fortunate in getting Mr. Alfred MacDonald, who is park director of Wichita, and

who, by the way, has just been elected as the new City Manager of Wichita, to discuss this subject. Then, the moving pictures, which will be given through the courtesy of the Board of Park Commissioners of Wichita, will follow Mr. MacDonald's talk, will give us a very good idea of the very excellent program of community recreation that has developed in Wichita.

Allphin Has the State Board of Health or the state service work here at the University attempted any education program prior to this conference?

Boyce Yes, there has been a great deal of educational work carried on in connection with the publication of informational material with regard to swimming pool design problems. Correspondence has been had with Consulting Engineers, Architects, and others, with regard to the design of pools being proposed by various municipalities. And then, for the last several years, we have been fortunate in having the assistance of Professor Treece of the Department of Bacteriology, who has been employed as a special inspector on swimming pool sanitation. Dr. Treece has been able in this manner to visit most of the public pools in the state and to give the operators technical advice with regard to sanitary problems. The demand for information with regard to swimming pool operation is emphasized by the fact that Mr. Hunt, director of athletics at the Newton High School, held a conference last year on his own initiative for operators in that part of the state. We were very glad to cooperate with Mr. Hunt and give him any assistance we could.

Incidentally, he is on our program this year to discuss a life guard's duties and responsibilities. Mr. Allphin, I wonder if you could tell me something about your viewpoints regarding this matter of a life guard's duties and responsibilities?

Allphin I am glad you brought this matter up for it is one about which I am very much concerned. I think the life guard is the most over-worked and underpaid of any profession that I know. The Department of Physical Education has many men enrolled who are interested in summer employment as life-guards. As you said, this forms an excellent summer-time employment project for high school coaches. These men are accustomed to planning recreation activities for students of high school age. I am very glad Mr. Hunt is going to discuss this subject on the program Saturday morning.

Boyce Mr. Allphin, I hope that you will be there and that you will discuss Mr. Hunt's paper. I agree with you that we need to have a very responsible person in charge of a public swimming pool and that high school coaches should be excellent pool operators. Mr. Allphin, you are appearing on a program Saturday morning giving a talk on "Group Swimming Instruction for Children".

Allphin

Yes, I am, Mr. Boyce. There seems to be a difference of opinion as to which type of instruction is the better to give, the private or the group. Individual differences should be taken into consideration. Some children will respond better to the private lessons. The adult usually desires private instruction, because he has a certain amount of embarrassment in letting his friends know that he has not learned earlier in life. I have been asked to speak on group instruction for children and have the following points to present, which I believe have significance: First, Self Testing-- It is always interesting to the novice to see if he can master certain fundamental skills, also if he can perform them a little better next time. If he is able to stay under water for five counts, to find out if he can stay under for ten counts the next swimming lesson. Second, Competition with his neighbor. We all like to excell and beat our competitor. Who doesn't like to win. The Group Instruction offers a great opportunity for competition. Third, Promotes courage. In any group of children we will find a few that will excell; a great number that will be average, and a few that will be backward. This is according to the curve of distribution. This group instruction is especially beneficial for the backward child. To illustrate, let us take "Breath Holding". We have 25 pupils lined up and the instructor gives the command to "~~duck~~" under water. Very few will fail in this fundamental because they do not wish to be singled out by the rest of the group as not having done this particular exercise. Therefore this psychological urge teaches courage. Fourth, Cooperation with the group. This method teaches children to have the desire to help each other in learning some of the fundamental skills of beginning swimming. "Partner Stunts" are included in lessons which have a lasting effect in teaching cooperation. When a backward individual has mastered a certain fundamental, he wins social approval from the rest of the group in the way of applause. Fifth, Friendly associations. Children form friendships in group swimming that last through life. This type of instruction offers a very satisfying companionship, especially to an only child or to children of a family who live in urban homes and who have not had the privilege to mingle with their own age level, except possibly at school. I notice that on Saturday morning you will have a talk on the civic value of community recreation by Mr. Barnard Goodrum, who is recreation supervisor for the Park Board of Wichita. Just what did you have in mind in including this paper on the swimming pool conference program?

Boyce

A great many cities in Kansas fail to realize the civic responsibility and value of planning for the recreational life of the community. We believe that the Park Board of Wichita has done a very constructive piece of work in making definite plans for community recreation. I am sure that Mr. Goodrum's talk will be of interest to many. In our opinion, Mr. Allphin, if it were not for the facilities provided in Lawrence by the University, Lawrence people would probably realize the inadequacy of the play facilities of this city. As fine as our

baseball program is, it is only a part of what might be had if we really visualized how we might enjoy as adequate park development, and a recreational program that would serve old and young alike.

Allphin Just who may attend this conference on swimming pools?

Boyce The conference is open to anyone who has any interest in the program. The meetings will be held in the Auditorium of the Engineering Building and anyone who is interested at all is welcome to attend any of the meetings.

Allphin Is there any charge in connection with registration?

Boyce No, there is no charge. We would be glad to have anyone register who is interested. If they wish to attend the dinner to be held at the Union Building, Friday evening at 6:15, they should make reservation at least by noon tomorrow, calling K.U. 112. The charge for the dinner will be 60 cents plus tax.

Allphin How many do you expect to have attend the conference?

Boyce We have no way of estimating. We are advised that there will be fifteen here from Wichita, which is the largest group from any one place. We have a number of others, indicating good interest. However, we do not feel that the success or failure of the conference will be measured so much by numbers as it will be by whether or not it will result in more intelligent operation of swimming pools in the State.....

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