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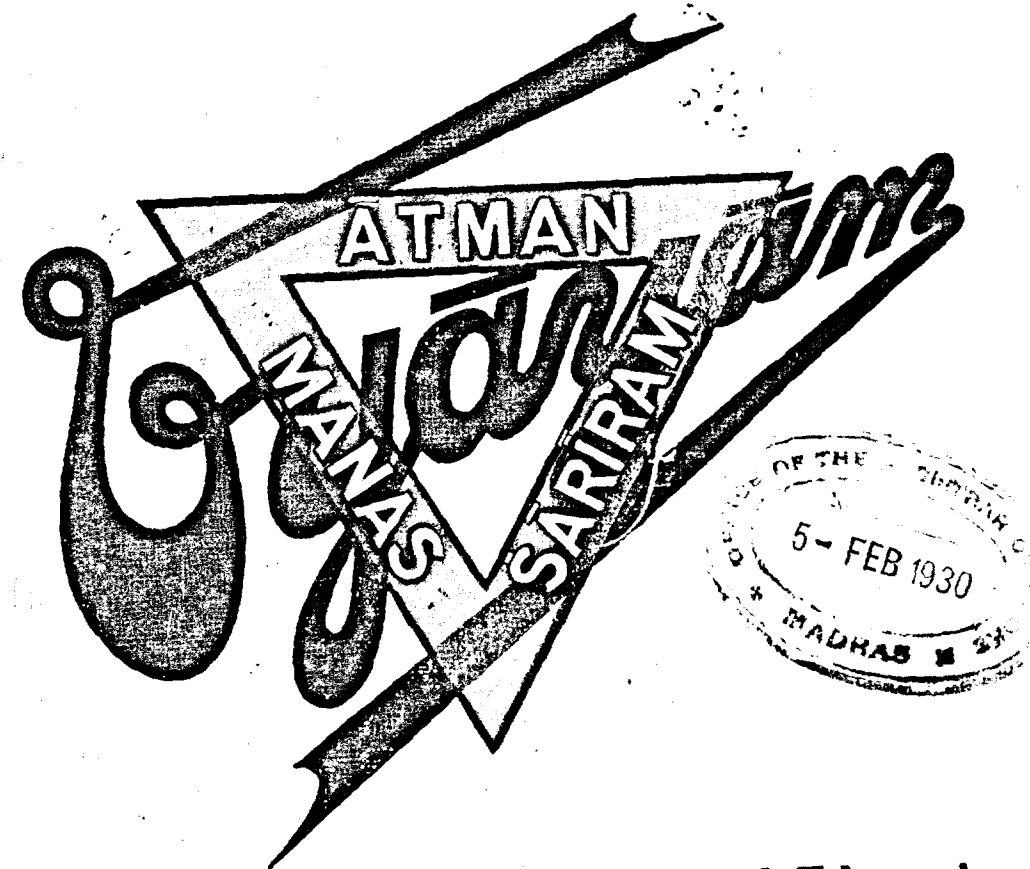
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Vol. 1

JANUARY 1930

No. 3.



A Quarterly Journal of Physical Education

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CAMPS AND CAMPINGS FOR BOYS.
THE PHYSICAL DIRECTOR AND SEX EDUCATION.
A CITY-WIDE PROGRAMME OF GAMES & SPORTS.
CHILD HYGIENE & SCHOOL SANITATION (*Concluded*).
EDITORIALS. OLYMPICS. NEWS & NOTES.

Published by
THE NATIONAL Y. M. C. A. SCHOOL OF PHYSICAL EDUCATION
AND ITS OLD BOYS' ASSOCIATION,
Madras, India.

Per Annum: Rs. 2.

Single Copy: As. 12.

20-1-30
20-2-30

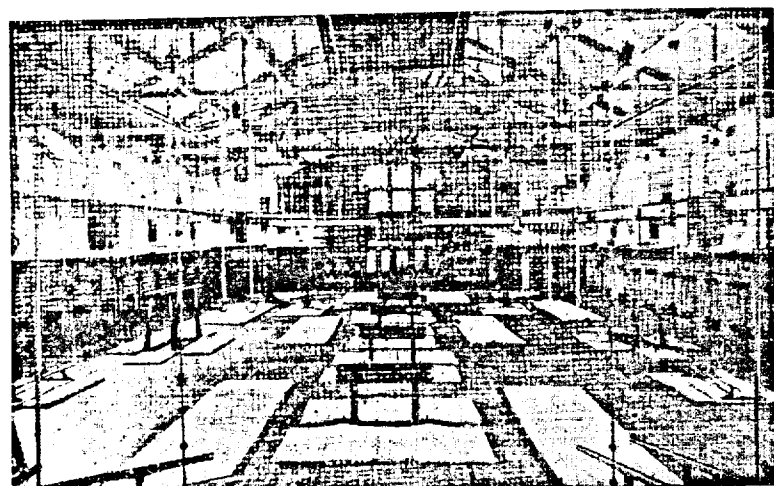
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A Quarterly Magazine Published Jointly by the National Y.M.C.A. School of Physical Education and its "Old Boys" Association,

Royapet House, Royapettah, Madras, India.

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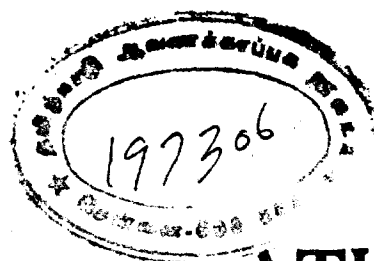
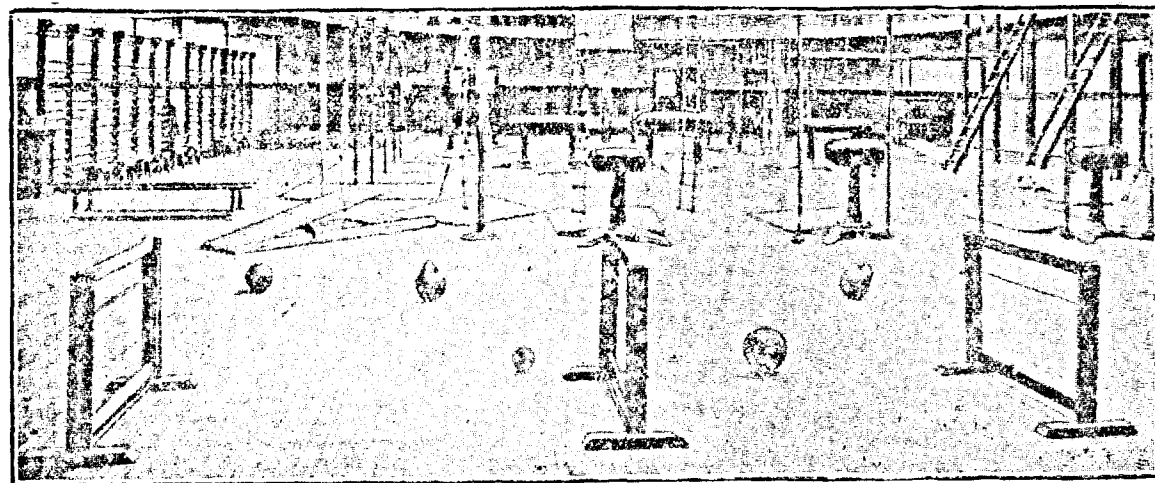
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Contributions, Original Articles on pertinent subjects pertaining to Physical Education, Health or Sports, are requested by the Editor.

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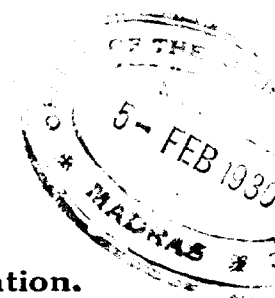
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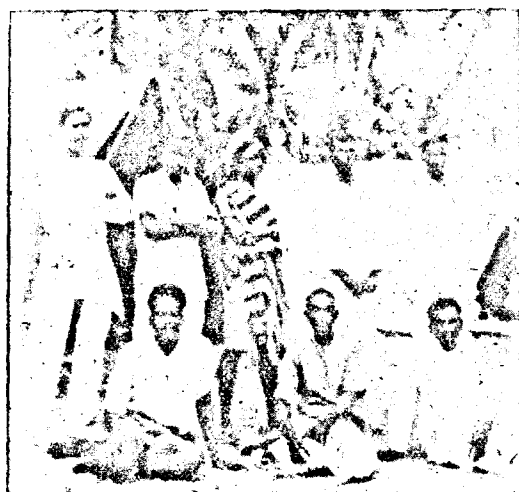


Camp Site.

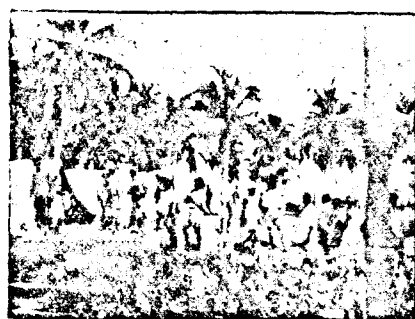


Visitors Day.

STUDENTS
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CAMP
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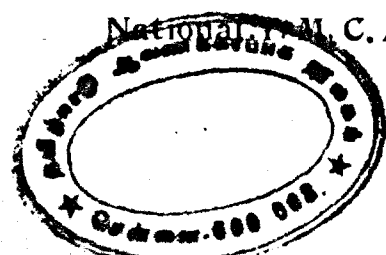
THE
"HEROES"
TRIBE.



In Camp.



Going for Swim.



National Y.M.C.A. School of Physical Education, Madras.

CAMPS AND CAMPING FOR BOYS.

A. W. FORGIE, *Boys Work Secty Y. M. C. A. Madras and A Leader in Boys Work of National Repute in Canada and the U. S. A.*

The Educational Value of Camps. "The Organized Summer Camp is the most important step in education which America has given the world".

When an educator of such outstanding prominence as the late President Eliot of Harvard University felt justified in making such a triking statement as that quoted above, it hardly leaves room to doubt the important place which camping can and must have in the life of growing boys and girls in all lands.

The exceptional educational opportunity of the camp lies in the fact that it is not concerned with 'learning for later use' but with the actual living of life in the most desirable fashion with a group of one's fellows. Unlike the school, which is handicapped by fixed practices which have as their object training for future living, the camp is relatively free to carry on an educative programme of present day living for which vigorous boy life furnishes almost ideal conditions.

The opportunity for new experiences which camp presents is one which should be taken full advantage of. Boys from the same home, the same school, and in some cases from the same community should not be placed in the same camp groups. They will thus be thrown into intimate relationships with others than those with whom they ordinarily associate and have opportunity to form new friendships and to learn how to accommodate themselves to new ways of thinking and acting

Organizing a Camp. A feature which adds to the interest in and popularity of camp life is the use of special names for the groups and their leaders. For instance, the groups are often called Tribes and their leader Chief. In such a case the Person elected to preside over the whole camp would be called Grand-Chief. For the groups themselves such names as Rajputs Great Moguls, Olympians etc., etc., are often chosen by the boys and each member of the group may then chose an appropriate personal name for himself in keeping with the name chosen for the group. Or, a group may call itself the Bird Tribe, and each boy in the group take the name of some bird. The departure from the names used in ordinary life helps to give the camp a touch of interest and romance which is difficult to secure if formal names and terms such as President etc., are used in camp.

The ideal grouping of boys in camp is considered to be from six to eight boys, and for good competition, four groups are desirable, thus a camp of from twenty-four to thirty-two boys will prove most valuable under ordinary circumstances. Where the equipment is adequate and the leadership thoroughly experienced this number may safely be increased to double or more.

Each camp group should have as a Councillor an adult who will work along with them throughout all the activities of the camp day. The councillor can spoil most of the values of the camp for his boys if he

undertakes to make the necessary decisions for and to do things for the boys instead of guiding them in the choosing of the best things to do and in arriving at the best decisions for themselves.

The Camp Council is usually made up of one elected member from each group. It should plan each item of the days programme, except certain things which have previously been agreed upon to take place in more or less the same fashion each day, as for instance, the games in a volley ball league, a period of group games etc. The Councillors may sit with the Camp Council but if they are wise they will be there only to give counsel when they are asked for help and not to offer their advice or to dominate the proceedings.

A. Camp Programme. A typical daily routine for camp is as follows :—

6-00 A.M.	Setting up exercises
6-10 "	Bathing, cleaning teeth etc.
6-40 "	Devotional Period.
7-00 "	Chota.
7-15—8-00	Camp and personal duties
8-00—8-50	Group competition in athletics, Long and High Jump, throwing cricket ball, Putting 6 or 8 lbs shot. Running events etc.
8-50—9-40	Group Games Competition
9-40—10-40	Swimming period, with instruction in Life Saving and for beginners.
11-00	Tiffin
11-30—1-00	Quiet Period
1-00—3-00	Story telling, Health Talks and quiet Games.
3-00	Tea
3-30—4-30	Running and Scouting Games, Paper chases, Tracking; Treasure Hunts, etc.

4-30—5-15	Swimming period
5-30—6-30	Team Game Leagues in Volley ball, Playground ball, etc.
7-00	Evening meal.
7-30—8-00	Preparation for Camp Fire Programme
8-00—9-30	Camp Fire Programme
9-30—9-45	Closing Devotional period
10-00	Lights out.

The Camp Council will have all of the planning to do for the afternoon period of running games and the programmes for the camp fires. These will vary every day and often require considerable arrangement in advance as in the case of treasure hunts or dramatic presentations. Such events should be decided upon at least a day in advance in order to give adequate time for preparation.

If the camp is to be fully self governing in so far as its programme is concerned, the presiding officer of the council will be one of the campers themselves and elected by them. This officer will naturally preside also at all the camp fire programmes and other general meetings of the campers. Some leaders may fear the results of such a procedure, but such fears are seldom founded on actual experience. The boys will almost always make the right choice and the boy chosen will almost invariably measure up to the responsibility placed upon him.

The adult councillor associated with each group of boys should make it his business as early as possible in the camp to discover the special needs of each camper in his particular group. By careful observation of the way in which each boy acts in the discussion of the affairs of the group; at meal times; etc., etc., he will soon learn

something of his weak and strong points. He should then centre his own efforts and secure the confidential co-operation of one or two trusted members of the group, in helping the boys to overcome their difficulties. He will see that the most capable boys do not spend their time showing off their talents while the less capable look on but rather lead them to spend their time in teaching other boys to be as capable as they themselves are.

All the councillors of the camp may require to meet occasionally to discuss problems which have arisen in the case of particular boys and it may be that a boy may have to be transferred from one group to another in order to give such a boy a better chance for self-expression and a happy experience with his camp mates. Any such move which might be decided upon should, of course, be taken only after consultation with the Camp Council and with the boy personally. The thing for the adult group to remember is that the *boy* is the important consideration and not any particular scheme of camp organisation and programme and that if weaknesses can be corrected and boys helped to a larger and better understanding of ways of living with their fellows, one of the chief objectives of the camp will have been realised.

Selecting a Camp Site. If the camp can be located in a place some distance from the homes of the boys, this will add greatly to its value and effectiveness. If, because of expense, it must be located rather near at hand, every effort should be made to find a place where the camp life may be lived

without constant interruption from visitors and parents.

In selecting a suitable location for a camp the most important things to be kept in mind are the good health and safety of the campers. It will be important to be sure that malaria is not prevalent in the place, that there is good water for drinking and cooking purposes (and even then it should all be boiled), that the grounds are free from poisonous snakes and that the site is one which will drain off readily in case of rains and be free from mosquitoes. The site should, whenever possible, be close to some good bathing facilities. The greatest care requires to be exercised in testing thoroughly the safety of any water which is to be used for swimming. In no case should a camp be established where there is any unusual risk of drowning. In addition to such precautions taken in advance, a strict rule of the camp should be that no camper enters the water except at stated times and under the supervision of some capable adult who will be alert and ready in case of any emergency arising.

In a self-governing camp, where there is a mutual understanding that every councillor and every boy is there to make the whole experience the happiest and most profitable one for all concerned, it should be possible to get on without making any other rule than the one about entering the water which is mentioned above. For the rest the Camp Council composed of the boys' own representatives will decide on the plans and councillors and boys alike will all co-operate to make them effective and successful.

THE PHYSICAL DIRECTOR AND SEX EDUCATION.

BY DR. G. SHERWOOD EDDY, B.A., LL.D.

The Physical Director has a unique opportunity and responsibility for influencing young men and boys during adolescent years and at the most impressionable time of their lives. The boy naturally looks up to the Physical Director in all his sports and games. If he is a man of character and strong personality he may move youth for good. Stagg, the great Physical Director and Coach in America, has lifted on the moral tone of his generation in body-building and character-building. Shall we discuss together in this article some of the principles connected with Sex Education.

We are all confronted with this central and baffling problem of sex. At the dynamic centre of man's life there are certain major drives, or dominant desires—such as hunger and love, for the preservation of the individual and of the race. For weal or woe these rule the world. On the one hand, there is the struggle for life, for self-preservation, self-expression, self-realisation. On the other hand, there is the struggle for the life of others, for social realisation, for the fulfillment of one's isolated, fractional, lonely life in the completion of love.

Man has taken this, one of the deepest and finest things in life, where he might share in the very creative activity of the divine, and has in recent times made of sex a thing secret, or hidden or unclean, either to be used merely as a means of self-gratification, or else despised and mortified. If life is anywhere of divine origin it must be so in its source and in the fulfillment of

its ends. Yet we have taken that which is in ideal and reality as strong and pure and debased it in act and slimed it in our false thought. We must reclaim this pearl of great price, this treasure long hid, and bring it boldly back into the light of day in all its divine purity. In part, at least, from the healthy basis of sex, there spring love and the whole impulse of creativity; manhood and womanhood; the family and the home; our conception of God as Father and man as brother; parental care and the highest mystical spiritual union; sacrifice and service; chivalry and courage; the love of beauty and of art; and many of the finest developments in all life.

From this, which is for many the strongest dynamic drive in all life, there may spring man's highest inspiration but also his greatest menace.¹ From this same root of sex there may grow lust or selfish gratification, the violation of personality, the prostitution of womanhood, the debasement and enslavement of manhood, jealousy, hatred, and the lowest depths of vice and crime to which humanity may sink. The tragedies of life, the literatures of the world, the scriptures of all religions are stained with the record of man's undoing through ignorance of the preservation of this powerful instinct.

1. Dr. G. Stanley Hall writes: "Sex is the most potent and magic open sesame to the deepest mysteries of life, death, religion and love. It is therefore one of the cardinal sins against youth to repress healthy thoughts of sex at the proper age, because thus the mind itself is darkened and its wings clipped for many of the higher intuitions. Adolescence", Vol. II, p. 109.

Man has either to master sex or be mastered by it. While the beauty of sex pervades all nature, from the gorgeous coloring of the flower to the plumage and song of the birds, in man only is there at this point serious disharmony, division and conflict. Of all creatures man alone is ashamed of sex. This is the area of his life that he has least mastered.

At the beginning of our inquiry two great dangers appear at the two extremes of life-license and asceticism. The first implies a hasty, self-gratification at the expense of the more complete functioning of life in the future. It is a short-circuiting of life on its primitive and exclusively physical levels.

The second danger arises from vainly seeking to deny or repress this self-gratification by trying to eradicate sex altogether. Asceticism proves in experience to be a dangerous half-truth, for it is an effort at the repression of a vital portion of man's nature. It is the unnatural denial of instincts. Outraged nature in time avenges itself. The ascetic denies the world with the result that a portion of his nature suffers atrophy, or else repression ends in volcanic upheaval and a fresh outbreak of license.

Among the reasons for a belief in sex education, which seem to be reinforced by experience, might be mentioned the following:—

1. *Widespread ignorance* concerning the subject of sex has resulted in disastrous consequences for many.

2. *Unwholesome sources of information* seem to be a practical certainty for all uninstructed youth, however shielded they may be. It is the child who has been kept "innocent", whose questions have been met by evasion or mystery, who is most

avid for information. If parents do not tell, the child turns to those who will. If information is not given in the home from healthful sources it is usually picked up later in the school or the back alley.

3. *Habits, early formed, affect health and character.* Modern psychology has shown the enormous importance and the lifelong influence of early impressions and experiences.

4. *The dangers from the wide prevalence of venereal diseases and of commercialized prostitution.* the numbers of unmarried mothers and illegitimate children, the prevalence of illicit relations between the unmarried, the numbers of criminal abortions annually performed in this country, all indicate that youth should not be left to drift in ignorance amidst these dangers.

The writer cannot forget his own experience in what was almost a model Christian home, in every respect save this of sex education. When his own questions were unanswered or repulsed at home, he turned to the boys of the neighbourhood. *During all these formative years no parent, no teacher, no pastor, no doctor, and no older friends gave us the information which we needed. Our education was left to delinquent boys, and they at least did not neglect it.*

MORAL STANDARDS.

This brings us to the question of right and wrong. What makes a thing right or wrong for us?

Can we find any rational basis for morality? What is the highest value that we know in life? Could we say that it is human personality? Presumably that is right which enhances life as a whole, that makes it finer in quality, richer and more

abundant, for ourselves and for others. And, conversely, we shall count wrong that which injures or destroys life, my own, my neighbour's or that of society, present or future.

As a possible means to sublimation, or the overcoming of any habit, may we suggest the following :—

1. *Deliberately determine your ideal and chose your goal.* Make up your mind, not hastily but deliberately, what you wish to achieve.

The best medical authorities agree that sex exercise is not necessary to health. Muscles need exercise but not glands. You do not need to cry periodically for fear of losing the use of your tear ducts.

2. *Cultivate a healthy, normal attitude to life that will eliminate all fear, anxiety and worry.*

3. *Keep your body at its best.* The rugged athlete has an advantage in hardy exercise, provided it is not over-exhaustion, in healthy eating, but not over-eating. But the rule of the athlete in strict training is a good one for any man willing to pay the price to win in any contest of body, mind or character. Cold baths, if your system is hardy, and keeping the effort-making capacity alive in you by some exertion every day, are also a help. It may be more than a negligible detail to sleep in a cool, well-aired room under light clothing, and rise immediately upon waking.

4. *Do not handicap yourself* in advance or add to your difficulties by lax or bad habits. The habits of laziness or gluttony, of drinking and using exciting stimulants, of smoking to excess, in some cases turn a potential victory into defeat. In this whole matter we are not facing simple nature with its legitimate demands, but a highly and

artificially stimulated condition where we make for ourselves the attainment of our goal almost impossible in advance. It will be imperative to avoid gratuitous and unnecessary sex stimulants such as suggestive or erotic literature, pictures or stories. Such things not only insure defeat in advance, they are defeat.

5. *Nature will frequently relieve the strain* and meet half-way the man who gives nature a chance, by wholesome nocturnal emissions which will, at least in part, provide for the excess of sexual vitality for the single man in a healthy way. If such relief of tension occurs let a man count it his ally and not his enemy. This is a natural way of eliminating an excess of normal secretion and should cause no worry. Sexual intercourse during the period between puberty and marriage is unnecessary. The idea propagated by interested parties that intercourse is desirable in order to strengthen the sexual organs is, according to the best medical authority, quite erroneous. Sexual intercourse during this period is not only unnecessary but may be harmful. Illicit intercourse not only has a deleterious effect on the morals of the individual so indulging, but also excites the animal passions and stimulates the glands of the reproductive system to such excessive activity that it may lead to their permanent impairment.

6. *Fill your life with healthy, objective interests and occupations.* We repeat that the best thing to do about sex is as far as possible to forget it. Do not try to make your mind a vacuum but crowd out the unwanted thing by healthy preoccupation.

7. *Keep your mind clean as well as your body.* There is a psychical issue behind

the physical functioning. "As a man thinks, so is he". Jesus knew men well when he uttered the injunction to guard one's looks and one's thoughts.

8. *Healthy friendship and wholesome social life* will prove a valuable expulsive of subjective and morbid tendencies.

9. *"The expulsive power of a new affection"* has proved for many to be the solution of this problem. As a matter of simple fact, the dynamic power of vital religion has proved to be effective for numbers. This has found expression in many ways. For some the personality of Jesus has offered the dynamic around which life could built. For others some supreme friendship, or relationship, or cause has afforded a new motivation. The discovery of what to any individual may become the most useful in this field is worth both study and experimentation. The validity of sublimation or substitution for some is convincingly shown in the lives of the great celibates like Buddha, St. Paul or St. Francis. In a sense these men were

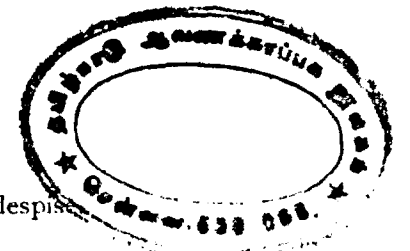
wed to humanity, The Talmud says : "The greater a man is the stronger are his passions. But the pure and consecrated man makes of his passions a chariot for God".

The secret of control will usually be found not in seeking violently to overcome bodily desires but in lifting life to a higher plane, not in repression of the lower urges, but in expression of the higher, not in seeking to eradicate evil but in overcoming it with good, not in morbidly dwelling upon our failures but in forgetting ourselves in the abandon of a great quest and in seeking first the higher aims of life. One impulse can only really be displaced by another. Victory depends on our habits of life, upon the clear vision this gives us of the false lure of the lower alternatives.

NOTE—Those desiring to possess in book form that which in this article has been but sketched by Dr. Eddy, can do so by securing his book entitled 'Sex and Youth' Doublday, Doran and Co., Inc. There is also an abridged edition called 'the Student Edition' in paper. These can be procured through Association Press, 5 Russell Street, Calcutta—Editor.

"The rougher the going the greater the Goal;
The harder the battle the richer the Prize,
Things easily done bring no joy to the soul,
The commonplace tasks all men grow to despise.
"The value of all things is fixed by their cost,
If the race is worth running it's worth all its pain,
And to come to the goal which seems hopelessly lost
Is the sweetest of victories man can attain."

—Guest.



A CITY-WIDE PROGRAMME OF GAMES AND SPORT— THEIR ORGANIZATION AND CONTROL.

E. C. EARL, B. P. E., *Director of Physical Education Y.M.C.A's. of Calcutta and
Hony. Secy. Bengal Olympic Assn.*

Calcutta is perhaps unique among the cities of India in its comprehensive method of systematically controlling athletic sports. Entirely apart from semi-official control, such as is exercised by the Education Department in school physical training, or by the Corporation in the management of public playgrounds—the latter a very recent development likely soon to reach large proportions—gradually a system of control has been evolved for sports of a voluntary nature. By its use confusion or conflict is avoided, and really comprehensive season schedules made possible.

Those interested in most of the principal sports have formed their own organizations, working independently of one another but so promoting their various activities as to avoid seasonal conflicts. Thus we find the Indian Football Association, the Calcutta Cricket Club, the Bengal Hockey Association, and numerous others, each supreme in its own domain.

The Indian Football Association registers in its membership 210-20 clubs, many of which have second string teams as well as first teams. The annual tournaments arranged under its *aegis* thus interest some 3500 players. The football season in Calcutta lasts from April to August but the game is played throughout the monsoon season, and many a football match has been decided on the Maidan on grounds so slippery as to make the game resemble one of waterpolo for mudlarks.

The Calcutta Cricket Club enrolls something like twenty-five teams upon its annual fixtures list, and possibly an equal number of independent teams carry on regular practice and play. Cricket is somewhat less closely organized than football and hockey.

The Hockey Association numbered last year about ninety teams and there are also many secondary teams. The past three years has seen the spread of hockey enthusiasm to women and girls and a Women's Hockey Association now enrolls numerous clubs.

From November to May tennis is very extensively played but much of the play takes place on private club grounds or on household courts. Many club, inter-club, group and open Tournaments are held annually which attract the best players from all parts of India. The recent successful visit of the French team indicates the large place this game has in the minds of the people.

Swimming is also rendered a very popular sport by the abundant supply of "tanks" which are a noticeable feature of Calcutta. Twenty or more swimming clubs are in existence and the Calcutta Swimming and Sports Association has done much to advance the popularity of water sports.

Polo, golf, and rowing have also their devotees and their own respective clubs, while 1929 saw the first Annual Report of

the Bengal Basketball Association, which affiliated eight clubs in its first year, with prospects of very rapid growth in the present season.

During the winter months, November to February inclusive, track and field sports hold sway. The Bengal Olympic Association, organised in 1923 primarily to select competitors to represent India at the Paris Olympiad, became in 1924 the controlling body in Bengal for organized athletics. The subsequent five-year period has been one of extension, experiment and development. Last season upwards of sixty different meetings and contests were registered on the B. O. A. books, varying from large athletic meetings to a 75-Mile Walk or a cross country run. This year that number will probably be exceeded. The date for the holding of each meeting has to be secured in advance and all are carefully coordinated to avoid conflict. Many of the most important meetings are held on the Maidan and the necessity recurring over and over every season, of measuring and laying out running tracks and digging and refilling jumping pits, has glaringly emphasized Calcutta's urgent need of a central stadium with a permanent cinder track. So far the apparent impossibility of securing a central location has prevented the materialization of this dream.

Besides the formation of the athletic calendar, the B. O. A. maintains jurisdiction over the amateur standing of athletes, and keeps a careful record of all outstanding achievements each season, together with a register of qualified officials. As a result, the athletic season in Calcutta becomes a unified series of correlated activities, and through the B. O. A. the gospel of clean sport is constantly promoted and pot-hunting and other form of professionalism are discouraged.

To this end also the B. O. A. has published a Handbook of athletic rules which should do much to educate the public generally to the conditions under which modern athletic contests are held.

In the Calcutta Maidan the city enjoys a unique privilege. It is a great grassy expanse, two to two-and-a-half miles in length and a half-mile to a mile in breadth surrounding Fort William and extending along the Hoogly river. It is centrally located and easily accessible from all parts of the city by tram, bus, bicycle or motor. By military regulations no permanent structure may be erected upon it, but years ago the policy was adopted of leasing small patches of ground to responsible athletic organizations at a nominal annual rental, and under strict police regulations. These include the absolute dismantling of all the tents and removal of all material during a specified fortnight each year. Originally unoccupied land, the Maidan now contains many beautiful tennis lawns, cricket pitches and football fields and is dotted over with the green canvas tents of many clubs and organizations, every available bit of land being occupied with a long waiting list of clubs deserving places. On almost any Saturday afternoon in the year the Calcutta Maidan presents a scene of athletic activity probably unrivalled in the world.

While it cannot be maintained that anything like perfection has been reached, the experience of Calcutta shows that athletics in the larger Indian cities may be controlled by a carefully thought out plan administered by a strong organization, to the mutual benefit of all concerned; with the result of the extension and promotion of the best ideals of athletic sport and a growing interest therein on the part of the public.

CHILD HYGIENE AND SCHOOL SANITATION.

(Concluded.)

C. A. GOPALAN, B.A., Y. M. C. A. School of Physical Education Class of 28-'29.

THE SCHOOL BUILDING

It must be centrally located and should be modern, clean, artistic and sanitary in all its appointments with a playground attached to it with an area of at least 39 sq. ft. per pupil. It is better to have the building facing north or south, as then all the rooms would have sunlight at some time during the day. The halls and corridors should be generous and well lighted.

The school room is the unit in planning a school building and some of the following important considerations must be kept in view; number of pupils to be accommodated, its size, shape and the direction of light and ventilation. The colour of the walls should be such as to absorb the least light and thus prove least taxing to the eye.

FURNITURE

There is an old proverb that says. "fit the desk to the child and not the child to the desk." A study of anatomy, physiology and anthropometry shows us that there is a variation in height among growing children and that the rate of growth also varies between different periods of growth. Therefore, due consideration must be made for this important factor in the construction and adjustment of desks and seats. The desk must not be a prison stall but should be comfortable and roomy. Fatigue is favoured by enforced sitting upon hard and ill fitting seats and at improperly constructed desks. They must not favour the development of myopia, as ill-constructed desks tend to do, and must not force a pupil into a wrong posture.

We all know what posture is and its influence on health. Posture affects health and health affects posture. Poor bodily mechanics often explain why a child is not

enjoying the health and development it should. Although good nutrition is a contributing factor to good posture, defective vision, adenoids, and bad tonsils tend to have an unfavourable effect on the child's posture. In school going children posture during sitting is of greater consequence than posture during standing on account of the longer time the child sits and the resultant muscular fatigue on account of the inactivity of a greater number of muscles of the body for a long time. Prolonged sitting on illfitting and improper seats should be avoided. Relief drills may very well be given. It is best to have individual desks with seats that can be adjusted to height and nearness.

LIGHTING

The rooms should be lighted with sunlight that must be, of sufficient intensity, that is equally diffused and that comes from the right direction. An unilateral arrangement of the windows to the left of the seated pupils will secure the best illumination of the class rooms. In addition to this windows can be placed on the right side for purposes of ventilation or for letting in direct sunlight while the pupils are not engaged in study. Glare in the room should be avoided at all costs.

VENTILATION

Ventilation of the school room is of paramount importance. Pure air properly conditioned is favourable to good mental work. Bad air means sluggishness, headache, listlessness, inattention, lack of energy and a disinclination to mental and physical exertion. Improper and poor ventilation favours physical fatigue. The rooms should be thoroughly flushed out with fresh air as many times a day as possible. Cold or chill weather should not deter us from

flushing out the rooms for the experience of the Open Air and Fresh Air Schools has taught us that cold weather is a fine tonic for mind and body. Window ventilation is the simplest, cheapest and all things considered the best.

URINALS AND PRIVIES

Urinals and privies must be regularly cleaned and when a water supply is available, automatically flushed. The floor must be constructed of hard, non-absorptive materials. It is better to keep it clean rather than use deodorizers. In mixed schools separate accommodations for the sexes is essential.

OPEN AIR SCHOOLS

Are advisable for children suffering from diseases of malnutrition, specially rickets, anaemia, and infectious diseases of the eye, for frail children and for children suffering from T. B. It has been found that in such schools these children gain in weight, colour, appetite, attendance, deportment and scholarship. These schools must give special attention to clothing, diet, recreation and rest.

MEDICAL INSPECTION

Thus medical inspection in schools is a pressing necessity. It seeks to secure ultimately for every child, normal 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. The object is not primarily the treatment of diseases but rather their prevention. One of the principal objects is the early recognition of physical defects such as errors of refraction, imperfect hearing, malformations of the body from abnormal postures, caries of teeth, adenoids, enlarged tonsils and other obstructions to breathing and sources of inflammation. Other important objects of medical inspection of school children are to determine their fitness to enter school and to recognise mental and nervous disorders; the early recognition of the communicable diseases and prevention

of their spread; the supervision of vaccination and disinfection. The results of such an examination should be followed by the teaching of personal hygiene to pupils and teachers, the sanitation of school buildings and their surroundings; the adjustment of seats and desks and the supervision of the mental and physical work of the child. An important function is not only to determine and diagnose the causes of undernutrition, but also to keep accurate records of height, weight etc. as a guide in determining normal growth and development. In fact, the medical inspection of school-children has infinite possibilities little realized.

The honour of beginning medical inspection in schools goes to France where it was begun as early as 1837 by Royal Ordinance. Gradually other countries have taken it up. Unfortunately for us in India medical inspection is a mere farce. If medical inspection is to be successful there should be complete co-operation between the teacher, physician, physical director and parent. It can be made more real and more valuable by teaching the teachers themselves. It is quite plain that the teacher holds the key position and is in a sense the foster mother of the child. The problem is essentially an individual one and calls for special consideration in the mode of examination, diagnosis, treatment and care, with efficient follow-up work for each child. The medical inspector shall detect defects and not, treat them. It is a doubtful question whether medical inspection can solve the question of the communicable diseases of childhood. In the case of the breakout of one of these diseases it has been found by experience that it is better to keep the school open and to inspect the children daily than to close the school, which fails to stop the spread of the disease. The diseases for which children should be excluded from schools are: small-pox, diphtheria, tonsillitis, whooping-cough, mumps, scabies, ring-worm, venereal diseases, influenza and pulmonary tuberculosis.

5-6-30
130-3

EDITORIALS

Notes

In this issue we see appearing for the first time in the Editorial Section short articles from the pens of the Editorial Board under their own names. This is in response to an invitation from the Editor-in-Chief and he is pleased with the result. A one man magazine is always lop-sided. "Two heads are always better than one, even if the second is a cabbage head" as the Philosopher said. Provided the Board members respond the Editor-in-Chief will continue the practice.

A word about our other contributors is in order.

Mr. Forgie:—is a well known expert in camping for boys. He comes from Canada where he has had years of experience in work, for and among boys. We believe he has a great contribution to make to India in pioneering, promoting, developing, and advising on camps and camp sites throughout India. He was the leader in our students camp. This was a part of their regular training as students in our School. See the photos on the Frontispiece.

Dr. Eddy:—is known throughout the world as a keen student of all Movements that affect the lives of men. His enthusiasm for the discovery of a solution to the sex problems of life is of comparatively recent development but is in direct line with many other social workers. We are glad to associate ourselves with him in such a campaign.

Mr. Earl:—is on the staff of the Calcutta Y.M.C.A. but like most Association men he takes an interest in community things. The Y.M.C.A. has had a large share in

bringing the Calcutta situation into existence having worked continuously in this field for more than three decades. Some of the best work has been done by the laymen of whom Mr. Maurice Remfrey is outstanding. His connection with city wide sport has continued during the whole time—most of it as Chairman of the Physical Department Committee of the Central Branch.

J. Henry Gray.

India the Beautiful

Have you ever stopped to think what a wonderful place India will be when

(1) *Racial Vitality* is restored through the abandoning of social customs which devitalize society such as early marriages, purdah, over-restriction of diet and double standards of morality.

(2) *Preventable Diseases* are wiped out—such things as Malaria, Cholera, Dysentery, Plague, Small Pox, Typhoid, Tuberculosis, Kala Azar, Venereal Diseases and Beri Beri which not only take a toll in death of a million a year in India but in addition leave in their train sorrow, suffering, invalidism, economic distress, physical disability, reduced racial vitality and broken homes.

Preventable Diseases are those which need not occur.

(3) *Sportsmanship prevails* in society as well as in sport—not simply that a man shall have his chance within his caste but shall have it freely everywhere so that India's sons may come to their best to serve India best.

(4) *When Recreation is general for all*—children and adults—men and women—by the establishment in society of a childhood

and youth beyond 12 years of age, the introduction of facilities for play in the villages as well as the big cities and the release of the play instinct from the destructive ideal of asceticism.

But my readers may say that this is not only a Utopian dream but a foolish one. It cannot happen at least for a century or perhaps ever. But is it and why should it be? Other countries have done similar things. Japan in the strengthening of *Racial Vitality*. Japan has increased the average height of the nation more than an inch in 20 years by systematic Physical Education. This is one of the Vital Measurements. Take England in *Preventable Diseases*. Sir William Hunter points out:—"that if the rate of mortality which existed in England and Wales for the year 1847-1850 were applied to the 4 years 1916-1919, the following would be the position:—

DISEASE	ESTIMATED DEATHS	ACTUAL DEATHS
Typhus	... 100,000	... 7
Typhoid	... 70,000	... 3,626
Cholera	... 114,000	... 0
Small Pox	... 42,000	... 110
Scarlet Fever	... 112,004	... 5,390
Diphtheria	... 30,000	... 19,631
Measles	... 56,000	... 29,272
Whooping Cough	66,300	... 23,087

Or in *Recreation for the masses*. Take U.S.A. Forces are at work which will see to it that every one has his chance to profit by facilities and instruction in physical education and play and this within the memory of the writer.

Sportsmanship unfortunately comes on more slowly, but it is coming in the application to conditions of such things as self-determination and control in their own governments of nations and the attempts to

solve problems of race and class conflict.

The writer fully believes that the day will come in India, but only if people get the vision, determine to have it and go out to work for it. As Physical Directors this is our job.

J. Henry Gray.

Training of Volunteer Leaders

The Young Men's Christian Association through its Department of Physical Education has for its ideals the promotion of sports for sports sake and sports for everybody and the creation of the habit of taking regular exercise, the necessity of having a healthy body in order to maintain a sound moral character for the formation of character through athletics and such other group activities.

About twenty years ago, the Y. M. C. A. was alone in the field and in these two decades the whole country has been permeated with the Y. M. C. A. ideals through the local associations, especially in University centres and it is not too much to say that as far as the usual programme of the Y. M. C. A. is concerned it has done its purpose.

It seems to us here in Calcutta, at least, that the Y.M.C.A. has now to go forward and graduate into a higher and more appropriate piece of service to the country in providing facilities for training in physical or athletic leadership. Of course, the usual activities should continue and the general members should not be neglected but the volunteer clubs and institutions which are springing up around us in numbers need to be guided and controlled properly, and to make the Y. M. C. A. idea permanent such institutions and clubs should be provided with

"Leaders" trained by and with the Y. M. C. A. principles.

Right from the very beginning this thought had been prominent in the minds of pioneers of physical education wherever they may have been stationed and some very effective attempts have been made and good results obtained. As the Provincial Governments took over the training duties for instructors for their schools, the local associations gave up the training part of their programme. The National Y.M.C.A. school of Physical Education at Madras is a development of this same idea and it is doing all it can to provide trained leadership of the highest grades to the Provincial Governments, municipal corporations, local associations, schools and colleges. But besides these demands for highly trained leadership a new demand on the Y.M.C.A. is now becoming apparent by a different group of men who are serving their country as *voluntary* leaders in various gymnasias, playgrounds, physical training institutions, clubs, etc. Most of these institutions are attempting to provide facilities for physical training to their members on the same lines as the Y. M. C. A. since their leaders either are or have been members of the Physical Department. But for lack of trained leadership they are unable to do justice to their special choice of service. It is up to the Y. M. C. A. Physical Department to see that Leaders for all these various types of institutions are trained both in theory and in practice so that attempts at service may be efficient and fruitful.

With this end in view the Calcutta Y.M.C.A. has organized a Leaders' Training Class this year. The class meets two hours in the morning and two hours in the evening and daily they go through a prac-

tical work of two hours and theoretical work of two hours. At present it is purely on an experimental basis and so far as we have gone through we are of opinion that this class should be made a regular feature of our annual programme of activities. The class is limited to twenty-five men only and even during this first year of its organisation it has been a difficult job for us to select the right type of men, for we received no less than seventy-eight applications out of which we had to take only twenty-five. The instructors are experts in the various subjects and have been quite willing to co-operate with us in making this venture a success.

From the subjects we are dealing with, the idea is to give the men a complete and all round course in training them as leaders of physical training in the fullest sense. Of course the courses have to be very intensive and will tend to open the eyes of the men as to the necessity of receiving their training in the subject and to the possibility of making physical education their life work and we would not be at all surprised if we find some of these leaders express their desire to go to the School of Physical Education at Madras for further training. We hope later to be able to co-operate with the School at Madras.

S. K. Mukerjee.

Physical Education as a Profession.

Before entering a profession, it is natural for anybody to weigh the *pros* and *cons* of the new venture. Now that Physical Training is growing as a profession and is drawing a large number of votaries, I think it is incumbent on us to advise the entrant to consider what he can give to the profession and what he can derive from it.

Without doubt, the profession of Physical Education is the profession where one can live the *joie de vivre*, a jolly time with youth and remain himself young for longer than anywhere else. This, at any rate, is what the average onlooker would say. To him a Physical Educationist is one who is unnecessarily paid to do what, in his opinion, is an enviable task, 'to play and be merry.' He thinks it is an irresponsible post and while the tired businessman does his good bit, the physical educationist enjoys his time and gets paid for it.

There is of course a certain amount of truth in this view point. After all whether a task is play or work is mainly a matter of the mind; and certainly one who carries the onus of his task always with him has no place in this profession.

But if anyone wants to take up the profession of physical training because he can then have greater chances of playing and thus spend a good time, he is sadly mistaken. Taken up as work, physical training is as hard work as anything else, and has its own *travails* and pleasures. It is a great responsibility, consider for example the character building of youth, here play takes up the largest burden, and the character of a future nation rests on the Physical Educationist.

But, is this responsibility appreciated? we hardly think so. For, judged by the money value it fetches, physical training is nowhere at all. Physical educationists are everywhere paid little salary and if they are started on a relatively big amount, they generally finish where they began. Besides, physical training is where one shines to the public in his early career, and as he grows older in life, (and let us hope, in experience,) he is less and less able to catch the

public eye, and recognition, if any, is more out of pity. People generally like a 'Physical Culturist' for what he can do, himself and when he has grown old and can only direct, they feel that they can easily replace him with a cheaper, younger, and from their point of view, a more efficient man.

And what about the boys he has trained to become strong and lusty. I hope that they will not be as ungrateful, but they *can* say, 'we have no doubt learnt a lot from our *guru*, but still we have grown strong with the sweat of our body and because we laboured hard we are what we are today. This is perfectly true, because in physical training, you cannot 'teach', you can only direct.

But these are admittedly extreme views. Physical training is now getting more and more of its deserts, and people are generally coming to understand that a physical educationist is after all, somebody. The fact that the profession is now drawing to its fold cultured people whose prototype would have spurned it a few decades ago, is a certain indication of it.

The man who would have physical training for his profession, should enter it with a spirit of cheerfulness and wholehearted sympathy. It is the profession where one can move nearest to his 'clients', and absorbing youth's interests one can remain forever a youth.

But, brother, enter with a wary eye.

Rama Chandra Rao.

The Cult of Physical Might.

In the course of nearly three years work in the Punjab, particularly in connection with College and University students, I have noticed a great tendency towards the development of huge, powerful, slow mus-

cles. This state of affairs has resulted from the fact that the army of scientific physical educationists is only just beginning to reach the people of India, whereas the quack physical culturist has for decades past had a virgin soil, which he has voraciously exploited for the sake of money.

Without going into the many systems, wiles and medicines employed by these charlatans in their nefarious trade, I wish to bring it home to all of us that this condition exists, and must be combated diplomatically and unceasingly.

Huge knotty muscles are spectacular to herded humanity, specially when they break chains, lift enormous weights, or allow elephants to pass over them, but we know that beyond a certain point, they are mere sponges sucking up more than their

share of nutriment, devitalising all other organs, and generally causing premature death through heart failure.

Unfortunately muscular strength is more apparent than organic strength, but to those who know or who care to know, the doctor or the playground will reveal the truth. A medical examination will generally show that the mighty man has a weak heart, or better still, put him through an average efficiency test for speed, endurance, and agility, and he will cut a very poor below average figure. Poor old Samson is really blind! However, he lives, and so we must look after him, and change his strength from the outward to the inward. We want the strength of the human being not of the brute.

Henry Lall.

Be Alive to the Future.

"He slept beneath the moon, he basked beneath the sun; he lived a life of going to-do, and died with nothing done!"

PERSONAL EXPERIENCES IN SPORTSMANSHIP. No. 2.

Was it good Sportsmanship?

H. C. BUCK.

A few years ago two athletes of equal running ability, representing two rival Universities, were contending with others for honors for their respective Colleges in an important National Inter-Collegiate Sports Meeting, in the U.S.A. The two athletes occupying the centre of this particular picture were easily the cream of those running in this race—the quarter mile. In fact both of them had previously equalled the then world's record for that distance. It was apparent that the race would be between these two men, and at the moment of the occurrence now under consideration both of them were well in the lead and running neck and neck. *Due to a bad place in the track* one of the two stumbled and fell sufficiently to break his stride and permit the other to win the race had he cared to take advantage of his opponent's misfortune. But instead of doing this the leader checked his speed thus permitting the runner who had stumbled to recover and both were once more abreast. The race was then renewed with all of its original vigour each attempting to win on his merits, rather than through some mishap to his opponent. It so happened that the man who waited won the race. But was it good sportsmanship to wait?

(Send in your opinions to the Editor for discussion in the next issue of "Vyayam" also send in a story and get a year's subscription to Vyayam free.)

Review of the Replies on "Are you going to Win."

Who Won?.....Nirmal Khan won:

And Why?.....Let us see how the replies came in.

The answers to the query 'who won and why?' in the last issue were as numerous as they were widely distributed. They came from men from all over India, Burma and Ceylon. There were in all 64 answers coming from men who know what Athletics and Sports are. Many of them were highly provocative.

As many as 27 gave Nirmal Khan the victory while 26 wrote that Jamal Din got the laurels as usual. 11 answered by bridging across without any decisive reply, saying that Nirmal Khan ought to have won and Jamal Din would have won.

The partisans of Nirmal Khan contended however that he showed enough determination without over confidence and that the fact that a new record was set shows that it was he who won.

On the other hand those who gave the palm to Jamal Din wrote that he had something at stake and that he had absolute confidence in himself and his powers and that he did not leave anything to chance as his rival had left it "to God". The very fact that a new record was set they wrote shows that seeing the determination in his rival's face Jamal Din outraced himself to break his own record.

The facts in the case were that Jamal Din—three times a winner—was over confident; hence had not trained as faith-

fully as on former occasions and depended on confidence and not faithful effort to pull him through and he failed. Nirmal Khan not daunted by failure in the past was in the pink of condition and out to redress his former failure and did.

To Headmasters and Teachers of English.

When you are making Essay Assignments to students, why not give them such topics as "Sportsmanship" "Fair play; What is it?", "The Value of Team Play" etc., as well or instead of the usual prosaic things most of which are not related to their interests in life?

Anatomy & Physiology "Howlers."

1. Popliteal artery divides into molecules.
2. Rectus abdominus divides into left

and right Iliac arteries.

3. From the left ventricle through the bicuspid valve blood enters the lungs and from there is directly sent to all the parts of the body through the Aorta.
4. There are about 372 bones in the body of which the ribs number only 15.
5. The Palmar artery is behind the knee joint.
6. The Popliteal artery after the knee joint becomes two, the anterior tibial and the posterior fibular arteries.
7. The side wall of the cranium is made up of the 'Parental bones'.
8. 4 oz. of castor oil will completely eliminate the bowels.
9. "Williams" is a good book for digestion.

"To cure is the voice of the past

To present is the divine whisper of today".

—KATE DOUGLAS WIGGIN.

OLYMPICS

"DIFFICULTIES are what show men's character. Therefore, when a difficult crisis meets you remember that you are as the raw youth with whom

God, the trainer, is wrestling. "To what end?

"That you may win at Olympia; and that cannot be done without sweating for it."

Epictetus A. D. 60.

International

International:—

For the past six years the International Labour Office connected with the League of Nations at Geneva Switzerland has had under consideration the question of the best utilization of the leisure hours of workers throughout the world. Realizing that there were folks who were experts in such matters they in March of 1929 called together the following eleven men to discuss the question with them.

1. Baron Pierre de Coubertin. Founder of the Modern Olympics and Honorary President of the International Olympic Committee.

2. J. Devlieger Ass't Gen. Secty for International Union of Socialists, for Physical Education and Sport—Belgium.

3. Frantz Reichel Secty. French Olympic Committee.

4. C. Gellert-Pres. Inter Union of Socialists for Phys. Educ. and Sport Germany.

5. A. Guillevic-Inter. Union of Soc. for Phys. Educ and Sports—France.

6. Van de Kerhove-Pres, Inter, Union of Catholic Workers—Belgium.

7. Dr. A. Latarjet-Vice-Pres, Inter, Assoc. Sports Doctors-France.

8. Dr. Knoll-Pres. Inter, Assoc. Sport Doctors-Switzerland.

9. R. Silaha-Gen. Secty. Inter. Union of Socialists for Phys. Educ and Sport,—Czechoslovakia.

10. Louis C. Schroeder-Secty. Phys. Educ. in Europe-of the National Council Y. M. C. A. of U. S. A. and Canada.

11. Dr. K. Weigner-Dept. of Hygiene and Phys. Educ.—Czechoslovakia.

In addition were several members from the International Labour Office. *Note:—*(It is interesting to know who would be invited

Regional

Indian

and who not to such a conference. Several of the leading countries in the world so far as both "workers" and experience in the use of leisure time for them is concerned not being included.)

The program presented for discussion was as follows:—

1. An exchange of viewpoints as to what has been done in different countries in the field of physical education and sport for the masses.

2. The question of medical control of sports.

3. Corrective Exercises for workers.

4. The role that the International Labour Office can play in this field.

There was apparently a unanimity of opinion of the following points.

1. Workers should have leisure time.

2. The State should provide the necessary equipment in the way of grounds buildings etc for their use.

3. Transportation to and from the play-places should be arranged at a minimum cost.

4. Camp Week-ends and holiday camps for the family as well as the man were urged.

5. The need for expert trained supervision was stressed. Even medical attendance to be included.

6. All participants to be medically and physically examined before and occasionally during competition. Such material to be used by the Doctors as research material for study.

7. Responsibility to be placed on the educational authorities for developing a love of play and exercise in the children who will become workers.

8. The needs of women and girls as being more urgent than for men and boys

was brought out.

9. The lack of proper corrective exercises was realized.

It is hoped that the Committee can meet again in 1930.

Regional:—

Mexico.

Native Indian games, played by the Redman themselves, will be included in the "Olympics" to be held in Mexico in January.

A "Football" Game will be played by members of the Tarahuma tribe of north-western Mexico. Instead of using an inflated leather football, however, these Indians use a large wooden ball which they kick lustily. Tarahumars are noted for endurance, stories being told that their favourite method of deer hunting is to run after the animal until it drops from exhaustion. These Indians in recent years have staged exhibition distance races in several parts of the United States.

The ancient sport called "Guemada de restar," believed by some to be the forerunner of American baseball, which is still played by Indians of this republic will also be played at the "Olympics". Members of northern Mexico mountain tribes will give an exhibition of this sport.

An old Aztec ball game also is to be revived. Members of the Totonaco tribe will come from the State of Veracruz to play.

The January meet, which is sponsored by the Ministry of Education, will be the largest affair of its kind ever held in Mexico. Virtually all sports played in Mexico will be included, competition will be national in scope.

Czechoslovakia.

"Volleyball is now the most popular game in Czechoslovakia. It is played in schools, universities, gymnastic associations, and villages everywhere. Y.M.C.A. rules, (world's rules) are accepted. Y.M.C.A. teams do not hold the leading positions, owing to lack of trained secretaries. This year "Sokol Kroneriz" holds first place.

"Basketball—due to Y. M. C. A. propaganda is growing more and more popular. Sokols hold their championships this year and are equipping their gyms with stopboards. In the meantime, basketball is still merely an outdoor game. We are trying to make it a winter and indoor game as well. Progress is being made.

"Playground ball is growing in popularity. In Praha recently nine teams played in a local tournament. All gymnastic Associations are introducing this game into their own programmes.

"In other physical activities we are not showing anything" exceptional; with the exception of "tumbling" which is very popular".

Italy.

Mussolini is erecting an amphitheatre in Rome which will seat 130,000 people. This is part of the great physical education school that Il Duce is founding. The Mussolini Forum will be some thing like this:—A large building of reinforced concrete in form something like the letter H; the two lateral strokes of the letter being formed by two buildings each with three stories and joined together by an arched passage. On each side of this great building are two other buildings. In connection with the buildings there is a covered drill ground for the use of students of the Fascisti Academy of Physical Education; a large open gymnasium or parade ground; a small stadium capable of seating 14,000 with arena; and a swimming pool.

Lithuania.

Through the efforts of men like M. Kavolis, Chairman of the Lithuanian Sports League, a petition will be made to the Government for aid in constructing sport fields, halls, and playgrounds, as well as to introduce compulsory physical training in the schools.

Spain.

The new stadium at Barcelona is a splendid one. They hope to have the 1938 International Olympic games held there. The stadium will seat about 45,000. While it is still unfinished, there are great possibilities

ties of its becoming one of the best in Europe

At the Barcelona Fair is a new swimming pool, about 50 meters from the new stadium. This is a splendid addition to the sports equipment of that charming Spanish city. In addition a basketball court is being built at the Fair grounds which will be the city's permanent basketball court.

Balkan-States.

The first Balkan Games were held during the month of September. Greece, Roumania, Jugo-Slavia and Bulgaria competing. Greece won first place by 106 points, Roumania took second place, Jugo-Slavia third, and Bulgaria fourth. It is hoped that Albania and Turkey will enter the next meet. The games will be held every year and every fourth year they will be held in the Olympic Stadium in Athens.

Germany.

Berlin has always been known for its large and well constructed swimming baths but the German capital is now to become really famous in this respect. The largest swimming pool in Europe is nearing completion in the Garten Strasse, in the East of the city. The hall itself is some 200 feet long and 70 feet wide, and the pool about 164 feet by 50 feet. The walls and roof are of glass and the windows at the side can be removed altogether in summer. There are to be two gymnasiums in the upper story and two separate roof gardens. The new hall will contain more than 700 dressing cabins, 100 bath tubs, fifty cells for showers, and extensive Roman and Russian baths.

Russia.

For the first time in the history of Russia, the Government has arranged a camp for children which is described in the Russian magazine. "The Pioneer." The camp is magnificently located and is conducted along the most modern methods of hygiene.

Indian:—

Cochin.

Experiment in Inter-School Sports.

The Cochin State Athletic Association is

trying an experiment which we hope may succeed. Having conducted Inter-School Competitions over a period of years along the usual lines of awarding individual medals and individual championship trophies they have come to the realization that such methods do not get desirable results. They have discovered, as we all do sooner or later that excessive awarding of individual prizes kills the true sporting spirit and tends to develop "pot hunting" and the spirit of commercialism.

Cochin is now attempting to organise and conduct their sports competitions on the team basis. According to this method instead of one star athlete making it possible for his school to win, thus not giving a true picture of the physical ability of the school as a whole, each school must enter a team of athletes for each item and in an event like the long jump for instance the aggregate distance jumped by the members of the team is taken into consideration. This gives an opportunity for more athletes to participate, develops a higher general average of athletic ability gives a more reliable picture of the physical ability of the school, develops team effort or co-operation, and does away with the evils accompanying the seeking of individual notoriety and "pot hunting".

We wish you success, Cochin!

All India Sports.

The All India Sports Championship conducted by the Indian Olympic Association will be held in Allahabad, February 7th and 8th.

The program to include the following events:

*Track:—*100 yds, 200 yds, 440 yds, 880 yds, one mile, 5 miles, 120 yds. Hurdles 440 yds Hurdles 4×100, Relay Race, 4×440, Relay Race, ½ mile steeple chase.

*Field:—*High Jump, Long Jump, Hop-Step and Jump, Pole Vault, Shot put, 16 lb. Hammer, Discus and Javelin Throw.

Apparently this is not an open meet and hence is limited to entries sent by Provincial Committees and those affiliated to the Indian Olympic Association,

"OLD BOYS" NEWS NOTES

Old Boys' Association of the The National Y. M. C. A. School of Physical Education.

The next Annual meeting of the Old Boys' Association will be held next March. It might as well be mentioned now as later that Mr. Buck is going on furlough about the same time. Hence you are requested to make the necessary arrangements now so that large numbers may come and make the function a success. The date and the details of the programme will be sent to you by the secretary in due course.

Assam:—

J. Baruah has been busy all these days chalking out his future programme. Incidentally he has been able to get 24 subscribers for our 'Vyayam' and he wants to know what others have done. I am afraid I cannot give him an encouraging answer unless you all help me out. Would you do it please?

S. C. Bhattacharya writes that his time is divided between two schools. Since July last he has been giving all his time and energy in organizing a play-for-all programme at Habiganj High School, Sylhet. He is trying his best and in spite of inadequate space and only Rs. 150 at his disposal for the whole year he has been able to keep about 60% of the school boys busy every day out of a total strength of 500. He is now busy training leaders and is hopeful that when he is away at another school for the rest of the year these leaders in co-operation with the Head Master and other teachers of the school, will be able to carry on the programme as at present.

Raja Ali "constitution" Mozumder is now a Sub-Deputy Collector in Assam. Though he has taken up a different type of work, he has not forgotten the P. T. work. He has already organised a P. T. class for his brother officials and he feels quite happy about it. Besides this he never misses an opportunity to speak about P. T. whenever he gets a chance.

Bengal.

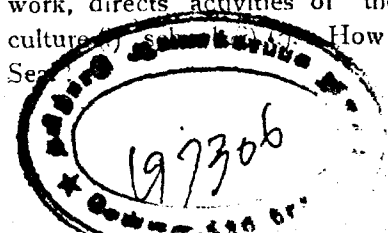
S. K. Mukerjee, 1921, after securing his B. P. E. from Springfield (Mass. U.S.A.) has been stationed at Calcutta as a Director of Physical Education, and at present is directing a Leaders' Training Class. Well done! you are on the right track. He visited the school recently on his way to attend the Dasara Festival in Mysore.

S. Sun, 1927, besides his work as the Physical Director of Presidency College is also sub-warden of one of the premier hostels of the College. Keep busy Sen!

K. N. Roy, 1928, is physically directing students of Dacca Collegiate School and is mentioned in the Government despatches. Congratulations, Roy!

B. D. Chatterjee, 1928, is a married man now and the home department is certainly exerting a settling influence on him. Good luck, Chatterjee!

J. K. Seal, 1928, besides his playground work, directs activities of the physical culture of the school. How about it, Sen?



B. K. Ghosh, 1929, is a play ground instructor and a hustling scout master. Believes in working seven days a week. Keep smiling, Ghosh!

P. Banerjee, 1929, is a play ground instructor, and also is in charge of Physical Activities of the Boys' Training Association. Lead them right, Banerjee!

H. C. Karunakar, 1929, just recently transferred to Islamia College, Calcutta is occupied at present in making necessary plans and schemes for his work.

P. Ganguli writes from Dacca that he is lucky to have another of our Madras graduates working as Physical Director in the same city, though it is very seldom we find two men of our school working in the same city. Recently a dual athletic meet was conducted between their schools and it created a lot of enthusiasm among the boys though no prize was given. They are now planning to have other activities run on the same line.

Burma.

Ba Thin is temporarily attached to the Govt. School, Rangoon. He is trying to give a demonstration of a model physical programme in the school.

Madras

Rao Bahadur Krishna Rao Bonslae, President of the Physical Instructors' Association in thanking the Hon'ble Chief Justice Beasley at the anniversary of the Madras School Athletic Association, for his inspiring guidance as its President clearly pointed out the great awakening in Madras and elsewhere in India to matters relating to Physical Education. He pointed out the important place the School has in it.

Raman Pillai is appointed as Physical Instructor, in the Municipal High School Coimbatore.

V. Sunderesan of St. Joseph's College Trichy has opened a Basket Ball Court which he says has made a sensation in his town. The court draws many players and many more spectators to it.

Our friends on the west coast including "two seconds", we hope, are so busy that that they do not find time to inform us what they are doing in their respective colleges as regards P.T.

The 'Old Washer Woman' is having a good time in his college with games and calisthenics.

Our heart felt sympathy to Gopalan who has failed to get even the third prize in his essay competition; we wish him better luck next time.

Thanks to Dr. Gray, we are just introducing Cage Ball in our School at Madras. Any one interested in it can get full information about it from Mr. Mia.

The P. T. School had a successful dual meet with the Anglo Indian Sports Club. The contest was very keen throughout, but finally the school carried the day by a wide margin.

The following school records were made:—220 yds. 24 Sec.; 440 yds. 56 Sec. R. High jump 5 ft. 4 in; Long Jump 20 ft. 1 in; Running Hop Step & Jump 41 ft. 4½ in. Pole Vault, 9 ft. 6½ in. *Mysore.*

Narasimachar recently ran a very successful Sports meet in his college at Bangalore. He has also developed a good Hockey Team in his college.

Anil Das had a very busy time conducting Inter School sports for Bangalore City and is now having a great time with tournaments and a host of other activities. The Mysore State Olympic Championships were also held on his field. They went off with credit to all concerned.

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QUESTIONS AND ANSWERS

Q. Is the breath held in short sprints?

A. Yes. The 50 Yds. Dash is run by all sprinters in one breath. As a matter of fact when the "get set" signal is given by the Starter they take in a deep breath and hold it till they breast the tape; this of course fixes the muscles of the trunk and gives a good leverage for the muscles of the arms and the legs. A 100 Yds. Dash is usually run in two breaths. All athletes usually take their breath in short pants, however.

Q. Will a star player be a good coach, should you be a good performer to teach?

A. A star player is not necessarily a good coach. Often he is a poor one for the simple reason that things often come so naturally to him that he cannot understand why others have faults and hence fails to be able to analyse the movements of young or poor players and so aid them. It is not necessary to be a good performer to teach. As a matter of fact one cannot be proficient in all activities. It is of course better to be able to perform as well as to teach. At any rate you should be thoroughly grounded in your technique.

Q. What is one to do where the conditions are not encouraging and where the budget is limited to below Rs. 200 for more than 500 boys?

A. NEVER GIVE UP HOPE. Work with what little you have. Begin with

non-equipment games and games requiring equipment that costs little. Work steadily and surely and get the confidence of the students and your colleagues and show the men at the helm of affairs that you mean business of the right type. All will be well in due time. On no account be erratic in your programme.

Q. Should Basket Ball be given to boys from 9 to 14?

A. Considering its strenuous nature one would be prompted to say 'no'. But it can be given with safety a little modified. Use a minimum sized court and do not play a full time game. Play "quarters" and not "halves" as the Rules stipulate. If you can procure a full court only you might have seven players on a team instead of five.

Q. Is Anatomy and Physiology as taught in the P. T. School necessary for a Physical Director?

A. Yes, without a good knowledge of Anatomy and Physiology, physical education is worth little or nothing. A Physical Director's work is with all the tissues of the body and hence he should have a thorough knowledge of them. Again, for Diet, Corrective Exercises and the value of various types of work as well as for First Aid, for Massage and for "Treatment of Athletic Injuries" all of which fall within a Physical Director's range of work a knowledge of Anatomy and Physiology is absolutely essential.

