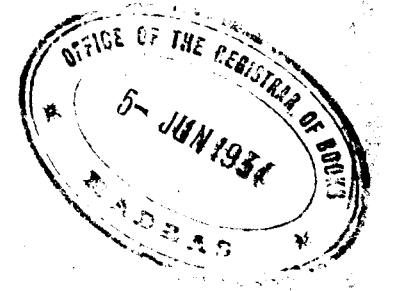
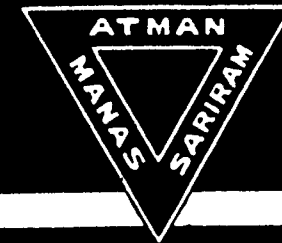


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A Quarterly Journal of Physical Education.



MAY 1934

A Survey of the Year's Work
Recreation in Other Countries

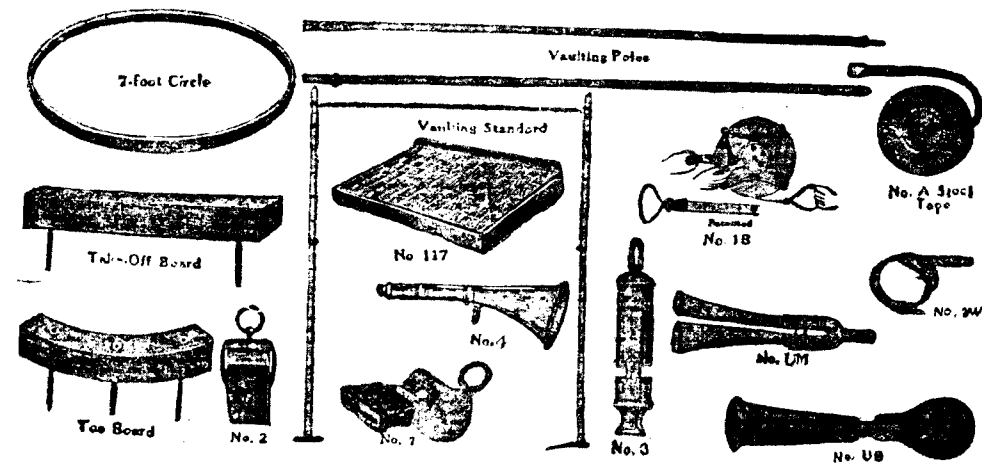
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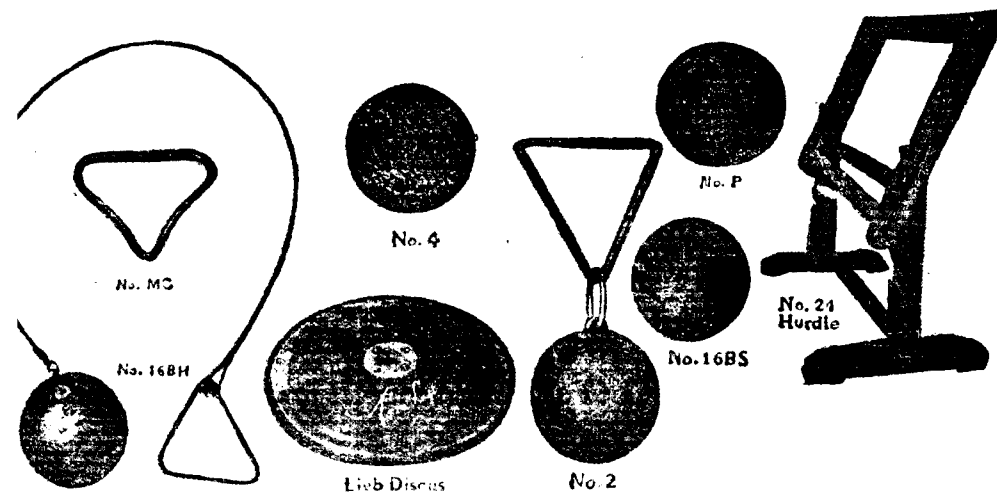
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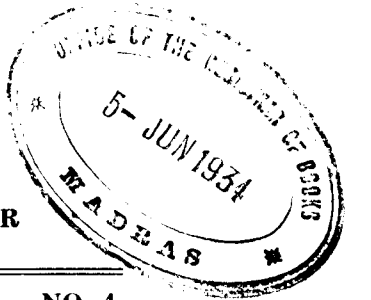
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ISSUED FEBRUARY, MAY, AUGUST AND NOVEMBER



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The inaugural address which was all inspiring and instructive was delivered by the late lamented Captain M. A. Candeth, until recently Deputy Director of Public Instruction to the Government of Madras, a brilliant scholar and educationist of repute. It is with deep regret we place on record our sorrow over his premature death. In him the college has lost one of its most valued friends. We offer our deep sympathies to the members of his family in their bereavement.

This year we were fortunate in securing several distinguished speakers who lectured to us upon topics of great interest. To them we owe our deep gratitude.

Lecturer.	Subject.
1. Captain M. A. Candeth.	The Inaugural Address. (The Purpose of Education.)
2. Public Health Department.	"Hookworm and its Eradication." An educational film.
3. Dr. Hamid: All-India Office— Red Cross Society.	"The Junior Red Cross Society."
4. Col. Webb, I.M.S., D.P.H.	"The Public Health Department and its Work."
5. R. Dann Esq., Consulting Architect to the Government of Madras and Director of Town Planning.	"Town Planning."

The importance and the values of the Students' Association cannot be over-estimated. It reflects the intellectual, social and moral activities of the students. In order that it should function in a normal and healthy fashion, it is of great importance to have an able executive body which is the sole body-politic of the students. The success or failure of the association rests on the student office-bearers. Here is a college unique in the whole of India—unique in the sense that it draws students from all parts of India, including Burma and Ceylon. As such, the association is of a cosmopolitan composition but yet of diverse tastes and views. It is therefore no exaggeration to say that to achieve co-operation and the spirit of pull-together will be a herculean task. We may therefore venture to suggest in this connection that in electing the office-bearers, politics should not be allowed to interfere but instead, real merit, capability and the personality should alone be the criterion for electing them. If on the other hand, provincialism is allowed to dominate us, the association will be a deadlock all through, resulting in the ultimate loss

of its values to the members themselves. We would therefore suggest that instead of rushing through the elections in the beginning, it is wise that it may be deferred until such period when closer contact and better feelings prevail.

Membership. All the students of the college are *ipso facto* the members of the association. It is therefore compulsory on the part of the students to pay to the Treasurer a monthly subscription which has been passed or approved by the General Body. We have found by experience that 4 annas per month was not too much, but to avoid hardship on some 2 annas per month ought to be more than enough.

Constitution. This association is not governed by any rigid or written rules and regulations. Students come and students go every year, so that it is left to each batch of students to evolve a constitution of their own and chalk out a worthwhile programme well in advance for the entire academic year.

Activities. One of the most interesting features of our activities should be the periodical social gatherings in the evenings comprising of all the students and staff—an occasion when various students entertain us with lively pursuits. These socials are in every sense of the word socializing and should not be missed.

These social gatherings furnished us the right materials to stage very interesting variety shows on two occasions, one in aid of the "Saidapet Leprosy Relief Fund" and the other in aid of our College Library. We were very happy to be told by the staff that this variety entertainment surpassed all the previous student efforts. We had been told that last year's class set an extremely high standard with their performance, and every student co-operated to the fullest extent in order to produce a programme that was varied, unusual and happily arranged.

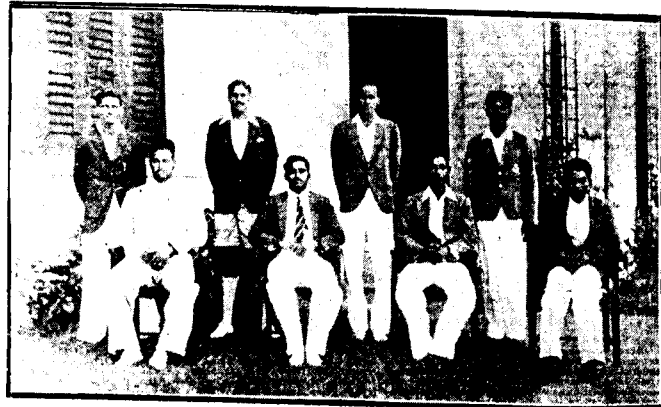
In conclusion, we express our sincere thanks to all the staff members for their hearty co-operation at all moments and at all places. They have shown an abiding interest in us by offering constructive and valuable suggestions in all our attempts. Particularly so were Mr. and Mrs. Buck who have treated us with parental care in all matters concerning our general welfare.

We have now come to the inevitable parting of ways. It is with mixed feelings of joy and sorrow we wish them all good-bye. Our good wishes to the in-coming students. Lastly, good-bye to all.

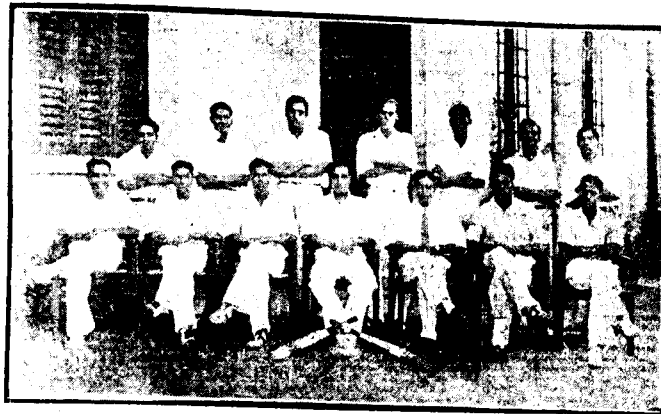
M. L. N. John,
President.

P. K. Chowdury,
Vice-President.

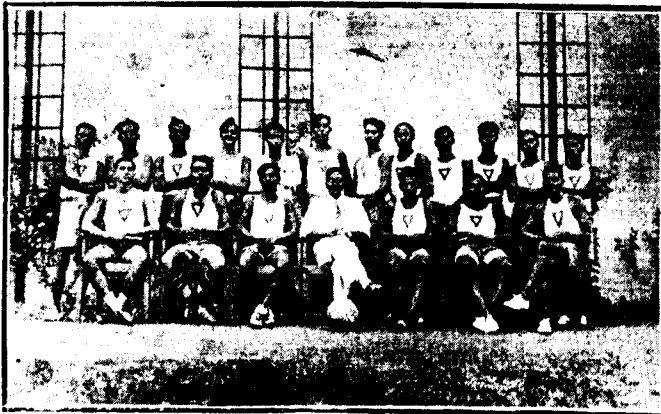
M. Chidanandam,
General Secretary.



Student Association Officers, 1933-34.



Cricket Team, 1933-34.



Football Team, 1933-34.



Hockey Team, 1933-34.



Boxing Team, 1933-34.

 ATHLETIC ACTIVITIES

We are proud of the achievement of our college athletic teams this year; not that we win a number of trophies but because we were able to serve and help others in the various athletic meets conducted on our grounds. Many of us gained considerable knowledge and valuable experience through these meets.

In the beginning of the year we conducted three sports meets with our own students participating as competitors and acting as officials. This gave a lot of experience to us in running a sports meet. Prior to Christmas holidays we arranged a dual meet between our college and the Teachers' College. Our college came out successful with flying colours and led by a big margin. The medley relay provided a lot of excitement for the spectators and keen competition among the teams. Perhaps it will not be an exaggeration to say that it was the best finish that we saw on the track this year.

In the Madras Olympics we sent out two teams for the two relays for the colleges. We congratulate both the teams for securing first place for the college, although one team had to run alone with no other college competing. We also congratulate Mr. M. A. Khan, our heavy weight man, for obtaining the second place in Discus throw. We were very unfortunate in the Inter-collegiate sports meet. The Medicals carried away the trophy and we got the second place.

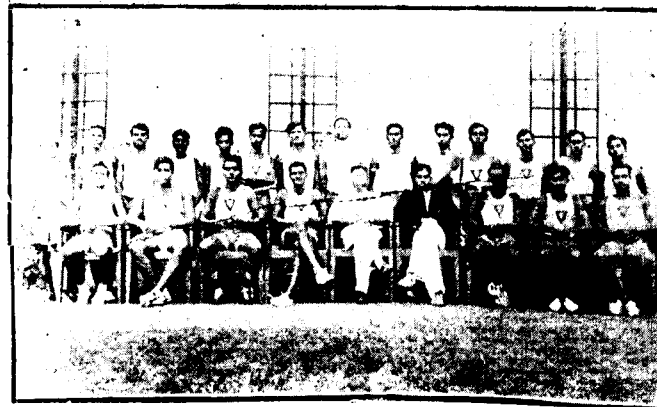
It will not be out of place to mention that we conducted a lot of sports meets for other schools and colleges. In the inter-scholastic meet, which is conducted every year by the Students' Association, only five schools participated and the Christian College School won the trophy by scoring the highest number of points. Another sports meet was conducted for the normal teachers at the end of their training course to give them practical experience in conducting a sports meet. The winners were given sweets and red, blue and yellow ribbons as prizes.

During the Education Week we gave a practical demonstration of Indian Indigenous Exercises and conducted minor games' group competitions for schools.

We are now towards the end of our college year; but our track has yet to be filled by competitors and judges and officials with a large number of spectators behind the fence, when we shall conduct high school sports.

It clearly shows that our enthusiasm never dies away as soon as it is born, but it grows stronger and stronger. We wish that all of us will continue in carrying out a vigorous programme of physical activities from start to finish when we go out to our high and noble calling as Physical Directors.

A. S. D'ROZARIO,
Athletic Secretary.



Sports Team, 1933-34.



Basket Ball Team, 1933-34.

CRICKET

As usual, Cricket was one of the items on the curriculum. Especially this year, either we may say it, luckily or through the good wishes of our predecessors, we formed a good side at cricket. And we sincerely wish, still, better luck for the students to come hereafter.

Every Friday evening we were given net practice or coaching. Players followed every instruction with keen interest and soon proved to the college authorities that they should be sent in for the Inter-collegiate Cricket League matches. In the league we beat every other college but the Medicals. The match between the Medical College and our college requires a special mention. It was played on the 11th November 1933, on their ground. One day prior to that we had a heavy rain, due to which the ground was rather damp. After having won the toss we elected to bat. Unfortunately we fared disastrously and scored only 49 runs. Nevertheless, our players were courageous enough to fight up to the finish. So, with firm determination, we went in for fielding. The Medicals lost their 9 wickets for 46 runs. We were on the verge of defeating them but D'Costa came to their rescue, played a dashing game raising the score to 51. Consequently we lost. Even then we were congratulated by the staff with the words, "Glorious defeat is better than victory."

Many other friendly matches were played during the season, and with pride we can say that every game was decided in our favour. Mostly our success was due to the team spirit among the players themselves, in other words, all the eleven players were one in the field.

Our hearty thanks are due to the members of the staff for their full co-operation with us. They spared no pains in providing wholesome opportunities, not only that but also on every match day, one expected to see in the spectators' gallery Mr. Buck with his rod of justice in his hand, Mr. Mia in his loose suit, Mr. Joseph in his white suit, all anxious to watch the proceedings of the match and Mr. C. C. in his cricket dress, ready to participate with us in the ensuing match. On the 11th March 1934, we played the last match for the season against ToCH, which also ended in our favour. During lunch time, both the teams were entertained by Mr. and Mrs. Buck, with light refreshments and cool drinks, for which we are highly indebted to them.

WHO IS WHO IN OUR TEAM

1. E. J. S. Ram :—Back-bone of the team, good wicket-keeper, and sound batsman.
2. E. O. Singh :—Our star bowler, has been most impressive and successful throughout the year, may be called Amar Singh of the Y. M. C. A. College.

3. A. S. D. Rozario :—Left hand bowler, troublesome for the batsmen, can be placed in the category of Verity if he attaches a little bit of more importance to his bowling. A smart fielder.
4. M. A. Khan :—Opening batsman, would block the wickets through out the game but rarely reach his double figure.
5. H. T. Nathaniel :—A change bowler, terrible batsman in the net, generally met with bad luck in a match.
6. T. N. Chachoo :—Obedient to his profession as a doctor, would treat the bowling as if treating a patient. Would bowl when emergency arises.
7. B. K. Naick :—A change bowler, smart field, could return the ball to the wicket-keeper fast enough to get the batsman run-out.
8. S. M. Pai :—A fast batsman, ever demanding substitute to run within the wickets and to field as well.
9. J. I. Das :—Very smart field and good catch, would feel satisfied if not asked to bat.
10. Shunmughasundaram :—Good out field and a batsman who believes in hitting or getting out.
11. Gian Prakash :—Has played Quadrangular Tournament in the Punjab.
12. D. C. Bhalla :—A learned scorer, intends to qualify himself for the same.

GIAN PRAKASH,
Captain, Cricket Club.

FOOT-BALL

Our Foot-ball team gave a good account of itself but it failed to maintain the traditional prestige of the institution. With students coming from all parts of India, we started rather shakily without any combination whatever, but after some matches we were able to combine admirably. We took part in Inter-college Foot-ball League and Wilson Cup Knock-out Tournament and played some other friendly matches. Though we lost in few matches our players exhibited an excellent spirit and played a "clean game." Win or lose, our ideal has always been "play the game and play it cleanly." This is and will be our mission.

But lo, May comes against our will to separate us. We wish all success for the next year's team and hope that they will again maintain the traditional prestige of the college.

GAMES PLAYED

	Score.
Y. M. C. A. vs. Loyola College	.. 1 : 0
Y. M. C. A. vs. R. M. S.	.. 0 : 5
Y. M. C. A. vs. Presidency College	.. 1 : 0
Y. M. C. A. vs. Christian College	.. 0 : 0
Y. M. C. A. vs. Teachers' College	.. 1 : 2
Y. M. C. A. vs. Medical College	.. 3 : 1
Y. M. C. A. vs. Pachaiyappa's College	.. 5 : 0
Y. M. C. A. vs. Engineering College	.. 0 : 0
Y. M. C. A. vs. Veterinary College	.. 5 : 0

FRIENDLY MATCHES

	Score.
Y. M. C. A. vs. Law College	.. 1 : 2
Y. M. C. A. vs. Suffolk Reg.	.. 1 : 2

M. ANANDARAJ,
Captain.

BOXING

A vigorous programme of boxing in which students participated with keen interest and wholeheartedly, was promoted during the year, as a result of which remarkable progress was made. Through Mr. Sastri's enthusiasm and effort, the new Sir George Stanley Ring has been erected on the college grounds. Because of this ideal ring many outside boxing tournaments were conducted from which all students gained a lot of experience in teaching, refereeing and judging boxing. We take this occasion to thank Mr. Sastri for his interest in the promotion of Amateur Boxing.

The opening ceremony of Sir George Stanley Ring, in which His Excellency the Governor and many other high officials were present, was performed on January 6th, 1934. Many renowned amateur boxers from out of town participated in the exhibition matches conducted in connection with the ceremony. Mr. Obeysekere, Captain and Cambridge Blue, along with Messrs. Pereira and Souza, well-known amateur boxers of Ceylon, graced the occasion. From him and all other boxers, all students learnt a great deal.

Messrs. J. M. Khan and M. A. Raza representing our college, exhibited a good standard of boxing. Though I went into serious training in the hope of participating in a match, there was no opponent in my weight class available. This was a disappointment, but the training itself was very valuable.

The college, sending a large number of boxers, took part in the Inter-collegiate Boxing Tournament. Mr. Joseph spared no pains in training the students who were perfect novices. It was through his untiring and sincere efforts that we stood third in the tournament. I congratulate all those who took part in the tournament, for their putting up a good show. In all these things our hearty thanks are due to the staff, Mr. Joseph in particular, who showed lively interest in this activity and imbibed in us a spirit of thorough sportsmanship which was maintained during the fights.

M. A. KHAN,
Captain, Boxing Club.

HOCKEY

We were at a serious disadvantage in Hockey. Every year a fresh batch of students takes the place of the old ones; and in the beginning of the college year, we were not quite organized in combined team play. Consequently, we had a series of ups and downs—mostly ups, for we won more often than we lost. We had one friendly match against the Teachers' College, and one against the Engineering College, but it takes more than two friendly matches to develop combined play in a team. But we have a very full programme of activities, and Hockey alone does not constitute Physical Education. So, although we had a bad start, we soon got into the swing of it, and did quite well.

This year we entered in the Inter-collegiate League, and in spite of our handicap, we lost only to the Medical College and to the Royapuram Medical School. Our outstanding matches were against the Christian College and Loyola. In a well-contested game with the score standing 2-all, three minutes before the finish of the match, our team worked like well-oiled clock-work, and scored the winning goal against the Christian College. On the Loyola grounds before a crowd of nearly one thousand spectators, the odds were in favour of the home team, but the "Red Triangles" were not to be discouraged. Within the first ten minutes of the game, a beautiful piece of combined work resulted in our team scoring the first goal. Within five minutes after the interval, we scored the second goal, which definitely damped the spirit of the spectators, and our opponents. Then ensued a very fast and contested battle for the ball, and just before the finish of the game, Loyola College reduced our margin by scoring their only goal.

RESULTS OF MATCHES IN THE INTER-COLLEGIATE LEAGUE

Against the Medical College	we	lost	..	0 — 2	goals.
„ „ R. M. School	„	„	..	0 — 2	„
„ „ Presidency College	„	won	..	2 — 1	„
„ „ Pachaiyappas College	„	„	..	4 — 1	„
„ „ Loyola College	„	„	..	2 — 1	„
„ „ Teachers' College	„	„	..	5 — 1	„
„ „ Christian College	„	„	..	3 — 2	„
„ „ Law College	„	„	..	3 — 0	„
„ „ Engineering College	„	drew	..	1 — 1	„
„ „ School of Technology				w. o. for us.	
„ „ Veterinary College				w. o. for us.	

E. J. S. RAM,
Hockey Captain.

BASKET BALL

The year under report witnessed a high standard in basket ball. We started the year with only a few players, but within a few months the standard of play rose high and the rank of the novices diminished to a minimum under good coaching. The players acquired plenty of skill and very soon basket ball became one of the most popular games in the college.

In the Y.M.C.A annual tournament our college entered 8 teams. The "A" team came up to the semi-finals and eventually lost to the Theagaraya Sports Club, the last year winners of the tournament. We lacked the experience and the mutual understanding of the winners and took our defeat gracefully; we have played the game and played it cleanly.

The following gives the result of the matches played by our team against other teams.

Against	Royapettah	Y. M. C. A.	won	33 — 20
„	Govt. Arts College,			
	Rajahmundry	won	60 — 14	
„	Theagaraya Sports Club,			
	Madras.	lost	43 — 13	

"LITERARY ACTIVITIES"

During the year we had some interesting literary discussions in which quite a large number of students took part. Fridays were set apart for this purpose and the meetings were held at 8-30 p.m.

We had two extraordinary and five ordinary meetings. One unique but essential feature of the lectures was the question time at the end of each lecture by which students were able to express themselves and clear their doubts. In the last two Mrs. Buck introduced a novel scheme. The house was divided into two sections, one for and the other against and every one had to come up to the platform and put forth his arguments for and against the subject briefly and forcibly within one minute. By this the very timid few were forced to have the experience of the platform and to develop their powers of speech.

During the last term of the year we had been busy on Fridays with the conduct of the various sports-meets of the schools and colleges of the city of Madras, so much so, we had quite reluctantly to drop our literary activities. The following gives quite a comprehensive idea of the meetings held.

Date.	Subject.	Debate	Lecturer.
18th Aug. '33.	Modern education.	Debate	Mr. Muthia Mudaliar, Advocate.
1st Sep. '33.	It is resolved that Female Education is necessary for the betterment of Society.	Debate	Mover: D. C. Ballah. Opposer: Dhanraj.
22nd Sep. '33.	Education through recreation.		Mr. H. C. Buck, M.P.E.
6th Oct. '33.	It is resolved that Physical education should be made compulsory.	Debate	Mover: Ram. Opposer: Chidanandam.
20th Oct. '33.	It is resolved that Co-education is necessary for India.	Debate	Mover: Fen George. Opposer: Nirvani.
27th Oct. '33.	It is resolved to lengthen the Christmas Holidays from 1st Dec. to 15th Jan.	Debate Comic	All students took part.
3rd Nov. '33.	It is resolved that boys of 7 years of age should be sent to boarding schools instead of day-schools.	Debate	All students took part.

S. SHANMUHASUNDARAM,
Literary Secretary.

SOCIAL ACTIVITIES

Our social activities may be regarded as an admirable training for universal brotherhood. We have in this institution, men representing all parts of India who have ample opportunities for exchanging ideas, and studying each other's mode of living. And we hope that these men will go back to their respective areas and by their good examples, show their brothers the way to Swaraj (United India).

During this year, we were able to have only two socials and two variety entertainments. Regarding the former we are very glad to say, that for the first time in the history of the college, a batch of lady students from various colleges attended one of our socials, and displayed a few indigenous folk dances which were highly appreciated by everyone present.

Our first variety Entertainment was in aid of the Saidapet Leprosy Clinic, and our programme included vocal and instrumental music, a few communal items, and a demonstration of physical activities. The second one, given in aid of the college library, was a splendid show. Each community contributed a distinctive item. These were unusually original and amusing, and highly appreciated by the audience. There were also several well-done gymnastic and boxing displays, and the students were warmly congratulated on all sides upon a most unusual and successful entertainment as a fitting climax to the year's Social Activities.

F. S. CHELLASWAMY,
Social Secretary.

PROGRAMME OF THE SUNDAY MORNING DISCUSSION GROUP

- I. The Meaning of Religion.
 - Finding a satisfactory conception of God.
 - Religion without God?
 - Relation of Religion and Morality.
 - Superstition and other substitutes for religion.
- II. What is the aim of life?
 - How to find a satisfactory philosophy of life?
 - Principles for guidance in Life's decisions.
 - How to decide as to one's life work?
 - Labour—its dignity.

- III. Religion in relation to politics.
 - Does religion divide or unite?
 - Does religion provide an opiate or a dynamic?
- IV. Religion and Science.
 - Is there a conflict?
 - How does science contribute to religion?
- V. Youth, Sex & Religion.
 - The Mastery of Sex.
 - How religion helps a young man—face moral problems.
- VI. The place of women in Society.
 - (a) Disabilities affecting women.
 - (1) Child marriage,
 - (2) Purdah,
 - (3) Enforced widowhood,
 - (4) Problems of the physical life.
 - (b) Intermarriage.
 - (c) Education of girls—co-education?
 - (d) Creation of wholesome social life for men and women.
- VII. Intercommunal relations.
 - The Caste and Sub-caste,
 - Relation of majority and minority communities,
 - The religious issue,
 - The racial issue.

The grateful thanks of the college are due to D. F. McClelland Esq., for his invaluable help with our programme.

Basal Metabolism Studies

By

P. M. JOSEPH.

In the 1932 October number of the Vyayam there is an article discussing briefly the meaning of the term 'metabolism.' There it was pointed out that studies made on Oriental subjects seemed to show that the basal metabolic rate of the Oriental was decidedly less than that of the Occidental,

Professor Krishnan of the Madras Medical College determined the basal metabolic rate of a number of medical students, both men and women. Miss Mason measured the basal metabolism of a number of women students of the Madras colleges. Mukerjee in Calcutta made similar studies on a limited number of Bengali young men. All these observers got results which tend to show that the basal metabolic rate of the Indians is lower than that of the standards in the West as given by Du Bois. These studies, however, have been limited, and so a final generalization may not yet be advisable. The Y. M. C. A. College of Physical Education is now planning to make further studies in the subject.

The conditions in the College are very suitable to undertake a study of this nature. The College has, on the average, a student body of seventy. These men are admitted into the College only after a strict medical examination. The programme of activities in the College requires a sound physique and an efficient organic system. So it is possible to get healthy subjects on whom the observations can be made.

All the students reside in the College hostels which are situated very close to laboratory where arrangements are being made for the study. It is possible to get the subjects into the laboratory with a minimum amount of physical exertion. The food arrangement is under close supervision which makes it easy to control the meals of the subjects for metabolic studies.

There are also opportunities of studying the effect of diet on metabolic rate. There are four types of food served which are typical to India: *Chappathies* with vegetable dishes; *chappathies* with non-vegetarian dishes; *rice* with vegetables; and *rice* with non-vegetarian dishes. It may be interesting to note their effects on basal metabolism.

Another important study on the effect of regular physical exercises on basal metabolic rate can be conveniently conducted in the College. With representatives from every Province of India, it will be instructive to make comparative studies of men from different Provinces.

The College has very recently procured a Benedict-Roth metabolism apparatus of the latest model. Arrangements are being made to start the studies as soon as possible. The details of the apparatus, the experimental procedure, and some of the findings may be published in the *Vyayam* from time to time.

Introduction of Compulsory Tiffin

By

S. C. BHATTACHARJEE.

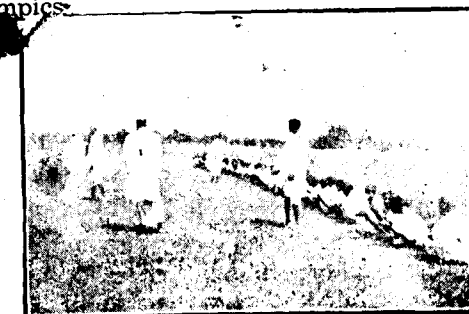
Victoria High School, Srimangal, a village school, in the district of Sylhet (in the Assam Province) has a roll strength of about 170 boys. The whole school was divided into 3 equal groups for the purpose of Physical Training—each group being placed under a trained teacher with 2 or more teacher assistants.

Boys are given physical training for 4 days (from Monday to Thursday) every week for half an hour during the last period, in the open field and they take *sprouted gram with salt* regularly on all the days of physical training. Boys have got to pay annas 2 per head every month along with their school fees for the expense of the tiffin.

Though only a petty sum, this was considered a hardship by the poor students and was introduced in July 1933 as an experiment only. The result has been satisfactory, and it is being carried on with greater enthusiasm and no one grudges the amount.



Group B. Boys of Classes VI and VII, numbering about 55, taking tiffin seated in drill order in the field.



Group C. Boys of Classes III, IV and V, taking tiffin under the supervision of their teachers.

Our College Life During 1933-34—A few facts

NORMAL PRACTICE ACTIVITIES

With School Boys.

- | | |
|---|----|
| 1. Organised and conducted games for the Ramakrishna Mission School, Mambalam, at their school—4 days a week. | 2 |
| 2. Organised and conducted activities at the College for about 5 days belonging to the Margam Iyer School, Saidapet—2 day | 18 |

Languages, 6.—Urdu, Telugu, Bengali, Tamil, Malayalam, Kanarese.

Religions, 3.—Hindu, Mohammedan, 'Xian.

Started with 80 students. Present strength 69.

OUT-SIDE SPEAKERS

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|---------------------------------|--------------------------------|
| 1. M. A. Candeth, M.A., | 6. A. Ahmed—Red Cross, Junior. |
| 2. R. Dann Esq., | 7. O. Kandaswamy Chetty Esq., |
| 3. Colonel Webb, I.M.S., D.P.H. | 8. G. L. Solomon Esq., |
| 4. Colonel King, I.M.S., | 9. D. F. McClelland Esq., |
| 5. S. Barling—lantern lecture. | 10. Sesha Iyengar, M.A. |

Recreation in Scandinavian Countries

A Paper read at the Recreation Congress, 1934

By

J. SIGFRID EDSTROM,

Managing Director, Swedish General Electric Company

We all know how, even in the earliest times the need of movement of the body, the need of having the blood go quicker through the veins, the need of perspiration, the value of baths, were felt. We know of the Greek Olympic Games. We know of the Romans' wonderful sport performances. We have heard of the wrestling of the Vikings. We all know the old theory of a sound soul in a sound body.

At that time they fought the great wars. Then in the eighteenth century Watt invented the steam engine and concentration of industry became more and more needed, and to-day, you know of these unfortunate, I might say, gathering of industries, these great cities that have been formed in certain parts of the world, where the workmen's quarters are narrow, where the children have to play on the streets under great risks. There you see the great need of recreation, of playgrounds, of instruction for recreation and for sports.

I hail with joy and greet with great pleasure this Congress, the First Recreation Congress of the World. May we at this Congress interchange thoughts. May we be able to teach each other and learn from one another, and may this Congress be a great success!

Speaking of our countries in Scandinavia, I will remind you that they are situated far in the North. They are, in fact, of the same latitude as

Alaska on this continent. The conditions there are very different from the conditions in the United States or in Southern Europe, and we have, for instance, very, very long days in the summer and very, very short days in the winter. In some parts of Scandinavia we have hardly any day; there are only a few hours of light. This brings about different conditions than exist here in the United States and concentrates the summer sports in certain months and the winter sports in the winter time.

We have, in the summer, soccer, football, general field and track events, rowing, sailing and swimming, while in the winter we have skiing, skating, ice hockey and Bandy, as we call it, which is an ice game played on skates with small, short clubs and a ball. The ground is the size of a football field.

In Denmark, the winter is not so severe and the country is located in the South, and there they have mostly summer games. They have cycling, rowing, football and gymnastics. Soccer football is very much practiced sport in our countries in the summer time—unlike England and France where it is a winter game.

We had at an early day organized our sport by forming the so-called Swedish National Gymnastic and Sporting Association which comprises all sports that can be carried on by woman or man with easy means. It does not take in automobile sports, air sports, flying or sailing or equestrian sports, but all others are united in this Swedish National Gymnastic and Sports Association. This body is the highest authority in sports and lays down rules and regulations. It promotes in general healthy bodily exercise in the nation and increases the physical and mental power of the people.

The active chairman of this organization is the Swedish Crown Prince who has been chairman since it was begun about thirty years ago, and he is really active. He takes personal part and sits at the meetings. He is, I may say, one of the best connoisseurs of sports in our country.

Then we have had the benefit in Sweden—(I am speaking mostly of Sweden because I know that country best and the conditions in the other countries are about the same)—of an early interest in gymnastics. Our high school or university gymnastics is more than 100 years old, and perhaps you have all heard of the Ling Gymnastic System which was founded on scientific principles and has spread over the world. Gymnastics is compulsory at schools. We spend half an hour or more each day. Each child has gymnastics and that is, of course, a very good basis for the nation to build up its physical and mental power.

In order to carry on the gymnastics and other sports at the schools, we have the necessary facilities—gymnastic halls, and playgrounds and

athletic grounds connected with the schools. But the children grow up and become men and women and then they also need to continue their physical exercises, and for that purpose in most villages and cities in Sweden we have created athletic grounds which are generally governed and owned by the Athletic Associations but which are often built by the municipalities themselves.

Often the private clubs and municipalities co-operate in the management of these grounds. In the larger cities we have several such grounds as, for example, in Stockholm and Gothenburg. The Swedish State also has helped the development of athletic grounds. In these times we have in Sweden a great deal of unemployment, and the State, which fully appreciates the necessity of sporting grounds, has given great sums to the unemployed by having them engaged in building sporting grounds. Also, in another part of the country where industry is dominating, industrial undertakings are doing a great deal to promote the erection of sporting and recreation grounds.

I may at this instance also tell you of the energetic work of the athletes themselves. Often they haven't had the opportunity to get the grounds and they have built them themselves. The boys have gone out in the evenings, two or three hundreds of them, working, digging in the field, setting up tracks and building houses. They have begged for money and have prepared grounds that were very fine. They have tried to build their own home, so to speak, for their recreation, for their sports.

Winter sport grounds are to be found in Sweden. We have seventy artificial hills for skiing. We very often build houses for sports at places suitable for skiing, and these houses serve as resting places where skiers may remain over night, or stay for short periods in order to practice skiing. We have formed a federation to promote skiing called The Swedish Association for the Promoting of Skiing. This federation, formed forty years ago, has built a number of these huts. The association also decides the dimensions for the equipment, and it is the best available. Shoes, the binding on the skis and the design of the skis themselves are standardized by this federation and they are manufactured by the manufacturers in accordance with these standards.

Teachers are being brought forward by this association. They have courses every winter where several hundred teachers are being instructed, and these teachers later instruct the boys and girls of the various schools. In many schools lessons in skiing are compulsory.

The great skiing propaganda is created by the excursions that are organized every year, generally at Easter time. Some four or five thousand

school children go up in the mountains under good instructors' guidance. They stay up there for a week or ten days. The sun is burning there then and when they come back they are brown as Indians, happy to have had this outdoor experience and to have spent a week or so in the snow.

The skiing association that I spoke of also has instituted a museum for skiing implements and you find there the various developments in them. For instance, the oldest ski they have is 4,500 years old and you can see how the ski has developed during the centuries. That old ski was found in a grave of that age.

The lakes and rivers are frozen in the winter, and naturally provide an excellent place for skating. We can have wonderful skating excursions on these bodies of water as long as the snow doesn't come. The winter begins in November, but we may have a wonderful opportunity for long distance skating, which is quite different, and a dangerous sport. You must be equipped for it, and have the facilities to help yourself if you need it. Then the snow comes and, of course, we bring out our skiing and give up the skates.

During this period of snow-free ice, which occurs not only in November and December, but also in the spring when the sun comes and melts the snow on the lakes and the winter night frost comes and makes new ice in the daytime, we have another period of skating. We have also sailing on skates. An individual can sail alone on skates, or he can sail with a crew, going with the wind, as he likes. We also have ice yachting, which is well known in this country.

I spoke of the municipal facilities for sports. We have also a swimming pool in each city. However, the pools are not like those that you have in the United States, these wonderful swimming pools that you have in your athletic clubs. We have them in the rivers or somewhere on the coast. They are open swimming pools with the walls built in the water and there are a few seats and places to undress, and here the people can practice swimming.

Sweden is the Land of a Thousand Lakes, as we call them. We have 6,000 lakes in our country, and a great number of rivers flowing in and out of these lakes. We have long coasts because our country is a peninsula and this gives us wonderful swimming facilities.

We have had, of course, some experience with drowning cases. Forty years ago there was formed a Swedish Life Saving Society for the purpose of teaching swimming to everybody, and to give instruction in life-saving. That society has done wonderful work. They have taught swimming and

life-saving to teachers, who, in turn, have taught the people in general. In some of our schools, the teaching of swimming is compulsory and that has proved a great success. The Swedish Life Saving Society also assists anyone who wants to build a swimming pool by giving them plans and advice.

Naturally these rivers and lakes of which I have spoken are used for other sports as well as swimming, particularly rowing and sailing. Rowing was formerly a very much favoured sport, but it has not developed very much of late. Sailing is one of the greatest sports in Sweden; you call it yachting here. Yachting in this country is an expensive sport. With us it is a sport of the working man. Every working man dreams of the day when he can own his own boat. In my own little home town we have at least a thousand small craft, yachts of various sizes, or motor boats, which are owned by the working men.

Another sport that has developed in the last few years in Sweden is canoeing. We can go up one river, carry the canoe from one lake to another river, and go down the other river, so we can have wonderful excursions in a canoe, and that is becoming more and more popular. Sailing, naturally, is organized. We have a number of yacht clubs. They are not wonderful clubhouses such as you have in this country; people simply organize sailing and competition in sailing. Competition, you know, is needed in all sports to create interest in sports, and these yachting clubs are doing this.

Other recreations in our country are tennis and football. Handball is coming in very fast, and by handball I do not mean ordinary Irish handball which is much practiced in this country. Handball in our country is played with a ball the size of a football that is thrown from one person to another on the ground. The ball is the same size as is used in soccer football and the goal is the same as is used in the game of soccer football, with certain rules. It is developing very fast and is becoming very popular. It has been brought out in Germany and from there it is spreading.

We do not practice Rugby in our country. We do not play baseball at all. Golf is coming in now, but as it is a rather expensive sport it is coming in very slowly.

In order to promote interest in sports we have instituted in the General Association for Gymnastics and Sports what we call an athletic badge. A man can wear it on his coat to show that he has gone through certain tests in athletics. One test is swimming or gymnastics; the second is a jumping event which you must do; the third is a running event; the fourth is a throwing event or fencing; the fifth is an endurance test; rowing, swimming, skating, skiing or cycling. This was started in 1907 and to-day 100,000 of these emblems have been given out. You must remember that our country is only the size of California. Our country has a population of 6,00,000 in an area about the size of California.

Certain special badges have also been instituted for skiing and 100,000 of them have been given out. The various skiers have covered a distance of forty times around the world and has spent 1,600,000 hours in working for these badges.

An interesting fact about these tests or tryouts for the swimmers is that as early as 1796 Professor Jan Swanberg, in Upsala, instituted degrees for swimming. He was a professor at the university and he went by the ordinary degrees of the university, so he instituted a Bachelor of Arts in swimming and a Master of Arts in swimming, and that is still being carried on not only in Upsala but all over Sweden. It is a great festivity in autumn when the young people get their degrees in swimming. They have a laurel placed on their heads as they swim up to the mayor of the city, or whoever is there to give them their degrees. Of course, they have to go through very severe tests to get these degrees.

Another sport which is very interesting, and which is coming in very rapidly in Sweden, is cross-country running. The runners meet in a certain place and get a map and there is a sign on that map that says, "Run to that point, run to this point, and return here." They have to run right through the woods, through the mountains and around the lakes to one point, register there and go on to the next point, and all they have as a compass is that map. As our country is full of woods, marshes, and other places difficult to get through, it is a very hard task, but that sport is becoming very popular. In summer you go on foot; in winter on skis.

I must remind you that Sweden is not so densely populated, and consequently we have great opportunity in our country to get out and to move about, and walking, hiking and public rambling are very popular. Generally some newspaper takes the initiative, or through walking clubs people go out and spend a whole Sunday or a week-day walking in the country.

This physical recreation doesn't prevent us from trying to give the young men and women some mental recreation through the sports clubs. In the clubs we generally have some lectures going on, some teaching of languages, chess-playing, and other things. We are also trying now, in this general federation of sports that I spoke of to co-operate with the special organizations for the mental recreation of the working men. These people have been a little bit displeased with us because the young boys and girls were so interested in sports that they would not sit and study in the evening, but we are trying to come to an agreement with them so that their interests do not clash.

We do not now have the needs, perhaps, in the line of recreation, as you have in these dense, concentrated, industrial districts in this country, but that doesn't prevent us from helping our people to get recreation.

The present industrial and standardized life is dangerous to the physical condition of a nation, and great attention must, therefore, be given to recreation. Playgrounds must be built and further organized. We must remember that it is the youth who is concerned. We have duties to the youth, we elder ones, and we must think of the youth and of his possibilities to grow better and better.

I wish to close my remarks by reciting to you a poem by Helene Clai-borne, an American authoress, which illustrates just what I have been saying to you :

I am the blade of grass
That moves a ton of earth ;
I am the sudden joy
That changes pain to mirth.
I am the hidden sound
That makes all music sweet ;
I am the steady march
Of onward moving feet
I am the dawn of peace,
The harbinger of life ;
I am the doubt that digs
Through lies to gain the truth ;
I am the strength of God !
I am Youth !

Covelong Camp, 1933-34

By

P. SATYANARAYANA ROW.

The saying that "a good camp is an experience in socialization and group co-operation" was fully evidenced by our Covelong Camp. In our Camp, not a man was ignored in the crowd and everyone co-operated in the varied and pleasant activities on the schedule.

The college campers started on 24th September 1933 at 8 p.m., in boats along the Adyar River and thence by canal and reached Covelong by 7 a.m., the next day. One great advantage of our location on the banks of the Adyar River, is that we proceed directly to Covelong in boats from our own compound.

Some students went in advance along with two of the staff to make the necessary arrangements. Our thanks are due to Mr. Wallace, our Camp Commandant, who made us all "Learn by doing" in pitching up our tents. Words fail to express the exquisite beauty of our camp site which is second to none. It is located on a high level in the midst of a cocoanut tope overlooking the backwaters of the Bay of Bengal.

No sooner had we landed at the site than we were assembled and divided into two camps guided by Asst. Commandant ; each being sub-divided into separate patrols with our Tribal Names and our respective Tribal Chiefs. Comic titles were coined by all the Tribes by which we were known, to wit, Sea-giants, Pandavas, Holywood, Athletes, Cars, Flowers, Muscle Tribe and Athletes.

Our daily programme was outlined as follows :—

	6	a.m.	Waking up and warming up.
	6-30	a.m.	Prayer.
	7	a.m.	Chota Hazri.
	8	a.m.	Chiefs fixing up programme for the day.
8-30	to 10	a.m.	Recreation.
10	to 11	a.m.	Aquatics.
11	to 12	a.m.	Arranging tent, utensils, etc., in an orderly way.
12	to 1	p.m.	Food (tent and kit inspection by the camp-commandants and awarding of marks).
1	to 2-30	p.m.	Rest.
2-30	to 3	p.m.	Interesting and valuable lectures on camping and hiking.
3	to 3-15	p.m.	Lunch.
3-15	to 3-45	p.m.	Preparation for the diverse items of the camp-fire.
3-45	to 5-30	p.m.	Recreational activities.
5-30	to 7	p.m.	Rest.
7	to 8	p.m.	Food.
8	to 9-30	p.m.	Camp-fire.
	9-30	p.m.	Cocoa.
	10	p.m.	Lights out on Tally's Whistle.

We played in the morning hours Medicine Ball and some interesting relays and in the vast expanse of the glittering sands on the sea-shore, we mightily enjoyed the games such as Chedugudu and Rounders. After the morning games, all of us used to take a cool plunge in the back-waters.

Almost all ventured to go deep into the waters, save a handful who like crows finished their bath in the knee-deep waters near the bank.

Our meals arrangement was very good. Everyone mixed up with the others very well and the sand of Covelong did not budge a foot back in this respect, for, it too mixed up freely with our food and formed the main ingredient of our meals and we could not but happily welcome it.

Friendly contests in "Ducking" our comrades—including our staff, in the back-waters created loads and loads of fun and this event formed as the best of our remembrancers.

Every noon, feverish anxiety was seen on every face of our comrades for the possession of tender cocoanuts. Of course we had them in rich profusion, though the gardener-in-charge could not cope up with the demand. It would not be out of place if I mention about some of our "Robinhood brothers" who dexterously and stealthily managed to secure tender cocoanuts, only for the mere sport of it and we are proud to say that our amateurism in this respect deserves praise.

Mr. Wallace Forgie used to impart to us some erudite suggestions in conducting an ideal camp. The themes on which he dealt were as follows :—

- (a) Care for drinking water,
- (b) Location of the camp-site (a high dry ground with pleasant landscape),
- (c) Providing bore-hole latrines and some other receptacles for rubbish.
- (d) Safety from wild beasts and reptiles,
- (e) Isolation from the busy world.
- (f) Proximity to town and accessibility to communications.
- (g) Chances to have new and strange experience,
- (h) Ample shaded play-space.

Mr. Forgie emphasised the need of considering the aforesaid subjects in fixing up a camp. We enjoyed mightily the Treasure Hunt, Trailing, Paper-chasing and sea baths. The enthusiasm which every one has shown in all the camp activities is indescribably praiseworthy.

The highest pitch of our enjoyment was formed at the camp-fire daily. Keen friendly emulation prevailed among all the Tribes. The Red-Indian camp-fire Ritual was adhered to, to the very Mongli's Dance, Veralu Dance, Dog Dance, the Julu Dance, the Haiwathas Departure and the time-honoured Hindu Rajput Swayamwara enactment at the camp-fire are never to be forgotten. In short, the camp-fire events knitted us together into a united whole.

Ample scope was given us, to learn by doing the spirit of sportsmanship, leadership and endurance.

We express our heartfelt thanks to our lecturers, Mr. N. K. Mia, Mr. C. C. Abraham and Mr. P. M. Joseph for the lively time they spent with us; and we are highly indebted to Mr. Forgie, our Camp-Commandant who spared no pains in organising and conducting an ideal camp in such an orderly fashion. Let me mention, the visit of Mr. and Mrs. Buck and Mrs. Joseph who evinced their parental affection towards us during their brief stay of a day.

On the final night of our departure from Covelong, twenty of the Campers left for Mahabalipuram to feast their eyes upon the ancient historic relics, the Seven Pagodas chiselled out of colossal monolithic stones that bear testimony to the unrivalled artistry of the days of yore.

The rest of the student body, in spite of their reluctance had to trace their way homeward by boats to attend to the prosaic routine of college life.

In fine, let me say that we drank life to the full at Covelong and returned home happily.

—NOTHING ILL—EVERYTHING WELL—

Recreation in Japan

A Paper read at the Recreation Congress, 1934

By

DR. SEIICHI KISHI

President, Japan Amateur Athletic Association

In Japan there has been but little or nothing of the wide scale development in the field of recreation and playgrounds which has been true in the United States, and yet recreation, if I understand the implications of the word correctly, has not come about in our country simply as a concomitant of the so-called modern or Western influence on our modes of living or our civilization.

In Japan we have what is called "Sumo", or a kind of wrestling, which requires great strength and power of muscle. This has been developed professionally only during the past three hundred years or so, but as long as two thousand years ago Sumo was very popular and wide-spread throughout our country as an amateur and recreational activity. "Sumo" has lost much of its former popularity, but the game still has a large following as a

professional pastime, regular tournaments being held in the large indoor amphitheatre in Tokyo which seats some twenty thousand or more people. It is a spectacular sight to see such an audience breathlessly following every movement of the two giant forms as they spar for a just the right position before leaping in a brief struggle which often lasts for but a few seconds.

Two other forms of athletics, perhaps more correctly described as recreational activities, which are very old in our country, are "Judo", or "Jiu Jitsu", as it is popularly known abroad, and "Gekken", which is a kind of fencing in which sticks made of four bamboo strips bound together are used. Judo and Gekken formed an integral part of the training and education of the "Samurai", or "Knights" of Old Japan. In former days the name for "Judo" and the literal reading of the Japanese character for the word was "Yawara", having the meaning of suppleness of muscle. To-day in all our Middle and High Schools Judo and Gekkan form a regular part of the physical education programme, one or the other of these exercises being compulsory for all boys in our secondary schools.

I want now to turn for a few minutes to a consideration of the development of certain sports and recreation activities which have been introduced into Japan from the West. One of the very first games brought into our country was baseball, a game which I vividly recall getting a great deal of enjoyment and thrill from during my student days as a member of the Tokyo Imperial University Baseball team. Along about 1880 a young American engineer was engaged by our then newly organized Department of Railways. He came to Japan, and it was this young engineer who not only helped us build railways, but who also taught us how to play baseball. The game soon became very popular, and all the boys and students soon learned to play. In those days, however, we didn't play the game of baseball as it is known to-day, for we had no mits, gloves nor masks, and the ball used was a sort of semi-soft leather ball. In a real sense I think I can truly say that baseball as it is known has become the national game of Japan. I am sure you would all agree with me in this if you could go with me to any game of the regular Tokyo college series of games where you would see not only a splendid brand of the game being played but also a crowd of 65,000 of the most enthusiastic fans to be found anywhere, not excepting the United States. It came as quite a surprise in a way when one of the members of our Japanese Olympic delegation was approached on the boat on our way here by an athlete from a country where baseball is almost unknown, with the request to explain to him what those Waseda University fellows were doing on the deck with large gloves, tossing a ball back and forth between them!

Within a few days after the arrival in Japan of this game, the late Baron Kikuchi brought to our country a young English teacher by the name of F. W. Strange. Mr. Strange had been quite an athlete during his student

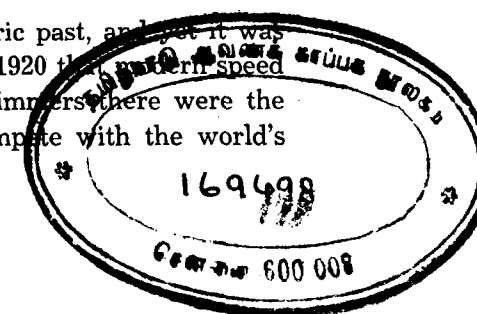
days at Cambridge, and it was due solely to his enthusiastic interest and capable leadership that rowing, as well as track and field athletics were introduced and taken up by the students of our schools and colleges. Rowing quickly found a welcome place in the athletic life of our students, and the sport early enjoyed a wide popularity. When I was in the Imperial University I used to row and had the honour of being one of the champions. By about the year 1900 a great many other sports, especially lawn tennis, had been introduced in Japan, and therefore for a period of some few years rowing rather faded out. About fifteen years ago, however, the formation and promotion of the Japan University Regatta served greatly to stimulate again a new interest, and this activity regained its former place of popularity on the athletic calendar of amateur athletics.

Mr. Strange had also been a well known track athlete, and soon after his arrival our young men were running, jumping and participating in all the other regular events of those days in a most enthusiastic manner. Mr. Strange passed away at a comparatively early age, but the interest which he had stimulated gradually grew and increased, especially at the Imperial University in Tokyo, the University birth-place of many of the foreign sports. At one time this college and university had a reputable team. The widespread interest in this branch of athletic sports dates from not more than about 25 or 30 years ago. Lawn tennis is very popular now in our country and we are sending young athletes to the Davis Cup matches.

Japan's participation in the International Olympic Games dates from 1912 when the Fifth Olympiad was held at Stockholm. Neither here nor at the Seventh Olympic Games at Antwerp in 1920 were athletes from Japan able to make a single point. Eight years ago, however, at Paris, Japan for the first time appeared on the summary list of place winners, Mr. Oda, present captain of our track team, taking sixth place in the hop, step and jump. And four years ago at Amsterdam Oda took first place in the same event.

One thing which has been of great help and stimulation to our athletes has been the participation in the Far Eastern Championship Games. These contests have brought together the best athletes from Japan, China, and the Philippines, and have helped to create a fine spirit of sportsmanship in the Far East. The Track and Field Stadium in which these games were held two years ago in the Meiji Shrine Gardens has a seating capacity of 50,000 people.

Swimming in Japan comes out of the pre-historic past, and yet it was only as recently as the time of the Antwerp Games in 1920 that competitive swimming in our country got its start. Our few swimmers were the laughing stock of everyone as they attempted to compete with the world's



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best swimmers with their old side-stroke form. There seemed to be no future for Japan in swimming, but our boys had their eyes opened. They bought books and came back to Japan to read, study and practice. Eight years ago at Paris the British swimming coach said to one of our officials that he was greatly surprised at the development the Japanese swimmers had been able to make during the four years. He asked if they employed an American coach, and was surprised when he received a negative reply. He said that certainly it was impossible for anyone to learn to crawl out of books. But this is literally just what they had done. The British coach went on to say that his swimmers would have to look out, for the Japanese swimmers might even be beating England in swimming by the time of the 1928 Games in Amsterdam. One week, not four years, was all the time he had to wait for the fulfillment of his prophesy and the realization of his fears, for even there at the Paris games our swimmers defeated the British participants.

This development in swimming came about in spite of our lack of any such splendid equipment in the way of swimming pools such as you have here everywhere in the United States. Tokyo's only swimming pool up to a very few years ago was that of the Tokyo Y.M.C.A. Since then two other indoor, heated pools have been built, one by the Tokyo Y.W.C.A., and the other by one of our large private universities. A number of very satisfactory outdoor pools have also been built recently. We are especially proud of the pool constructed at the Meiji Shrine Gardens in Tokyo in time for the Far Eastern Championship Games two years ago. This is one of the finest pools in the world to-day, and has a seating capacity in reinforced concrete stands of some 12,000. Especially since the earthquake of 1923, many of our Tokyo schools, even the primary schools are being provided with small 25 meter pools in connection with the physical education plants and programme.

The development of public playground facilities is also a comparatively recent movement, dating chiefly from the earthquake reconstruction days. It is true, however, that in many cases the shrine and church yards and grounds have been used as a kind of community recreation and play center. To-day in Tokyo we have about eighty parks, some fifty-three of which have been constructed within the past five years. In many of these parks open spaces are set aside as play and recreation places. There is in Tokyo, however, only one public playground trained supervisor, and she has more or less general supervision of all the city playgrounds. Some of our Physical Education Training Schools, particularly the Higher Normal School, the Oimachi Physical Training School, and the Nikaido School for Girls, are gradually introducing certain courses along this line, and we hope that this condition will be improved before long. In all our primary and secondary schools a good deal of emphasis is being placed on proper athletic and recreational equipment, as well as on proper personnel to direct this phase of

school education. This is quite a contrast to the situation a few years ago when the older type of stiff Swedish gymnastics, introduced to Japan some sixty years ago, was so common in all our schools.

Some of the games which have come to be very widely enjoyed in Japan, such as basketball, volley ball and mass games, have been introduced and very largely promoted under the active and able leadership of Mr. Franklin H. Brown, former Physical Director of the Y.M.C.A. in Japan. It has been in large measure due to his enthusiasm and promotion that these games have come to have such a wide popularity in every nook and corner in our land. The Tokyo Y.M.C.A., under the leadership of Mr. Yangita, who is one of our delegates to this Congress and Trainer for our Swimming Team, has also been taking a very active part in the development of a new type of fundamental gymnastics, based on the system of Danish Gymnastics as worked out by Mr. Neils Bukh.

Japan owes much to the United States for helping to teach us how to play. We need to carry on this development much further, and yet you would be surprised to know how deeply athletics and recreational activities from Europe and America have affected our whole life in Japan, even to our vocabulary. A very large number of sporting words which have no exact counterpart in our language have been taken over as they are, and are found in common, every day use among our young people. One illustration may be revealing along this line. One of the members of our delegation had occasion a year or two ago to visit a rural, back-woods community, miles away from the nearest railway. As he was walking through the village, he came to an empty lot, and such lots, by the way, are not very plentiful in our country. There he saw a group of youngsters playing baseball. He stopped to watch them, and was greatly surprised to hear those young Japanese boys calling out, "home run", "strike", "foul". When asked where they had learned such English words, their reply was that they hadn't been using any English words at all. It is quite true that such English vocabulary derived from western sports, athletic life and well as the movies, have found their way into the very language our young people are using day by day.

Stray Thoughts

By

H. LALL,

Director of Physical Education, Punjab University.

What is the difference between Physical Director and a Drill or Gymnastic Master ?

Physical Director.	Drill or Gym. Master
1. Well educated	Usually illiterate
2. Thoroughly trained	Well trained
3. Up-to-date	Out of date
4. Intelligent	Vacuous
5. Adaptable	Rigid
6. Social personality	Social non-entity
7. A good teacher	An automaton
8. A good leader	No leader at all
9. Feline body and muscles	Bovine body and muscles
10. A good athlete or sportsman	A good weight lifter or chain breaker
11. Widely theoretical	Theoretically incapable
12. Widely practical	Limited practical.

Besides the above, there are many other points of comparison, but it is chiefly with reference to the last two qualities and that one's thoughts have lately been straying. We ought to be widely theoretical and practical and but—are we ?

In our dealings with human minds and bodies, are we not too apt to herd large numbers together and treat them *en masse*. Partly of necessity and partly through choice we deal with the large group rather than the small select groups, or better still, the individual. Such treatment may be, and generally is, all to the good as far as it goes, but it does not go far enough. No two human beings are exactly alike in their normality or subnormality, and while one man's meat may not be quite the other fellow's poison, the differences are sufficient to warrant individual attention in many cases—sympathetic handling, intelligent diagnosis, and careful prescription and follow-up work for one man at a time.

Asked what he thought of our Physical Training work and his Physical Director, a College Principal in Peshawar the other day told me that excellent work was being done, and that within the short space of two years that he has had a Physical Director, he has noticed in his students a generally higher level of health, better posture and more energy and briskness all round. This was extremely good hearing and one felt that were this the only result, our work is being justified. One of the most dangerous conditions in life is being satisfied, for complete satisfaction connotes attainment. We have not yet attained our ideals—are far short of them—and so we continue to be dissatisfied. We are pleased and proud of a measure of success but we want more and ever more.

In this University we have set out to improve the health, physique and character of the students, and very briefly our plan of campaign is :—

1. A thorough physico-medical examination.
2. Classification of all students into :—
 - (a) The normally healthy and active,
 - (b) The normally healthy but inactive,
 - (c) The remedially sub-normal,
 - (d) The organically and naturally unfit.
3. Practical work according to classification.
4. Office and theoretical work.

As conditions are at present, no college has either adequate personnel or finances for the department of Physical Training to tackle all the students and practically every college has or can have its games and sports organised and conducted very well by other members of the staff. This being so, all students in Class A go to organised games and sports under the direction of other members of the staff. Class B also have 2 or 3 such periods per week. Class D is exempted from compulsory Physical Training. The Physical Directors therefore are left with Classes B and C. Class B are given callis-thenic periods 2 or 3 times a week, but it is Class C with which we are chiefly and vitally concerned, for these are youths, sub-normal in posture or function or in a variety of other ways waiting and crying out to be made whole. Our great opportunity and responsibility is with the remedially sub-normal and in the last analysis, our work will be judged and our difference from the Drill or Gymnastic master determined by our methods and results with this group.

Having found the sub-normal student ; win his confidence ; show him his weakness ; if possible, tell him how it came about ; teach him something about the structure, function and hygiene of his body ; then prove to him

(and he will now understand) that his condition can be set right ; and finally, having brought him to a state of understanding and self-help, take him out to the gym or playground and make a man of him. Periodic measurements, weighings and photographs will often show improvements on the upward path to health and normality and the Physical Director who does this will have at his disposal, the most irresistible form of propaganda and proof for the good of his work.

Difficulties ? Of course there are heaps of difficulties. The office is not big enough or good enough, you are short staffed, the equipment is poor, the college time table is very heavy and you cannot get hold of the fellows properly, the Principal does not back you up enough, you have not got a sufficient budget, no one seems to care what is going on, etc., etc. Difficulties are there to be surmounted and if there were no difficulties in this world, there would be no men—no real men.

Lahore, 9—4—'34.

How Does Germany Justify the Large Public Expenditures for Sport Facilities ?

A Paper read at the Recreation Congress, 1934

By

DR. THEODOR LEWALD,

President, German National Commission for Physical Education.

I have gladly undertaken to treat this theme, because in answering the question I hope to be able to say something that holds good everywhere. It is true that the building of German playgrounds, which chiefly developed after the war, received its first impulse from a calamity that was specifically German at that time, namely, from unemployment. But today this symptom, which at that time was limited to Germany alone, may—to the detriment of the world—also be found in many other countries. On the other hand, this building of German playgrounds originated in consequence of the efforts made to fight against the damages caused by civilization and as a means to build up a new culture ; yea, in order to satisfy immediate needs of the period. And in this respect all nations are in nearly the same position.

What I have to say in this direction is a definition of things that have been thought of by, and that have happened to, other nations, too. I hope to be able, though, by supplying German calculations, to strengthen the arguments by means of which every one of you in particular might further this

work in his respective home-country, serving the great idea of the happiness of mankind.

These last mentioned arguments give me courage to speak on this theme, because I know just as well as you do that Germany does not lead in this matter of building playgrounds, but that we rather owe thanks to the country which is our host at present for its example and for the numerous impulses it has given us. A few figures will quickly prove this :

The largest German Federal State, namely Prussia, spent during the last seven years that have elapsed since stabilizing the Reichsmark a total amount of 5½ cents per head of her 36,000,000 of population for the creation and maintenance of play, sporting grounds, gymnasiums, homes for the young, and swimming baths ; that is to say \$2,100,000 during seven years, and \$1,000,000 more as a five-year loan to municipalities and associations that have built such establishments. In comparison, the City of Chicago has spent for recreation purposes—in the year 1930 alone, \$3,500,000. And that is even more than the State of Prussia spent during seven years !

In order to improve the efficiency of youth by bodily and mental education, the German municipalities have spent : in the year 1927, \$17 ; in 1928, \$23 ; in 1930, \$13 per head of the population. Their expenditure with regard to building and maintaining recreation places was much smaller. In the last year, i.e. 1928, it amounted to \$.09 per head of the population on an average, and in 1930 it had already dwindled to \$.05. The American towns of more than 50,000 inhabitants spent in that same year, 1930, for recreation purposes, \$.97 per head of the population, on an average.

In spite of the crisis, the expenses for training and bodily exercises were not cut down in America. But with us in Germany more than half of these items of expenditure were struck out very quickly in consequence of the budgets of the Reich, the states and municipalities being in distress. In the domain of building recreation grounds the public assistance practically ceased two years ago. For all that, German building of recreation grounds carried on during the twelve year period from 1919 to 1930 will stand forth in the history of our nation as one of the most brilliant feats accomplished by a Germany that was striving to rise again after the breakdown following upon the great war. Extraordinary things were created. Some figures may prove this.

Shortly before the war, Germany had only about 8,700 acres of play and sporting-grounds at the utmost, which means four square feet for one square mile of German soil. At present one may reckon the total area of play and sporting-grounds existing in Germany to be about 44,500 acres. There is now a play and recreation area of ¼ acre or over 10,000 square feet for every square mile, on an average. Another example is afforded by the

German shelters for the young. At the beginning of 1920 there existed 700 of these homes for the wandering youth. At the beginning of 1931 there stood 2,114 shelters for the young in all districts of the Reich.

This vigorous growth of establishments in Germany devoted to bodily training and exercises has been possible only with the financial help of the Public Corporations, and particularly in consequence of the building done by the German towns themselves. However, this has chiefly been limited to the building of baths, which are considerably more expensive, the money at disposal did not suffice even during the years of seeming prosperity. Thus, to mention one figure, the whole of Germany possesses in her 1184 towns with more than 5,000 inhabitants only a few over 250 covered swimming pools in 180 towns. Even to-day there does not exist in Germany an university, a school and a general sporting association disposing of its own winter swimming pools.

Now, what induced the towns to bestow their attention upon the building of sporting-grounds after the war had ended?

Looking backward, one can recognize the enormous increase of the number of followers of the cause of gymnastics and sports in Germany, as a sound reaction against the great losses of health reserves and public morals during the war and during the time of the inflation, as a reaction which at the same time brought a new style of living of the masses, a new culture to modern Germany.

Before I go into the more or less deep-seated motives that induced the Government and the municipalities to build places for the practising of sport, I should like to explain to you, how this big undertaking of building public recreation places in Germany could come into existence at all, looked at from the outside and with regard to the question of expense.

After the termination of the war, Germany in a much higher degree than her adversaries had, without any intermediate stage, suddenly to face the most difficult problems with regard to the labour market. More than 7,000,000 soldiers—that is the number of the German National Army at the end of the war—insisted upon getting home and had to be discharged precipitately. Only part of them could return to their old callings and find work. There was urgent need of finding occupations for millions of young men in order to guard against the danger of anarchy.

The German towns were able to solve these problems by means of so-called "emergency-labours." It followed almost by itself that the building of sporting-places, which called for extensive earth-works, occupied a first place in the "emergency-labours" of the parishes, because the healthy mind

of youth was urging toward recreation and relaxation by means of gymnastics and sports after the bodily and mental privations of the time of war, and also because suitable recreation places were wanting. There are hardly any of the German stadiums—known and famous in foreign countries—that were not built more or less with the help of "emergency labourers," and the construction of which did not become possible solely through the cheap work rendered by the unemployed.

Then came the inflation and after it came unemployment, growing slowly but steadily. A great number of workmen were again at the disposal of the towns; they were, and are yet, employed as "duty-workers" in preparing recreation and playgrounds, and they are chosen from the ranks of those unable to make a living and kept by the Welfare Departments of the towns. Moreover, the governmental so-called "value-creating aid for the unemployed" renders it possible to call upon at least a part of the army of the German unemployed in order to carry out productive work. About 7½% of all the work done by the unemployed within the compass of the governmental "value-creating aid for the unemployed" goes toward the construction of establishments destined to serve the health of the people, i.e. the building of playgrounds.

The respective data concerning the biggest German state will explain to you what a gigantic amount of work, taken from this source, was made to serve the ends of German playground-building during the last decade. In Prussia, not less than 9,166,281 days' work of the "value-creating aid for the unemployed" has been used for establishing sporting and recreation places. An idea as to what this amount of work means may be obtained by learning that the establishment of a big sporting-place of four acres, with play-areas, ways and greens, requires about 4,500 days' work of the unemployed. Two thousand of these playgrounds would correspond to ten years' work in Prussia alone?

Thus, when beginning to build German recreation-grounds, the necessity to procure work and, later on the deliberate and well-aimed employment of the unoccupied powers of the unemployed, took a first place in serving the nation's health. The great work of public playground-building in Germany has been received into the round of those public works by which it was tried to ease the existing unemployment. Only by employing those out of work in building playgrounds, and assisted therein by the chaos with regard to the money-standard, caused by the inflation, which also permitted the German parishes to get cheap building done—compared with the real value of gold—was it possible to obtain the results, that were obtained.

This is the basis of and the essential impulse toward the playground-building of the German municipalities.

Something else was added: The Versailles dictate robbed Germany of her universal military service, introduced by Prussia at the commencement of the 19th century, upon which depended not only her military, but also her tremendous economic development. Instead of a standing army of 800,000 men existent before the war, Germany was allowed to have only a Reichswehr—a defensive force of 100,000 men. The whole area of the Rhineland was de-militarized and no garrisons were permitted within a zone of 50 kilometers. Thus hundreds of military drill-grounds, hitherto used by the infantry, cavalry, sappers, artillery, became vacant. In so far as they were not used for settlement purposes—and that was only a very insignificant part—they were to a considerable extent utilized for play and sporting-establishments. In Europe, the airport of Berlin is looked upon as by far best—It has been set up upon the old drill and review-grounds of the Prussian Guards. The beautiful and much admired stadium of the township of Frankfort-on-the-Main was set up on the rifle ranges of the now forbidden regiments; the rows of seats have been built into the ramparts once erected as rifle-butts. Cologne was Germany's strongest fortress; a belt of forts surrounded the town. They had to be demolished. Of the buildings for the accommodation of the troops only the underground floor and the ground floor were allowed to remain. It is especially due to the chief burgomaster, Mr. Adenauer, that this belt was bought cheaply from the Treasury of the Reich, in order to transform the areas, kept free as shooting ranges, into play and sporting-grounds. The buildings offered accommodation for the sporting associations. The earthworks were carried out by the unemployed and the whole establishment, which to-day serves for the recreation of 750,000 inhabitants, has been set up with the most moderate means.

In the North of Berlin there is situated a district called Wedding with about 500,000 inhabitants. They had no sporting-grounds whatever within reach. The then chief burgomaster, Mr. Boss, acquired, with untiring energy and surmounting many difficulties, a large tract of land consisting of sand dunes, which served for purposes of military drill, and in which I, during the periods of our military service which are separated from each other by 20 years—did open trenches and go through sham fights there. Again, a park for the people came into existence there during the years 1920-24, built with the help of the unemployed. It contains beautiful meadow areas, basins for the small children to splash in, play and sporting-grounds in which 60,000 pupils from the Berlin higher schools recently celebrated their annual Bismarck games. As Dr. Diem wrote to me: "all the play meadows were covered with punchball and fistball teams and the youth playing there showed a fabulous vigor and solidity of the body."

The DRA organized a consulting bureau for establishments and sporting places and after the war such establishments have come to life in hundreds of larger and smaller towns. A law in Prussia suggested by us prescribes

that places for games and sports shall be provided for when levelling the ground for towns, just as it was in antiquity. The German excavations in Miletus in Asia Minor have shown that $\frac{1}{7}$ of the whole area of the town was kept free for sporting-establishments, for gymnasiums.

Gymnastics and sport have become a real public movement in the Germany of the period following upon the war. In the life-habits of the townspeople, in youth's daily life and in the education of youth itself, the bodily exercises play an incomparably greater part now than they did before the war. Therefore, when the German towns build sporting places for their inhabitants, they complied with this new strong impulse toward gymnastics and sport. It is a characteristic expression of this change that the play-meadow, the swimming bath and the stadium now have taken the place of the stiff ornamental park which was cultivated with all the art of the gardener and which was not much more than a delightful sight for the visitors. In the same way in which the municipal administration formerly called the stranger's attention to the well-being and flourishing condition of its community by means of a flower-decorated monument-square and by well-cared-for gardens, it has in our time raised the sporting-grounds to the position of a symbol and of a distinctive feature of the town.

This circle of thought gives an explanation of that episode of German playground-building which brought about the existence of one big arena after another in one big German city after another, as demonstration places, so to speak. In these latter years they have made things rather hot for those towns, both at home and abroad, on behalf of their expensive stadium buildings. I might mention the well-known speech of the former president of the Reichsbank, Dr. Schacht, and the range of ideas brought before the American people, in the Saturday Evening Post series of articles by Mr. Garet Garrett. These stadiums are used also for great popular assemblies, for the festivities of the Weimar Constitution for the Reich, for great concerts, etc.

It is even so that the portion of money gone to the "Stadium" is over-estimated, both with regard to numbers and with regard to the expense itself, because people believe that the stadium-building did somehow affect the finances of the big cities, to say nothing of the assumption that foreign money to an amount worth mentioning should have been used in the financing. At the present time, there exist 168 big sporting establishments with an area of playgrounds amounting to 3,500 acres in the more than 1,200 German towns having more than 5,000 inhabitants, which means only a little above 5 % of the whole sporting-ground area, that is at disposal. This is the number of all German establishments bigger than 7.5 acres. But not all of them are "Stadiums" in an architectural and technical playground sense, not by any means. Of these real stadiums there exists a considerably lower number, namely 115 in all Germany.

By building a stadium the German town did create more than an arena for sporting contests. The German stadiums are by no means establishments for sports contests only, but are to a great extent utilized for daily service and used as places for training games. An Italian visitor who every hour of the day found the German stadium in the Grunewald near Berlin full of people, who practised and played, once called it "the stadium without rest." The arenas of big cities are nearly always connected with large sporting parks which always are open to all citizens. But these establishments are to-day the natural and necessary meeting places for great numbers of people also, which a modern, big city needs and which have become employable for the greatest multitudes by the application of the loudspeaker.

Fortunately, the instruction in gymnastics has been granted a considerably greater space in the educational programme of our schools than was the case formerly. Even if the old claim as to "the daily lesson in gymnastics" was frustrated in consequence of prevalent circumstances, the "afternoon for games" was introduced. Therefore, the German communities had to create playing and sporting-places for the needs of the school children alone, and these places are at the disposal of the youth that has left school on Sundays and during evening hours. Quite a considerable part of the playing areas owned by the communities is due to these educational points of view.

But all this has not been decisive for the advancement of the building of playgrounds in Germany by the public authorities. The decisive thing was the solicitude with regard to the preservation of the public health, to the growth of an efficient generation and, furthermore, to the fight against immorality and criminality. The years of famine during the war and during the inflation, the bodily and moral decline of a generation grown up during this time of distress, a youth condemned to idleness in consequence of unemployment meant and mean dangers for Germany, with which other countries have not been made acquainted to this extent. This had to be remedied and the help found in the public building of training places was not the one that was least important.

People have gained the conviction that every Reichsmark of the public funds, used towards this end, is invested productively and will repay this amount many a time. Unfortunately, this insight could not be transformed into reality up to its last logical conclusion on behalf of Germany's distressed condition.

The municipal sporting place, the municipal gymnasium and the municipal swimming pool have been recognized by the local boards as the great reservoirs of the health of their inhabitants. To build them and to

maintain them means economy. For, what does a human being, once fallen sick cost the public treasury and what, in comparison, does the prevention of illness by means of playground-building cost?

The share per sick bed of the cost of building a Municipal hospital is \$3,300. The cost of building a municipal recreation ground of 2.5 acres is \$8,300. Let us suppose that a town of 100,000 inhabitants laid out playing with the minimum required by my organization. These 74 acres of playgrounds will then cost \$250,000. The town would have to spend the same sum, if one single hospital with only 75 beds were built! In this hospital the town may, at best accommodate 900 bedridden hospital patients per year. But in the playing-grounds, costing just as much, 27,000 healthy people may play three hours per week each.

Or supposing a town of 100,000 inhabitants had to keep up 74 acres of playing-grounds. The yearly cost would be \$14,300. For this sum the town may finance exactly 34 sick beds for one year. Now, what is wiser: To procure space for 408 bedridden hospital patients or to make it possible for 27,000 healthy people to gain strength and new health in the sporting-grounds for three hours every week?

Following these considerations the chief burgomaster of the town of Cologne years ago initiated the great municipal sporting-ground scheme in Cologne with the following words: "Sport must become the medical doctor at the sick bed of the German nation." It is known that Germany has an elaborate social-insurance system, the maintenance of which is to-day one of the greatest cares of the Reichs Government. Every German workman and employer pays money into the Reichs insurance office. The Public Treasury contributes to this and out of these means the person taken ill receives medical attendance; the individual who has come to grief eventually gets an annuity: invalids, an old-age pension. Consequently we are accurately informed about the average cost of the cases of illness, of accidents and about old-age effects.

Thus we know that every case of illness connected with inability to make a living costs \$40, on an average. Let us suppose that 900 persons, insured against illness, made use of a playground of 2.5 acres during one year and with a play-time of thrice one hour's duration per week. If, by these hours of practising, out of the entire number of 900 gymnasts and sport-people only one single case of illness liable to indemnification was spared per month, the cost of maintenance of the place would be covered thereby. And this may safely be expected, the more so, because chills and colds, which amount to not less than 15% of all cases of illness among the insured people, surely can be avoided, if a corresponding body culture is carried through. To this is added the great army of illness connected with assimilation origina-

ting in bodies that are not sufficiently subjected to motion, illness which, for a great part, may also be avoided by means of bodily exercises. Consequently, one may count upon the probability that the capacity of resistance against being taken ill will increase much more yet—through frequent visits of the sporting-place—than above supposed.

An especially sad chapter is the one concerning accidents. We have ascertained that at least 80,000 out of the 166,000 indemnified, industrial accidents which happen every year in Germany, are so-called "dexterity accidents", i.e., accidents that might have been avoided provided the persons concerned had possessed a greater bodily dexterity and greater presence of mind. Now, there exists a means against these accidents, and that is training by gymnastics and sport.

One must keep in mind that a 100% industrial accident—loss of sight or loss of both arms—saddles the insurance office with an annuity burden of \$9,000 on an average, and that an accident followed by a 50% loss of ability to make a living, as for instance the loss of four fingers of one hand or of a lower leg, costs \$3,000 annuity on an average. The establishment of a sporting place of 2.5 acres would then—seen from the viewpoint of political economy—pay, even if by the bodily and mental qualities won through gymnastics and sports during the course of the year only one of the thousands of its visitors was saved from a 100% invalidity, and if only three were saved from a 50% inability to make a living in consequence of accidents.

Every industrial accident happening in Germany costs the insurance office \$1,250 on an average in the shape of annuities converted into capital, and of expense of administration. If an insured person who has become more sure of guarding against accidents in consequence of bodily exercises, does avoid the industrial accident, one could maintain a sporting-place of 2.5 acres during two years for the expense saved, and the visitors of this place would doubtlessly in a lesser degree succumb to the danger of accidents than would be the case if they had spent their free time in a public-house.

Thus, from the point of view of municipalities and government, the building of training-places has justly become an important link in the "preventive health aid". It is an achievement of modern Germany that this has been recognized. It would have been better if a good deal more could have been done in this direction.

And one more thing: The importance of the sporting-grounds as well as of any other place for practising sports with regard to social pedagogics must not be underestimated, such places being educational establishments for the masses. The question how one may keep youth away from the streets with their dangers, for body and soul has been put everywhere. It is parti-

cularly urgent for Germany, with her hopeless labour market, especially for the young under 21 years of age.

Our experiences correspond entirely to those made by the United States and by Switzerland. Where there are sufficient playgrounds, the criminality of youth decreases.

What this means may be shown to you by the following examples: A "pupil under the public aid department", i.e., a youth who is in a public reformatory for forced education, costs government and parish \$500 per year on an average. Instead of being obliged to put sixteen such pupils in an educational establishment for one year, one might build a quite new sporting place of 2.5 acres extent. One might keep this in order for one year with the cost caused by one single pupil to the public treasury. Thus one anti-social individual takes three hours of pleasure, recreation and increase of health, each week to be got on the sporting-place, from 900 healthy youths.

Or, differently expressed: One German town of 100,000 inhabitants possesses—in round numbers—about 8,100 youths of from 14 to 17 years of age. Upon nine playgrounds of 2.5 acres they might play and practice sports for three hours per week. The maintenance of these places costs \$4,500 per year—and this is the same amount that is spent on eight pupils in a public institution.

To take care of eight failures or of 8,100 normal individuals: Which shall a town of 100,000 inhabitants prefer?

One cannot imagine the sight of a German community without a public training-ground, be it the big sporting park of the great city with its abundance of separate establishments or be it the simple playground on the border of the village. The building of training-places belongs to the round of tasks of the administration of the community; it has grown into this rounding out of a healthy and organic development of community life.

I have tried your patience with many figures. But I know by experience that statistics do not miss their mark. In our time of economic distress severe reckoners have obtained the leading positions, who only are willing to spend the Government's and the communities' money, if one can prove to them fully and clearly the economic usefulness of the expenses. We all, who from the bottom of our hearts are devoted to the cause of bodily exercises, lose patience if we are obliged first to prove the advantages we have before our eyes every day.

But both things belong together in order to insure the success of the future—the conviction gained by sober figures and the fiery heart of idealism. But the power of the heart will decide the matter, as it does in all great causes in life.

Old Boys' Association of the Y. M. C. A. College of Physical Education

OLD BOYS' DAY

1. The Old Boys' Day was celebrated on the 26th of March at the college. The day started with an interesting playground ball match between the old and the present boys which resulted in a narrow win for the present boys. Following this was a Basket-ball match in which the present boys repeated their success.

2. The business meeting of the association was held at 11 a.m. with Mr. P. M. Joseph in the chair in the absence of Mr. William Zaccheus, the president of the association. The minutes of the previous annual meeting were read and passed. The secretaries then presented the report for the year which ran as follows :—

Gentlemen,

The association did some work last year, but it is difficult to say whether it would have any far-reaching results. The executive committee met early in the year to discuss about the Physical Education Conference that was talked about at the last annual meeting. The committee appointed a sub-committee to be in charge of the preliminary work in connection with the All-India Physical Education Conference. The following constituted the committee :—

Mrs. H. C. Buck.

Mr. C. S. Satyanandam.

„ C. A. Abraham.

„ A. Padmanabham.

„ C. C. Abraham (as convener).

It was also decided that as an initial step a questionnaire be sent to all the leading educationists in all parts of India, Burma and Ceylon asking them the following questions :—

1. Do you believe in the conference method as a desirable means of giving to Physical Education a more wholesome interpretation and a recognised place in the scheme of general education.
2. Is an All-India Physical Education Conference the best method of getting together opinions and suggestions of educators on Physical Education.

3. If a conference is organised will it be possible for you to co-operate by :—

- (a) your participation,
- (b) sending a delegate if your presence is not possible,
- (c) reading a paper on a vital phase of Physical Education.

4. Will a conference at Madras in early April 1934, suit you.

5. If a conference is not advisable what suggestions can you make ?

500 copies of the questionnaire were immediately printed and copies of it sent to the following Old Boys stationed at different parts of India, Burma and Ceylon for Circulation among the leading men in their respective provinces :—

Henry Lall	Punjab.
S. Moinuddin	Delhi.
K. N. Roy	Bengal.
James Buchanan	Bengal.
David Hla	Burma.
J. V. Hill	Ceylon.
F. Webber	Hyderabad.
Anil Das	Mysore.
Prof. K. G. Naik	Bombay and Baroda.
R. M. Chatterjee	Bihar and Orissa.

500 more copies of the questionnaire had to be printed and the Secretaries sent copies of it to all the leading educationists, Senate and Syndicate members of the Madras, Andhra and Chidambaram Universities, District Board Presidents and District Educational Officers in the Madras Presidency, and all the old boys of the college.

We have received to date about 50 questionnaires from some leading men of the Presidency and outside and about 40 from the Old Boys of the college engaged in Physical Education work, giving their opinions and suggestions. Some of them favour the idea of an All-India Physical Education Conference. Others suggest the formation of Provincial Associations in each province and then to have an All-India Physical Education Conference of delegates deputed by such associations. Some do not believe in the conference method ; while some others suggest that a conference means a huge cost without adequate results. It may be that those who have not responded to our questionnaire are indifferent to the whole problem.

What should be our next step? We may make an attempt to hold a Conference. We may try to create Provincial Organisations. But we must ask ourselves the question whether what we are trying to do will achieve for us the objects we have in view. This meeting has to ponder deeply and carefully as to the steps the association should take towards this direction.

Membership: Of the 250 or more of the Old Boys only 18 have become the members of the association for the year 1933-34. The association needs larger membership. How shall we achieve this is another question that we should discuss.

Finance: As resolved at the last annual meeting the accounts of last year were audited and certified by Mr. S. Narayanan. We had an opening balance of Rs. 56 this year. But our expenses this year seem to be greater than any other previous year. We have now on hand only a small balance of Rs. 7-8. Our only hope of improving our finance is by increasing our membership.

Vyayam: An effort was made by the Business Manager to get more subscribers from the Old Boys of the college. But I understand he did not meet with much success. The amount he realised from the new subscribers was less than the postage he spent for getting them. We have to think of ways and means of making *Vyayam* more attractive and useful to the Old Boys.

C. C. ABRAHAM,
A. PADMANABHAN,
Secretaries,

Old Boys' Association,
The Y. M. C. A. College of Phy. Education.

This was followed by the election of office-bearers. The following were elected to the Executive Committee:—

President :	P. M. Joseph.
Vice-President :	A. Padmanabhan.
Secretaries :	C. C. Abraham. P. R. Subramaniam.
Treasurer :	N. K. Mia.
Members :	S. Narayanan. C. Satyanandam. C. Srinivasan. R. P. Joseph. C. A. Abraham.

The meeting could not elect the Board of Governors for the association, although the tenure of office of the existing Board had expired, on account of the absence of representatives from the different provinces. The following resolutions were therefore moved and passed:—

1. Inasmuch as there are not enough active members to represent the different provinces it is resolved that the election of the Board of Governors be not conducted this year.

2. It is also resolved that on account of the difficulty of getting active members from the different provinces steps be taken to delete sections 1, 2, 3 and 4 of Article IV of the Old Boys' Association constitution which read as follows:—

ARTICLE IV.—MANAGEMENT.

Section 1. The management of the Association shall be vested in a Governing body called the "Board of Governors" composed of three representatives from each province elected from among the active members at the General Meeting, subject to the proviso in Section 7, Article II supra, the provinces being as follows:—

1. Bengal and Assam, and Bihar and Orissa.
2. Punjab and U. P.
3. Bombay, Baroda and Central India.
4. South India and Ceylon.
5. Burma.

The office-bearers of the association shall be ex-officio office-bearers of the Board of Governors.

Section 2. The Board of Governors shall have general supervision of the affairs and funds of the Association.

Section 3. The tenure of office of the Board of Governors shall be for three years. The members of this Board shall be eligible for re-election at the end of the period.

Section 4. The Board of Governors shall meet at least once a year at the time of Old Boys' Day. Five shall form the Quorum of the Board of Governors.

and to empower the general body to co-opt members to the executive committee.

The meeting then discussed at length the possibility of holding the Physical Education Conference. It was resolved that :—

The Old Boys in key positions in different provinces be requested by the association to promote Provincial Physical Education Association if possible in conjunction with other educational associations already existing.

The methods of increasing the membership and the finance of the association were then discussed. It was resolved that :—

Each member work in a personal capacity and try to enrol as many as possible as members of the association.

It was also resolved that :—The annual subscription for Physical Directors be a minimum of one rupee and all others a minimum of eight annas.

The meeting also decided to use part of the surplus from the Old Boys' Memorial Fund to make a brass plate with the words "Old Boys' Fence" inscribed, to be hung on the fence around the sports field at the college, and the balance as a gift to the College Library.

The following were then elected to the Board of Editors for *Vyayam* :

H. C. Buck, Editor-in-chief.

G. F. Andrews.

Henry Lall.

J. N. Ghosh.

S. Narayanan.

S. C. Bhattacharjee.

K. Patham. &

P. M. Joseph.

Mr. S. Narayanan was authorised to audit and certify the accounts and a statement to be published in *Vyayam*.

The meeting came to a close at 1-30 p.m.

3. *Evening Social* : The Old Boys were "At Home" to the present boys. After tea and tennis, there was a combined meeting of the past and present students. Mr. Buck took the chair. A. Padmanabhan proposed the toast to the present boys which was responded to by one of the present students. P. M. Joseph then talked for a while about the aims and ideals of the

Old Boys' Association and requested the present boys to become members of the association and keep in touch with the college through *Vyayam*. The pleasant function was brought to a close with a few remarks from the chair.

O. B. A. ACCOUNT—1933-34.

Receipts.		Charges.	
By balance of previous year 1932-33	.. 56 4 3	To Postage	.. 23 12 0
„ Interest	.. 2 5 5	„ Printing & stationery	25 14 0
„ Surplus in Dr. Gray's farewell ac.	.. 3 8 0	„ Annual social	.. 30 0 0
„ Subscriptions for 1933-34	.. 29 0 0	„ Balance carried over	11 7 8
Total	.. 91 1 8	Total	.. 91 1 8

Sd. S. NARAYANAN,
Loyola College, Madras.

O. B. A. ACCOUNT—1932-33.

Receipts.		Charges.	
By balance of previous year 1931-32	.. 90 10 9	To Postage	.. 32 13 3
„ Subscriptions for 1932-33	.. 26 0 0	„ Printing & stationery.	27 5 3
Total	.. 116 10 9	„ Miscellaneous	.. 0 4 0
		„ Balance C. O.	.. 56 4 3
		Total	.. 116 10 9

Sd. S. NARAYANAN,
Loyola College, Madras.

A Ceremony

On March 18th, 1934, the entrance door for the Principal's Bungalow was fitted into place. There have been many requests for copies of the service conducted by the Rev. Charles Ranson. We gladly comply, and publish it below.

THE SERVICE

Except the Lord build the house, they
labour in vain that build it;

Except the Lord Keep the city, the
watchman waketh but in vain.

Psalm, 127, v. 1.

I will lift up mine eyes unto the hills,
from whence cometh my help.

My help cometh from the Lord,
which made heaven and earth.

He will not suffer thy foot to be moved:
he that keepeth thee will not slumber.

Behold, he that keepeth Israel
shall neither slumber nor sleep.

The Lord is thy keeper:
the Lord is thy shade upon thy right hand.

The sun shall not smite thee by day,
nor the moon by night.

The Lord shall preserve thee from all evil:
he shall preserve thy soul.

The Lord shall preserve thy going out
and thy coming in from this time forth,
and even for evermore.

Psalm, 121.

We are met this morning to pray for the blessing of God upon this house, upon those who shall dwell here and those who shall pass in and out beneath this portal.

As with every other ceremony, this may be merely a superstitious rite or it may be a very beautiful act of worship. We do not believe that without such a service as this, ill-fortune would visit this home. God is not a capri-

cious and sinister deity. He a father in whose heart is love for all his creatures. We are met to acknowledge the love of that God

"Without whose hand
No house can stand
In this or any other Land."

But a house may be merely a hotel or it may be a home.

It has pleased God to set mankind in families and in every land and at every stage of culture and civilization the family is the basis of social life. But for the Christian the home is a symbol of love and freedom—a place of friendliness, refreshment and peace.

To most of us there come moments when—

"We wish that we might do
Just one grand deed and die;
And by that one grand deed reach up
To meet God in the sky."

But such is not God's way with man. He has decreed that by patient processes and humble deeds men should grow into character and attain fulness of life. And the chief training ground in which men find their souls and reach the heights is the home. We know that in this home there will be true equality and true comradeship; a refuge for those who are lonely or in trouble; a place which radiates cheer and healthfulness of mind and makes God more real and life more sweet for those who visit it.

Let us therefore unite in prayer that the blessing of God our Father may so enrich the lives of those who shall dwell here that this house will be in the fullest sense—a home.

O God our Father, the giver of every good and perfect gift, we thank thee that Thou hast placed us in a world so rich in good things.

For the beauty of the earth, we thank Thee, and for this lovely place. Help us to see Thee everywhere—in trees and flowers, in the peaceful movement of the river and the outspread glory of the sky.

For the gift of human love and friendship we thank Thee, and for the joy and comradeship of the home. Help us rightly to value and use these Thy gifts and through them to seek and find Thee.

For the opportunities to serve which Thou dost give us, we thank Thee, for the daily contacts with our fellows which are so rich in the possibility of

Running, stationary running, and jumping in place with clapping of hands are welcome variations. I have often used the following exercise with satisfaction :—

- Count 1. Arms upward bend fists-clenched,
2. Arms clap,
3. As (1),
4. Position.

Class also counting, sometimes crisply, sometimes lengthily, loudly and slowly, gradually rising up in tone till 8 and gradually lowering from 8 to 1, and to other musical inflexions.

Action Songs. The following lines, sung to the directions appended, are lively :—

1. "Perfect posture, perfect posture ;
2. Do not slump, do not slump.
3. You must grow up handsome ;
4. You must grow up handsome ;
5. Hide that hump, hide that hump."

On singing line (1) adopt a charming set-up. On (2) just bend the trunk a bit. On (3) and (4) point with your finger, hand extended, at your neighbour, and address him. On (5) pat on the back of his neck, himself holding up, and back his neck and head.

Another action song emphasising cleanliness is given below :—

1. "Gladly sings the Bunny
2. As he scrubs his face.
3. He who washes often,
4. Seldom is a—disgrace.
5. Oh Dear ! Oh Dear ! Oh Dear ! Oh Dear !"

*Directions :—*Everybody assumes the figure and position of the rabbit—Bunny. As (1) is sung everyone puts on a smiling appearance. On line (2) the face is scrubbed first with one hand, then with the other. Gestures of washing are shown on (3). All put up a graceful and steady appearance on (4). Line (5) is sung in 'alto' head bent first to one side, and then to the other with affected modesty.

Rhythm and music which set the war horse dashing into the enemy ranks, and the galley slave do his rowing day in and day out, and help the weary labourer to carry on his work, and soothe the sufferers, and brighten the life of all, have a unique place in Physical Education. For the blooming buds of humanity, to open and blossom, and bear radiant fruit, there are nothing like rhythm and music. They are the living waters that flow and give life and nurture to the young plants in the field of Physical Education.

The All-India Olympic Sports, Delhi— Feb. 27 & 28, 1934.

(We hope to publish a full account of the games in our next issue.)

1. Running High Jump—Won by R. Francis of Bengal—Height 5 ft. 10½ in.

All-India Record	..	6 ft.	⅛ in.
World Record	..	6 ft.	8¼ in.

2. 100 yds. Race—Won by E. Whiteside of Punjab—Time 9 4/5 secs.

This is a new All-India Record.	
World Record	.. 9.4 secs.

3. 16 lbs. Hammer Throw—Won by A. Drummond of U. P.—Distance 127 ft. 7 in.

All-India Record	..	128 ft.	1½ in.
World Record	..	189 ft.	6½ in.

4. Hop, Step and Jump—Won by Nirranjan Singh of Punjab—Distance 46 ft. 4 in.

This is a new All-India Record.	
World Record	.. 51 ft. 7 in.

5. 220 yds. Race—Won by R. A. Vernieux of Bengal—Time 22-3/10 secs.

This is a new All-India Record.	
World Record	.. 20.6 secs.

6. Six Miles Race—Won by Gujjar Singh of Punjab—Time 33 min. 8-4/5 secs.

All-India Record	..	32 min.	38¾ secs.
World Record	..	29 min.	36.4 secs.

7. Javellin Throw—Won by E. Whiter of Punjab—Distance 170 ft. 11½ in.

All-India Record	..	183 ft.	2¾ in.
World Record	..	242 ft.	10⅛ in.

8. Pole Vault—Won by Abdul Shafi of Punjab—Height 11 ft. 3 in.
- | | | | |
|------------------|----|--------|---------------------|
| All-India Record | .. | 11 ft. | 3 $\frac{3}{8}$ in. |
| World Record | .. | 14 ft. | 1 $\frac{7}{8}$ in. |
9. 440 yds. Race—Won by G. P. Bhalla of Bihar and Orissa—Time 50.4 secs.
- | | | | |
|------------------|----|------|-------|
| All-India Record | .. | 50 | secs. |
| World Record | .. | 47.4 | secs. |
10. One Mile Race—Won by W. Sheppherd of Punjab—Time 4 min. 32.8 secs.
- | | | | |
|------------------|----|--------|------------|
| All-India Record | .. | 4 min. | 31.2 secs. |
| World Record | .. | 4 min. | 9.2 secs. |
11. Long Jump—Won by Niranjana Singh of Punjab—Distance 22 ft. 10 $\frac{1}{2}$ in.
- | | | | |
|-----------------------|----|--------|---------------------|
| New All-India Record. | | | |
| World Record | .. | 26 ft. | 2 $\frac{1}{8}$ in. |
12. Discus Throw—Won by Gurjit Singh of Patiala—Distance 113 ft. 1 $\frac{1}{2}$ in.
- | | | | |
|------------------|----|---------|---------------------|
| All-India Record | .. | 115 ft. | 2 $\frac{3}{4}$ in. |
| World Record | .. | 169 ft. | 8 $\frac{7}{8}$ in. |
13. 440 yds. Hurdles—Won by M. Asghar of Punjab—Time 58.8 secs.
- | | | | |
|------------------|----|------|-------|
| All-India Record | .. | 58 | secs. |
| World Record | | 52.6 | secs. |
14. Three Miles Race—Won by Kishen Singh of Punjab—Time 15 min. 23.6 secs.
- | | | | |
|------------------|----|---------|------------|
| All-India Record | .. | 15 min. | 21.1 secs. |
| World Record | .. | 13 min. | 50.6 secs. |
15. 880 yds. Race—Won by G. P. Bhalla of Bihar and Orissa—Time 1 min. 59.2 secs.
- | | | | |
|------------------|----|--------|------------|
| All-India Record | .. | 2 min. | 0.4 secs. |
| World Record | .. | 1 min. | 51.6 secs. |

16. 120 yds. Hurdles—Won by K. Sutton of Bengal—Time 15.2 secs.
- | | | | |
|-----------------------|----|------|-------|
| New All-India Record. | | | |
| World Record | .. | 14.2 | secs. |
17. Shot Put—Won by Sahur Ahmed of Punjab—Distance 38 ft. 10 $\frac{5}{8}$ in.
- | | | | |
|------------------|----|--------|---------------------|
| All India Record | .. | 42ft. | 6 $\frac{1}{2}$ in. |
| World Record | .. | 52 ft. | 7 $\frac{7}{8}$ in. |
18. 4 × 110 yds Relay Race—Won by Punjab.
- | | | | |
|------------------|----|------------------|-------|
| All-India Record | .. | 44 $\frac{3}{4}$ | secs. |
| World Record | .. | 40-4/5 | secs. |

The Western Asiatic Games

The Indian Olympic Association organised the Western Asiatic Games corresponding to the Far Eastern Games. The countries east of Suez and west of Singapore were invited to join. The following teams took part in the First Western Asiatic Games held at Delhi, on March 2 and 3, 1934.

Afghanistan	..	Hockey and Athletics.
Ceylon	..	Athletics.
India	..	Hockey and Athletics and Swimming.
Palestine	..	Athletics and Swimming.

The following are the results of Athletics :—

1. 100 yds. Race—Won by R. A. Vernieux—India—Time 9.7 secs.
2. Pole Vault—Won by Abdul Shafi—India—Height 11 ft. 5 $\frac{1}{2}$ in.
3. One Mile Race—Won by N. Matheus—Ceylon—Time 4 min. 41 secs.
4. High Jump—Won by R. Francis—India—Height 5 ft 10 in.
5. Shot Put—Won by Dissanayak—Ceylon—Distance 41 ft. 8 $\frac{5}{8}$ in.
6. 440 yds. Race—Won by G. P. Bhalla—India—Time 51.3 secs.
7. 220 yds. Race—Won by E. S. Whitside—India—Time 22.5 secs.
8. 6 Miles Race—Won by Gujjar Singh—India—Time 32 min. 33.5 secs.

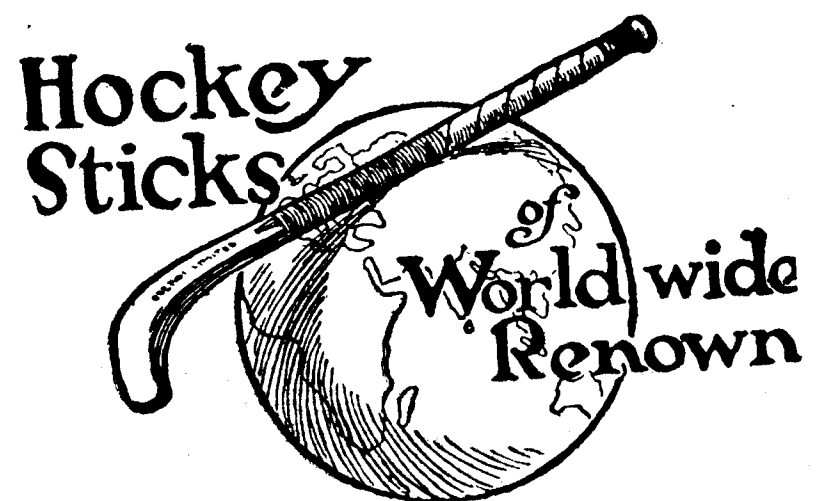
9. Discuss Throw—Won by E. N. Whiter—India—Distance 116 ft. 3¾ in.
10. Hop, Step and Jump—Won by Mehr Chand—India—Distance 45 ft. 5⅞ ins.
11. Hammer Throw—Won by M. Ishaq—India—Distance 94 ft 5 in.
12. Half Mile Race—Won by G. P. Bhalla—India—Time 2 min. 35 secs.
13. Long Jump—Won by Niranjana Singh—India—Distance 21 ft. 11¾ ins.
14. 3 Miles Race—Won by Kishen Singh—Time 15 min. 22.6 secs.
15. 440 yds. Hurdles—Won by M. Asgar—India—Time 1 min.
16. Javelin Throw—Won by E. W. Whiter—India—Distance 168 ft. 4¾ in.
17. Relay Race (4 × 110 yds.)—Won by Ceylon.



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