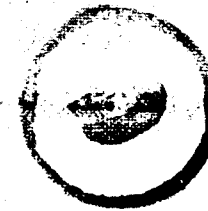


Vyayam

Vr 7. No. 2, November 1935



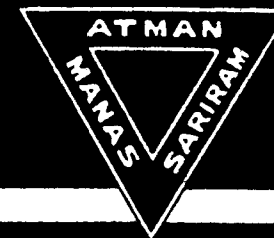
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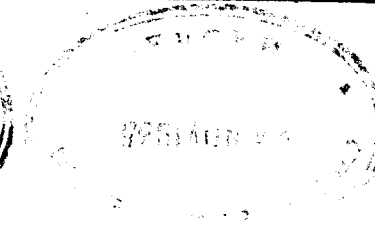
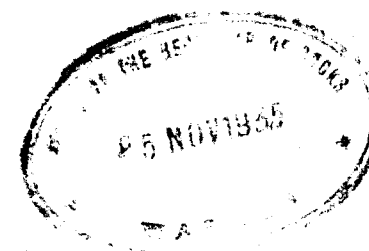
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VYAYAM

A Quarterly Journal of Physical Education.



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NOVEMBER 1935

Olympics

Rules for Kabaddi

An Athletic Ranking List

A Health Week Programme

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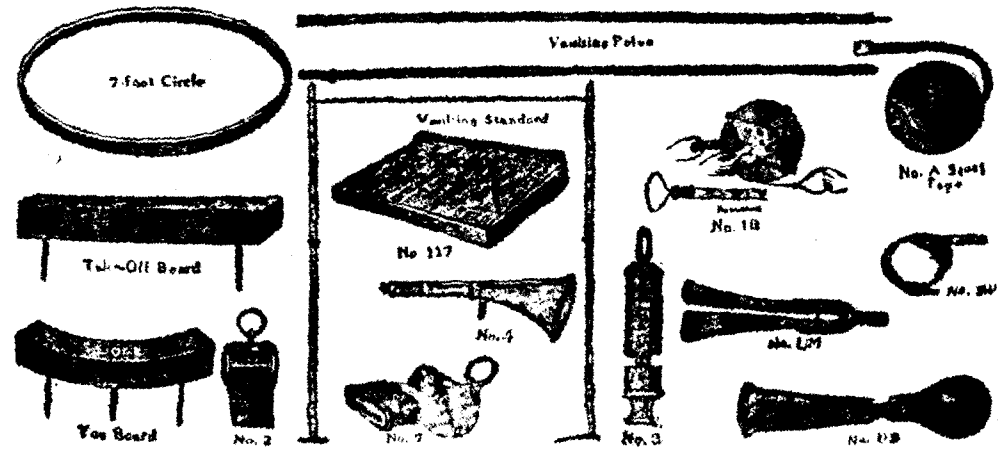
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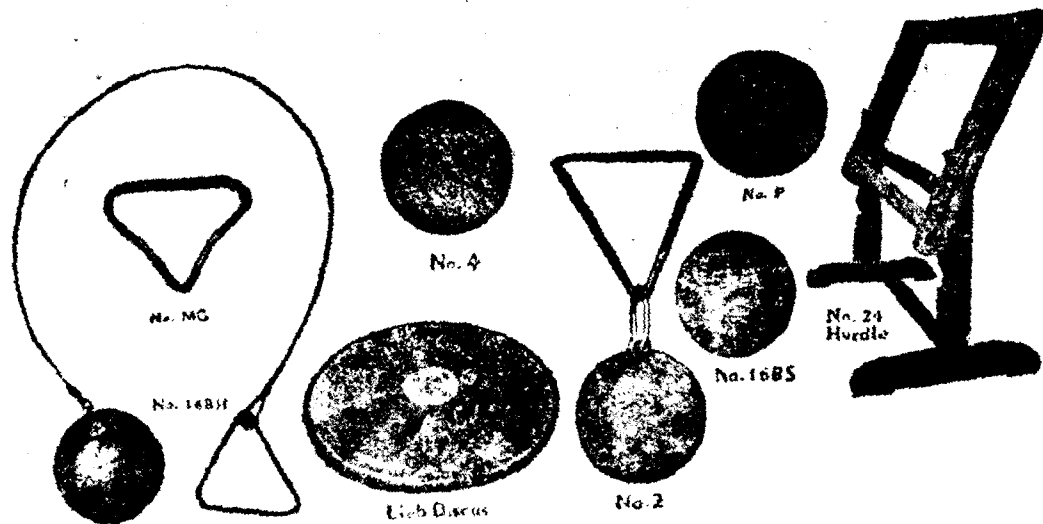
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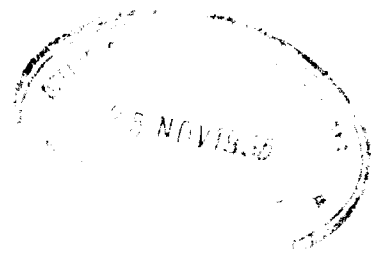
Mount Road, Madras.



The Indian Hockey Team which recently toured Australia and New Zealand and so ably represented their country as well as the game of Hockey.

VYAYAM

ISSUED FEBRUARY. MAY. AUGUST AND NOVEMBER



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The Rules of "Kabaddi" as Played in the Punjab

By A. N. BALLA of Patiala.

Indigenous games should form a fair part of a comprehensive programme of physical education. We attempt to study the indigenous activities and to present them to educational institutions for introduction. We therefore welcome contributions like the accompanying one, and are pleased to have the privilege of presenting them through *Vyayam*.

RULE I. GROUNDS

Section 1. The ground shall be rectangular, 16 yards by 8 yards, and it shall be marked with white lines (Chunam) in accordance with the attached plan.

Note.—The size of the ground may be modified for informal games to suit local requirements or to accommodate larger or smaller groups. It is urged, however, that standard size grounds be used in all match games.

Section 2. The ground shall be bounded by well defined lines 3 inches in width.

(a) B = boundary lines or bounds.

Section 3. The mid line or the "March" or "Pala" dividing the homes of two sides shall be distinctly drawn and shall not be more than 5 inches broad.

(a) M = The March line or March or Pala, 8 yards long.

Note.—Chunam is the best thing for marking of the ground.

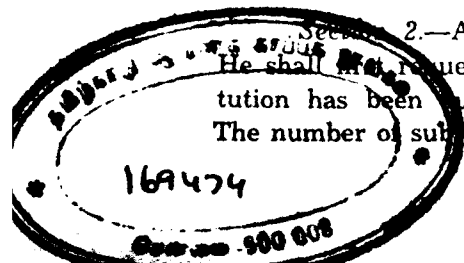
Section 4. A flag shall be placed at the centre of each side line. The flag post shall be 6 ft. high and 3 or 4 inches in diameter.

RULE II. TEAMS

Section 1. There shall be 9 players on each side. When for any reason a team is reduced to less than 9 players, in the beginning of the game the game shall be forfeited to the opposing team.

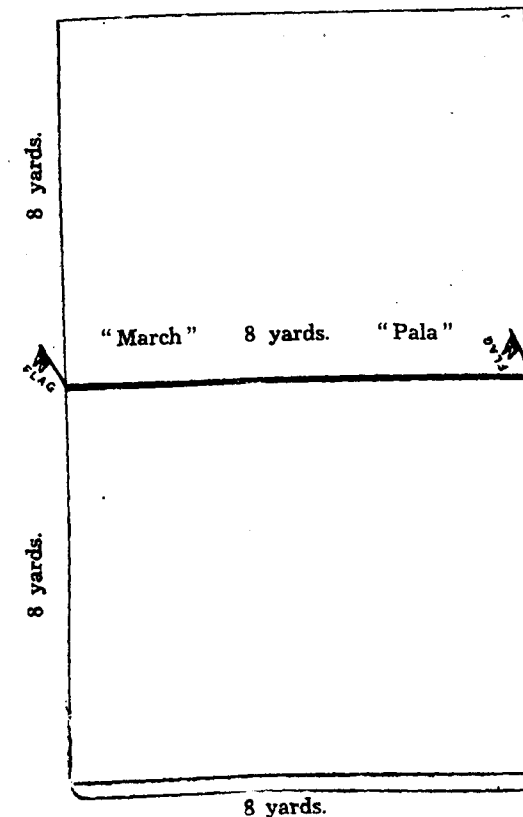
Note.—The number of players per team may be more or less than nine by mutual agreement between opposing teams, or if intimated in advance by a Committee in charge of a tournament. It is recommended, however, that the rule requiring 9 players be adhered to.

Section 2.—A substitute may take the place of an injured player. He shall request substitution from the Referee and when such substitution has been authorised by him he shall then report to the Scorer. The number of substitutes shall not be more than three during a match.



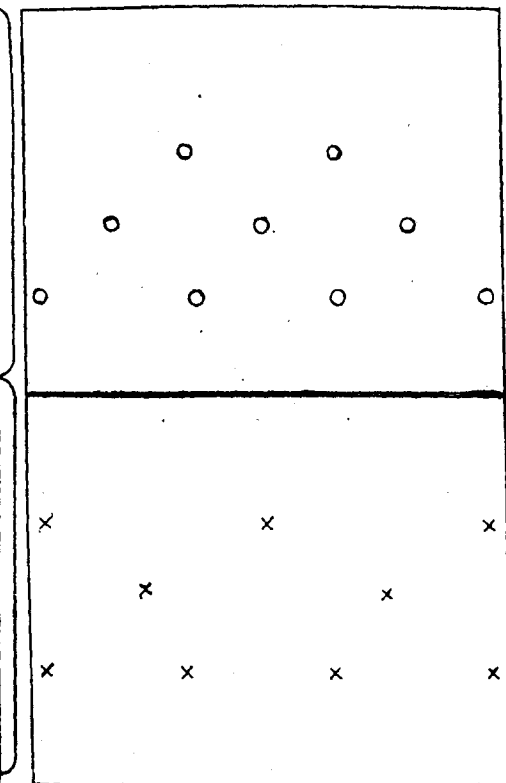
KABADDI

(Diagram of Kabaddi ground.)



KABADDI

(Diagram showing the various plans of arranging the teams.)



Section 3. A player taken out of the game may re-enter the same game but only with the permission of the Referee.

Section 4. No substitute can be allowed in place of a player sent out of a game owing to his misconduct or some serious foul, during that game. The same player may re-enter if the Referee permits such.

Section 5. To assist the scorer and other officials, players should be numbered with large numerals placed conspicuously on the back and chest of each player.

RULE III. CHOICE OF HOMES

Section 1.—The winners of the toss shall have the option of sending the raider or choice of homes.

Section 2. When a match is resumed after half-time, the side shall change homes and the game shall be started by the raider of the opposite party from that which originally did so.

RULE IV. DURATION OF GAME

Section 1. The duration of the match shall be 80 minutes, unless, otherwise mutually agreed upon, with a recess of 5 minutes between the two half-times of 40 minutes.

Section 2. In case of a draw, 5 minutes extra each way shall be played.

RULE V. DRESS, SHOES, ETC.

Section 1. The players shall not use any loose dress. The best dress is shorts and a banyan or jersey.

Section 2. No player shall wear any dangerous material such as spikes, or nails, etc. Even the shoes with heels shall not be allowed during the game. (Tennis shoes or rubber gymnastic shoes are advisable).

RULE VI. DEFINITIONS

Section 1. The part of the ground occupied by a team shall be called its own home; that occupied by the opponents, the opponents' home.

Section 2. The repeated sounding aloud of one or more approved syllables like "Kabaddi, Kabaddi" within the course of one respiration shall be called a "Cant." (Cant = to speak in a whining hypocritical tone).

Section 3. One who goes from his home into the home of the opponent party with the Cant in order to put out one of his opponents shall be called a "Raider." Every player of the other party acting against the "Raider" shall be called an "Anti-Raider" or "Anti."

Section 4. A "Raider" shall be said to have reached his home only when he has touched any part of the "March" or having crossed the "March" has touched any portion of his home.

Section 5. Touching.—By "touching" is meant contact by and with any part of the body, clothing or any other of one's personal belongings.

Section 6. Struggle.—By a "struggle" is meant the holding of the Raider by one or more Antis to prevent the former from reaching home while repeating the Cant.

Section 7. Intruder.—By an "Intruder" is meant (a) a player found on the March or in the opponents' home when a Raid is on, (b) a Raider who has left the March but is without Cant, or (c) a Raider who has spent his first Cant before reaching home.

Exceptions.—No Anti in a struggling group will be deemed an intruder while the struggle is on. He may touch the March but shall not go to opposite home.

Section 8. Each of two or more persons starting and acting as Raiders will be liable to be dealt with as an Intruder until only one remains to act as such.

Section 9. Referee to Signal—A game must not be started until the Referee has given the signal for the same.

Section 10. Any player committing any act which, in the opinion of the Referee, tends to slow down the game unnecessarily shall be considered as "delaying the game."

RULE VII. SCORING

Section 1. Each side shall alternately send a Raider into the home of the other side; but when a lot has been allowed the same Raider or another from his side shall act as a Raider. No Raider can repeat his raid in continuation except as above.

Section 2. Not more than one player can be out in the course of a raid. The Raider that puts another out shall gain one mark to his side.

Section 3. If a Raider reaches home with Cant after touching an Anti, he (The Raider) shall gain one point for his party.

Section 4. If a Raider who has been touched or held by one or more of the Antis does not reach his home with the Cant, the party of the Raider shall yield one point to the other party.

Section 5. Any player, who goes out of bounds without the permission of the Referee shall be considered out and shall forfeit one mark to the other party.

Section 6. If in a Struggle the Raider or the opponents move out-of-bounds wilfully, the one that goes out-of-bounds first shall yield to the other party one mark. But in a Struggle the player or players who are thrown out-of-bounds by the opponent or opponents shall gain one mark.

Section 7. An Intruder, if he is touched by anyone of his opponents with or without Cant shall forfeit one mark to his opponents.

Section 8. A Raider may be put out by an Anti taking Cants if there is one or more Intruders in the raiding field. The party that puts him out shall so gain one point.

Section 9. If a Raider is warned against any danger by one of his own side, the Antis score one point.

Section 10. A Raider is not to be held at any other part of his body than his trunk and limbs and the one who violates this rule shall increase the score of his opponents by one mark.

Section 11. Lifting a Raider or Anti off the ground in either home is a foul. Anyone committing that foul shall yield one mark to the party of

gested simply as a means of introducing or encouraging the game and it is hoped, as speedily as possible, the players will be encouraged to play under the proper rules. These modifications may be used in acquainting young players with the elements of the game.

RULES

I. The ground may be made larger or smaller, to suit local requirements or the number of players.

II. The number of players may be modified and substitutes may or may not be allowed.

III. These are same.

IV. The game may be played for any time.

V. These are same.

VI. These are same.

VII. No scoring may be done. The man who has been touched or has made the other party gain one point (as per general rules) will Die (i.e., sit out of the game) and will have to wait till one of the opponents suffer the same fate. Then that man will Die and the other (i.e., the first Die of the opponents party) will Revive (get into the play). The Revives will be in the order of Dies. The Umpire is to decide about Die and Revive.

Others are same.

VIII. These are same.

But deliberate coaching by coaches, officials, spectators, etc., is allowed.

IX. These are same.

X. There will be only one official.

XI. One official will do all the jobs.

XII. No.

LONG KABADDI

The idea of this modification is to get best results in running and long respirations.

RULES

1. The ground may be of any size but the length of the Pala, which is to divide the two homes shall be eight yards. At each end of the Pala there shall be a flag 6 ft. high, 3 or 4 inches in diameter.

The Pala shall be distinctly drawn and shall not be more than 6 inches broad.

2. There may be any number of players but not more than fifteen in one team.

3. The winners of the toss shall have the option of sending the raider or choice of homes. When a match is resumed after half time, the side shall change homes and the game shall be started by the raider of the opposite party from that which originally did so.

4. The duration of the match shall be 80 minutes with a recess of 5 minutes, between the two half times of 40 minutes. The team scoring the greater number of points wins the game. In case of a draw 5 minutes each way shall be played.

5. The players shall not use any loose dress. The best dress is of Shorts and a Banyan or Jersey. Rubber Gymnastic Shoes or Fleet Foot shoes will be allowed, but no other kind of footwear will be permitted.

6. Raiders shall go alternately from opposite sides repeating 'Kabaddi' loudly, continuously and with unbroken breath from the Pala till the return to the Pala.

7. No player can raid twice successively for his team, and every player must raid at least once in each half.

8. If a raider touches any player of the defending team and returns to or touches the Pala with any part of his body in conformity with the rule 6, the attacking team shall score one point.

9. If a raider is touched or held by a player of the defending side so that his breath is broken before he returns to the Pala, the defending team shall score one point.

10. If a raider is warned against any danger by one of his own side, the opponents score one point.

11. Only one raider can go at a time. In case two or more raiders start out together, the referee shall recall them by blowing his whistle, and allow only one to go.

12. It is foul to attempt to stifle raiders' breath by shutting his mouth, throttling or any other way, and the one who commits the foul shall immediately be sent out of the field by the referee. The player or players who obstruct the progress or unduly prolong the game shall be sent out of the field.

13. No hold or attack is allowed that in any way endangers life or limb, e.g., Hitting, Kicking, Butting, Biting, Scratching or Twisting.

14. Referees' decision on the field shall be final.

15. Referee will enforce these rules strictly, and will warn or turn out any player guilty of their deliberate violation, or of any other act of bad sportsmanship.

An Athletic Ranking List

"The United States athletes have recently proved themselves as formidable as ever and would be placed among the first in a "ranking list" of the nations. Such a ranking list would be of great interest in view of the Olympic Games in Berlin next year.

1. United State.
Finland.
Sweden.
4. Germany.
5. Great Britain.
Hungary.
Italy.
Japan.
9. France.
Poland.

The two most interesting matches of the year have been those in which Finland beat Germany at Helsingfors by 103½ points to 99½ and a five-sided match at Munich in which the score was: Sweden 50, Germany 52½, Hungary 40, Japan 33, Italy 26½.

The Helsingfors match was held in the rain, so the performances were even more brilliant than they read. Woelke, who out-classed R. Howland in Munich, put a new German weight record of 53 ft. 3 in.; Blash threw a new German hammer record of 166½ ft., as compared with M. C. Nokes's great English record of 172 ft. 0¼ in., but was only third to Boerhoelae, who beat 175 ft. Similarly, Haag ran a new German 10,000 metres (about 6¼ miles) record of 31 min. 7-10 sec., only to be third 1½ minutes behind Salminen and Askola, who made rings round the British in the three miles at Glasgow.

Perhaps the most interesting features were the return to form of Lehtinen, the Olympic 5,000 metres champion, and B. Sjostedt, who once held the high hurdles world record, for both were thought to be becoming back-numbers. Actually, Lehtinen won in 14 min. 51-9 sec. with as much ease as when he set the British three miles' record at 14 min. 19.5 sec. in 1931. Syring who "pipped" A. Burns in Munich, was only third. Sjostedt did 14.6 sec., which compared, under the conditions, with D. O. Finlay's brilliant 14.4 sec. in Munich, the 14.3 sec. by J. Cope (U.S.A.) in Paris on August 4 and the 14.4 sec. by J. Moreau (U.S.A.) in Budapest on August 20.

Schaumberg, who beat A. V. Reeve in Munich, won the 1,500 metres in 3 min. 5½ sec., which is faster than the European championship time of Beccali, the Olympic champion, at the expense of J. F. Cornes. Iso-Hollo, the Olympic steeplechase champion, who lost to Reeve in Glasgow, was last.

As Reeve has run as well as Wooderson, the conqueror of Lovelock, this race temporarily made Schaumberg, a lovely mover of the J. V. Powell type, out to be the best miler in the world. Iso-Hollo seems past miling, and is presumably getting speed without exhausting himself for the Olympics. The 800 metres produced a new wonder to me in the shape of Teileri, who was nowhere in Glasgow, yet did 1 min. 52.8 sec., the fastest time of the European season up to date. Fourth appeared the name of Larva, the Olympic 1,500 metres champion of 1928, who is presumably preparing on the same lines as Iso-Hollo. Kotkas, who scored a treble against Britain in Glasgow, won the high jump at 6 ft. 4¾ in., and the discus with 159 ft. 11 in.

The five-sided match in Berlin, witnessed by Dr. Gobbels, Reichsportführer von Tschammer und Osten, and Dr. Karl von Halt, who is so well known to British athletes, provided one surprise after another. First Sir (Hungary), the former A. A. A. champion, and new students champion lost the hundred to Suzuki, the Japanese, who so nearly won at Budapest, and Leichum, who beat A. W. Sweeney at Munich, was only fourth. Sir got his own back in a great 21.4 sec., in the 200 metres. Strandberg (Sweden) was only 1.10 sec. outside Sir's and Suzuki's 10.6, and was second in the 200 metres in 21.5 sec. Then, in the 800 metres, Landi, of Italy, of whom I must confess I had scarcely heard, returned the best European time of the season, namely, 1 min. 52.2 sec. which will make even J. C. Stothard think hard. More sensational still, Beccali who had been third a fortnight earlier to N. Bright (U.S.A.) and Normand (France), and was, therefore, taken to be past his prime, reeled off a 3 min. 54 sec. 1,500 metres (equals approximately a 4 min. 14 sec. mile) to beat Schaumberg, who had so distinguished himself in Helsingfors, by 1 1-5 sec. In the 5,000 metres Syring, failed again, this time to Johnson (Sweden) in 3 min. 55.2 sec., as against 3 min. 54 sec.

Wegner (Germany), the Students' high hurdles champion, and Kovacs (Hungary), the European champion, have been in such fettle recently that the Swede, Lidman's, victory in 14 4-5 sec., over them also came as a surprise, in spite of the fact that Lidman had won in the British games. In the 400 metres hurdles Scheele, the German European champion, was beaten into fourth place by Kovacs, the Students' champion, Areskoug, the Swedish ex-world-record holder, and our old friend Lord Burghley's rival, Facelli (Italy). Kovacs did 53.6, and although Facelli is in his thirty-eighth year returned 54.4 sec., which is as fast as he and Lord Burghley were doing eight and nine years ago. Leichum, the European record-holder, again beat 25 feet in the long-jump. Nishida, the Olympic runner-up and Students' champion, beat 14 feet in the pole vault. Woelke beat 53 feet in the weight put, and Andersson (Sweden) threw the discus 170 ft. 11¾ in. Actually the best long jump in Europe this summer has been 25 ft. 9 in. by the American negro, Eulace Peacock, in Paris, on August 4. The best high jump was also recorded on the same day by another negro, namely Cornelius Johnson, who cleared 6ft. 5¼in."

Explanation of "Instruction Periods" and "Participation Periods" in Physical Education

In the August 1935 edition of *Vyayam* we published the Proceedings of the Director of Public Instruction regarding the imparting of physical education in secondary schools. Reference should once again be made to this.

Many requests have come in to have these proceedings explained. In Madras City we held a conference of Headmasters, Managers and Physical Education Teachers to discuss it. In order to help others we publish herewith an explanation and suggest that school authorities should get together to discuss the matter in an attempt to arrive at a more constructive scheme of physical education than the present rather hit-or-miss sort of programme.

—

Suggestions from the Adviser to Government on Physical Education regarding Proceedings of the Director of Public Instruction, Madras R. C. No. 805 D/34 dated 28th June 1935.

1. INSTRUCTION PERIODS IN PHYSICAL EDUCATION.

By Instruction Periods is meant periods in which the physical education teacher teaches those physical activities, (or the fundamentals of those activities), which are to be used in the Participation Periods. The emphasis should be placed on attempting to develop the fundamental skills of natural activities which the pupils must have if they are to do their best as worthy members of teams in the various competitions that will be conducted during the Participation Periods. Also, during this time attention should be paid to teaching activities, and developing skills, which pupils will of their own accord use for recreation during their leisure time.

Sound judgment in drawing up programmes for Instruction Periods will automatically lead us to place the emphasis on the natural activities such as Play, Games, Sports, Rhythms, etc., and much less attention to artificial activities such as drill. Drill may also be taught during part of the Instruction Period, but only to help in Posture Training and never as a complete scheme, nor so as to occupy much time. We must remember that the Syllabus of Physical Activities is provided only as a guide for the teacher and it is not intended that it be followed slavishly. It is effective Physical Education that we want and not parrot-like following of any Syllabus.

The work done during Instruction Periods must be taught by qualified physical education teachers in charge of groups small enough to permit effective teaching.

2. PARTICIPATION PERIODS IN PHYSICAL EDUCATION.

This is the period for competitions between various groups and teams and for the "Play-For-All-Programme". Large numbers of pupils may report on the playgrounds at one time, be divided into groups and sent to allotted areas where they may play games of their own choice; or during this period the various tournaments and leagues of the Inter-House or Intra-Mural scheme may be played off. During Participation Periods the Physical Education Teacher should have the assistance of Class Room Teachers and School Boy Leaders to supervise and referee the various activities going on simultaneously on the several play areas of the Compound.

The activities and the grounds must be so well planned in advance that you may get 100% participation and 100% of ground area in use. The number of pupils attending at one time must be no larger than can be efficiently accommodated on the available play areas, but one should attempt to provide activities that will accommodate fairly large numbers on small playing areas.

Ordinarily Participation Periods are most successfully conducted outside of regular school hours when large numbers can most easily be congregated and more staff members are available. But Participation Periods as well as Instruction Periods may be conducted either before, during, or after school hours depending entirely upon the situation and the will. We should come to consider the physical education periods as part of the school day and the school day should not be considered ended until every pupil has had a play period.

3. STRENGTH OF PHYSICAL EDUCATION CLASSES.

For effective instruction in Class Room no teacher likes to have more than 30 pupils in a class. Likewise for physical education teaching periods, 30 pupils are sufficient. An attempt should be made therefore to confine the number of pupils per teacher to at least 40 for Physical Education Instruction Periods. For Participation Periods the number of pupils attending may be as large as organisation and supervision will permit.

The Government requirement is one physical education teacher for every 300 pupils in the school. The universally accepted standard is one physical teacher for every 250 pupils. This is based on the assumption that one teacher should conduct 5 or 6 Instruction Periods daily with approximately 40 pupils in each period. In addition, the physical teacher devotes time to planning, recording, and supervising physical education.

4. TIME-TABLES FOR PHYSICAL EDUCATION.

Admittedly it is a bit of a problem to provide adequate time-tables for the many experiences which should be made possible for school pupils. But if we accept the fact that the physical life of the child is basic, and that his

intellectual development and health are dependent upon proper provision for physical development and satisfaction, perhaps we will first plan for wholesome daily physical activities and build the academic time-table around the physical education time-table. In any event there is room for careful scrutiny of time-table with the idea of making revisions that may really permit us to educate the whole child.

Every child should have one hour of suitable physical activity daily. Some schools provide physical education periods prior to regular school hours in the morning; some provide periods during the school day; some after school hours in the evening; and some provide periods at all the above mentioned times. For example, pupils who reside in and near the school could report for morning activities; others could report at suitable times during the day; and still others in the evening. For example:—7 to 8 A.M., 8 to 9 A.M., 3 to 4 P.M., 4 to 5 P.M., and 5 to 6 P.M. permit of five hours of instruction for one physical education teacher, during which time he could teach approximately 250 pupils. More teachers must be provided for a school with a strength of more than 250 pupils.

Three Instruction Periods Weekly and two Participation Periods Weekly for each pupil would give the required amount of activity for each.

Hard and fast rules regarding time-tables cannot be laid down because no two situations are exactly alike. But it is quite clear that time-tables as they are at present should be critically studied with the idea in mind of so revising them as to give our school children a fair opportunity to develop normally physically and to grow up physically educated rather than physically illiterate. The school day may have to be made a bit longer to include play life as well as the purely intellectual activity; but in view of the fact that play has real educational values we are sure that a longer school day would be most acceptable.

Saidapet,

9—8—1935.

H. C. BUCK,

Adviser to Government on Physical Education.

HOW TO BECOME A CHAMPION

Good advice to would-be Athletes

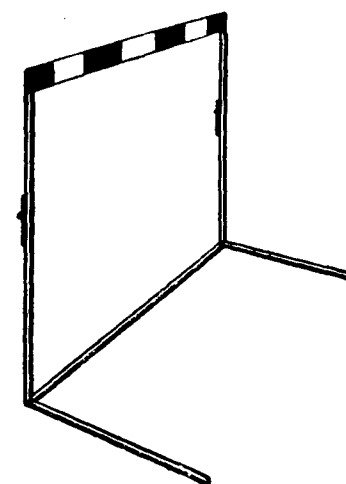
THE CHAMPION

"If a man wishes to become a champion, he must persevere. He must be able to work hard and fight doggedly. He must be able to observe himself intelligently, regard mistakes as new lessons, be a good loser, attribute failure to his own insufficiency, discover and cure his weaknesses, make greater and greater demands upon himself and never cease working. He must sacrifice egotism and take up the ideas of others and cleverer people. In order to become a champion he must repeat the same exercise ten, a hundred times and

more, to recognise its effectiveness or usefulness; he must give up many things, walks, fetes, presents, honours, pleasures.

"A man who fulfils all these moral conditions for the strengthening of his character can describe himself as a champion. To be a champion means to be an idealist, perhaps a dreamer, it means working and fighting to put this dream into practice."

(From a Wireless lecture by Senor Prospero G. Alemandri, President of the Argentine Olympic Committee.)



THE NEW OLYMPIC HURDLE

The drawing shows the hurdles designed for the Olympic Games, in the shape recently passed by the Council of the International Light-Athletics Association for the Olympic Games. These hurdles were recently used in the Five-Countries' Contest at the beginning of September.

The International Light-Athletics Association has chosen an exchangeable wooden upper cross-bar with black and white vertical stripes in preference to an iron one. The hurdle-models already passed by the International Light-Athletics Association for Sweden and America, differ from that depicted above, by the fact that the cross-bar which binds the two upright posts together, does not lie on the side turned in the direction of the approaching runner, but on that of the tip-axle.

This kind of construction excludes all possibility of the runner being hindered by the hurdle overturning.

India's Progress in Olympic Games

Need for good Coaching

By B. S. R.

India is slowly but steadily becoming athletic-minded. She has realized the fact that, in comparison with other countries in the West, pure athletics are not properly practised in this country. Those who have the interests of Indian athletes at heart, have awakened to this fact and to the poor but plucky attempt of our Indian athletes at the last two Olympiads, and are forming organizations and holding Olympic meets all over the country. This is really a good sign.

THE ORIGIN.

The origin of the Olympic games was forgotten in the clouds of fleeting time. They were the national festival games of the Greeks. History showed that Greece was a nation of athletes in ancient times. Olympia, which is situated in a valley in Elis, to the west of Pisa where flows the river Alpheus, was the seat of athletic contests. It possessed a vast stadium and a hippodrome where the games were held in honour of Zeus, the father of gods. Olympic represented the eternal youth, gaiety and beauty that all the ancient Greece was.

PRESENT-DAY REVIVAL.

The revival of modern Olympic games can be dated as far back as 1896, when, in traditional honour of ancient Greece, the first Olympic games were held at Athens. Records showed that the first Oxford and Cambridge sports were held in 1864 and the national championships in 1866. From that time up to the present day athletic competition had steadily progressed in Great Britain and showed an example to other countries in the modern revival of the ancient games of Greece to follow its suit. Almost the tail end of the 19th century saw nearly all the European countries deeply interested in pure athletic competition. In America, especially in colleges, the movement for athletic competition was started and she made such rapid strides and tremendous progress that today she stands as the foremost nation in international athletics. First the Scandinavian countries and then Germany and France, towards the end of the last century, showed distinct interest and slung to the Olympic doctrine. In 1887 Baron Piere de Coubertin carried out vast schemes on systematic lines to improve the athletic standard of the youth of France and was bent upon reviving the ancient Olympic games. Seven years later the first International Olympic Congress was held and attended by 14 nations. Two years after the Congress, in 1896, the first Olympiad was conducted at Athens. Since that time similar meets were held every fourth year with a break during the World War in 1916.

NECESSARY SEARCH AND TRAINING.

Let me now turn to India's progress in athletic games. One has to say with regret that India's athletes have not, so far, showed good progress. In the 1932 Olympic games and at the British Empire games last year Indian athletes failed to come up to expectations. The annually breaking of school provincial, and all-India records, though, no doubt, is a happy augury of the improvement of the standard of athletics, is no consolation at all, if India wants to take an honourable place in the athletic world. The example set up by our hockey teams should be followed in other spheres also.

Indian athletes badly need encouragement and facilities. Athletic competition must be made universal. Side by side a search for men for marathon and long distances must be made. The material is here in India. All that is needed is a careful search and then training. Universal coaching must be undertaken. I have no doubt that Indians have athletic talent. Race and locality have an important bearing on efficiency in certain events. For instance, Britain excels in 880 metres, while the Scandinavian supremacy is evidenced, in long distances, by Nurmi and Lehtinen of the present day. The Sikhs are the right type of men to produce long distance and marathon beaters. In Burma the technique of long jumping and high jumping is of a high standard because of the right coaching of the American missionary. Good coaching is the secret for the success of an athlete. The possibilities in India are many and indeed among the teeming millions of India there must be some young men who have athletic talent which only requires development by correct coaching.

The following table gives a comparison between all-India and world records at a glance:—

A COMPARISON BETWEEN WORLD AND ALL-INDIA RECORDS.

EVENT.	INDIA		WORLD.	
	Time or Distance.	Holder. Province & Date.	Time or Distance.	Holder. Nation & date.
100 Yds.	9.7 sec.	R. A. Vernieux (Bengal) 1-3-34.	9.4 sec.	Frank Wykoff (U. S. A.) 10-5-30.
220 Yds.	22.2 sec.	M. Sutton (Bengal) 8-2-30.	20.6 sec.	Roland A. Locke (U. S. A.) 1-5-26.
440 Yds.	50.1 sec.	J. S. Hall, (Bengal) 5-2-27.	46.4 sec.	Ben Eastman. (U.S.A.) 26.3.32.
880 Yds.	1m. 59.2 sec.	G. P. Bhalla (B. & O.) 1-3-34.	1m. 49.8 sec.	Ben Eastman (U. S. A.) 16-6-34.
One Mile.	4m. 31.2 sec.	R. Judge (U. P.) 6-2-32.	4m. 6.8 sec.	Glen Cunningham (U. S. A.) 16-6-34.
3 Miles.	15m. 22.6 sec.	Kishen Singh (Punjab) 3-3-34.	13m. 50.6 sec.	Lauri Lehtinen (Finland) 19-6-32.

120 Yds	15.2 sec.	Mr. Sutton (Bengal)	1-3-34.	14.2 sec.	Percy Beard (U. S. A.)	14-7-31.
High Jump.	6' 0 ¹ / ₈ "	Dilbagh Singh. (Punjab)	6-2-32.	6' 9 ¹ / ₈ "	Walter Marty (U. S. A.)	4-7-31.
Long Jump.	22' 10 ¹ / ₂ "	Niranjn Singh (Punjab)	1-3-31.	26' 2 ¹ / ₈ "	Chuhei Nambu (Japan)	27-10-31.
Hop, Step & Jump.	46' 4"	Niranjn Singh (Punjab)	28-2-34.	51' 7"	Chuhei Nambu (Japan)	4-8-32.
Pole Vault.	11' 5 ¹ / ₂ "	Abdul Shafi (Punjab)	3-3-34.	14' 4 ³ / ₈ "	William Graber (U. S. A.)	16-7-32.
Shot Putting.	39' 0 ¹ / ₄ "	Dev Raj (Punjab)	2-3-34.	57' 1"	Jack Torrance (U. S. A.)	5-8-34.
Discus.	116' 3 ³ / ₄ "	E. Whiter (Punjab)	3-3-34.	171' 11 ³ / ₈ "	Harald Anderson (Sweden)	25-8-31.
Javelin.	170' 11 ¹ / ₂ "	E. Whiter (Punjab)	1-3-34.	210' 8"	Matti Jarvinen (Finland)	15-6-33.
Hammer.	127' 7"	A. Drummond (U. P.)	28-3-34.	189' 6 ¹ / ₂ "	P. Ryan (U. S. A.)	17-8-13.
Relay Race 4 x 110 Yds.	44 sec.	Punjab Team (Punjab)	1-3-34.	40.8 sec	University of So. California (U. S. A.)	9-5-31.

The Proposed Bengal Physical Education Conference

Perhaps you are aware of the fact that we, some of the Physical Culturists of Bengal have arranged to hold, in Calcutta, a conference—"Bengal Physical Culture Conference" towards the month of December 1935.

Hundreds of Conferences have been and are regularly held in this country year after year in the cause of advancement of the several departments of knowledge such as Science, Literature, Medicine and so forth. Our object in organising this Conference is to enhance the combination of brain and brawn, which as a matter of fact is the chief concrete basis on which a nation can build its superstructure, which in Bengal is getting top heavy every day.

Civilized nations have all been straining every nerve in the head and shoulder struggle for supremacy, and even for mere existence. For the last century and a half, since the thorough establishment of the British rule in India, Bengalees have become ease loving. They have been looked down upon, and called a race of clerks, by the so-called sturdier races of the world. As a result of our laziness and inactivity, we have lost a great deal in our national standard of health and strength. This loss has hit hard our national, economic, and political life.

Years ago, our forefathers occupied Bengal, the fairest province of India, full of natural resources necessary for a race to thrive and become

strong, by main force, and kept it during numerous centuries as the independent home of the Bengalees. While this glory lasted, the independent Bengalees had evolved hundreds of those different kinds of Physical exercises, games and sports, several of which we have still in practice. We have also acquired a working knowledge of the methods adopted by Japan, Europe and America. Some of these are suited to our national programme, and others not so on different grounds, being either too costly, or requiring intensive training which a big percentage of our people have not fitted themselves to undergo as yet.

This is the time when we should discuss a national standard of health and strength as well as the means to attain the same.

Our Chief Aims are :

1. To arouse interest in Physical Activities among the general public.
2. To promote unity of idea and actions amongst the different Physical Culture organizations, existing in our country at the present days.
3. To encourage members whose duties will be to educate the general public on the utility of Physical Education relating to health, hygiene and sanitation.
4. To give concrete suggestions for the improvement of Physical activities by practical demonstrations.
5. To safeguard the interests of the different trainers and teachers who are devoting their entire energy to Physical Education.

We welcome all to participate in the deliberations and demonstrations of this forthcoming Conference.

News and Notes

By P. M. JOSEPH

A New Mess Hall.—All Old Boys and well wishers of the College will be glad to hear that a new Mess Hall has been built in the College. It is situated very near where Mr. Buck used to live in his thatched bungalow. The building has two kitchens, a vegetarian and a non-vegetarian, on either end, with a spacious dining hall in the middle. It is capable of accommodating more than a hundred students, and with adequate store rooms, service rooms, and running water, it is altogether a very comfortable place. Country

tiles are used for the roof which makes the building look singularly unique and picturesque. There is a small but pretty tower in the centre of the roof which adds to the charm of the whole building.

The difficult days of the old mess hall with its leaky roof and limited water supply is past, and future generations of students, even though they may have to live in thatched huts, may eat in a comfortable place.

A New Hostel Unit.—Another permanent addition on the College site is a new hostel block. It is modelled very much as the present thatched cottages. The sides are of half-walls with expanded metal at the top, making the place airy and comfortable. The roof is of country tiles and the floor of Cuddapah slabs. The block is planned to accommodate eight students though it is possible to house ten without overcrowding.

Being the only permanent unit it is much coveted by the students. A seat here has to be won, and if it is to be retained the resident has to show that he deserves it. We have a system of competition in cleanliness in the hostels, and the unit securing the highest place is allotted the new block for a term. If they fail to keep up order and cleanliness they are ejected, and the best group is brought in. By the way, we hope to keep all the cottages in much better condition than in past years.

So we have two more permanent buildings, and we are hoping to have more. Some of the Old Boys when they visit the old college again may not see the quaint thatched huts. But one wonders whether these cottages have not a charm of their own. Here is what Karm Singh, an Old Boy, writes: "When I come back to the College some future day if I don't see the old thatched huts, and especially my No. 1 Cottage, I may feel that the real romance of the place is gone for ever."

A New Swimming Pool.—No, we have not got a new swimming pool all completed. But we are making a beginning. The Madras Government has very kindly handed over to the College the tank adjoining the plot of ground east of the College open air gymnasium. Some of the Old Boys may remember that tank which used to be on the Collector's Court compound. Well it is on our property now. In course of time, and let us hope that it won't be long, we are hoping to have a modern Swimming Pool here. Our activities programme cannot be complete till we have swimming facilities. We appeal to the Old Boys and our well wishers to help us to achieve this. If a fairy appears before Mr. Buck one night and permits him to ask for a gift, he won't wait to give an answer. It is at the tip of his tongue—"A Swimming Pool".

Old Boys.—The number of Old Boys who are keeping in touch with us is increasing. This is a great joy to us at College. We want to hear

about the work you are doing in your institutions. Another thing we would like to have from Old Boys is contributions for the *Vyayam*. Send us details of your experiences, and matters of interest which you would like to share with the others in the profession. Or you may have a problem which we can publish in the *Vyayam* and invite solutions from its readers.

The following are some of the Old Boys who have been in touch with us:—

Swami Jaga Nath (1929) came and spent a month at College during the middle of the last term. He had brought with him a collection of data in physical measurements of over three thousand students, and was working out Age-height-weight Charts for college men in the Punjab. He has promised to publish his findings in the *Vyayam*.

"Swamiji" once addressed the students giving some of his experiences as the Physical Director of a college. In concluding he made this very significant remark: "A Physical Director has to win his status through merit; it is never given to him." That ought to make some of us, who are agitating for a status, think.

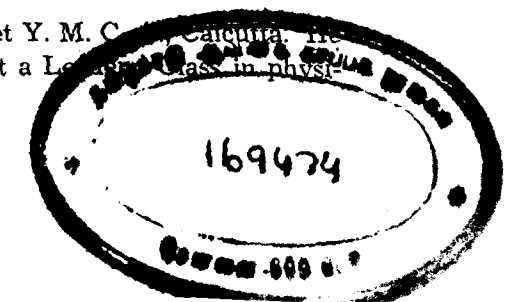
The one month Jagan Nath spent in college was one of inspiration to the staff as well as the students. Swamiji said that he was very glad to have come to college, because apart from meeting old friends, he was able to get acquainted with the modern movements in physical education. Physical education is undergoing radical changes, and it will be worth their while, for the Old Boys to come and spend a few days in our library and playfields.

T. P. Joseph (1928) has returned from United States after taking his B.S. degree in Physical Education. He studied in the George Williams College, Chicago. He paid us a visit, and expressed surprise and satisfaction at the developments in the College. Mr. Joseph has not yet got a place, but we wish him a post of responsibility and real service.

Harbail Singh (1931) who was a member of the Hockey Team which toured New Zealand and Australia visited the College on his way back, and spent several happy hours with us. He gave a talk to the students about the trip, and his impressions of the countries he visited. This was much enjoyed by all.

J. I. Das (1934) is now in the College Street Y. M. C. at Calcutta. He writes that he is making arrangements to conduct a League class in physical training.

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R. L. Verdia (1934) sent us invitations to attend the annual function of his school in Gwalior. We would certainly have enjoyed the very good programme connected with it. But distance prohibits it.

A. Thangaraj (1935) is busy getting ready for the Inter-school District Sports in Tanjore. He is very particular to know the whereabouts of "Mysore Munuswamy" the old College cobbler who still owes him a pair of shoes.

M. Chidanandam (1934) "*Gutsmuths*" has been appointed Physical Director, Andhra University. Hearty congratulations.

Jeswant Singh (1932) has started a sports factory in Sialkot.

Gopal Rao (1932) is in Hindu College, Masulipatam.

Karam Singh (1935) is in Quetta organizing recreation for the employees of the N. W. Ry. He describes in a letter the terrible tragedy which occurred in Quetta, and the sufferings of the people. His programme of play will surely help some people to forget their sorrows, at least temporarily.

H. P. Sinha (1935) writes from Behar that even with the limited facilities available in his school his play programme reaches more than half the students. He has introduced "End Ball", a variation of Basketball about which he says: "Even boys who have never played any games before in their lives do not want to stop playing this game."

Dr. G. F. Andrews (1923) is standing for election to one of the seats of the Senate of the Madras University. We wish him success, and hope all the Old Boys of the Madras University who have votes will vote for him.

Old Boys of Trichinopoly and Pudukotta met and decided to start a District Physical Education Association. That is certainly a move in the right direction. More such Associations should be formed all over India.

E. J. S. Ram (1934) who was in Agra is now in Bombay in charge of the recreation programme in the Nagppada Neighbourhood House. In a long letter he gives an interesting account of his work there. He has already introduced several new activities, and is now attempting to co-ordinate his work with the work in the Municipal Playgrounds. For this he is getting in touch with some of the Old Boys in Bombay who are in charge of these playgrounds.

In addition to these we had letters from several other Old Boys. Those of you who have not yet written to us, please do. We want to hear from you.

A Project in Healthful Living

(As Planned for the L. W. T. College and Senior School by the 1935 Physical Education Class. We publish it as a possible source of ideas for others).

By MRS. H. C. BUCK.

"The Common problem, yours, mine, every one's
Is not to fancy what were fair in life.
Provided it could be—but finding first
What may be, then find how to make it fair
Up to our means—a very different thing."

ROBERT BROWNING.

As one of the projects of the 1935 Physical Education Class, we propose to conduct a Health Week in the Senior School, Lady Willingdon Training College, November 11—15, 1935.

In preparation for the Week we have classified the people who daily work in this compound as follows:—

"A"

1. The Kindergarten.
2. Forms 1—6.
3. The Elementary and Secondary Section.
4. The L. T. Section.
5. The Physical Education Section.
6. The Teaching Staff.
7. The Clerical Staff.
8. The Peons.
9. The Gardeners, Chokras, Sweepers, etc.

"B"

We have classified the usual activities of these groups as follows:—

1. Study.
2. Carry books, sit, stand, walk, play.
3. Talk, write, sing, do handicrafts, carry chairs, move benches, Domestic Science.
4. Eat food.
5. Drink water.
6. Dispose of papers and tiffin remnants.
7. Use latrines.
8. Wash hands.
9. Miscellaneous health habits, coughing, sneezing, spitting, etc.

We have worked out a preliminary standard of performance for these 9 activities, to which the pupils should conform if they are to be worthy citi-

zens of Lady Willingdon Training College and School. We stress the word citizen for its carry over value in developing civic pride, as an increasing factor in adult life.

To set and to secure the maintenance of a standard of worthy citizenship in each of the 9 activities of the School Day, we have considered each activity as follows:—

1. The activity.
2. The standard set for worthy citizenship.
3. Programme for Health Week.

HEALTH WEEK

PROGRAMME FOR KINDERGARTEN.

Activity 1. Study.

Standard. To work at her own task, in her own place without interfering with other children, in individual work, and co-operate happily in group work. The daily Lady Willingdon Training College Programme.

PROGRAMME.

Individual work: Make vaccination and posture posters.

Group work: To do weighing and measuring the height of each child, as arithmetic lesson.

Activity 2. Carry books, sit, stand, walk, play.

Carrying books—Standard: Body erect, weight carried on the balls of the feet, and *not* on the heels. If anything is dropped the pupil should at once pick it up.

PROGRAMME.

(A) A daily comic tableaux during Assembly demonstrating the various incorrect ways in which pupils carry books, Miss-Walk-On-Her-Heels; Miss-Stick-Out-Her-Stomach; Miss-Stoop-Shoulders; Miss-Rest-Books-On-Hips; Miss-Carelessly-Throw-Away-Rubbish; Miss-Carry-Books-Properly.

Sitting standard:—

(A) Base of hips to be pushed against back of chair.

(B) Feet to rest on floor, and not be twisted around legs of chair or table.

(C) If writing or working, body to be tilted forward in a straight line. Stopped or bent shoulders to be corrected.

If reading, child should sit up straight with book held at correct angle of $45^\circ + 12$ inches.

PROGRAMME.

Demonstration by Physical Education Class of correct habits of A, B, C.

*Standing standard:—*The majority of pupils in this school have the very bad habit of standing with one shoulder and hip, higher than the other. Also they very frequently stand resting the chin in the palm of one hand, and the elbow resting on the palm of the other hand. This is a very ugly way of standing, and we shall attempt to correct the habit. We feel, that this bad habit is largely due to improperly developed abdominal musculature. We hope to develop the following standard:—

Weight on the balls of the feet, head up, hands hanging naturally at sides. The angle of the body should be inclined slightly forward from the hips, *not* inclined backward, with stooped shoulders.

Athletic programme to stress activities helpful in developing sturdy trunk development.

PROGRAMME.

Physical Education students or L.Ts., to arrange comic series of tableaux for daily Assembly in which children demonstrate incorrect standing habits. Miss-Chin-on-Hand; Miss-One-Hip-Higher; Miss-Stick-Out-Her-Hips; Miss-Eyes-On-Her-Big-Toe; Miss-Weight-On-Her-Heels, etc., etc. Then a line of children; Miss-Stand-Properly.

Follow up. All Kindergarten Teachers should constantly try to set an example of correct posture habits.

All Physical Education students throughout the Week, whenever meeting Kindergartners, praise correct posture when they see it, and stress that body weight should be carried on the balls of the feet, *not* on the heels.

*Red Tickets:—*Suggest that Red Tickets as used for forms 1—6, be used for Kindergarten.

*Standard for Play:—*The Physical Education students are working out standards of achievement in the fundamental physical skills of walking, running, jumping, skipping, hopping, catching and throwing.

PROGRAMME.

(A) The children are now familiar with the play programme in general. Achievement bars will be set, to be passed during Health Week, and before the Christmas Holidays, and in March.

(B) Cost of the new swings, see saws, etc., to be explained to children, and in conference with them, rules for its use and care to be decided. Kindergartners to print rules themselves.

Activity 3. Talk, sing, do Handicraft and Domestic Science, carry chairs, move benches.

Talking standard and activity:—The Kindergartners to meet with Physical Education students or L.Ts; to discuss the speech used by a worthy citizen. The Kindergartners to suggest discourteous and unpleasant words which they agree to discard. Also courteous words a worthy citizen frequently uses. This will be partially negative instruction, but should be useful. N.B. We require advice on the value of a merit or demerit system to use with this. Also, note that this is an activity in which the children will set their own standard.

Singing standard:—We are asking Prof. Sambamurthi and Srimathi Seshammal to set the standard for us.

PROGRAMME.

Posture of birds while singing to be observed. The fun of singing instead of crying to be discussed. Shall we have a few classes in whistling? The Physical Education students can supply a good whistler.

Handicrafts standard:—Posture standard as in carrying books, or walking or sitting.

Waste products, and left over material to be so disposed, that the place is left as pupils would wish to find it.

PROGRAMME.

Pupils to work out details of own standards, and class teacher to help them to meet it, during Health Week, and thereafter.

Moving benches, carrying chairs, stools, etc., standard:—To be carried away from the body, not resting upon abdomen. This makes it a useful trunk exercise.

PROGRAMME.

During school house cleaning, furniture will be moved about. Stress correct methods of carrying it.

Activity 4. Eating food. Standard:—

Drinking water:—A sanitary and satisfactory scheme should provide:—(1) a constant and adequate supply of cool water; (2) it should be so arranged that no one may put into the water a cup or their hands; (3) waste water should flow into a gutter and not on to the floor; (4) we must decide whether we shall attempt to provide boiled water for the school. Many of the children do not drink boiled water at home. Many of them con-

stantly drink from the tap in the school compound. Should we try to supply boiled water inside the building or should we have more taps outside in the compound? We must decide whether the money and the servant time spent upon boiling water is well spent when this is the only place in which most of the children ever drink boiled water and at present the boiled water supply is totally inadequate.

Disposal of paper and tiffin remnants:—The Physical Education class have already submitted a list of places where rubbish bins should be supplied. When this is done the compound may be cleaner. There remains the question, however, of tiffin remnants. The new running track and Net Ball court back of the Gymnasium is daily made offensive by food remnants. An arrangement, should, in our opinion, be made for a place or places in which the children are required to take tiffin. Monitresses should take turns in inspecting disposal of rubbish. It should be our aim to develop even in the Kindergarten child ability to:

(a) eat her food without spilling and if she does to clean it up and to dispose of the plantain leaves or remnants of food in the proper rubbish bins.

(b) to develop the habit of seeing waste paper which has been thrown about and to pick it up and place in the bin. To develop such a sense of school pride that the pupils will not allow any rubbish to lie about. It may not be their rubbish, it may have been thrown by others, but they must pick it up and dispose of it and to do this because of their pride in school. Also we should as rapidly as possible break the habit of throwing paper just outside the Lady Willingdon Training College gate. The children seem to think that because it is the street it does not matter.

Standard for using Latrines:—We have discovered that the Latchi does her work thoroughly, and that at 8-30 every morning, the latrines are clean. But it is clear that we must raise the standard for use of latrines. It must somehow be impressed upon everyone that no person may possibly be called a worthy citizen who does not take a personal pride in using a latrine in such a clean and careful manner that she always leaves it, as she would wish to find it.

We suggest (1) Lack of sunshine. In our opinion the roofs on the latrines should be removed. At present no sunshine ever reaches floor or seats. The floor is wet all day long, thus creating a real hookworm menace.

If during the rains some protection is required, an expenditure of not more than Rs. 5 per year, could provide cheap temporary mat roofing to be laid on October 15th—December 30th, during the rains.

In any case, open fixtures of wooden slats should be laid on the floor of passage ways, so that no one steps on to a floor which may be heavily polluted by hookworm.

(2) Dippers: None are supplied. There should always be one for every seat.

We suggest that (a) the children be coached in the proper use of latrines; (b) that each form have assigned to it one or more latrines and that the L.T. students in charge of inspection report to the form teacher and monitor on the condition of latrine 3 times during each day. That during the Health Week a daily chart be posted on the notice board giving marks to the various forms on "latrine cleanliness"; that the Latchi be asked to clean at 10 A.M., again at 12-15 P.M., and again at 4 P.M., and again after school closes, as these are the times following the greatest use of latrines. This should not be too heavy for the Latchi; if the children use the latrines properly, and there is sufficient water supply with which to flush them, we should not constantly find them in a disgusting condition.

*Washing hands:—Criticism:—*We consider the present arrangement completely unsatisfactory. Aside from the taps in the latrines there is no place for the children to wash their hands except at the tap at the tank back of the Kindergarten wing, and the two taps beside the handicraft room.

The Kindergarten tap has the following defects:—

- (1) It is too high for many of the children to reach it.
- (2) There is an almost constant over-flow of water which soils the children's clothes as they use the tap.
- (3) There is no gutter leading from the tank and the surrounding ground is always muddy.
- (4) The tap is so awkwardly placed that it is difficult to wash hands properly.

The taps near the handwork room are easily accessible and have a partial wall to prevent splashing of water upon clothes but much of the waste water runs on to the path.

Standard for taps:—(1) There should be at least one tap for every 75 children.

They should be easily accessible as to place and height from the floor.

- (3) There should be quick and ample drainage for the waste water.

PROGRAMME FOR HEALTH WEEK

- (1) The tap at the back of the Kindergarten wing should be locked.

(2) On further considering the drinking water problem it is our opinion that until there is a budget allowing ample fire wood and servants time and storage vessels for boiled water, the present system is a waste. We feel that at least two taps should be fixed back of the Physical Education bath room and two taps back of the staff bath room adjoining the Gymnasium. These should be fixed on the outside wall at a convenient height, waste water draining into the gutters. These taps should have small filter sieves attached and could be used for both drinking and hand washing.

Miscellaneous Health Habits:—(1) Coughing; (2) Sneezing; (3) Spitting; (4) Inoculation; (5) Vaccination; (6) Health Examination; (7) Skin Diseases; (8) Testing of eye-sight; (9) Tonsils and Adenoids; (10) Flat Feet; (11) Hook-worm.

(1) *Coughing:—Standard:—*Never cough into another person's face. Always protect others by coughing into a handkerchief if possible, if not available, turn away while coughing.

PROGRAMME FOR HEALTH WEEK.

Instruction by special lectures, details given at the end of the section.

- (2) *Sneezing standard:—*Same as for coughing.

(3) *Spitting:—*We must impress upon every one who comes into this compound that spitting, except into a gutter or drain, is a filthy and dangerous habit, that no one who spits on a floor or a games court, verandah or pathway can possibly be called a worthy citizen.

*Activity:—*Same as 1 and 2.

*Medical Examination standard:—*It is our opinion that every pupil and teacher should have a thorough medical examination twice a year. It is obvious to the most casual observer that many pupils in this school are suffering from mal-nutrition and ailments which may eventually be very serious. Itch and all skin diseases are a constant problem. Faulty eye sight is very evident. Hook-worm tests from other areas indicate that infection in this school is probably also very high.

ACTIVITY FOR HEALTH WEEK

The problem of imperfect posture is increasingly serious. We propose:—

- (1) An examination of every pupil. This cannot of course be finished during the Week as it requires at least 15 minutes for every child.

But it could be begun and carried on throughout the year by the Doctor. The Physical Education and the L.T. students could, during the Week, test heights and weights, test eye sight, hearing, and posture, and flat feet. We propose that the Department of Public Health be requested to conduct a sample Hookworm test during the Week, to indicate the probable hookworm incidence. The Hookworm experts are able, rather accurately, to judge by casual observation which people have hookworm, and they could choose pupils to be tested.

As it has been found that Hookworm incidence in this Presidency is over 80% we consider this test to be very important during Health Week. With the test must go a course of treatment and the securing of dry floors and seats in our latrines to prevent further infection.

Vaccination:—It will be easy to discover how many pupils have been vaccinated within the past seven years. It should be our aim to have one hundred per cent small pox vaccination and cholera and enteric inoculation in this school.

PROGRAMME

To show the Cholera, Hookworm, Malaria, and Enteric films issued by the Department of Public Health.

Posture Tests:—We should like, if funds permit supply of paper, to make a posture silhouette of every child for our Health records as well as to give a copy to each child. These silhouettes are made by removing the saree from the shoulder while wearing a tight bodice and then to stand in front of a strong light back of tightly stretched sheet in a dark room. Their silhouettes should prove an incentive in attempting better posture habits.

Skin Diseases:—Are a constant problem in every school. We feel that proper and detailed instruction in the cause and cure of itch must be an important part of our Week. We wish to have time given to the Physical Educationists to instruct the entire school in the two facts that itch is caused by (1) faulty diet and (2) dirt.

(1) **Faulty diet:**—We must stress the fact that greens and all acid fruits and vegetables, limes and oranges, pine apples, tomatoes are anti-scorbutic and help us to ward off itch when we come in contact with it.

(2) **Dirt:**—Although a person may bathe frequently, the water must be clean, soap must be used, and a bath immediately after exercise is always taken by a worthy citizen. Small children may be bathed and dressed in clean clothes and then allowed to play on a dirty floor or on the ground and thus contract itch.

HEALTH WEEK PROGRAMME FOR FORMS, TRAINING SECTIONS, STAFF AND EMPLOYEES.

We suggest a special lecture on the prevention and cure of itch.

Activity 1:—Study.

Activity 2:—Carry books; sit; stand; walk; play.

Standard for carrying books:—Same as for kindergartens, except however, a much higher level of performance.

PROGRAMME

Same as for kindergarten. Entire school and college will attend Assembly Tableaux.

Standard for standing:—Same as for Kindergarten.

Standard for walking:—Weight on balls of feet, with head erect. The old fashioned idea that the modest well brought up girl must walk with bent head and eyes fixed on the big toes is out of date. To-day's fashion requires us to walk with head and body erect, and to look fearlessly about us, so that we may not be in danger from carts and motor cars. In walking about the school building, and compound, it is courteous to keep to the left to avoid collision. Also there are many pupils in this school, who are not obeying the request not to walk across the games courts. Games court are to be played upon, not used as thoroughfares. The good citizen of this school will always walk around, and NOT across a games court.

PROGRAMME

Physical Education Students and L.T.s students to take turns during Health Week, watching arrival of students and pupils. Any one with incorrect posture, walking or carrying books to be handed a "RED TICKET" which she signs and returns. List of "RED TICKETS" to be announced on Wednesday and Friday.

Physical Education students to be posture markers throughout the day, in charge of Red Tickets.

Going up and down stairs:—Running up and down stairs is very good exercise, but whether running or walking up and down, it should always be done lightly, preferably on tip toe. Do not touch stair rail.

Standard for Playing:—In order to discover adequate standards for pupils and students, achievement tests in fundamental physical skills will be given to all pupils and students varying with age groups. A scheme is being worked out, which provides for the following:—

Section A:—Testing in cricket ball throw, long jump, high jump and 50 yards dash for every pupil and student. From the results averages

for each of these events will be worked out. Later on in the year, the same tests will be given in other schools, to secure a basis for comparison.

Section B.:—There are certain fundamental skills which should be part of every child's equipment. Tests in skipping, hopping, and rope skipping will be given every pupil and student. Those failing to pass will be given special coaching.

Section C.:—Every pupil and student should learn to play Badminton, Teniquoit, Net Ball, and Throw Ball while here.

Every one will be examined in these games to guide us in planning our games programme. Those who fail to pass the examination in any game will be grouped for special instruction.

We hope that the L.Ts., and staff members will be able to help us in giving these tests during noon games break and evening games hour.

Standard for talking:—It should be the ambition of every pupil and student to develop a clear, musical voice and correct enunciation.

PROGRAMME FOR HEALTH WEEK

We are arranging lecturers to speak to us on the principles of correct and pleasing speech. All pupils, students and staff should attend, so that we may work thereafter upon those guiding principles.

Standard for writing:—To sit, with the body inclined very slightly forward, head erect, shoulders straight. If sitting, hips to be pushed back against base of chair, feet on the floor, not twisted about bench or chair legs. If standing at the black-board, weight on balls of feet, trunk and shoulders erect, chin up.

PROGRAMME FOR HEALTH WEEK

Demonstration of correct and incorrect position while writing, in the special Posture Assembly, in another Comic Tableaux, Miss-Legs-Around-Chair; Face-Close-to-Desk.

Standard for singing:—We are requesting Prof. Sambamurthi and Srimathi Seshammal to give us the correct standard for posture in singing.

Standard for Handicrafts and Domestic Science:—Working at a loom, or at a cooking table or stove, on doing any sort of sewing or handicraft may very easily develop habits of poor posture. And of throwing rubbish carelessly about. Sitting and standing straight, and keeping one's work in a neat and tidy condition should be our goal.

PROGRAMME FOR HEALTH WEEK

Demonstrations of correct posture while participating in these activities.

The Clerical Staff.—Standard for sitting, standing, writing, walking, talking, eating drinking-water, use of latrines, disposal of rubbish as above.

Special responsibilities:—

Visits of peons and messengers from other institutions etc. The verandah pillars outside the clerks' room are often disfigured with chunam marks made by betel chewers.

PROGRAMME FOR HEALTH WEEK.

Clerical staff to be invited to attend tableaux and dramas.

Conference on above standards.

Repainting verandah pillars of staff room. Special warnings against disfiguring them to be given to all visiting peons and others. Anyone marking the pillars or walls with chunam immediately to be reported to the Principal.

Standard for peons:—Number of peons:—6. On duty, 5 from 8-30 a.m., to 5-30 p.m. The Physical Education Peon is on duty from 6-30 a.m., to 5-30 p.m., with 3 hours off duty at mid-day.

Daily activities of the peons:—1. On arrival for duty, put on uniform, badge, or both.

Standard:—Clothing clean and neat, badge neatly put on; hair properly combed. Badge must constantly be worn while on duty.

2. Carrying chits.

Standard:—Prompt delivery and courteous attention to further orders. If it is necessary to wait inside or outside the class room the peons should appear to be oblivious of class room activities. Their concern is with staff members only.

3. Eating food:—

The present crowded accommodation does not provide a tiffin room or verandah for any of the staff.

Standard:—The building scheme should provide a tiffin room or verandah for subordinate staff. It should have a rubbish bin and a tap.

Use of latrines:—3 bathrooms are supplied for use of clerical staff, peons, motor-car drivers and the stationer. There is a tap but dippers are not provided.

Standard:—The peons should take pride in using the bathroom properly. They should leave them as they wish to find them. At least 2 dippers should be provided.

Miscellaneous habits.

Standards:—Disposal of waste paper and rubbish should always be into rubbish bins.

Coughing:—The head should always be turned away.

Sneezing:—As peons do not ordinarily carry handkerchiefs, special care should be taken in sneezing, and in blowing the nose. Waste paper for this purpose is always available and should be used to avoid possible spread of colds.

Spitting:—If done at all, should be into the gutter or drain, never on to the floor, path way or games court.

Chewing betel nut:—Should never be done while on duty. Outsiders coming into the compound should be strictly requested not to spit betel juice except into the gutters, nor to wipe chunam on to verandah pillars or walls.

PROGRAMME FOR HEALTH WEEK.

Conference with peons on the above.

Watchmen, Gardeners, Chokras, Sweepers.

Watchmen: 1; Gardeners: 3; Chokras: 3; Sweepers: Latchi: 1.

Gardeners:—Hours of duty 7 to 11 a.m., and 2-30 to 5-30 p.m.

Activities:—Pumping water, caring for lawns and garden, trimming hedges etc. Disposing of rubbish, eating food, drinking water, using latrines, talking, miscellaneous health habits.

Standard for dressing:—Clothing should be clean. Hair and turban clean and neat.

Disposal of rubbish:—Increasing pride should be taken in maintaining an exceptionally neat and clean compound. Piles of rubbish should be swept up and removed at once to municipal rubbish bins in street. Leaves should be put in the leaf pit.

Talking:—Conversation to be carried on in tones low enough to be inaudible in the class rooms, quarrelling to be avoided. All other standards as detailed for students and pupils.

Chokras:—Hours of duty: as for gardeners.

Activities:—

1. Care of games courts.

2. Care of games equipment. Checking in and out all balls, bats, etc. during morning and evening games.

3. Standard for standing, walking, talking, eating, use of latrines, disposal of rubbish, miscellaneous health habits as for pupils.

1. Care of games courts:—Grass to be kept as a smooth, even carpet of green. Spaces receiving hardest use to be especially watered and cared for. Grass cutter to be kept well oiled and in good condition. Gardeners to be assisted in sweeping up leaves, keeping compound scrupulously clean.

2. Care of games equipment:—Balls to be kept inflated, small repairs to be carried out immediately. Equipment godown to be kept clean, dry, free from rats, mice and white ants. During games, equipment to be handed out quickly, quietly and courteously.

PROGRAMME FOR HEALTH WEEK.

1. Conference with Chokras on the above.

Standards:—Physical Education students in charge.

2. Over hauling of all games equipment by Physical Education students. Instructions on care of equipment, small repairs.

DAILY TIME TABLE FOR HEALTH WEEK

Day & Date.	Activity.	Group.	Time.	Place.	In charge.
Fri. Nov. 8th.	Explanation about use of Latrines by Miss Daniel. Assembly. Plans for Health Week— DRAMA. Conference with Gardeners and Chokras.	K. G. Entire School	4 P.M. 5 P.M.	K. G. Net Ball Court by Gym. if fair, otherwise Gym. Net Ball Court.	Miss Daniel. A. Oommen. Mrs. Buck and P. Eds.
Mon. Nov. 11th.	Changing Posters re Health Week. Red Tickets. Assembly: Tableau. As we stand at L. W. T. C. Poster-making on Health Subjects. Measuring own height, weight as Arithmetic lesson. Armistice Day silence for 2 minutes. Story Play. Tests in Fundamental Physical Skills. Poster-Making on Health subjects. Poster-Making. Height, weight, sight. Posture, flat-foot tests. Test in fundamental Physical Skills. Surprise Inspection of Latrines, Taps, Rubbish disposal, class-room cleanliness and order without previous intimation throughout the week. Conference with Clerical Staff.	Every one. Forms 1 and II. K. G. K. G. Entire School. Sen: Secs; H. E. S. K. G. IV A. & B., F. II. A & B. Entire School.	8.30 A.M. 9.15-5 P.M. 9.45-10 A.M. 10-11.30 10.30-11 11-11.30 11.40-12 11.30-1 12.30-1. 2-3.40 3.40-5 5 P.M.	All School & College Notice Boards. At gates until 9.40, thereafter entire compound. Tamil in Gym: English in Library. Drawing Lab: K. G. K. G. Compound. Drawing Lab: K. G. Gym. Compound. Clerk's office.	C. A. N.; Mrs. Khisti; Grace Mary; A. P. Cherian; Bertha. Tamil—Mary Lydia; English—Padma. Class Teacher: Alice F. Margaret; Lydia Mary; E. Chandu. Class Teacher: C. A. N.; Padma, Bertha. Grace Mary, P. David, Bertha, Class Teacher. Class Teacher, P. Eds. & L.T.s. Drawing teacher. Margaret; A. F.; Mary Lydia; Class Teacher. P. Eds. & L.Ts. Mrs. Buck & P. Eds.
Tues. Nov. 12th.	Changing Posters. Red Tickets. Assembly: Tableau. "As we Sit at L. W. T. C." Poster-Making. Measuring own height & weight as Arithmetic lesson. Story Plays—Singing & Whistling. Poster making. Tests in fundamental Physical Skills. Poster making. Height, Weight, Sight. Posture, flat foot test & Demonstration of going up and down stairs. K. G. Physical Skill tests. Test in Fundamental Physical Skills. Conference with Peons.	Entire School. Forms I & II. K. G. K. G. H. E. J. Entire School. K. G. Form V A. & B. Form VI. Entire School.	8.30 A.M. 9.15-5 9.45-10 10-11.30 10.30-11 11-11.30 11.30-1 11.40-12 12.30-1. 2-3.40 3.40-5 5 P.M.	All Notice Boards. As on Monday. Drawing Lab. K. G. K. G. Drawing Lab. Compound. K. G. Gym. Compound. Net Ball Court.	P. David. Padma; Alice; Margaret; Mary Lydia; E. Chandu; A. Oommen. Tamil—C. A. N.; English—Bertha. Drawing Teacher. Class Teacher: Mary Lydia; A. Oommen. Mrs. Khisti. Class Teacher. P. David; E. Chandu; A. P. Padma. Drawing Teacher. Class Teacher. P. Eds. & L.Ts. Class Teacher. P. Eds. & L.Ts. Mrs. Buck & P. Eds.

DAILY TIME TABLE FOR HEALTH WEEK (Contd.)

Date.	Activity.	Group.	Time.	Place.	In charge.
Nov. 8.	Changing Posters. Red Tickets. Assembly: announcements to-date; Red Tickets test. Measuring own Height & Weight as Arithmetic lesson. Story Plays. Poster making. Test in Fundamental Physical Skills. Poster making. Height, Weight, Sight, Posture, flat feet tests. Instruction in correct speech habits. Test in Fundamental Physical Skills.	Entire School. " K. G. K. G. J & Sec. Juniors. H. E. J. Entire School. K. G. Forms III & IV. Entire School. " Entire School. Forms I & II. K. G. Entire School. J. Secs. Continue Forms V & VI. Entire School.	8.30 9.15-5 9.45-10 10.30-11 11-11.30 11.30-1 11.40-12 12.30-1 3.40-4 4-5 8.30 9.15-5 9.45-10 10-11.40 11-11.30 11.40-12 11.30-1 2-3.40 3.40-5 8.30 9.15-5 9.45-10 10-11.40 11-11.30 11.40-12 11.30-1 2-3 3-3.30 3.30-4 4-5 3.40 P.M.	All Notice Boards. As on Monday. " K. G. K. G. Drawing Lab. Compound. K. G. Gym. Outside speakers being arranged. Compound. All Notice Boards. As on Monday. Drawing Lab. K. G. Compound. Drawing Lab. Gym. Compound. All Notice Boards. As on Monday. " K. G. Compound. Drawing Lab. Gym. Gym. Compound. Compound.	P. David. C. A. N.; Mrs. Khisti; Grace Mary; A. P. Bertha. Mrs. Khisti—English; E. Chandy—Tamil. Class Teacher: Grace Mary and Padma Bertha; Margaret & Lydia Mary. Drawing teacher. P. Eds. & L.Ts. Class Teacher. P. Eds. Tamil Section—Lydia Mary, Alice. English Section—Padma, E. Chandy. P. Eds. & L.Ts. P. David. Padma; Alice; Margaret, E. Chandy; A. Commen, Mary Lydia. Tamil—Grace Mary, English—A. P. Drawing teacher and P. Eds. C. A. N.; Grace Mary; P. David; Mary Lydia. P. Eds. & L.Ts. Drawing Teacher. P. Eds. P. Eds. & L.Ts. P. David. C. A. N.; Mrs. Khisti; Grace Mary; A. P. & Bertha. P. David & Margaret. P. Eds. Class Teacher: C. A. N.; Grace Mary; Mary Lydia. P. Eds. Drawing Teacher. P. Eds. P. Eds. P. Eds. P. Eds. & L.Ts. P. Eds.
Fri. Nov. 15th.	Changing Posters. Red Tickets. Assembly: announcements to-date. Red Tickets tests. Preparation of Posters for Exhibition. Continue discussion on speech habits. Tests in fundamental physical skills. Poster Making. Final preparation for exhibition of posters. Exhibition of posters and story play Party for staff. Exhibition of posters. Tests in Fundamental Physical Skills. Physiology Classes, Essay Assignments, etc., during Health Week to be correlated with our Programme.	Entire School. " K. G. K. G. Entire School. Sen: Secs: H. E. S. K. G. Entire School.	8.30 9.15-5 9.45-10 10-11.40 11-11.30 11.40-12 11.30-1 2-3 3-3.30 3.30-4 4-5	All Notice Boards. As on Monday. " K. G. Compound. Drawing Lab. Gym. Compound. All Notice Boards. As on Monday. " K. G. Compound. Drawing Lab. Gym. Gym. Compound. Compound.	P. David. C. A. N.; Mrs. Khisti; Grace Mary; A. P. & Bertha. P. David & Margaret. P. Eds. Class Teacher: C. A. N.; Grace Mary; Mary Lydia. P. Eds. Drawing Teacher. P. Eds. P. Eds. P. Eds. & L.Ts. P. Eds.
Mon. Nov. 18th.	Assembly for Final Announcement of all Results. Health Drama.	Entire School	3.40 P.M.	Compound.	P. Eds.

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VYAYAM

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THE MADRAS UNIVERSITY SCHEME FOR INTER-COLLEGIATE TOURNAMENTS AND FOR SELECTING ATHLETES FOR INTER-UNIVERSITY COMPETITIONS:

Scheme adopted by the Special Committee appointed to report on the possibilities of organizing Inter-Collegiate Tournaments

(1) That there should be at the following six centres organizations to run Inter-Collegiate Tournaments:—

(a) *Madras*—for the organization of Inter-Collegiate Tournament for all colleges in Madras;

(b) *Madura*—for the organization of Inter-Collegiate Tournaments for all colleges in Trichinopoly, Pudukottah, Madura, Tinnevely, Palamcottah and Kumbakonam;

(c) *Trivandrum*—for the organization of Inter-Collegiate Tournaments for all colleges in Travancore, other than Alwaye, which should be attached to Trichur;

(d) *Trichur*—for the organization of Inter-Collegiate Tournaments for all colleges in Cochin and Palghat, Alwaye and Coimbatore;

(e) *Bangalore*—for the organization of Inter-Collegiate Tournaments for all colleges in Anantapur, Madanapalle, Bangalore, Vaniambadi Vellore, Salem and Hyderabad;

(f) *Mangalore*—for the organization of Inter-Collegiate Tournaments for all colleges in Calicut, Tellicherry and Mangalore;

(2) that the existing organizations at Madras, Madura, Trivandrum and Trichur which run Inter-Collegiate and other activities at these centres be requested to undertake the organization of Inter-Collegiate Tournaments from their centres;

(3) that for the centre at Bangalore where it is not known that any organization now exists for organizing Inter-Collegiate activities, the Principals of Colleges attached to this centre be requested to create an organization to run Inter-Collegiate Tournaments, at the earliest possible moment, it being understood that an organization should be framed on the basis of a representation of colleges participating;

(4) that instead of the proposed organization at Mangalore, it is suggested that Mangalore should unite with the West Coast (Calicut and Tellicherry) and that this divisional organization should contain representatives of each of the colleges in these places;

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(5) that there shall be a Central Organization at Madras consisting of not more than about 15 members. Representation on this Central Organization shall be on the basis of representation of centres, each centre being permitted to send a member or members to the Central Organization, the number of members for any particular centre being determined on a proportionate basis according to the number of students enrolled in colleges attached to the University in each area;

(6) that the organizations already in existence or to be created at the centres mentioned in (1) above be informed that the following major sports are suggested in connection with Inter-Collegiate Tournaments :—

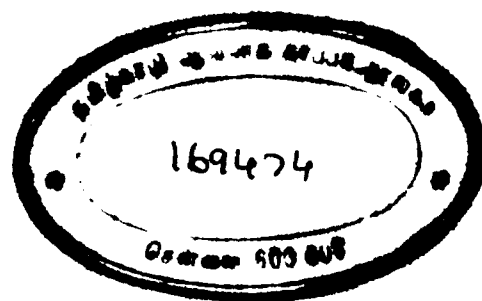
Cricket,
Hockey,
Football,
Volley Ball,
Athletic Sports,

and that particular emphasis should be laid upon the desirability for team games ;

(7) that the organization in the above centres be designated as **Divisional Associations** in contrast to the **Central Organization in Madras**;

(8) that the Principals of Colleges in Madras be informed that the proposed new organizations will not lead to any duplication and that the Inter-Collegiate Tournaments may be merged in the proposed University organization ;

(9) that at present no steps need be taken to perfect any organization to deal with Inter-Collegiate sports among the women students.



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