

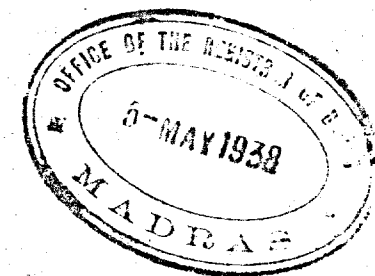
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VYAYAM

A Quarterly Journal of Physical Education.



735



MAY, 1938

Nutrition for South India

Need of Physical Education in Orissa

Comprehensive Physical Education

Old Boys' Association

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169492

AN APPRECIATION BY C. G. MACARTNEY

"Governor General" of Cricket.

Madras, 5/2/36.
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 manufacturing for the sports trade.
 The quality was first class, and
 can recommend them to any
 player requiring first class
 material.
 With all good wishes, &
 many thanks for your kindness,
 I am, Sir, yours sincerely,
 C. G. Macartney

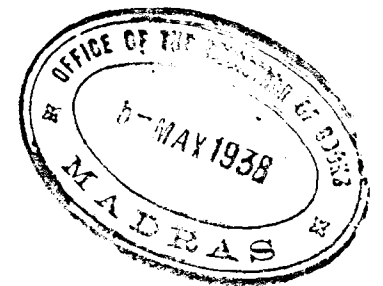
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TEACHER TRAINING COURSES.

TRAINING COURSE FOR BOYS WORKERS.

THE FIFTH PROVINCIAL PHYSICAL EDUCATION CONFERENCE.

NEWS AND NOTES.

OLD BOYS' ASSOCIATION.

STUDENT ASSOCIATION.

BOOK REVIEWS.

Management :

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Editorial

SERVICE

Again we bid farewell to a group of men who complete the year's course of training at the Y.M.C.A. College of Physical Education. Approximately six hundred 'Old Boys' welcome them into the ranks of the Alumni of the Institution and into the Profession of Physical Education. The reputation of the College and of the Profession in India is in the hands of this Alumni body. It is well to pause and ask seriously; "How well are we prepared?" "What is our motive?"

The new life in India will open opportunities in all fields; in none more than in health, physical education and recreation. Here there is a great need in India.

The men who will minister to this need must have ability, both as physical performers and as administrators and executives; teaching ability which means educational preparation and standards and continued educational growth after graduation; ability to participate as educational leaders in the new life of the times. But the greatest qualification needed for true success in this field in this day and age is a desire and willingness to *serve* our fellow men. The extent to which this is the fundamental motive of the 'Old Boys' of the Y.M.C.A. College of Physical Education will make the College different from other physical education institutions and determine its real prestige and leadership. On our physical ability, our technical knowledge, our educational qualifications, must be superimposed a motive and purpose of *Service* which shines like a light placed on a hill and cannot be hid and which makes our men *different*.

E. B.

THE BUCKS' FURLOUGH

"All work and no play makes Jack a dull boy". After twenty years of service for physical education in India, the last seven continuous, it was high time, for health reasons alone, that Mr. and Mrs. Buck should have a good vacation.

No one can measure the contribution that they have made to India, least of all this editorial writer, unless it be that a stranger suddenly dropping in sees and is impressed by marvels that have become common place and quietly accepted by those in daily contact. Such a marvel is the Y.M.C.A. College of Physical Education; its splendid equipment; its curriculum; its body of alert students and 'Old Boys'; its staff of able instructors; its opportunity and its contribution to the new India.

To produce this marvel the Bucks have burned themselves out in years of high pressure devotional service which every body, and they themselves, have more or less imagined could go on forever. But such cannot

be! It was high time if the College is to have the Buck's leadership for a still "bigger and better" future that a break, a little relief and a change should come. Consequently the Bucks have been pried (the work is consciously used for they would never have willingly spared themselves) loose for a short vacation.

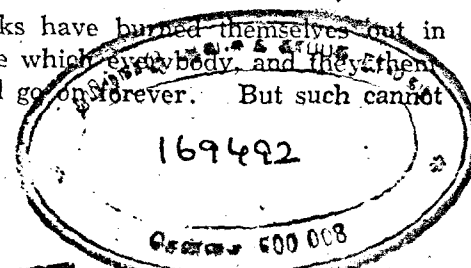
Vacation is a euphonistic term! It sounds well but we all know there will be no cessation of work or interest or effort on their part on behalf of the College. In fact one of the big objectives of the furlough will be the cultivation of friends who may be generously induced to provide additional equipment which the College seriously needs.

But it will be a change; it will be a break in the daily routine of classes; it will be a home coming; it will be a chance to see different people and plans and programmes and then to come back *Home* again and bring back much of inspiration and help to the College.

So we wish them a wonderful furlough, a stimulating visit in America and a speedy return where a new group of students will be waiting to again bury them in garlands as the old group did when they left us.

E. B.

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The Problem of Nutrition in South India

By

W. R. AYKROYD, M.D.,

Director,

Nutrition Research, I.R.F.A., Coonoor.

A good deal of evidence has been gathered to show that the diets consumed by the poorer classes, who form the majority of the population, are in general deficient in various respects, and that this deficiency is responsible for poor bodily development, impairment of physical energy, minor degrees of ill-health and also for formidable disease. Various methods of investigation have been followed in the study of such questions. These have included the study of total food production in relation to the food requirements of the population; the detailed investigation of the diets of sample groups and their comparison with a given standard; the clinical investigation of groups to discover their "state of nutrition" and the frequency with which they suffer from various diseases which are known to be caused by, or related to, dietary deficiency.

DIETARY STANDARDS

An expert Commission of the League of Nations has drawn up a report entitled "The Physiological Bases of Nutrition" in which standards of "optimum" nutrition are defined. The standards, which relate to human requirements of calories, protein, vitamins, etc., are based on research work carried out in many countries. If the diets commonly consumed in South India are compared, even in a rough qualitative way, with these standards, it is at once obvious that the former are grossly inadequate in terms of the latter. But caution is necessary in applying Western dietary standards to the East; the former purport to represent the "optimum" and allow a high "margin of safety." Human beings can attain a *reasonably satisfactory* "state of nutrition" on diets which fall short of standards such as those of the League of Nations. The nutrition worker in the East is prepared to reduce his standard of satisfactory nutrition. But even when dietary standards have been reduced to a "minimum" which may be difficult to justify on scientific grounds, typical South Indian diets are found to be deficient in terms of such standards.

THE FOOD SUPPLY OF THE MADRAS PRESIDENCY

According to the latest Report of the Public Health Commissioner with the Government of India, the estimated population of the Madras Presidency in 1935 was 47.6 millions. The total area is 83.5 million acres, giving a *per capita* acreage of about 1.8. In the same year the "area actually sown" was estimated at about 32 million acres, 10 million acres being "current

fallows," 12 million "cultivable waste other than fallow," 17 million "not available for cultivation," and the rest forest.

We can make the rough calculation that in this particular year the *per capita* acreage of land under cultivation was about 0.7, and we may assume that the situation has not changed since then. Now this figure at once tells us a good deal about the diet of the Presidency. An acre devoted to grain foods produces more food energy—more calories—than an acre devoted to the production of milk, eggs, meat or vegetables. A *per capita* acreage of less than 1 cannot, *in the nature of things*, provide a rich and varied diet which contains, for example, abundance of milk products.

Certain calculations made by agricultural and nutrition workers in America are of interest. Four diets were drawn up which were labelled respectively "an emergency restricted diet"; "an adequate diet at minimum cost"; "an adequate diet at moderate cost"; and "a liberal diet". The "emergency restricted diet" was largely composed of cereals, while greater quantities of milk, vegetables, fruit and meat were included in the other diets, the maximum being reached in the "liberal diet", which provided a quart of milk daily. These diets were of course based on American food habits. The number of acres *per capita* necessary to produce these diets was calculated to be as follows:—1.1; 1.8; 2.3; 3.1.

These figures make it clear that the diet of the mass of the population in South India cannot be of the kind which American nutrition workers regard as being the most desirable, and they show that in attempting to improve that diet we are up against a primary obstacle, in the shape of a restricted area for food production, which no ingenuity on our part can circumvent. We must adapt our plans accordingly.

A few years ago I made an attempt to work out roughly the food supply of the Presidency and compare the figures obtained with the needs of population. It is very difficult, indeed impossible, to do this with any accuracy. Production figures for the main food crops are recorded in the "Season and Crop Reports", and these I believe, are substantially correct; about various other foods, however, no statistical data are available and it is necessary to make assumptions which may be wide of the truth. I shall, however, present some figures for what they are worth. They represent the quantities of food available *per capita* daily in 1934, and its nutritive value.

Food supply of the Madras Presidency, 1934, including import.

	Ounces per capita daily.
Rice ..	10.0
Chief millets (cambu, cholam and ragi) ..	5.0
Other millets ..	1.0
Pulses ..	0.5
Vegetable oils ..	1.8
Jaggery ..	0.7
Other sugars ..	0.5
Cow's milk ..	0.2
Buffalo Milk ..	0.4
Meat ..	0.07
Fish ..	0.24
Eggs ..	0.03

These quantities would provide about 2,050 calories, 42 grammes of protein, and 38 grammes of fat, *per capita* daily. Vegetables, fruits and goat's milk have been omitted from the calculations, since no data about their production is available. These foods are consumed in small quantities and their omission cannot greatly influence the estimate of the nutritive value of the diet.

Comparison of the food supply of the Madras Presidency with that of Japan (1927) and the United Kingdom (1935) yields some interesting figures, which are given in the following table:—

*Comparison of the Food Supply of the Madras Presidency * (1933) with that of Japan (1927) and that of the United Kingdom (1934) (Per capita)*

	Japan (1927)	United Kingdom (1934)	Madras Presidency (1933)
Protein:			
Animal (grammes) ..	15.9	46	2.6
Vegetable (grammes) ..	72.6	41	40.0
Total protein (grammes) ..	88.6	87	42.6
Fat:			
Animal (grammes) ..	3.5	109	1.3
Vegetable (grammes) ..	14.2	15	36.5
Total fat (grammes) ..	17.7	124	37.8
Carbohydrate (grammes) ..	537.6	425	398.5
Calories ..	2,732	3,246	2,068

* The figures for the United Kingdom are taken from Orr's *Food, Health, and Income* and those for Japan from Grey's work *The Food of Japan*.

Information collected by detailed family diet surveys extends and confirms the impressions given by a broad survey based on the "Season and Crop Reports". In one instance, the calorie intake of a group of village families was found to be very little more than half text-book standards; the families were, in fact, in a state of semi-starvation, living on an insufficient quantity of rice, with very small amounts of other foods. Of 44 typical village families, representing a cross-section of a village community, whose diet was studied in another survey in the Madras Presidency, only 13 consumed milk or milk products during the period of investigation (20 days), and of these only 4 consumed them in amounts exceeding 4 ozs. a day. Intake of meat and eggs was negligible, and that of pulses small (average below 1.5 oz.). Fruit and vegetables were quite unimportant elements in the diets; a large percentage of the families did not consume them at all.

General and detailed investigations of food supply and consumption suggest first of all that considerable sections of the population do not get enough to eat. In considering the problem of nutrition in South India, primary emphasis must be placed on quantity. "Enough food" takes precedence over "the right sort of food".

As regards quality, the diet of the Madras Presidency is largely composed of cereals, pulses and vegetable fat. The supply of protein is low, and that of animal protein almost negligible. Consumption of animal fat is very low, and this means a low intake of vitamin A, which is found in animal fats.

The estimates of milk production which I have given are, I think, too low, though they are in conformity with the observation that the mass of the population consumes milk in tiny quantities or not at all. But even if the estimate were multiplied by 3 milk would remain an unimportant element in the diet of the people. The same may be said of eggs and meat. The supply of vegetables and fruits, which contain carotene, the precursor of vitamin A, and other valuable food factors, is scanty; this is shown by general and detailed observations. There is a deficiency of vitamin B₂, vitamin C, and of certain mineral elements of importance in nutrition, notably calcium.

MALNUTRITION AND DEFICIENCY DISEASE

Evidence of another kind indicates that the diet of the poorer classes is defective. The examination of groups of school children reveals the prevalence of malnutrition. South Indian children are small and light compared with better nourished children in other countries. They have a low average "weight for height" which is largely due to lack of muscle and fat. Children in residential homes are on the average heavier for a given height than day-school children. This advantage in weight is evidence of better feeding and better state of nutrition. The institutional children are not well-fed; in many hostels only about Rs. 3 per month per child is available for food. But at least they regularly consume 3 meals a day, while children of the poorer

classes may be less fortunate in this respect. The fact that day-school children are on the average thinner than children fed on diets costing Rs. 3 to 4 per month throws light on the diet and economic circumstances of the former.

We have examined some 5,000 children in towns and villages and found that about 15 per cent showed visible signs of food deficiency disease. The presence of such signs is evidence of a bad general state of nutrition, and is associated with poor physical development. A higher incidence of deficiency disease has been noted among children of the poorer classes in the towns than among poor village children. The probable reason for this is that the poor in the towns eat milled rice, while the villager usually eats millet, or rice in the home-pounded state.

Further evidence that average Indian children are in a subnormal "state of nutrition" has been provided by experiments with skimmed milk. When children living on a diet largely composed of rice or millet are given milk regularly, a rapid increase in growth, and an improvement in general condition, take place. The transformation which can be effected in an ill-nourished child by this means is remarkable.

The prevalence of food deficiency diseases such as beriberi, various kinds of anaemia, keratomalacia, etc., is also evidence of defective diet. Apart from diseases which are known with certainty to be due to diet, there are others in the causation of which this factor plays a part. It may be assumed that faulty diet is to some extent responsible for the high mortality rates observed in India—for the medieval vital statistics which are still recorded year by year.

THE COMBATING OF MALNUTRITION

The diet of a people is moulded by factors such as climate, soil, social structure, population, density and economic level, which cannot easily be changed. We cannot dissociate the problem of nutrition from the many other problems which face those who are seeking to improve the lot of the Indian labourer or ryot. The attack on malnutrition should be regarded as part—an essential part—of the campaign against poverty and ignorance.

Increase in prosperity naturally tends to improve nutrition, and vice versa. In a sense all social activities designed to ameliorate the condition of the people are a means of combating malnutrition. But we should not accept the idea that nothing can be accomplished until the economic state of the people is raised. There are methods of improving diet which are immediately possible.

THE RICE PROBLEM

A forceful paragraph in the Report of the League of Nations Intergovernmental Conference on Rural Hygiene is worth quoting on this subject.

" . . . The Conference emphasises the fact that the degree of milling to which rice is subjected is of vital importance in connection with the problem of nutrition throughout the East. In many countries, the poorer classes

consume foods other than rice in small quantities, and it is very difficult, for economic reasons, to increase the amount of supplementary foods in the diet; in such circumstances, the nutritive value of the main article of food, which is influenced by the degree of milling, becomes of great significance. The Conference recommends that only under-milled rice should be supplied in Government institutions. Efforts to popularise the use of under-milled rice by education and propaganda should be increased. It deplores the increasing tendency of urban and rural population in the East to consume highly milled rice. It strongly recommends that Governments should make a thorough investigation of the nutritional, commercial, economic and psychological aspects of the problem, attention being given to the possibility of checking the spread of mechanical rice mills in rural areas, with a view to conserving the healthy habit of consuming home-pounded rice, and to means to making under-milled rice easily available everywhere for those who wish to purchase it."

One of these recommendations—namely, that only under-milled rice should be supplied in Government institutions—could easily be put into practice. The use of such rice could also be encouraged in private residential institutions, many of which are in receipt of Government grants. Another recommendation, which concerns the availability of under-milled rice, seems to present little difficulty. With regard to checking the spread of rice mills, I recognise that before taking steps a careful study of the economic aspects of the question would be necessary. In general the economic and other factors influencing the change-over from home-pounded to milled rice have been imperfectly analysed and understood. We hope to undertake an investigation of this problem in the near future. One of the cheapest methods of improving a diet based on milled rice is to substitute under-milled rice; the poor rice eater cannot improve his diet by buying milk or other nutritious foods in large quantities, but he could buy under-milled rice if it were no dearer than milled rice.

NUTRITION AND AGRICULTURE

The recent report of Sir John Russell on Agriculture in India is in complete conformity with the views of the nutrition worker; it may be said, in fact, that the idea that agricultural policy should be based on the findings of nutrition research is the keynote of the report. It emphasises the importance of increasing yields of primary crops in order to release land for the production of other nutritious foods which help to balance a diet largely based on cereals.

"Much more work," the Report remarks, "should be done on the cultivation of the green leafy vegetables and demonstration fruit and vegetable gardens should be set up adjacent to the village where they can receive manure and water . . . A marked extension of vegetable growing is very desirable."

It is surely possible to increase the production of vegetables and fruit in South India. At present the villager gives little attention to the growing of the valuable type of food. An increased milk supply is one of the greatest needs of South India, and every effort should be made to develop the dairy industry. For a number of reasons, however, of which the most important is the insufficient land available for pasture or fodder crops, it is difficult to envisage a large *immediate* increase in milk production. There are no such obstacles in the way of a greater production of vegetables.

THE FEEDING OF SCHOOL CHILDREN

There is no possible reason why a well-balanced diet should not be supplied to children and adults in institutions. Those in charge of children's homes should see to it that the money available for food is laid out in the wisest possible manner. To help them to do this our Health Bulletin No. 23, "The Nutritive Value of Indian Foods and the Planning of Satisfactory Diets" is available.

The problem in the case of day-school children is more difficult. The League of Nations Rural Hygiene Report makes a clear-cut recommendation on this matter.

"The attention of public health and educational authorities is drawn to the value of providing suitable meals and various supplementary foods—e.g. milk—for day-school children. School feeding schemes, carried out with the co-operation of nutrition workers, are among the most important means of combating malnutrition, and improving the health and development of growing children."

In certain countries school feeding schemes have proved a great success. In India the chief difficulty is finance. The cheapest form of milk at present available is milk reconstituted from imported skimmed milk powder. Half a pound of reconstituted skimmed milk daily has a wonderful effect on ill-nourished children. The cost of such a supplement is about 12 annas per child per month, and this is a very large sum in relation to expenditure on education in India. The fact remains, however, that money so spent would ultimately give large returns in the shape of better health and enhanced vitality.

There are, of course, other methods of feeding school children besides giving them milk. A cheap meal containing vegetables and pulses would improve the state of nutrition of children whose home diet consists largely of milled rice.

Schemes must vary according to local conditions. I would urge that the nutrition worker should be consulted in the drawing up of such schemes. If it is impossible to provide milk or a meal to all children, the supplement could be confined to children who are in greatest need. I may refer in passing to the praiseworthy efforts of tea-planting organisations in providing a midday meal for the children of the labourers. I hope that this valuable kind of nutrition work will be greatly extended in the future.

EDUCATION

In order to organise the attack on malnutrition on many fronts, it is essential that public men and the educated classes generally should understand the essentials of the problem. More attention might be given to the subject in medical schools and the training of health visitors, nurses, sanitary inspectors, etc. Health Bulletin No. 23, to which I have already referred, has proved popular, 25,000 copies have been sold. This was designed to appeal to the educated. By the study of such publications it is easy to grasp the essentials of the subject.

A simple booklet about food and diet, based on the data contained in such publications as Health Bulletin No. 23, could easily be prepared for use in schools, and translated into the various languages of the country. It is important that training courses for teachers should include some instruction on the subject of nutrition.

A good deal can be done to improve dietary habits by the education of the people. It is not only the poor and uneducated who need education in this matter. The primary cause of malnutrition is poverty, but ignorance also plays a part. The dissemination of knowledge is an important method of improving nutrition.

THE LIMITATIONS OF RESEARCH

We have recently heard, in connection with the Jubilee meeting of the Indian Science Congress, a good deal about the value of science to India. The basic problems of the country need to be fully studied by the scientific method, and there is need for more scientific research workers and institutions. But scientific research *by itself* can accomplish little. The scientific worker can define the problem, and indicate methods which may help in its solution. But he cannot produce wealth and health as a conjurer produces a rabbit out of a hat. For real progress a wider constructive effort is necessary. In the field of nutrition research we are gathering knowledge about the diets consumed in various parts of India; about the relation between such diets and the standard of health and the incidence of disease; and about the means of improving and supplementing diets cheaply and effectively. We are, in short, defining the problem. But in order to give practical effect to the results of research—to improve the state of nutrition of Indian children, to reduce the toll of preventable disease due to faulty diet—the co-operation and interests of departments and organisations, both official and private, and of the people in general, are required.

Need of Physical Education in Orissa

By

L. K. ADHIKARI,

Physical Director, District Board, Ganjam.

It is a well-known fact that Physical Education has as prominent a place as any other education in the history of any nation in any age, ancient or modern. But when compared with the other nations of the globe, India is at the lowest rung of the ladder in education generally and physical education particularly. I have previously called attention to the deplorably low average span of life of an Indian when compared with that of an Englishman or an American. What is it that caused us to suffer premature death? It is nothing but the lack of physical education.

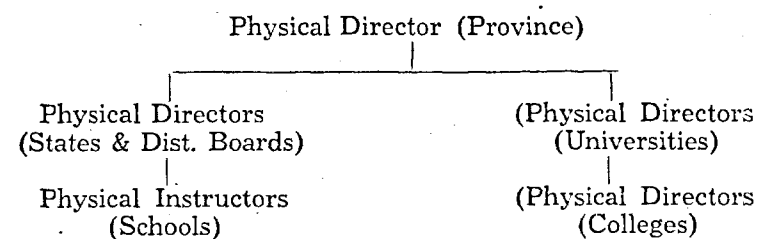
By the term "Physical Education", I do not mean stopping Motor cars or breaking iron chains or anything of that sort which may, perhaps, draw the admiration of the public. Nor do I mean by the term mere muscular development but rather something which contributes largely to the longevity of life, that is, 'Organic Vigour or Vitality'. The rude methods which the so-called Sandows use in performing feats of physical strength at which the people marvel are not only suicidal to them but to the whole nation at large. There is no place for such stunts, in the curriculum of Physical Education. In fact, they are not worth the name of 'Education' at all. Physical education does not mean merely muscular strength. A man may be muscularly strong; at the same time, he may be organically weak. By the term "Organic Vigour" I mean the Vitality of the important organs of the body such as the heart, the lungs, the kidneys, etc. Look at the Pailmans! They are people of huge size and great strength. But we cannot take them to be healthy for health does not mean more muscular strength but rather the regular systematic function of the human mechanism.

The place of Orissa in India in the domain of Physical culture is as low as that of India in the world. Does anybody know the name of a person in the whole of Orissa who is prominent in any branch of physical education, either games or sports? So far as I can gather from my personal knowledge or from others, I would declare, that the ear has never heard, nor the eye seen a performance or a record of an Oriya in any international tournament or in any Olympic sports. Nevertheless that does not mean that Orissa is devoid of such materials in the teeming millions of her sons. It is the lack of a proper leader in the field of physical education or the appreciation of any that may exist.

With a view of improving the condition of our backward nation in the sphere of physical education, I would urge the enlightened public and the leaders of our province to appeal to Government to follow the methods

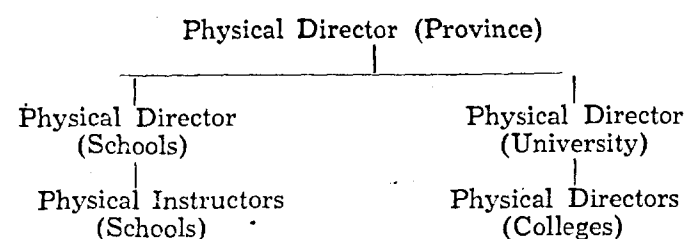
adopted by the other sister-provinces in matters of physical education. The time has now come when Orissa should be brought on a par with other provinces in all respects not to speak of physical education alone. We earnestly appeal to the potentates of our province in general and to the Honourable Ministers in particular to take early measures for the amelioration of this physical illiteracy.

In every other province there is at least one qualified Physical Director or an Adviser to Government on Physical Education who is responsible for the matter described above. Besides such, there are also qualified Physical Directors in the Universities under whom there are in turn well trained Physical Directors in the Colleges of the respective Universities. Apart from these there are also certificated men as Physical Directors for the District Boards and States. Under these there are certified Physical Instructors for schools. Thus there is a chain of connections in the department of Physical Education. The following diagram is explanatory of the plan of organization.



It is quite evident that the resources of Orissa are inadequate to meet the needs and requirements of the people on such a large scale as other provinces. But still, Orissa should not be wholly devoid of such important posts as those of Physical Directors who will have main concern with the vital problem of the day; a problem the solution of which is absolutely necessary for the national rejuvenation. In the interest and welfare of the public I would suggest a method of physical education to be adopted, which, I think, will be quite proportionate to the limited resources of our province.

For a small province like Orissa, there is no need of maintaining at present such a large staff of Physical Directors as is the case in other provinces. Therefore, there may be only three qualified Physical Directors in all as Official heads, including one for the whole Province as head of the department. Under him there should be one for the University and one for the schools. Under these there should be as many well-trained Physical Instructors as there are schools and as many Physical Directors as there are Colleges. Of course, the salaries of all the Physical Directors will be considerably less than what the Physical Directors of other Provinces get. The following table will clearly give the idea of the scheme that is suggested.



The above mentioned department is minimal for the efficient organization and administration of Physical Education in our country.

PHYSICAL EDUCATION IN THE DISTRICT BOARD, GANJAM

Special mention must be made of the initiative taken by the Ganjam District Board in matters of Physical education. This Board has realised the need and importance of Physical Education in the schools under its management. There are, in all 315 schools under the management of the Board. Of these, there are 4 High Schools, 8 Middle Schools and the rest i.e., 303 Elementary Schools. It has recently appointed a Physical Director to teach and supervise Physical education in the schools. It is obvious that the programme of physical education should be planned according to the needs, environments, education, sex and intelligence of the pupils. There will therefore be three different kinds of programmes and syllabii for the three grades of schools, i.e., High, Middle and Elementary Schools. Other District Boards of the Province will do well to copy the example set by the Ganjam District Board in such an important matter concerning public health and vitality. We wish the Ganjam District Board every success in its Physical Education programme and hope that it may come to be the leading district in the Province.

THE PLACE OF PHYSICAL EDUCATION IN THE PROPOSED UNIVERSITY OF ORISSA

If the physique of our boys is to improve our educational institutions must bestow as much attention on their physical training as is bestowed on their intellectual training. If a nation wishes to be strong, it must pay attention to the sort of training that the people receive during their career as students. Students constitute the backbone of the country. If our nation wants to stand upon its own legs, the back-bone must be strengthened. Therefore, it is imperative that the University introduce compulsory physical education in order to obtain the desired result. Look at Bengal! It has, recently, introduced military training in addition to physical training in the University of Calcutta. It is only physical training that will get our people accustomed to hardihood and bravery and thus dispell the timidity and lethargy that so characterizes us. A Committee for the University of Orissa has been formed but it is not known whether any member has raised the question of the introduction of Physical Education for discussion. We

urge the Committee to discuss that vital problem in the next session and adopt a comprehensive programme. What is here proposed is merely suggestive and drawn from my own practical experience first in Madras, as a student of Physical Education, and second in Calcutta, as an Instructor in the Summer School of Physical Education that is being conducted every year for the teachers of Bengal. We hope that the physical condition of Orissa will be improved and that the authorities concerned will give careful consideration to the suggestions made relative both to the University and the whole province of Orissa.

Comprehensive Physical Education

By

Y. G. JOSHI, B.Sc.,

Diploma Y. M. C. A. College and Physical Education, '37.

Physical Director, Fergusson College, Poona.

At the outset we take this opportunity of whole heartedly congratulating the present Bombay Government and especially the Prime-Minister, Mr. B. G. Kher, on giving serious consideration to the physical side of the School Education in the Presidency. It is neither the mind alone nor the body only that should be trained and educated satisfactorily but it should be our concern to train the "whole-man" physically, morally and mentally. The introduction of the physical side in school education should be based on firm and scientific lines and should be an integral part of the curriculum.

In the following paragraphs I propose to make a few general observations about the necessity for and scope of a comprehensive scheme of Physical Education.

THE CORRECT TERMINOLOGY

From the wider educational point of view it is unscientific and unwholesome to refer to this aspect of education as "Physical Training". It would rather be correct to call it "Physical Education". To study the nature of the child, the growing boy and the man, to consider the physiological and psychological differences for determining the interest, needs and capacity of the participant so as to prescribe only suitable activities to the children (and not to subject all children indiscriminately to any set form or "system" of exercise) will come under the province of *Physical Education*. "Physical Training" is a process concerned with the use of muscles only, being the development of physical powers alone. On the other hand, Physical Education "is the sum of man's physical activities selected as to kind and conducted as to desired outcomes." The aim should not be simply to make the growing child perspire after some 15 to 20 minutes exercise, but to select and arrange physical activities such that they keep the participant "physically fit, mentally efficient, socially acceptable and morally sound." "Physical Training", understood to-day as only drill-and-nothing-else, and at that, supervised and conducted by retired military men is lacking totally in the sacred spirit of education.

The uneducated drill master becomes only a task master in adjusting any "system" of exercises to the whole mass of young growing students without considering the physiological, anatomical and psychological differences. Under mass drills and calisthenics, without proper classification of boys according to suitable index of "age, height, weight and capacity" the hazards to health over shadow their benefits. Besides the pupil is not interested in what he does. The activities should be such that they appeal to the imagination of the child. While the set drills and calisthenics are

not satisfactory from this point of view, the natural rational activities of running, jumping, throwing, kicking, vaulting, etc., do appeal to the child. Naturally, the big games and sports of the open air which are based on these natural activities afford a valuable means catering to the outstanding physical needs, such as play-habit, motor-skill, neuromuscular co-ordination, training in self discipline, muscular and organic development, etc. A particular "system" of drill, based on military fashion, or which otherwise is mechanical and unnatural, could never be satisfactorily applicable to all ages and all countries.

IMPORTANCE OF HEALTH EDUCATION

An important but often neglected aspect in the organisation and administration of Physical Education is that of Health Education. Physical exercise is not a *cure-all*. It is not a therapeutic measure but is preventative. To make the growing boy and girl do some physical activity and leave his health to chance; by neglecting to give him proper health instructions and health service is a disastrous policy. The improvement of the health condition of the masses and of their capacity for resistance to diseases is a primary factor to be considered. The average man has little idea of personal and community hygiene. Health Education, therefore, with its three branches of Health Supervision, Health Instruction and Health Service ought to form an essential part of any sound scheme of Physical Education. The problems of diet and mal-nutrition, of sanitation of the school compounds and the community, of the ill fitted school hours from 11 a.m. to 5 p.m., of the unscientific school furniture affecting the posture of school children, of hurried medical examination of pupils, of inadequate number of play grounds and play apparatus for a school, and of wholesome living in general demand immediate attention. To neglect these problems and simply demand physical exercise for the children will be a most inadequate programme from the health point of view. Students must be properly directed from their very young age in the general laws of health and hygiene in order to prevent them from falling an easy prey to the various communicable diseases.

PHYSICAL FITNESS NOT THE ONLY GOAL

It has been observed that the programme of Physical Education should be socially beneficial and educationally sound. It should develop the utmost social, moral and emotional value along with improvement of the physique. Our one great need is adequate training in brotherhood, self-discipline and social unity. Our land is a continent by itself with its provinces and states, customs and religions, languages and manners, diverse castes and creeds, and hence the communal tension tearing away its essential homogeneity. Games and sports under proper supervision and control go to infuse the spirit of co-operation, fraternity and self-sacrifice. The "play ground is a work-shop for moulding a boy's character." The virtues of loyalty, team spirit, esprit-de-corps, leadership, obedience to rules, sympathy towards the defeated are taught there. "The spirit of brotherhood and unity is the

salvation of India" and these are imbibed in the young age while playing games with one's chums, rubbing shoulders with each others on the play field and hiking in groups over the country sides.

The programme of Physical Education ought not to stop with activity of muscles, derived from formal drills, static yogic culture or any other type of exercises of an individualistic nature, but it should be concerned with rational normal growth and development with vitality, health, happiness, efficiency and character. It is of course, not contended that drills, calisthenics in mass action, "Asanas", "Namaskaras", etc., have no value and should have no place in the programme of Physical Education. To be "physically fit, mentally stimulating, socially acceptable and morally sound" the programme will have to give prominence to open air games and sports of both indigenous and foreign origin, setting them after a careful study, in different acceptable forms for different ages of boys and girls.

NECESSITY OF A QUALIFIED PERSONNEL

Thus the organisation and administration of modern Physical Education is a technique by itself. It is not to be left in the hands of teachers who could only 'exercise' the pupils. The Physical Education Teacher plays a very important part, even more so than the present day class room teacher. He comes in a closer contact with the pupils and hence the opportunity of moulding the student's character and developing good social and personal habits in them are many and varied for his concern is with the realistic and practical aspect of the play life. The old days of retired drill masters are gone and buried. It is the civic teacher certified in the course of modern Physical Education based on proper physiological, anatomical and psychological principles who should be entrusted with the Physical Education of children. So the first and foremost task will be to train a sufficient number of teachers in the essential principles of Physical Education and its organisation and administration. With the absence of well trained teachers in this branch of education it will be hazardous to lay out any programme and indiscriminately subject the students to the same. The need is for real educators with ideals, purpose, interest in and knowledge of human nature and with adequate technical training in Physical Education. A school or college of modern Physical Education equipped with well trained Physical Directors and Teachers will be of much use in conducting, in the beginning, summer classes for Physical Education Teachers and later on a full fledged one year's course in Health and Physical Education. This fundamental basis being established with qualified men at hand the problem of organisation and administration of Health and Physical Education in schools could safely be taken in hand. With the essential broad guiding principles of Physical Education accepted, every trained Physical Teacher will be working out the programme as directed by the Chief Physical Director of the Department, with alterations and modifications suiting it to the particular environments in which he is placed, and yet serving intelligently the needs and interests of individual pupils.

Teacher Training Courses

The importance and possibilities of Teacher Training Courses have been strikingly demonstrated during the last year by several such well planned and carefully conducted schools. These are intended, of course, to prepare the regular teacher to participate more intelligently and efficiently in the instruction of the physical education programme. With the more liberal, natural, game type of programme regular teachers can do this effectively and many enjoy doing so, finding the activity beneficial to their health and through it an opportunity for better contact with their pupils.

One such institute has been conducted during the year at the Y.M.C.A. College of Physical Education in Madras. Under the leadership of Mr. C. C. Abraham about 250 teachers from the Teacher's Training Colleges and from the schools of Madras have gathered at 7 a.m. each Saturday morning for 24 weeks at the Y.M.C.A. College. Here groups under the leadership of students from the College have gone through an hour of training in calisthenics, indigenous exercises, dances, plays and games appropriate for various grades using largely, the syllabus prepared by Mr. Buck for the Madras Presidency. At the end of the course a certificate of attendance was presented and the work gave credit in their teacher training courses. It also proved an exceedingly valuable normal practice period for the students from the College of Physical Education.

In addition to such courses much is being done in the way of Refresher courses. Several such will be conducted during the summer by Dr. G. F. Andrews, Senior Physical Director for the Madras Presidency.

Commendable and valuable as such courses are, one note of warning should be sounded. No one should be allowed to imagine that such training can adequately prepare real teachers of physical education. The certificates of attendance issued in some such cases have been misleading in this respect and perhaps occasionally wilfully misconstrued. Care should be taken to avoid a false and mistaken impression in this direction.

A training course which appears to have been particularly successful and carefully worked out is given below. The report by Professor D. B. Kothiwale of S.M.T.T. College, Kolhapur should be helpful to many interested in such courses.

SHREE MAHARANI TEACHERS COLLEGE, KOLHAPUR, BOMBAY
PRESIDENCY, PHYSICAL INSTRUCTORS' CLASS REPORT 1937-38.

By

PROFESSOR D. B. KOTHIWALE, B.A., B.T.

Diploma Y. M. C. A. College of Physical Education, 1936.

Physical Director, Lecturer in Geography, S. M. T. T. College, Kolhapur

The Physical Instructors' Class was first organized in this College in the year 1936-37. The need for such a class was felt by some of the students of this College who took special interest in the subject of Physical Training. It was therefore started on the auspicious day of the beginning of the XI Olympic Games in Berlin on August 1, 1936, with 72 students. As the class evoked satisfactory response it was again organized on August 1, 1937, for the benefit of students of this year with 60 students. The decrease in this year's number is not due, however, to slackening of students' enthusiasm in the matter but to the limitation of admission to the class of those only who were likely to follow up their training as Instructors.

OUR AIMS

- (i) To acquaint students with the basic principles of Physical Training of the young on scientific lines.
- (ii) To teach them how to work these principles into actual practice in schools, through a graduated course of Physical Training suited to different ages of pupils.
- (iii) To meet, as well as possible, demands of schools for trained Physical Instructors.

THE COURSE OF STUDY COMPRISED

Practical Work.

(1) Physical Drills:—Free hand exercises for different age-groups; corrective exercises; Indian clubs Drill; Dumb Bells Drill; Lagim Drill, Wand Drill, Lathi Drill etc. (2) Marching Tactics; (3) Minor games e.g. Chasing games, Hunting games, Circle games, etc. leading to the development of fundamental neuromuscular skills; (4) Relay Races and group competitions; (5) Surya-namaskars, Dands, Baithaks etc. (6) Gymnastic exercise on heavy apparatus; Light gymnastics, Dancing steps etc., Defensive Arts as Wrestling, Boxing etc. (7) Athletic Track and Field Sports; various Running, Jumping, Throwing events. (8) Major games—Indian games like Atyapatya, Khokho, Hututu, and Western games like Volleyball, Basketball, Football, Baseball, etc. (9) Individual and group efficiency tests. (10) Practice Teaching.

Theoretical Work.

(A) Methods & Equipment in Physical Education.

(a) Methods:—1. General methods of arranging a class for P. T. lessons, 2. Use of commands, 3. Methods of Teaching, 4. Lesson Plans, 5. P. T. exercises for different age-groups, 6. Individual and Group Efficiency Tests, 7. Group Competitions, 8. Tournaments, 9. Rules of games and sports, 10. Principles of Athletics, Gymnastics, etc.

(b) Equipment:—11. Construction of Athletic field Track etc., 12. Construction of Play grounds for different games, 13. Designs of Public Play grounds etc. 14. Apparatus etc.

(B) Principles, History and Philosophy of Physical Education.

15. Faulty beliefs in Physical Education, 16. Aims of Physical Education, 17. Theory and Philosophy of Physical Education, 18. History of Physical Education in Ancient and Modern world. 19. Criteria of selecting activities, 20. Curriculum making. 21. Systems of Physical Training.

(C) Organization and Administration of Physical Education in schools.

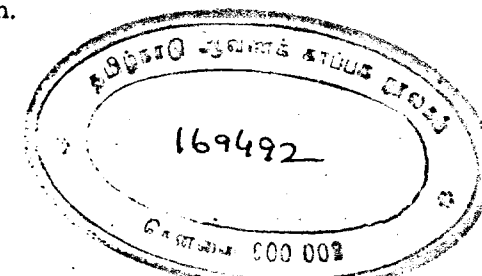
22. Time Tables, Equipment, Programme, Space requirements, Records etc., 23. Anatomy, Physiology, Hygiene, 24. Physical and Health Examination, 25. Dietetics, Nutrition etc., 26. First Aid and Nursing etc.

The course covered a period of four and half months from 1st August to 15th December, four mornings a week from 6-30 to 7-30 a.m. The instruction was given by Prof. D. B. Kothiwale & Mr. N. V. Sonole the Physical Instructor.

In addition to regular instruction last year, the Class gave a Physical Training Display on the Khasbag grounds. It was much appreciated by the students, teachers and public of Kolhapur. This year, "An Exhibition in Health and Physical Education" was organized by the class.

During its session the class had the honour of being visited by such distinguished guests as Sir Raghunathrao Sabnis, Prin. Mackenzie, Prin. Cameron, Mr. R. V. Parulekar, Prin. Kelavkar, Prin. Dr. Balkrishna, Prof. Naralkar, Prin. Shukla, Prin. Patwardhan, Prof. Kamat, Dr. Gadgil, Prof. Kanitkar, Prof. S. R. Kanitkar, Dr. K. C. Purani, and the Hon. G. V. Mavlankar, the speaker of the Bombay Legislative Assembly. These gentlemen highly appreciated our useful work.

The problem of Physical Education in schools will not be solved unless we have efficient leaders and teachers and this can be achieved through the foundation of special Institutes of Physical Education and through the organization of such classes as ours. Our class is contributing what it can to the service of the cause of Physical Education.



Training Course for Boys Workers

As a result of the success of the training course conducted for Workers with Boys in 1937, a similar course will be launched with the beginning of the College session, July 1, and continue for two months. The programme of studies will include classes in Leadership, Boy Psychology, Methods of Programme Building, and Principles of Organization, along with the regular College classes in Principles of Physical Education, Materials and Methods of Physical Education, Principles and Problems of Wholesome Living and Sociology. Ample experience in practical work will be provided through participation in the morning physical activities and the conduct of various types of boys' clubs during the evenings. Each student will be placed in charge of the club work of one of the Madras Y.M.C.A. centres and coached on the job as he develops and conducts a programme. The relation of theory to practice and the opportunity to develop skill and confidence through actual work are the outstanding features of this course.

Additional information may be obtained by writing to:

J. H. Dunderdale,
Y.M.C.A. College of Physical Education,
Saidapet, Madras.

The Fifth Provincial Physical Education Conference

The Madras Provincial Physical Education Association is again sponsoring the annual Physical Education Conference under the auspices of the South India Teachers Union. The Conference this year—the 5th—will be held at Mangalore, South Kanara during the 1st week of May 1938.

M. R. Ry. A. B. Shetty Avl., M.L.A., Parliamentary Secretary to the Hon'ble Minister for Public Health, has kindly consented to preside.

An influential reception committee has been formed in Mangalore with Dr. K. Vittal Shetty, the Chairman of the Mangalore Municipal Council, as Chairman of the Committee and Mr. A. Surendranath Rao, B.A., L.T., Physical Director of the Ganapathy High School, Mangalore, as Secretary of the Committee and Joint Secretary of the Conference.

The main feature of the programme will be discussion on the following two topics:—

1. Type of programme in Physical Education for Educational Institutions.
2. Recreational and Play Programme for the Public.

Demonstration of Physical Activities are being arranged. Health and Physical Education exhibits will be included in the general educational exhibition.

Papers on the above topics (three copies and a summary not exceeding 1,000 words which will be printed for circulation at the Conference), and resolutions to be moved at the Conference should be sent to the undersigned to reach him on or before the 15th April 1938. Exhibits should be sent direct to Mr. A. Surendranath Rao, Joint Secretary, 5th Provincial Physical Education Conference, Ganapathy High School, Mangalore, South Kanara to reach him on or before the 20th April 1938.

G. F. ANDREWS,

Hony. Secretary, The Madras Provincial Physical Education Association.

News and Notes

By

P. M. JOSEPH

The Students of 1937-38.—Another batch of young men leave us after their training during the past year. During their stay here they learned several things, and have, we hope, also realized how little they yet know. The little they know ought to help them to start off their work. But experience and further studies alone can achieve bigger tasks. We do hope that these men will keep up an undying enthusiasm in the profession they have chosen, and will contribute richly in the building of a New India. The blessings and good wishes of the Staff and all Old Boys are with them.

Mr. and Mrs. Buck sailed from Bombay on February 15th. We received a cable from them saying that they have reached home safely. Even though their stay in the States is going to be short we hope that they will come back refreshed and full of enthusiasm to carry on the work. We do miss them at the end of the year, especially when the time to say farewell is fast approaching.

The students presented an album of nearly 60 pictures, showing various phases of our college life, as a parting gift. Mr. Buck, in a letter, describes it as an "Ideal Gift" to a man going home.

Dr. and Mrs. Berry during the short period they have been with us have already won the regard of the students and the many others coming into contact with them. With many years of mature and varied experiences behind them they are meeting their new responsibilities with efficiency and thoroughness. They are keen to meet as many Old Boys as they can, and are also making contacts with some of the educational institutions in Madras. We do hope that, even though their stay in this country may be short, they will make some important contribution in our field, before they leave.

The Swimming Pool.—It looks as if we are finally going to have a swimming pool. The Hon. M. Ct. M. Chidambaram Chetty, a member of our College Council, and a prominent businessman of Madras has promised to give a donation to construct a swimming pool for the college. This may be constructed during the course of the coming year.

Our Students at the All-India Olympics.—A party of sixteen students from our college with Mr. N. K. Mia attended the All-India Olympics at Calcutta in February. These men had many valuable experiences there, having got many opportunities to help at the Games in various capacities.

A Trip to Japan.—How many Old Boys will be interested in going to Japan in 1940 during the World Olympics? If there is an encouraging number the college may be interested in sponsoring such a trip. The approximate cost will be about Rs. 700. If this interests you please communicate with Mr. P. M. Joseph, Y.M.C.A. College, Saidapet.

Students for the New Year.—The college is receiving enquiries from many prospective students. If any of our Old Boys happen to get into touch

with such men they could help them to make the necessary preparations for their stay and study at Saidapet.

The Old Boys can also give information, about the college, to promising young men and thus help the college in enrolling students of the right type. The co-operation of the Old Boys is very essential in improving the quality of our future students. May we hope that such co-operation will be given whole heartedly.

Old Boys

Grewal Bhan Singh.—1935, writes from Panjab that he is an officer in the excise department in Faridkote State, Panjab. In his letter he has made kind enquiries about everybody at college. Bhan Singh sent Rs. 10 as a donation which may help, even though only in a small way, to make a swimming pool possible in his old college.

M.P. Major.—1935, is one of our Old Boys who is doing many things. He is working under the Nagpur University. In addition to his duties there, he is an active Scouter. He was in charge of a contingent of scouts attending the All India Jamboree at Delhi. He promotes two physical culture centers, and also gives instruction in life saving during the summer. He is a prominent cricket player, and in the C. P. Quadrangular cricket tournament this year he made the highest score playing for the Parsis.

S. N. Sahu.—1935, is stationed at Balasore, Orissa. He has been collecting materials to write a book, in his vernacular, for use in his Province. In one of his recent letters he says that he has completed the manuscripts, and is hoping to get it printed very soon.

V. G. Oke.—1937, in a most entertaining letter, full of rich reminiscences about the college, sent his greetings to the Old Boys assembled at the college on the Old Boys' Day. Looking back on the time spent at college he writes: "That everbusy life which every one of us was cursing while there, had its own charms and pleasures. The very period which we wanted to pass on as rapidly as possible—now we wish should have taken the elephants' gait."

M. G. Vijayasarithi.—1935-1937, is working hard at Bangalore gradually building up a sound scheme of Health and Physical Education under the Mysore University. We get frequent letters from him, and occasionally read about his work, in the papers. Recently he sent a reprint of an excellent article, on Physical Education, contributed by him, and published in the Intermediate College Magazine, Bangalore.

G. Bhaskaran.—1937. We are glad to announce the marriage of Sriman G. Bhaskaran with Srimathi G. Sarasamma at Trivandrum, on March 14th. Our congratulations and good wishes to the happy couple.

Other Old Boys.—In addition to these we have been hearing from several other Old Boys like Kan Goon, K. T. Gupta, U.M. Desai, O. Mohanasundaram, etc. All these men are carrying on the work keeping the flag of Physical Education, high and flying.

Old Boys' Association Notes

By

C. C. ABRAHAM.

Old Boys' Day at the Y.M.C.A. College, Saidapet, Madras.

The Old Boys' Day was celebrated on the 19th March. Several Old Boys from various parts of the presidency attended. Among those who were present may be mentioned; Messrs. L. K. Govindarajulu, James Henry, Lakshminarasimham, Samuel and Joseph Swaminathan from the Mofussil, and a member of Old Boys from the city. The day began with a Play Ground Ball match between the past and present boys which was won by the present boys. Following breakfast there was a business meeting of the association when the report of the work of the Old Boys' Association was read and passed and the office bearers for the coming year were elected. For the evening the Old Boys were entertained at tea and tennis. After dinner there was the initiation ceremony of the present boys into the 'Old Boy's Fold' followed by a short social. It was a very enjoyable day for all present.

Dr. & Mrs. Berry were delighted to meet several of the college Alumni. A message of greetings was sent to Mr. & Mrs. Buck by the Old Boys.

Annual Report 1937-38

The first meeting of the executive committee was held on the 17th April when the programme of work for the year was chalked out. Early in August a letter from the President was sent to the Old Boys for their active co-operation and support in various ways. The response was encouraging and several Old Boys enlisted themselves as special members of the association and expressed their desire to co-operate in the activities of the association.

"Classification" and "Credits" committees:—The association at its annual meeting set up two committees for the purpose of research work in "Classification" and "Credits" in physical education, with Dr. Andrews president of O.B.A. as ex-officio president and C. C. Abraham secretary-treasurer as ex-officio convener of both the committees. These committees met on the 4th September at the College and some valuable work was turned out. The minutes of the classification committee was published in the February issue of Vyayam. The credits committee thought; (1) that the problem was of importance only when physical education became a curricular subject; (2) There are no definite scales of testing physical skills which can be used reliably for the purpose of promotion; (3) It is not desirable that at a time when the usefulness of examination is questioned even in relation to curricular subjects, any attempt should be made to introduce tests for physical activities; (4) That the committee would however emphasise that there is an emergent need for using some accepted system of credit as a means of

creating ideals and motives for a greater and more efficient participation in physical activities.

The exhaustive study noted by R. V. Satyanarayana Raju of the Government Training College, Rajamundry on this problem was received by the president rather too late to be considered by the committee. They were published in full in the November issue of Vyayam and copies sent to the members of the committee for their suggestions and reactions on the same. This committee must meet again to arrive at some final conclusions.

Membership:—We have 120 members on the rolls this year which is much better than any previous year and out of these 107 are special members receiving Vyayam as well. We are getting more and more Old Boys to take advantage of the special membership and this is very encouraging.

Finance:—The accounts of the association and Vyayam were audited by Messrs. Raman and Sarma, Registered Accountants and Auditors and certified. Our opening balance this year is Rs. 106-14-3 as against Rs. 76-5-11 of the previous year.

Efforts were made by the business manager to secure more subscribers through the various District Board Presidents, Directors of Public Instruction, and heads of institutions but the response was not very encouraging.

The O.B.A. through its Old Boys in various parts of India should make a joint effort to popularise our magazine in Colleges, Schools and libraries.

Thanks of the association are due to the out-going office bearers of the association and the members of the two committees for their splendid co-operation and support and also to Mr. and Mrs. Buck for their services as joint editors of Vyayam.

Office Bearers for 1938-39

At the General Body meeting the following Office-Bearers were elected for the year.

President—Mr. L. K. Govindarajulu.
Vice-President—Mr. C. A. Abraham.
Hon. Secretary and Treasurer—Mr. C. C. Abraham.
Joint Secretary—Mr. V. D. Pitchai.

Members of the Executive Committee:—

Messrs. Dr. G. F. Andrews,
" V. Azariah,
" P. M. Joseph,
" T. Srinivasagopalan,
" N. K. Mia and
" M. A. Raza.

The Students' Association

ANNUAL REPORT 1937-38

The Students' Association in any college is a student organization run by the students and for the students. It is a training ground for responsibility for the wider arena of practical life. Besides, it rests with the students' association to elicit the best out of the student, apart from the dull monotony of study and hard work in passing examinations, which fill such a big part in normal student life. This year the Student Association bore more than a brave witness to its great calling. It has set a precedent of hard work well done, which future years will find hard to beat.

The period of probation preceding the election of the office-bearers had to run its course in which students get to know each other to the point when they feel confident to entrust the destiny of the year to fellows of their choice who they are sure will work their hardest for the good of the group. The following office-bearers were elected in the usual way in a general body meeting early in August with Mr. P. M. Joseph in the chair.

President—P. I. Joseph.
 Vice-President—Mehar Singh
 General Secretary—G. W. Trutwin
 Asst. Secretary—Rajnath Raina
 Treasurer—S. P. Bhutt
 Literary Secretary—R. S. Govindarajan
 Social Secretary—A. K. Singh
 Physical Activities Secretary—Daljit Singh.
 Asst. Physical Secretary—K. Narayana.
 Religious Activities Secretary—Hansraj Ghai.

Following the election of the office bearers came the Inaugural meeting of the association on Aug. 19. We were very fortunate in having as the speaker for the evening the Prime Minister, the Honourable Mr. C. Rajagopalachariar who in the midst of a very busy programme made an invaluable contact with us. The chairman was Mr. H. C. Buck. The speaker referred to the great contribution which physical education might make to a better India of the future. He realised the value of a sound physique which may be built up through games and exercise. But he felt that while this great objective was the pursuit of physical education, he realised the need for good food to help in building strong bodies. This was an economic requirement, and a very real one in India where poverty and starvation were serious handicaps. The Congress Ministry would do its best to face this problem and find some way out. In conclusion he wished the college a great future in this country.

The student association having found its feet went ahead with its programme for the year. The many sided activities included under the Liter-

ary, Social, Physical, and Religious urges of any student body, were well looked after by the secretaries who have more right to an annual report than the General Secretary. Though they do speak for themselves, yet their work requires a passing reference in this summary catalogue of events. It is said that the life of the student association revolves around its Social Secretary. However true it is, the fact remains that much hard work was put in by this year's Social Secretary which went a long way to promote the well being of the association. The Literary Secretary arranged some valuable lectures and debates related to our profession and work in college. The Physical Activities Secretary worked hard at Intra-murals throughout the year; and carried the honours in the excellent management of the Inter-scholastic meet which deserved all the credit it elicited. The Religious Secretary invited speakers of different faiths to speak on subjects which may interest the student body and help them. Two speakers have visited us, one a Hindu and the other a Mohamadan.

Bidding farewell to Mr. and Mrs. H. C. Buck, who left us on the 12th Feb, on a short furlough to America, fell to the luckless lot of the association this year. An album of the life of the college was given to them, as a token of the strong regard we have for them. This was greatly appreciated. In their absence we welcome into our midst, Dr. and Mrs. Berry from Springfield.

Some of the special visitors whom the student association had the good fortune to welcome were Mr. Goodall of the London Mission Society, Dr. Josephine Rathbone of Columbia University, Mr. Salter Davies of the New Education fellowship, Dr. Cochrane of the Chinglepet Leper Settlement, and Dr. Akroyd, the nutrition expert from Connoor. We were greatly benefitted by the visits of such people who were great specialists avoiding technicalities.

Throughout the year the student association enjoyed the closest co-operation of the staff and the student body which was indispensable for the successful functioning of the association.

G. W. TRUTWIN,
General Secretary.

RELIGIOUS ACTIVITIES

Sept. 10, 1937. Speaker. Mr. N. Subramaniam, head master, Ramakrishna Mission School, Mylapore, spoke on "the harmony of religions as illustrated in the life of Sri Ramakrishna Paramahansa".

October 2, 1937. Speaker, Mr. Raza Hussain of the Anjuman—Islamia spoke on the "Life and Teachings of the Prophet".

HANSRAJ GHEI,
Secretary.

LITERARY ACTIVITIES

A catalogue of activities is given below:

Sept. 3, 1937. Lecture.

Subject, Human food stuffs.

Speaker, Dr. U. Krishna Rao.

President, P. I. Joseph.

Oct. 15, 1937. Debate.

Proposition, "That in the Opinion of the House, The Prohibition Bill should be passed in India".

President, Mrs. H. C. Buck.

Mover, K. Sitaramiah, Opposer, R. S. Govindarajan, and supporting speakers Messrs. S. P. Bhutt, Joseph, Narayana, Swaminathen, Azim, Raina.

Nov. 14, 1937. Lecture.

Subject, Hygiene of the Eye.

Speaker, Dr. R. S. Aggarwal, Delhi.

President, P. I. Joseph.

Jan. 21, 1938. Debate.

Proposition, "That Indigenous Physical Activities are more suited to Indians than Activities taken from the Countries".

President, P. M. Joseph.

Mover, Hansraj Ghei.

Opposer, K. Sitaramiah.

Supporting speakers—Messrs. Altaf Ali, Narayanaswami, Raina, Joseph, Swaminathen, Kanabargimath, Sathe, Kalker, Bhutt and Govindarajan.

R. S. GOVINDARAJAN,
Secretary.

SOCIAL ACTIVITIES

The several social gatherings this year were full of enjoyment. Every body took a very keen interest in them and co-operated well to make the functions successful.

Among the activities this year the following need special mention:—

(1) *The Christmas Social* in which Mr. A. Narayanaswami played the part of Christmas Father. It was mostly due to his wit and humour that the party was such a success and was enjoyed by all.

(2) *The Farewell to Mr. and Mrs. Buck* was a sad affair as all partings are. Still the thought of Mr. & Mrs. Buck's meeting their people at home after seven long years is comforting.

(3) *Avadi Camp*. This was a novel thing in the history of the college in that the students went twice for camping in a year. This trip was anxiously anticipated as a change from our everyday life at College. Its proof was the camp-fire which everyone enjoyed. This outing was a bit spoilt by the heat and the constant singing and biting of the mosquitoes, who had a good feast on the blood of the students.

The functions as a whole were very cheering and inspite of the lack of musical talent Mr. G. N. Das compensated the deficiency by his superb playing on the Sitar.

A. K. SINGH,
Secretary.

REPORT OF PHYSICAL ACTIVITIES

The physical activities section of the Students Association helped to conduct the Intra-Mural and Extra-Mural Activities.

Intra-Mural:—

The college was divided into four units, House of Lords, Hollywood, Moors and Lucky Eleven. The tournaments were run on league basis and special emphasis was laid on 100 per cent participation.

Wrestling was a new addition this year and many who became champions walked about like professional wrestlers till Boxing T. K. Os brought them to their normal condition.

The Lords won the championship. They possessed hefty men, and the unity and zeal with which they played got them the victory.

Congratulations—Lords

The Hollywoods failed to go far because they suffered from lack of good leadership. It was a team of kids without an organiser.

Nevermind—Infancy

The Moors possessed young blood who fought well but lost the championship by a narrow margin. We had great hopes in them.

Hard-luck Moors

The Lucky Eleven consisted of veterans who marched slowly and steadily without getting excited over anything. Pace tells in modern games, and the old stagers cannot defy the ravages of time. The Luckys believed in making plans the whole night before the match, and then give away the game without uttering a word of protest.

You Needed a Bite of Ginger-Luckies

An open Table Tennis Tournament on the knock out system was conducted—80% of the students participating. The final between Sathe and

P. I. Joseph showed a good standard of play and the latter came out successful after a tough fight.

Open Tennis Tournament in Singles and Doubles were also conducted in which staff and students took part.

The Umpiring in the intra-mural matches was sometimes criticized. We have yet to learn to take the decisions of an official.

Extra-Mural :—

The college had representative teams in various games. We played several matches against the local colleges and clubs. The Maharaja's College from Mysore paid a visit to our college and played a friendly basket ball game.

Short accounts of different games are given below.

HOCKEY

The hockey team played many friendly matches but lost most of them. The team entered for the Inter-Collegiate Stakes Shield Tournament but was beaten in the first round by Presidency College. It was an unlucky defeat by a narrow margin.

Personalities of the Team :—

Raina.—Our goalie; on the injured list most of the time; falls down every few minutes, uses his head against flying shots.

Daljit and Ajit.—The two full backs who always fought between themselves for the possession of the ball; clashed in the middle of the field and lost the ball to the opponents.

Chawla.—Our pigmy pivot, agile and quick; was seen here, there and everywhere in the beginning of a game; but was neither here, nor there as the game progressed, and finally nowhere.

Tiwari.—Has faith only in himself. Everybody must pass to him; and he is not to pass to anybody.

Razaq.—Always looked peaceful and dull off the field. In the field he was a live-wire, an inspiration to team-mates and a terror to the opponents.

DALJIT SINGH,
Captain.

CRICKET

We began our cricket practice at the net very early in the month of July. A large number of the students took interest in the game. Considering the little practice we had, we gave a good account of ourselves. The results at the Intra-Collegiate league matches were very satisfying. We were at the top with a second place tying with Medical Collage.

Our skipper Mr. Sathe was chosen to play for the combined colleges team against the Mylapore Recreation Club and he gave a good account of himself in batting and fielding.

Who is Who :—

1. M. S. Sathe :—Skipper and an all rounder. It was a pleasure to watch his fielding, capable of making tall scores, could not strike form.

2. P. I. Joseph :—Opening batsman and an all rounder has a great future before him.

3. S. P. Bhutt :—Opening bowler, "Old Man" of the team; a left hand googly bowler; could bowl throughout the day with good accuracy and steadiness.

4. E. N. Dass :—Strong on the leg-side, footwork needs improvement; capable of piling up a good many runs.

5. A. N. Swami :—Crack batsman, can pile up huge score if he strikes form.

6. J. P. Varma :—Wicket-keeper, a promising batsman always ready to run-out his partner.

7. Innayat-ullah-Khan :—A tall hefty player from the North; if he makes use of his height he will be terror to the batsman and the bowler.

8. Pillai :—Machine like bowling, off breaks on the leg stump. Had to be out of the game for the most part of the season owing to injuries.

9. Subram :—Opening bat and slow bowler. If finds length can reap a harvest.

10. J. Satyanarayan Rao :—Smart field in the country. Believes only in off play.

11. Mehar Singh :—Had been useful to the side in batting in emergencies.

12. Trutwin :—A decent bat capable of scoring some runs.

13. Ajit :—Looks like Nissar, but has to learn bowling.

14. Daljit Singh :—Tries for mighty hits over the fence. Never believes in placing the ball in the field of play.

15. R. S. Govindarajan :—A great enthusiast and our official scorer.

M. S. SATHE,
Captain.

FOOTBALL

The football eleven suffered two reverses this year. We lost only two matches in the Inter-Collegiate league and won the rest.

Matches won :—

Presidency College	5 to 1
Law College	6 to 1
Christian College	5 to 1
Teachers College	4 to 0
Pachayappas College	2 to 1
Loyola College	2 to 1
Stanley Medical	5 to 1

Matches Lost :—

School of Technology	1 to 2
Engineering College	1 to 4

As we look back on our achievements of this year we have every reason to be proud. With more opportunities of specialization we could have made a stronger bid for the championship.

P. I. JOSEPH,
Captain.

VOLLEY BALL

We played a number of friendly matches early this season which helped us very much to improve our standard. We won the Inter-Collegiate Championship. We were unlucky to lose the Olympic championship, losing in the finals against St. Berchmans College, after a close game.

HANS RAJ,
Captain.

BASKET BALL

Several members of the team picked up the skills of basket ball only after coming here. There are many in the team who given the opportunity would develop into great players. We played a number of friendly matches against visiting teams. Also participated in the Madras Olympic Basket Ball Tournament.

VICTOR DAVID,
Captain.

BOXING

Boxing was a new activity to most of us. But we learned a great deal about it and have begun to appreciate it as a sport. Boxing has lost its terrors, and our only regret is that we did not learn this a little earlier in life.

Our Prominent Boxers:—

Inayat Khan:—Tall and big. With more punch in his blows he could show great improvement. Best fight of the year was against Digue of Medical College. Lost after giving and receiving much punishment.

A. K. Mitra:—An operation kept him out of the early competitions. Gained a T. K. O. decision and the championship in the Inter-Collegiate Tournament. Can improve if he gives up some of that play to the gallery.

E. V. Karthigesan:—Competed in all the Tournaments—Lost in all. Lack of skill is compensated by his great enthusiasm. For good performance must start from the very beginning.

Chelliah:—Competed in the Novices Tournament and qualified for the finals. Lost against a more experienced boxer. Can improve with more aggressive tactics.

A. K. MITRA,
Captain.

WRESTLING

The College sent in three men for the Olympic Wrestling Tournament and all of them acquitted themselves creditably. Resal Singh Sindhu won the championship in his weight class. Hans Raj was unlucky to lose in the final round. Chelliah after winning a series of bouts finally lost to a wrestler from Andhra.

RISAL SINGH SINDHU,
Captain.

ATHLETICS

We did not have any outstanding athlete this year. L. T. Boosey who broke the Hop, step and jump record in the Madras Olympics and who later on won first place in the same event at the All-India Olympics at Calcutta was, early in the year, a student of our college.

In the Inter-Collegiate meet and also in the Triangular Sports meet against Christian College and Medical College we sent in large teams. Our athletes completed in the Olympic Meet also. Our motto has been "Participation—win or lose."

Inter-Scholastic Sports:—As usual this was conducted solely by the Students Association. (Seven Schools competed. St. Marys European School won the championship).

The organisation of the Meet was highly appreciated by the Principal and the staff.

INAYAT ULLAH KHAN,
Captain.

DALJIT SINGH, K. NARAYANA,
Secretaries.

Book Reviews

School Health Problems. By Lawrence B. Chenowith and Theodore, K. Selkirk, published by F. S. Crofts and Co., New York. Price \$2.00.

This book will acquaint students of education, teachers in service, and others interested, with the broad general nature of health problems in schools. Its goal is to develop health consciousness among teachers and pupils to as great an extent as possible. The book is a little too far advanced to be used as a text book in schools and colleges but teachers of health will find it an excellent reference book. At the end of each chapter references for further study have been appended.

C. C. ABRAHAM.

Cricket. By D. R. Jardine (How to succeed series). Price As. 6. Published by Evans Brothers Limited, Montague House, Russel Square, London, W.C.1. Available at Messrs. Sharman & Co., Wallajah Road, Madras.

Owing to his wide experience and powers of analytical observation, no one is better qualified to write on the theory of Cricket than Mr. Jardine, and his analysis is simple and clearly explained.

It is very true, that in learning any game starting in the right way is all-important.

The book is designed to assist coaches to coach and youngsters to learn and should prove of great value to those of us who are trying to teach this game to our young players. The book is profusely illustrated showing the various strokes in batting, and the art of bowling—a book well worth possessing for the pictures alone.

C. C. ABRAHAM.

Gymnastic Partner Work. By Thomas McDowell published by the Oxford University Press, London. Price 2s. 6d.

Thomas McDowell has several publications to his credit. Gymnastic movement, Vaulting, and Gymnastic Pyramids are some of them. Gymnastic partner-work is one of his recent publications. Several exercises which could be done in pairs are given with suitable illustrations. Many of the movements bring into action more than one main group of muscles. The main group of muscles and the secondary group of muscles involved in each exercise are mentioned. The instructor who has little or no apparatus at his disposal should find this book of great assistance. The inclusion of a few partner movements in any physical education lesson will be welcomed with enthusiasm and interest. Many of the positions lend themselves for demonstration purposes, while others bring in the competitive element.

C. C. ABRAHAM.

The following books have been recently added to the college library:—

The Story of the Olympic Games. 776 B.C. to 1936 A.D. By John Kieran, published by Frederick, A. Stokes Company, New York. Price \$3.50.

"In this volume the full history of the track and field events of Olympic Games in modern times is told for the first time, not as a mere tabulation of winners and events, but as a rich, warmly human, dramatic and often humorous narrative. The athletes of other years. The picturesque episodes, the tribulations of managers, and the political reverberations are presented with the skill of a good fiction writer. Yet this book is not fiction, but the complete history of what has become the outstanding international peace-time event of the World.

A full record of Olympic champions in all events—boxing, swimming, wrestling, fencing, winter sports, etc., etc.—from 1896 to 1936 is a feature of the book, making it the only complete book record, which cannot be superseded until 1940 with the games in Tokio.

For the general reader, as well as the athletes and coaches, this book is a stirring and vastly entertaining narrative. It is fully illustrated as well."

The Publishers.

The Game way to Sports. By H. Atwood Reynolds, published by A. S. Barnes and Company, New York. Price \$2.00.

"In this book the author has prepared and compiled a series of lead-up games for ten sports which are most frequently played in American schools and colleges. Each game is described under the following main heads: number of players, field, formation, description of the game. Where the time element and the size of playing fields are factors, the instructor will find many games which will fit into the situation at hand. This material should be of particular value to supervisors of play, as boys and girls who are not old enough to participate in full length games of the sports in question, will enjoy these fundamental game elements."

The Publishers.

Sports for recreation and how to play them. By E. D. Mitchel, published by A. S. Barnes and Company, New York. Price \$2.50.

This book is planned with definite purposes in mind, namely (1) to extend and develop the increasing interest in healthful and wholesome recreations (2) to assemble in one volume needed information on the various forms of physical recreation (3) to treat each sport from the standpoint of the beginner or average player rather than to go into it extensively. In all there are 28 sports described and illustrated. They are as follows:—

