

Editorial

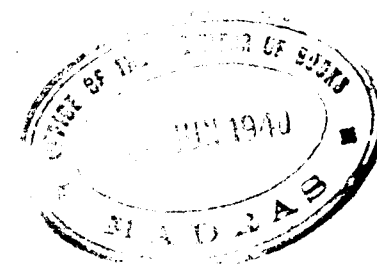
ATHLETIC AND HEALTH SKILLS

We have written much and talked much about the necessity of providing instruction periods for physical education in order to develop play skills and play habits. Also we have voiced opinion in favour of providing opportunities for practicing health habits in order that health education may result in the habit of living wholesomely. We do not wish to appear to be hypercritical or unfair in our judgments, but having had close association during the year with a very large number of school boys through a long series of tournaments, competitions, and sports meetings we are led to wonder what some of our schools are doing for their boys toward developing physical skills and health habits. Boys come up for games competitions and sports meets untrained and uncoached. In the sports meets in particular this year boys showed by their style and by their performance that they had not been coached and trained. Surely such a state of affairs is not necessary in a place like Madras where teachers have had and do have the opportunity for learning how to coach sports and games. Further than that every school is required to have at least two physical education periods per week. (too few of course). One wonders what is being done in these physical education periods when boys display such a poor standard in the fundamental physical skills. It drives home more forcibly than ever the necessity of setting aside some periods for instruction in fundamental skills and some periods for participation or play only, and of having such an adequate time-table for physical education that each school may have a sufficient number of both kinds of periods. Instruction in technique is necessary if boys are to participate or play well and with satisfaction. There once was a time when schools fulfilled the requirements of physical education by substituting mass drill. That was a poor substitute, was most unsatisfactory, did not cater to the interests or needs of school boys, and certainly did not develop the skills required for playing games or participating in sports. Now we fear the tendency is to substitute mass games for the real thing in physical education, the easy way out by exercising large numbers in a short time with one supervisor. The kindest thing we can say for this is that it is somewhat better than mass drill, but still not good enough until such mass games or play for all periods are built on a strong foundation of instruction periods for small groups. Coaching or teaching cannot be done in the mass, and coaching is what our school boys must have. And needless to say arranging for coaching in small groups permits not only the development of physical skills, but training in ethics as well. We implore teachers, for the sake of their school boys, to study the situation carefully with a mind to remedy the existing state of affairs, to revise and improve time-tables, to arrange for more and better physical education periods, and to see to it that during these periods attention is given to coaching as well as to free and easy participation.

So much for the need to give more attention to coaching. What about health skills or health habits? What do your boys do with their waste and rubbish? What did the boys at the inter-schools sports do with their waste and rubbish even though receptacles were provided for taking care of it? Does mere instruction in hygiene and sanitation in the class room result in the practice of health habits? Evidently not. Something more than that is required. Pupils need to be required to practice health habits if they are ever to put into practice the knowledge regarding health. It probably starts with creating in the pupils a pride in themselves and in their surroundings and then in giving them a large number of experiences in practicing healthful living. The habit of proper disposal of waste is one of the most important.

HEALTH SERVICE

Health Service in educational institutions is brought to your attention for careful and serious consideration. Success in school or college depends so much on the state of health of the pupil that everything possible should be done to safeguard and improve the pupil's health. One aspect of it is to discover the facts on which a health education and physical education programme should be based, and then, in the light of those facts work out the scheme for improving matters in that particular situation. The Health Service programme in the Y.M.C.A. College is presented in this issue as a challenge to other educational institutions. We believe we have something that other institutions would do well to copy, and when you do we hope yours will be even better than ours.



10-11-40

News and Views on Physical Education and Recreation

By

C. A. ABRAHAM, B.A.

CRICKET

BOMBAY PENTANGULAR.

The premier cricket tournament of India was won this year by the Hindus. They defeated the Muslims in the final by 5 wickets.

Score.—Muslims	.. 199 and 180.
Hindus	.. 159 and 221 for 5 wickets.

INTER-VARSITY (ROHINTON BARLA TROPHY) TOURNAMENT

The Bombay University won this tournament by defeating the Mysore University. The match was played at Bombay on the 16th and 17th January.

Score.—Mysore	.. 311 and 144.
Bombay	.. 231 and 227 for 6 wickets.

THE RANJI TROPHY.

The inter-Provincial Tournament conducted by the Cricket Board has become the most important competition in India. About 17 Provincial and State organizations participated in the tournament this year. The tournament takes a long time to come to a conclusion on account of the distance between the provincial centres and owing to various other factors. However, one cannot but feel that the present arrangement needs some improvement. A long-drawn-out competition tends to get a little tedious and the public interest does not last for a long time.

This year the final was played at Poona from the 24th to the 27th of February. The match was played to a finish. Maharashtra won the tournament by defeating the United Provinces by 10 wickets.

Scores.—United Provinces	.. 237 and 355.
Maharashtra	.. 581 and 12 for no loss.

PENTANGULAR OF 1940.

The following is the draw with dates of the fixtures:—

- Hindus vs. The Rest—December 14, 15 and 16.
- Muslims vs. Parsees—December 17, 18 and 19.
- Winners of the first match vs. Europeans—December 20, 21 and 22.
- Final—December 24, 25, 26 and 27.

TOUR OF NEW ZEALAND

The proposed tour of New Zealand by an Australian XI, captained by Bradman, scheduled for February, was cancelled.

STADIUM FOR BANGALORE.

The Central College, Bangalore, has now a pukka cricket stadium built at a cost of about Rs. 25,000. The stadium provides spacious dressing and retiring rooms for the teams and a commodious stand on the top floor from which to watch the game.

IMPROVED FINANCES OF THE CRICKET CLUB OF INDIA

It is revealed in the Annual Report of the Club that it made a profit of over Rs. 76,000 last year. The report also records appreciation of the generosity of His Highness the Maharaja of Patiala, who made available to the Club a sum of Rs. 61,000 in respect of donations which his late Highness had promised towards the cost of the Patiala Pavilion and the Ranji Memorial Stands in the Brabourne Stadium.

H. G. DEANE PASSES AWAY.

News has been received from Johannesburg of the sudden death of H. G. ("Nummy") Dean, the former South African Test Captain. Born at Natal on July 21, 1895, Dean was only 44. He paid two visits to England.

Dean made a reputation here (writes Neville Cardus "Cricketer") in Test Match Cricket during 1929, when he led the South African Team with not less character and tactical skill than J. R. Jardine himself displayed a year or two afterwards. He believed in attack, in getting home the first blow, if possible. He risked much when in the rubber of 1927-8 he asked England to bat first on three occasions after he had won the toss. He was a superb and daring fieldsman, and though not gifted beyond the average as a batsman, he changed useful talent into mastery in Test matches by force of will and personality. He took part in three record partnerships for South Africa against England. At the Oval in 1929 he and H. W. Taylor added 214 for the fourth wicket, and in the third Test match at Durban in 1928 he and Nupen scored 123 for the seventh wicket in the first innings, and in the second, the same batsmen scored 95 for the eighth. Dean was a splendid example of how a man can, by taking thought, add a little, and more than a little to his stature.

RECORD TOTAL AT ADELAIDE

Batting against Queensland, South Australia piled up 821 runs for seven wickets and declared, which is a record for the Adelaide ground. The great Bradman scored 138 in 115 minutes, K. Ridings scored 151 and C. L. Badcock scored the highest with 236 made in 249 minutes.

INDIAN TEAM FOR CEYLON.

The most important item of public interest in the agenda of the forthcoming annual general meeting of the Board of Control for Cricket in India will be the consideration of the letter from the Ceylon Association regarding the exchange of visits between the two countries. It has been suggested that the visit of an Indian team to Ceylon or the visit of a Ceylon team to India should be cancelled during those years when a foreign team tours India. The Board will consider the financial and other aspects of the tour also.

The itinerary as suggested by the Colombo Cricket Association is as follows:—In Ceylon, four matches, viz., one in Kandy or some other upcountry station against an up-country team; in Galle against Low Country and two in Colombo against Combined Colleges and All-Ceylon respectively. The last match will be played to a finish, while the other will be a two-day affair. In India—four matches—one in Madras and three in Bombay. In both cases, the tour shall be one of three weeks' duration.

TENNIS

INDIAN CHAMPIONSHIPS

This year's Championships were held in Calcutta by the South Club. It was expected that the Yugoslavians, F. Puncer and D. Mitic, would win all the events, especially as Gaus Mahomed, India's No. 1 was unable to take part. The expected happened.

VYAYAM

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In the Men's Singles Puncce beat Yudhistir Singh in three straight sets, 11-9, 6-4, 7-5.

The Men's Doubles was also won by Yugoslavia, F. Puncce and D. Mitic beating Sawhney and Soni after a four-set struggle, 6-3, 11-9, 3-6, 7-5.

Miss Leila Row, the former woman champion, regained her title after a straight-set duel with Miss L. Woodbridge, 6-3, 6-2.

FOREIGN VISITS.

It is now almost taken for granted that whenever a foreign invasion of tennis stars takes place they win all the laurels from India. In many ways these visits of outstanding players are very beneficial. Our players are afforded the opportunity of playing with some of the leading players of the world which gives them valuable experience. The interest of the public is also focussed on the game while these tours last. But there is one aspect of these tours that should not be lost sight of. There is a tendency for these foreign tours to become something of a travelling circus. The problem of keeping the game clean and free from commercialisation and pseudo-amateurism is made all the more difficult. The visiting players are usually amateurs, at least in the technical sense but the elaborate arrangements that have to be made for them and the amount of money involved in these tours reek of professionalism. One cannot see anything wrong when a straight-forward professional tour is arranged, as in the case of Tilden, Vines and Co. A clean professionalism is much to be preferred to the sham amateurism that is prevailing to-day.

THE VENUE OF THE NEXT ALL INDIA-CHAMPIONSHIPS

Madras will be the venue for the next All-India Championship in 1940. This decision was arrived at at the annual general meeting of the All-India Lawn Tennis Association which was held at Woodburn Park, Calcutta.

The meeting considered the request for affiliation for the All-India Railway Tennis Championship and granted the same.

The reports of Messrs. Charanjiva and Brook-Edwards on the 1938-39 Davis Cup tours were adopted. The affiliation of the Mysore Provincial Association was confirmed. It was also decided to hold the Inter-Provincial Tournament in 1940-41.

With regard to the question of a flag for the Association, the meeting abandoned the idea and decided that there shall be no flag.

The following office-bearers were elected for 1940:

President: The Hon'ble Mr. Justice Dalip Singh;

Vice-Presidents:

The Nawab Mahdi Jung Bahadur,
The Hon'ble Justice Sir John W. F. Beaumont,
The Yuvarajah of Pithapuram,
Mr. Amar Nath Jha and
Mr. P. R. Das,

Hon. Secretary: Mr. L. Brook-Edwards.

Hon. Treasurer: Mr. Akshoy Dey.

AUSTRALIAN CHAMPIONSHIPS

In the Australian Tennis Championship Adrian Quist beat Jack Crawford (who made a great 'come-back' earlier in the tournament) in the Men's Singles final, the scores being 6-3, 6-1, 6-2.

In the Women's Singles final, Miss Nancy Wynne beat Miss Thelma Coyne 5-7, 6-4, 6-0.

AMERICAN INDOOR CHAMPIONSHIP

Robert Riggs, the American and Wimbledon champion, beat Donald McNeill, 3-6, 6-1, 6-4, 2-6, 6-2 in the final of the American Indoor Lawn Tennis Championship. He is the first player to win both the American Indoor and Outdoor Championship since 1926 when R. Lacoste held this distinction.

DAVIS CUP IN 1940

No Davis Cup challenges were received by January 31, and therefore there will be no competition in 1940. Australia will retain the Cup.

THE OUTSTANDING WOMAN ATHLETE OF 1939

Miss Alice Marble, holding the Wimbledon and American lawn tennis championships, has been unanimously acclaimed the outstanding woman athlete of 1939 by American sports experts. She received 54 out of 63 votes which is the record margin ever attained by a winner in the nine years' history of the Associated Press annual roll. Miss Marble's record puts a woman tennis player at the top of the list for the first time since Helen Wills Moody won in 1935.

MRS. WILLS MOODY MARRIES AGAIN

The famous tennis player, Mrs. Helen Wills Moody, married the well-known Irish International Polo player, Mr. Aifan Roark. It was the second marriage for both.

KAY STAMMERS MARRIES

Miss Kay Stammers, Britain's No. 1 lawn tennis player has, at the end of January, become Mrs. Michael Menzies.

HOCKEY

COUNCIL OF THE INDIAN HOCKEY FEDERATION

The meeting of the Council of the Indian Hockey Federation was held last November at Calcutta. Many important decisions were made at this meeting.

India will not enter a team for the proposed World Hockey Championship at Amsterdam. The members unanimously turned down the proposal in view of the international situation, but it was, however, agreed that should hostilities cease in time, India might reopen the question. It is also likely that the World Championship will officially be abandoned by the Dutch Hockey Association, shortly.

The Baluchistan Hockey Association, who were previously affiliated with the Punjab Hockey Association, had applied for direct affiliation to the Indian Hockey Federation which was granted, Baluchistan being an independent political territory within British India.

At the meeting of the Federation held on 27th December 1939 at New Delhi some more decisions were arrived at. The Council will only meet hereafter at the Annual General Meeting, when each Association is eligible to send two representatives with one vote for both of them.

An Executive Committee has been created to carry on the day-to-day administration with one representative from each Association. The Council will elect the office-bearer and make rules. All other matters relating to tours, selection of teams, etc., rest with the Executive Committee.

Restriction has been made in regard to the admission of any new State Association. New States seeking affiliation will only earn the vote after five years' continuous affiliation according to this rule and 33 per cent of the new states will be eligible to be included in the Executive Committee by election from among themselves. The States who are

members of the Federation will not be affected by this new rule. All the existing members will be on the Executive Committee.

The most important change made at the meeting is the abolition of the proxy system. No Association will be allowed to attend the I. H. F. meeting by proxy, but Associations can be represented by persons not necessarily residents of the province concerned, provided the person attending represents his own home province. All representatives otherwise attending must be residents or in the service of the province or State which they represent. From now, presidents of all affiliated Associations will be ex-officio vice-presidents of the Federation.

Foreign possessions in India, like Pondicherry and Chandranagore will be required to be affiliated with the province where such possession is geographically situated. The Andamans and the Nicobar Islands which are directly under the Government of India will be asked to affiliate with Bengal, having the nearest port of call, unless they form one independent Association for direct affiliation. The affiliation question of Burma and Ceylon was discussed and as they were separated from India politically it was felt that so long as Burma and Ceylon cannot form Hockey Associations and affiliate themselves with the International Federation, they should be allowed to affiliate with India. This point would be discussed at the next meeting and, meanwhile the Secretary will request these countries to submit their views.

Mr. P. Gupta suggested that the Indian Olympic Association be asked to open one Central Sports Museum, where all trophies India wins in International contests in hockey, swimming, or athletics might be preserved. The souvenirs the teams receive while on tour should also be properly kept and displayed in the museum. The museum should also maintain a suitable sports library. The suggestion was accepted and Mr. Gupta has been authorised to bring this matter on behalf of the I. H. F. at the meeting of the Indian Olympic Association.

ELECTION OF OFFICE-BEARERS

The existing office-bearers were all re-elected. Khwaja Sir Nazim-ud-din becoming President again; Messrs. R. B. Lagden, A. K. Muirhead, T. P. Gately, Moin-ul-Haq, Sir Sitaram, Brigadier Dorman-Smith, Col. W. H. Hammond, Nawabzada Residulzafar Khan, L. H. Swain, Col. Bonsle, Dr. P. Subbaroyan, Col. D. S. Johnstone, Sir B. M. Bapna and Major-Gen. Kaderyav Jung, Vice-Presidents; Dr. A. C. Chatterjee, Secretary and Basho Ali Sheikh, Treasurer. Dr. R. N. Sen, the sitting member, representing India on the Committee of the Federation Internationale de Hockey, was also re-elected.

One of the Vice-Presidents of the International Federation must be an Indian and the meeting decided to authorise Dr. Sen to put up Sir Nazim-ud-din's name as Vice-President at the International Federation's elections which take place once in four years, next one's being in 1940. There is a possibility that in case of the war terminating early, the next meeting of the International Federation may take place.

The Technical Committee for 1940 will be composed of Messrs. P. Gupta, A. P. Naidu, Bashir Ali Sheikh and Behram, Dr. S. M. Haq. The Committee's business is to interpret the laws of the game. The Committee has been asked to edit the laws of the game with annotations for the use of the various hockey associations. Dr. A. C. Chatterjee and Mr. P. Gupta will represent the I. H. F. on the Council of the Indian Olympic Association. Mr. Gupta is to serve on the Executive Committee of the I.O.A. also.

INTER-PROVINCIAL TOURNAMENT

The Inter-Provincial Hockey Tournament was held this year at Bombay in February. Bengal, the holders were defeated early in the tournament and in the final Bombay

won the Championship defeating Delhi by 2 goals to nil. About 11 provincial teams competed this year and the tournament was a great success.

An All-India XI was selected from the various teams that took part in the tournament. This team will tour different parts of India playing exhibition matches in an effort to raise funds for the Indian Hockey Federation.

TRACK AND FIELD ATHLETICS

WORLD OLYMPICS

The European war has made it impossible for this year's Olympic games to be held. It may be remembered that it was decided at the Berlin Olympic Games in 1936 to hold the next Games at Tokyo, Japan. Two years later, Japan announced her inability to hold the Games owing to the "China Incident." Finland, the gallant Scandinavian country, offered to take the responsibility. Her offer was accepted. Finland was making great efforts to conduct the Games when the war broke out. Early in December 1939, Count de Baillet Latour, President of the International Olympic Committee, declared the 1940 Olympic Games having been scratched. The United States had offered to hold them but the offer was rejected owing to the impossibility of the European athletes to cross the Atlantic.

The claim that the Olympic Games did much to foster the spirit of sportsmanship among the various nations of the world, however, seems to have been an empty boast. The blame for the failure of these Games to achieve such an aim is not that of the Games as such. During the recent Olympiads it was discovered that the nations that undertook to run the Games did not think so much of the Games as they did of using the opportunity for national propaganda on a huge scale. Some wise folks uttered words of warning at this tendency but they were unheeded. It is hoped, however, that the world would return to sanity soon and that the Games would be revived without the fanfare of national propaganda and other unhealthy practices.

ALL-INDIA OLYMPICS

The All-India Olympics were held this year at Bombay. Here again, there seems to have been some attempts to ape the practices of the West by elaborate publicity. It is certainly a good thing to make the Olympic Games popular and a certain amount of publicity, especially in a country like India, is desirable. Nevertheless, publicity should not be indulged in at the expense of efficiency. Efficiency, one gathers was generally in evidence in the actual conduct of the various events. The visiting athletes were well looked after at the Patiala Village—a whole village was erected by the funds made available by the munificent gift of His Highness the Maharaja of Patiala. The competitions were held in the Brabourne Stadium.

The standard of performance was very encouraging. A good many new All-India records were set up. Gradually we seem to be reaching world standard in several events. With better living conditions and scientific coaching there is no reason why India should not come on a par with the nations. His Excellency the Governor of Bombay, who presided over the function on the closing day, said:

"There is no doubt that the Olympic Games should play an important part in the life of the country. They promote physical excellence and the spirit of sportsmanlike rivalry. They encourage the development of healthy exercise.

"In order that these benefits can spread throughout the country, there must be an organising power behind them. The Indian Olympic Association has begun to fill this need, and I am glad to hear that it is likely to be reinforced for promoting sporting activities throughout the country. I have no doubt that as this movement spreads, as it should do, it will find that interest in sport and physical culture will spread widely, and in time

I am certain that India will produce teams of athletes who will meet and beat, in friendly rivalry, the best athletes of the world. That is the aim ahead of you. Strive to fulfil it."

The following are the results:

Men's Section

Athletics :—Patiala 65 points, Punjab 41, Bombay 21, Bengal 19, Mysore 15, Madras 12, U. P. 5, Rajaputana 5.

Wrestling :—Bengal 34, Punjab 16, C.P. 5, Baroda 5.

Shooting :—Bombay won all the events.

Team Games :—

1. Kabaddi (Chedugudu) won by Bombay who beat Bengal in the final.
2. Basketball—Bengal won this beating Madras by 39 points to 22.
3. Volleyball—Punjab beat U.P. in the final.

Team Championships :—

Athletics (women)	: Bombay.
Athletics (men)	: Patiala.
Cycling	: Bombay.
Weight Lifting	: Bengal.
Wrestling	: Bengal.
Shooting	: Bombay.

The Sir Dorab Tata Trophy for the grand championship was won by Bengal. Bengal won it last in 1927 and since then, it was held by the Punjab.

Among individual athletes, L. T. Boosey of Madras deserves particular mention. He set up a new record for India in hop-step-and-jump, covering 49 feet 4½ inches. Mikioda of Japan won the 1928 Olympic at Amsterdam in this event clearing the same distance.

The other new All-India records are as follows:—

400 metres hurdles	..	57.2 secs. by Munir Ahmed (U. P.).
3,000 metres run	..	8 min. 57.6 secs. by Chand Singh (Patiala).
5,000 metres walk	..	27 min. 18 secs. by Karkera (Bombay).
Hammer-throw	..	130 ft. 8½ in. by Somnath (Punjab).
200 metres race	..	22.4 secs. by Gurbhajan Singh (Patiala).
110 metres hurdles	..	15.6 secs. by Munir Ahmed (U. P.).
1,500 metres race	..	4 min 5.4 secs. by Chand Singh (Patiala).
Shot put	..	45 ft. 2 in. by Zahur Ahmed (Patiala).
1,000 metres cycle race	..	18 min. 27.8 secs. by Janaki Das (Punjab).
4 × 400 metres relay	..	3 min. 26.2 secs. by Punjab.

NEW OFFICE-BEARERS OF THE INDIAN OLYMPIC ASSOCIATION

At the meeting of the General Council of the Indian Olympic Association at the Patiala Nagar Olympic village, Bombay, the following office-bearers for the year were elected:—

President	..	H. H. the Maharajadhiraja of Patiala.
Chairman	..	Sir Girja Shanker Bajpai.
Hony. Secretary	..	S. M. Moin-ul-Haq.
Associate Secretaries	..	N. Ahmed and S. K. Mukherjee.
Hony. Treasure	..	B. L. Ralliam.

The council resolved that the 10th Indian Olympic Games be held in February, 1942 at Patiala.

In considering a proposal submitted by the Indian Hockey Federation to open an Olympic Museum for the preservation of Olympic souvenirs and trophies, the council resolved that Mr. P. Gupta be requested to submit a scheme to be circulated to all member associations by the Honorary Secretary.

CEYLON ADMITTED TO INDIAN OLYMPICS

On a circular issued by the Indian Olympic Association, soliciting the view of members of the Executive Committee as to whether the Ceylon athletes will be allowed participation in the Indian Olympic Games, it is understood that opinion being divided, Sir Girja Sankar Bajpai, Chairman of the I. O. A., has decided in favour of Ceylon's participation. This decision has been communicated to the Ceylon Amateur Athletic Association.

M. ANDRE BERDEZ DEAD

M. Andre Berdez, Secretary of the International Olympic Committee, passed away on 10th January 1940, at the age of 65.

NEW WORLD RECORDS

800 metres race:—In the Italo-German Athletic contest held in Rome in July 1939, R. Harbig (Germany) covered 800 metres in 1 min. 46.6 secs. and created a world record, beating Wooderson's 1 min. 48.4 secs.

1 Mile Walking:—The Australian walking champion, A. J. Stubbs, won the New South Wales (Australia) mile championship in a world record of 6 min. 15.4 secs., beating his own previous time of 6 min. 18.2 secs.

Half Mile Run:—On March 15, 1940, at Hanover (New Hampshire), John Woodruff ran the fastest half-mile in history in 1 min. 47.7 secs., at an indoor meeting.

SWIMMING

The Bureau of the International Swimming Federation (F. I. N. A.) at its meeting held on July 30 and 31, 1939, at Doetinchem (Holland) cancelled the suspension imposed on India on account of arrears in subscription, as the subscription has since been paid by the National Swimming Association of Calcutta, a body affiliated to the International Federation.

The bans on Chile, Japan, Luxembourg, Palestine and Peru who had all been defaulters, have also been removed. Bolivia, Latvia, Mexico and Turkey, being still in arrears, their suspension continues.

Another decision which the Bureau has taken is of special interest to India. No country can compete, according to this decision, in any event of the Olympic Games, if that country is not affiliated to the International Federation of that particular branch of sport and that the particular national federation must be affiliated to the National Olympic Association of that country as no entry can be sent to the Olympic Games, if it is not forwarded by the National Olympic Association. In 1936, the National Swimming Association of Calcutta was not recognised as a national body and such complications arose resulting in India being unrepresented in swimming at the Olympiad.

When, a year ago, the Indian Swimming Federation was formed at Delhi with provinces as its units and with Mr. Barwell, President of the National Swimming Association, as President it was hoped that everything would be plain sailing. This federation, in due course, got itself affiliated with the Indian Olympic Association and applied for affiliation with the International Federation replacing the National Swimming Association which for all intents and purposes is only Calcutta Club.

The Bureau of the F.I.N.A., at its aforesaid meeting, refused application for affiliation of the Indian Swimming Federation, in view of the fact that the National

Swimming Association of Calcutta was affiliated and represented India. This decision will therefore cause dislocation in the control of swimming, as, until the F.I.N.A., recognises the Indian Swimming Federation, the Indian Olympic Association will not forward any swimmer for the Olympic Games or the British Empire Games.

NEW WORLD RECORDS

200 metres backstroke:—Cor Kint (Holland) broke the women's world record for 200 metres backstroke with 2 min. 38.8 secs. The previous record was 2 min. 39 secs. held by Van Feggelen of Holland.

500 Metres Free Style: The World Record for Women's 500 Metres Free Style is claimed by Miss Fernande Caroen, Belgium, with a time of 6 min. 28.4 secs. The previous record was 6 min. 34.3 secs. by Miss R. Hveger, Denmark.

100 Yards Breast-stroke: Miss Alie Styl (Holland) created a new record for 100 yards breast-stroke of 1 min. 13 secs. The previous record was held by Miss Dora Hesselaars (Holland) of 1 min. 15.6 secs.

ROWING

The Eighth Annual Regatta of the Amateur Rowing Association of the East is to take place on Saturday, March 23, on the waters of the Madras Boat Club, Adyar.

The Amateur Rowing Association of the East came into being during 1933, when five Rowing Clubs in India met at the Royal Connaught Boat Club's open regatta at Poona during Easter of that year. Although the regatta at Poona marked the foundation of the Association, the question had been under discussion among the various clubs in India, as far back as 1930, when it was felt that the formation of a body corresponding to the Amateur Rowing Association in England would do much to encourage rowing in India, Burma and Ceylon.

The present arrangement is to hold the Annual Regatta in rotation at Poona, Madras and Calcutta. The Clubs originally in the Association were: Calcutta Rowing Club; Royal Connaught Boat Club, Poona; Rangoon Boat Club; Bombay Gymkhana, Ltd.; Karachi Boat Club; and the Madras Boat Club. Shortly after the formation of the Association, Rangoon University Boat Club joined and later Calcutta University Boat Club; Colombo Rowing Club and Calcutta Lake Club.

BILLIARDS

The All-India Amateur Billiard Championship held at Calcutta, towards the end of January, was won by S. H. Lyth who beat P. K. Deb, the holder by 2,340 points to 2,333.

This was the third successive meeting of the two players in the amateur final. In the past two years Deb had won.

THE MADRAS CORPORATION'S PUBLIC PLAY-GROUNDS.

Till 1928 the Corporation had provided only two playgrounds, one at Tondiarpet and the other at Egmore. Now it has fifteen playgrounds, whose land value and equipment may come to Rs. 5 lakhs and towards the maintenance of which an expenditure of Rs. 25,000 has to be incurred every year. In addition to these a dozen educational institutions in the City are allowed the free use of open spaces belonging to the Corporation.

Various games, gymnastic equipment, and track and field are provided in these playgrounds for both old and young. Apparatus and equipment suitable for children and adults are available. Courts have also been laid out for playing indigenous games such as Chedugudu and Atya-patya.

Authorities on public playgrounds give facts to prove that there should be at least one playground for every ten thousand of our population. According to this about 56 more playgrounds have to be provided, out of which three are almost ready. The scheme under consideration in this respect includes reservation of open spaces, reclamation of unoccupiable lands, provision of playing facilities alongside parks, provision of separate playgrounds for women and acquisition of lands wherever playgrounds were needed. When the Foreshore Scheme (providing playgrounds on the Beach) and other measures indicated above are taken up and completed, the Corporation will be in a position to meet the needs of the City in the matter of playgrounds.

H. H. THE GAEKWAR'S PLEA FOR TEAM GAMES.

Presiding over the Tenth Session of the Maharashtra Provincial Culture Conference in December last, His Highness the Maharaja Pratapsingh Gaekwar of Baroda made some interesting remarks on the importance of team games in India.

He paid a tribute to the Sharirika Shikshana Parishada who had succeeded in laying down standard rules for Indian games like Kho-kho, Hututu, Atya-patya, Lathi and Farigadaga which could now be played on scientific lines. These were group exercises. They were less tiresome and they abolished all unhealthy rivalry. Best of all they tended to foster a spirit of unity and discipline, qualities through lack of which we had suffered great reverses in the past. "We need these qualities more than ever at this juncture," he said, "and I earnestly hope that games which help us to cultivate them will soon enjoy the greatest possible vogue among us."

His Highness went on to say that some of those team games might be adopted from abroad. There was no reason why we should discard the best that others had to offer to us. Calisthenics or Swedish drill, for instance, would prove a very useful addition to a curriculum of group exercises. Mass drills could be profitably performed to the accompaniment of music as was done in western countries. Gramophones would serve the purpose here when musical instruments are not available. Radio is used in Norway as a powerful agent for the spread of physical culture movement.

Referring to India in international contests His Highness observed, "Our records are painfully disappointing in comparison with those of the world or of any western country. We have no international prestige except in hockey and if we set aside brilliant exceptions like Gama, our wrestlers do not hold their own against foreigner competitors. The Olympic Games in Berlin made it abundantly clear that we are unable to keep pace with them in running or swimming. Our only ray of hope seems to be tennis. Gaus Mahomed and other players are doing their utmost to secure a place of honour for our country."

The handicaps which made it difficult for India to distinguish herself in international contests, according to His Highness, are mainly three: (1) Lack of organization, (2) Defective Training and (3) Inferior diet.

Physical Education

By

RICHARD A. JOHNSON, M.B., B.Ch. D.P.H.,

(National University of Ireland)

Medical Officer, South Indian Railway.

(Being a lecture delivered at the Town Hall, Trichinopoly, South India, in connection with the Trichinopoly District Health and Baby Week.)

The term, Physical Education, is a comparatively new term in the English language. The term is new because the conception which it conveys is new in our generation. In the not-far-distant past we spoke of Physical Culture, Physical Exercises, Physical Training. If we were ultra-modern and ultra-smart we spoke of Physical Jerks—a term which may be very smart but is certainly most inappropriate. But we did not dare to speak of Physical Education. Because the august term, Education, was inevitably linked in our minds with class-rooms, and studies, and books, and examinations, and degrees—and jobs. If in those days we spoke at all of Physical Training and Physical Culture, we spoke of such things with bated breath and almost apologetically. We argued perhaps, with antiquated and sclerotic professors that the old saying, “a healthy mind in a healthy body,” had still some virtues in it; and we pointed out that healthy outdoor games and exercises might do something to counteract the rounded shoulders and the flattened chests acquired by burning the midnight oil in dingy study-rooms. But the era of true Physical Education had not yet dawned.

The fight on behalf of Physical Training gradually gained ground; and thus was evolved a system of Education in which games had a prominent place. In the opinion of many people the pendulum swung to the other extreme, and games assumed in many schools a far greater importance than they merited. The game of Cricket has for long been linked with the so-called Public Schools of England just as American Football has been associated with the Universities of the United States. Some critics would go so far as to say that Cricket was the only subject worth mentioning on the curriculum of certain English Schools. Others would go further by saying that it was the only subject which would bear mentioning. Be that as it may, it is quite certain that the system of Education in vogue was lopsided in one direction or another. In some cases games became a fetish; in other cases they were barely tolerated. In no case did they fit in as part of the whole.

Not many years ago a certain famous University in Europe conferred the degree of B.A., upon a certain student. And those who knew the University (and who also knew the student) were forced to the conclusion that B.A. must necessarily stand for “Bachelor of Athletics.” That was a good joke in its day. But in some future day when Physical Education will have

come into its own such jokes will cease to have any meaning. Because we must be prepared for the day when every University will as a matter of course have its Bachelors of Athletics. But (and here the true conception of Education begins to emerge) those graduates in the Faculty of Athletics will be as well versed in the Arts and the Sciences as our present day B.A.s and B.Sc.s. are versed in the lore of the playing-fields.

In certain parts of Europe to-day it is not an uncommon sight to see 100,000 people watching twenty-two men playing foot-ball, or, worse still, to see more than 100,000 people watching two professional boxers. Granted that the twenty-two footballers and the two pugilists are magnificent specimens of humanity, trained to the last degree of physical perfection. But what of the physique of the 200,000 spectators? And what of the mentality, not to mention the morality, of the gladiators? This state of affairs represents the highest degree of physical specialization; but physical specialization is not physical education.

A few years ago the heavy-weight boxing championship of the world was held by an Irish-American who was perhaps the greatest boxer of all time. But he shocked and displeased the sporting world of his day by spending his spare time reading Shakespeare and discussing philosophy with Bernard Shaw. Perhaps Gene Tunney was not as great a Shakespearian as he was a boxer; but the sporting fraternity thought that no real boxer should dabble in Shakespeare at all. Gene Tunney was not true to type; but he was a pioneer. And the wrath which he evoked was typical of a warped mentality. For there is no real reason why a boxer should not be a philosopher, just as there is no reason why a champion cricketer should not play an expert game of Bridge.

We in India have followed with pride the triumphal progress of our Hockey Team around the World, which culminated in a final blaze of glory in the International Arena of Los Angeles. We are justly proud of the exploits of our Dyan Chands and our Rup Singhs. But the fact that we can produce 11 players to beat the world's best is of little moment if the all-round physique of our Nation is deficient. Eleven Champion Hockey Players will not compensate us for eleven thousand cripples, or eleven lakhs of consumptives, or eleven million mediocrities. Physical education aims at the improvement of the Nation as a whole rather than the production of Champions; but the Nation which has the highest all-round efficiency will in the long run automatically produce the most champions.

As in the realm of Athletics, so in the realm of Health Propaganda: Our Health Week and our Health activities would be in vain if we merely selected half-a-dozen babies who would win prizes in the baby-shows of India, or of the world. But if we can raise the general physical standard of our babies, and our men, and our women, and if by our example we can raise these physical standards in other countries, then we have set our feet on the right road.

But how shall we deal with this strange new term, Physical Education? I think we shall never understand it properly until we realise, even more clearly than we do at present, that Man is a Trinity—an indivisible Trinity of soul, mind and body. And any system of Education which does not combine into a homogeneous whole moral, mental and physical training is doomed to failure. Physical Education is no more a thing apart than the leaves are a thing apart from the tree or the tree a thing apart from the roots. Perhaps Physical Education is not a new term nor a new conception. For there is nothing new under the sun; and civilisation has a habit of going in cycles rather than in a continuous upward trend. I venture to think that the term Physical Education was known and understood in Sanskrit, in Arabic, in Chinese many ages before the English language was evolved. The Indian system of Yogi and the Japanese system of Ju-Jitsu are probably nearer to the true conception of Physical Education than anything which the Scientific West has produced. Probably the Romans and the Spartans, and our Aryan forbears, and civilizations of which history holds no record knew more of this subject than we know to-day. The West just now is producing a most excellent system of Physical Education in the science of Eurythmics; but is not the West drawing its inspiration, as it has done in so many things, from the Cradle of the Human Race?

I have looked back only a few years when I said that Physical Education is a new term in the English language. I am looking forward only a few years when I say that the term will soon be obsolete. For Education in the future can have but one meaning—a scientific and co-ordinated training of all the faculties, physical, mental and moral, with which mankind is endowed. In that future no man or woman will lay claim to being educated unless their physique, their mentality and their morals are all harmoniously aspiring to perfection.

General Impressions of IXth All-India Olympic Games

By

A. K. SINGH, B.A.

Bombay, the home of Sir Dorabji Tata, the first President of the All India Olympic Association, (and who was the main support of the Association for so many years), did honour to him by holding the IXth All-India Olympic Competitions in that city in February 1940, sixteen years after the origin of these games in India in 1924.

Bombay is fortunate in possessing the best stadium in the East and this good fortune was enhanced by the generous financial support given by various princes, which made the Olympic Village and other accessories match the beautiful Brabourne Stadium.

The IXth Indian Olympic Games commenced in the second week of February, the last three days of the week 9th, 10th, and 11th February being exclusively devoted to athletics. Twelve Provinces with about 500 athletes participated in athletics, wrestling, weight lifting, shooting, basketball volleyball and kabbadi. There were certain other events, as well, on the programme, but owing to some reason or other could not be conducted.

The situation of the Stadium and Patialanagar (Olympic Village) along with the exhibition and the amusement park was an ideal one. The residential and food arrangements together with the other necessary things were very good. The village itself looked most attractive with its white enclosures, specially in the night. Most of the athletes with their fine figures and varied forms of dress made the place more attractive, and stirred up mental pictures of the ancient days at Olympia. The days were busily occupied with various activities and the evenings were pleasant to spend on the exhibition grounds. But to some the best part of the day was the after dinner programmes of dancing and music. Certainly Bombay has wonderful talent where this fine art is concerned. It made one feel that India does have some aesthetic recreations which are immensely satisfying to the artist and spectator both.

One of the most important features of these Olympics was the Sports Conference. The introduction of this item was certainly worth-while, and all those who participated in it did a great thing for the encouragement of sports in India. But unfortunately the discussions displayed considerable ignorance where the means of Physical Welfare were concerned. It was a pity to still hear people express their views regarding Physical Education as a narrow programme consisting merely of exercise and perspiration. It is high time for such people, specially when they are connected with sports in any way, to educate themselves and adopt a broader outlook, a more comprehensive view of physical education and its values.

The topics which dealt with coaching of athletes and making sports more popular were really worth discussing and there could be no better place than these Olympiades where all the athletes of India and other sports-minded people assemble and who with emphasis can proclaim the importance of games and sports in Indian life. This move on the part of the Olympic Association can have a far reaching influence, if its members and supporters will continue to work sincerely for the cause of sports and leave out all selfish motives. It will be an easy solution for the question of training coaches and athletes, as suggested by one of the most prominent persons connected with this cause, if all the Provincial Olympic Associations would make use of the existing institutions for such purposes. These institutions have years of experience and are fully equipped with the latest athletic equipment and facilities, and men capable of doing first class coaching.

The athletic meet was opened by the president of the Indian Olympic Association, the Maharaja of Patiala. The opening ceremony was a very picturesque affair and was thrilling for all who watched or participated. The march past of all the athletes and managers in their blazers or uniforms to the music of the Bombay Police Band, the lighting of torches and Sacred Olympic Fire, and the pronouncement of the Olympic Oath by the captain of the Bombay team and the hoisting of Olympic Flag were inspiring experiences. The imposing personality of the Maharaja of Patiala was in accordance with the surroundings and there could have been no better person to declare the IXth Olympic Games open. The sports started in full swing and the standard of performance was very satisfying. The track decorated with flags and the stadium with gaily dressed spectators was a sight worth watching. The programme for the first day was so crowded that several of the events were unfinished by the time it was dark and so they were carried over to the next day. All the three days the sports provided plenty of thrills. The crowning of the champions by the nice looking and beautifully dressed girls was another impressive ceremony, though contrary to the ancient Olympic games where women had no place. But it appeared that this honour done to the champions was more fitting than the old custom of being crowned by the judges and one dare say that the champions appreciated it as well. The last day of the Olympic games approached and the closing ceremony was performed by the Governor of Bombay, the prizes were distributed to the victors, and the Maharaja of Patiala invited the athletes for the next Olympic Games in his state.

At a glance it is apparent that these games were of a high standard and the quality and quantity both were very encouraging. The progress of athletics in India is certainly admirable when the results show that not less than ten records were improved. The standard in other games also proved that most of the Provinces have started taking interest in games and physical activities. If things continue to move in the same way then India may soon be on the athletic level of some other countries in the world.

Besides the grandeur of the IXth Olympic meet, there were certain points which were very disheartening, since the occurrence of those incidents compelled one to realise that though the standard of performance is improving, there is still room for improvement in the spirit of the Olympic games. Instead of perfect healthy rivalry there were some instances of bitterness and ill-feeling which were the result of overanxiousness on the part of some to win. This sentiment sometimes got the better of certain groups so that the track was the scene of enthusiastic supporters, who forgetting their place, crowded it, to the inconvenience of every one, and to the greatest disadvantage of the athletes. This mentality may be got rid of, if instead of awarding points for the Provincial championship, no scoring is done at all as in the World Olympic Games. The managers of the teams and the organizers should also pay more attention to the discipline of their athletes and control their own sentiment regarding the victories or defeats of their men. They should realise, in the words of the Maharaja of Patiala that "Sports are not ends in themselves, but the means of developing invaluable instincts which are essential attributes of the real sportsman. It would not behove them to rest on their laurels but they should consider it a mission to go forth as standard bearers of the Gospel of the rejuvenated race of which this sports festival is a practical expression".

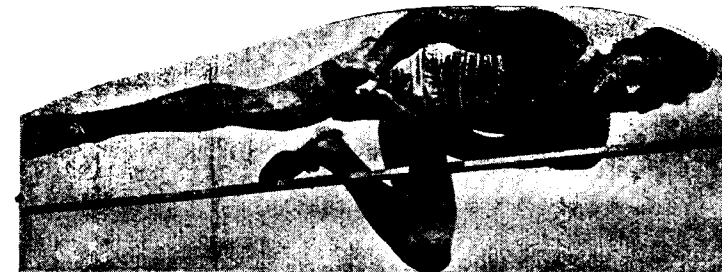
The organization apart from the spectacular showed certain lack of efficiency. Certain technical mistakes could very easily have been avoided, if the organizers had paid a little more attention to arrangements for participants and less to mere show. A little more sharing of responsibilities would have made for greater efficiency and less of trouble for the organizers. With all the facilities available the equipment should have been more up-to-date and in accordance with the standards. Some of the details, e.g. in basketball and wrestling, should have been attended to beforehand instead of leaving them for the last moment. Besides these few points the whole affair was a grand one, and the organizers are to be congratulated. Now we look forward to the next Olympic Games at Patiala and hope that these few shortcomings may be improved and that the meet will be perfect.

SPORTS PROGRESS IN INDIA

Events.	Indian Records.		World Records.	
	1924.	1940.	1924.	1940.
100 Yards ...	10 2/10 sec.	...	...	9.4 sec.
220 " ...	22 6/10 sec.	...	...	20.3 sec.
440 " ...	31 9/10 sec.	...	...	46.4 sec.
880 " ...	Not held	...	...	1 m. 49.6 sec.
One Mile ...	4 m. 46 3/5 sec.	...	...	4 m. 6.4 sec.
Three Miles ...	16 m. 10 sec.	...	...	13 m. 50.6 sec.
Six Miles ...	38 m. 3 1/2 sec.	...	...	29 m. 8.4 sec.
120 yards Hurdles ...	16 2/10 sec.	...	...	13.7 sec.
440 yards Hurdles ...	Not held	...	...	42.6 sec.
Discus Throw. ...	"	126 ft. 3 1/8 in.	151' 5 1/8"	165 ft. 7 in.
Hammer Throw ...	"	130 ft. & 8 1/2 in.	174' & 10 1/8"	185' & 4 1/16"
Shot put ...	32' 2"	45' 2"	49' 2 3/8"	53' 1 13/16"
Pole Vault ...	Not held	12' 7/8"	12' 11 1/2"	14' 2 15/16"
Long Jump ...	21' 9 3/4"	22' 10 1/2"	24' 5 1/8"	26' 5 21/64"
High Jump ...	5' 9 1/2"	6' 7/8"	6' 6"	6' 7 15/16"
Hop Step and Jump ...	Not held	49' 4 1/2"	50' 11 1/2"	52' 5 5/16"
100 Meters ...	"	10.6 sec.	10 3/5 sec.	10 3/10 sec.
200 " ...	"	22.4 sec.	21 3/5 sec.	20 7/10 sec.
400 " ...	"	49.8 sec.	47 3/5 sec.	46 5/10 sec.
800 " ...	"	1 m. 56 4/5 sec.	1 m. 52 2/5 sec.	1 m. 52 9/10 sec.
1,500 " ...	"	4 min.	3 m. 53 3/5 sec.	3 m. 47 8/10 sec.
5,000 " ...	"	15 m. 23 sec.	14 m. 31 1/5 sec.	14 m. 22 2/10 sec.
10,000 " ...	"	Not held	30 m. 23 1/5 sec.	30 m. 15 4/10 sec.
110 " Hurdles ...	"	15.6 sec.	15 sec.	14 2/10 sec.
400 " " ...	"	57. sec.	52 3/5 sec.	52 4/10 sec.
3,000 " Steeple chase ...	"	10 m. 7.4 sec.	9 m. 33 3/5 sec.	9 m. 3 8/10 sec.
10,000 " Cross Country... Relay ...	"	Not held	32 m. 54 sec.	Not held
400 " " ...	"	43 sec.	41 sec.	39 8/10 sec.
1,600 " " ...	"	3 m. 26.2 sec.	3 m. 16 sec.	3 m. 9 sec.
Javelin Throw ...	"	188' 3 1/8"	206' 6 3/4"	235' 8 13/32
Pentathlon ...	"	3262.47' points	16 points	Not held
Decathlon ...	"	...	7710.775' point	7,900 points
Marathon ...	"	2 hrs. 43 min. 43.8 sec.	2 hrs. 41 min. 22 3/5 sec.	2 hrs. 29 m. 19 2/10 sec.
50,000 Meters walk ...	"	Not established	Not held	4 hrs. 30 m. 41 s.

One Method of High Jumping

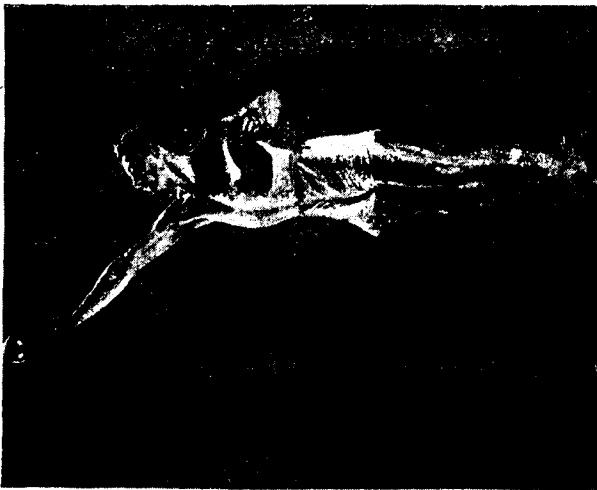
The method of high jumping pictured here is called the "roll-over." It is a good style to use provided you can manage to get your foot over the bar before your head or shoulder crosses the bar. If your head or shoulder cross the bar first it is constituted as a dive and not as a jump and you will be disqualified. For that reason many jumpers hesitate to use this style. But the jumper seen in this picture has cleared 6 ft. 8 1/2 in. with this style of jump without being disqualified. Try it and see what you can do. The world record is 6 ft. 9 3/4 in.



Good Style in Putting the Shot



The first illustration portrays the method of crossing the circle and getting up momentum, so that in the "put" the best co-operative effort of legs, arms, and body may be combined.



The second illustration portrays the turn and extension which comes after crossing the circle.

Of course this turning and extending must be so timed as to bring all parts into play at the same time, and at the right time.

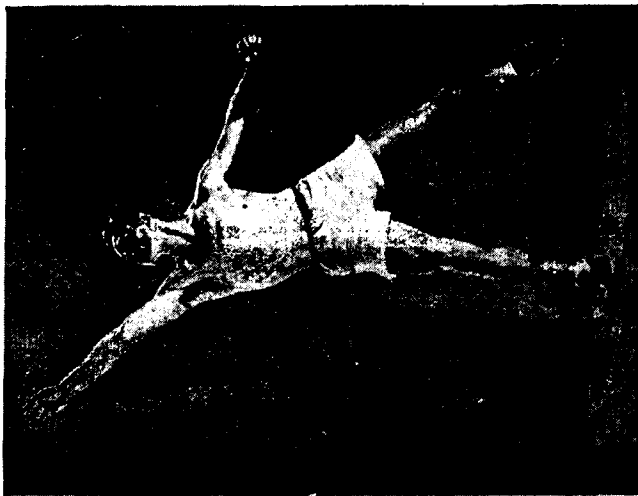


Illustration number three is the position to be assumed on the completion of the jump and turn of number two above.

Perfect timing and co-ordination such as illustrated here are required for good records in putting the shot. And naturally it goes without saying that conscientious practice and training are necessary to develop such co-ordination.

Health Service at the Y.M.C.A. College of Physical Education

By

C. C. ABRAHAM, B.A., M.P.E.,
Director Health Service.

The Y.M.C.A. College at Saidapet though named College of Physical Education, is a College of Health Education as well. The Health Education as carried on at our College has four important phases—Health Service, Health Supervision, Health Instruction, and Health Guidance. This article deals with the Health Service as administered at the College.

Health Service at our College comprises all those administrative procedures designed to determine the health status of entering students, the correction of all remediable defects and to help in every way possible in the prevention of and protection against disease. Our responsibilities in providing a very efficient department of Health Service are as follows:—

1. A thorough and complete health examination of every student as soon as he is enrolled.
2. A systematic recording of all findings.
3. An effective follow-up programme to secure correction of all remediable defects.
4. Procedures to secure the aid of a dentist, an oculist, clinics, hospitals, private physicians and surgeons and specialists for the care and treatment of those in need of special services.
5. Re-examination of cases whenever necessary.

Health Examination.—As soon as a student is admitted to the College, he is given a complete physical and medical examination. Our College doctor and the members of the college staff work together in making a satisfactory and complete health appraisal of each student. Our health record used for this purpose has four parts History Blank, Physical Examination, Medical Examination and Follow up Record. It has been our experience that one of the most important preexamination procedures is that of getting the student's history. In trying to ascertain what the condition of the individual is, it is of great value to know something of his family history, his past life, his personal habits and experiences and his personality problems. Certain facts regarding his parents and other members of the family may explain or at least put the examiner on his guard for conditions which he might otherwise overlook. So, too, information concerning the individual's past life, the disease or accidents he may have had, as well as knowledge about his habits of living, may be the only means of explaining certain conditions found on the examination. It is very necessary to impress on the minds of students that accurate informa-

tion on all these matters will alone have value and such information is obtained with the sole purpose of helping him. A copy of the History Blank used in our College is appended below.

STUDENT HEALTH EXAMINATION—HISTORY BLANK.

Name of Student.....Date.....
Address.....
Date of Birth and Age.....Place.....Province.....
Education.....
Name of Parent or Guardian.....
Health of Parents: Present.....Past.....
Underscore the ailments your parents may have had.....
Tuberculosis, Rheumatism, Nervous Disease, Malaria, Leprosy,
Heart Disease; Asthma; Syphilis.

Parent income monthly.....

Have you enjoyed good health in the past?.....

Underscore any of the following diseases you may have had and state when:—

Tonsilitis	Malaria	Typhoid
Rheumatism	Kidney Trouble	Small Pox
		or Chicken Pox
Heart Trouble	Measles	Pneumonia
Ear Trouble	Colds	Whooping Cough
Eye Trouble	Stomach Trouble	Nervous Disease.

Does the effect of any such illness persist?.....
 If so what?.....
 What injuries or operations have you had?.....
 Have you completely recovered?.....
 Have you any tendencies to ill-health?.....
 Do you have any trouble with your eyes?.....
 Do you have headaches?..... Time of day.....
 What ear trouble have you had?.....
 Is your hearing normal?.....
 Are you subject to attacks of Sore Throat?.....
 Are you troubled with many Colds?.....
 Have you a Cough?.....
 Do you have shortness of breath on moderate exertion?.....
 Have you lost weight during the past year?.....
 What is your favourite recreation?.....
 Do you exercise at least an hour a day?.....
 Do you sleep well?..... No of Hours.....
 Is your appetite good?.....
 How often do your bowels move?.....

Are you troubled daily with Constipation?.....

Have you suffered from Tooth Ache?.....

How many times have you visited the Dentist?.....

Do you bathe daily?.....

Do you change clothes at least twice a week?.....

Do you adjust to new situations easily?.....

Do you have confidence in yourself?.....

Are you free from excessive worry?.....

Have you the ability to concentrate and see a thing through?.....

Are you cheerful and whole-hearted?.....

Do you possess the ability to get along with people?.....

Physical Examination consists of recording the age, weighing, measuring height, measuring chest girth and waist girth, taking vital capacity by means of a Spirometer, appraising the nutritional status taking into consideration the proportion of fat and muscle in relation to the skeletal build, determining the organic efficiency, examination of general bodily posture, spine, knees and feet and measurement of flexibility using the Springfield College Flexibility test. These measurements are very essential for a complete health appraisal and together with the information available in the History Blank, they are of great diagnostic value. A specimen copy of the Physical Examination record used in our College is shown below. There is sufficient space left for remarks where the findings of the examination are recorded to carry on the necessary follow-up and remedial measures.

PHYSICAL EXAMINATION.

Date of Examination.....
Age: years and months.....
Weight.....
Height.....
Chest Girth (Xiphoid).....
 Full Inspiration.....
 Full Expiration.....
Waist Girth.....
Vital Capacity.....
Nutritional Status.....
 Fat.....
 Muscle.....
 Skeletal build.....
Organic Efficiency.....
Posture: General.....
 Spine.....
 Feet.....
 Knees.....
Flexibility.....
Remarks.....

Medical Examination consists of assessing of the nutritional status and general bodily development by the college doctor, and examination of the skin, teeth, tonsils, lungs, heart, determination of pulse, blood pressure, haemoglobin Index, examination of the abdomen, glands, extremities, genitals; testing of urine; a microscopic examination of the faeces, inspection of the eyes and a visual acuity test, inspection of the ear and an auditory test. Defects or abnormalities of any kind, either structural or functional are recorded in the space for remarks to facilitate follow-up procedures.

MEDICAL EXAMINATION.

Date of Examination.....
 Nutrition.....
 Development.....
 Skin.....
 Nose.....
 Tonsils.....
 Teeth.....
 Chest Appearance.....
 Lungs.....
 Heart: before exercise.....
 Heart: after exercise.....
 Pulse.....
 Blood Pressure.....
 Haemoglobin Index.....
 Abdomen.....
 Glands.....
 Extremities.....
 Genitals.....
 Urine: Reaction.....
 Specific Gravity.....
 Albumen.....
 Sugar.....
 Special-Indices
 Faeces.....
 Eyes:--Inspection.....
 Visual Acuity:--R. Eye.....L. Eye.....
 Ears:--Inspection.....
 Hearing:--R. Ear.....L. Ear.....
 Remarks.....

Follow-up. Immediately after the entire student body is taken through such a thorough and complete health examination, every student fills in a copy of the full health examination record with all the entries for his own reference. The original one is kept at the College. Each student is then called in for a health conference with the staff member in charge of health guidance and follow-up work, where his health status is discussed and plans made to carry out the required follow-up measures. Such conference with each student is a very important phase of our Health Service. It brings the relationship between the staff member and the student closer; there is mutual confidence and respect established. Our opportunity for service is greatly enhanced because at such conferences the whole life of the student is opened up. The situation is unique for health guidance, health counselling, and health instruction. It has been our experience in the past several years that once a student is started on the right road he forges ahead and develops a pride and an attitude that will urge him to improve his health. Whatever follow-up work is done, is recorded in the Follow-up Record, a specimen copy of which is shown below:

FOLLOW UP RECORD

Eyes.....
 Nose.....
 Ears.....
 Teeth.....
 Skin.....
 Nutrition.....
 Underweight.....
 Overweight.....
 Heart.....
 Organic Efficiency.....
 Posture.....
 Foot.....
 Emotional Disturbances.....

DEFECTS AND ABNORMALITIES AS SHOWN BY THE HEALTH EXAMINATION

We have a student body now 66 strong. We started with 77, out of which 11 left for various reasons. The health examination of the 66 students showed defects and abnormalities as shown in the table below.

HEALTH EXAMINATION FINDINGS

Nature of Defects	Number	Percentage
Dental defects	32	48.5
Eye defects	12	18.1
Ear defects	8	12.0
Nose defects	2	3.0
Throat trouble	3	4.5
Stone in the kidney	1	1.5
Bony spur on the skull	1	1.5
Hydrocele	2	3.0
Phimosis	1	1.5
Fistula in anus	1	1.5
Suspected tuberculosis	1	1.5
Hookworm	34	51.5
High blood pressure	1	1.5
Skin trouble	8	12.0
Anemia	2	3.0
Malnutrition	14	21.0
Over weight	8	12.0
Postural defects	36	54.5
Foot defects	10	15.0
Low organic efficiency	4	6.0

HOW WE CORRECT THESE DEFECTS

A study of the above table shows that there are defects which need the services of a dentist, an oculist, an ear, nose, and throat specialist, a surgeon, other specialists, clinics and hospitals.

In the opinion of medical men oral sepsis has been the cause of many septic diseases occurring in any other part of the body and we give our students the experience of taking care of their teeth. The dental defects of our students were treated by Dr. M. Radhakrishnan, Dental Surgeon, at our College for a week or ten days together, at certain specific hours. Students with teeth defects were assigned to meet the dentist, get their teeth attended to and also meet the bill. Such students also have their teeth re-examined by our college doctor, who thereby exercises some supervision. We have found this arrangement quite satisfactory for the past four years. The dentist gets a number of cases together and the students do not find the bill too heavy for the services rendered.

Students with eye defects had their eyes examined at the Government Ophthalmic Hospital, Egmore. The examination though free, is thorough and all the twelve students with eye defects had their eyes corrected and all wear glasses.

Dr. P. V. Cherian, ear, nose and throat specialist, has treated all our students requiring his special services for the past several years. This year he treated two of our students, one with a deflected septum and the other with chronic rhinitis.

Lieut. Col. Pandalai has always been generous to us. Those of our students who needed his surgical skill have not only been operated on, but taken care of at his nursing home. This year we had two students who needed his special services; one for stone in the Kidney and one for an operation on the skull. Besides these, two cases of hydrocele and one of phimosis were given the necessary surgical operations at his nursing home.

A suspected case of tuberculosis this year was given the routine clinical and X ray examination at the Government Tuberculosis Institute, Egmore.

Over fifty per cent of hookworm infection among our students is our usual experience each year. They were treated by our college doctor and it has always been our experience that after the treatment students not only show improvement in general bodily health, but also in their classroom work. Besides, we require every student to wear shoes of some kind all the time.

The cases of anemia, malnutrition, and skin trouble, were all given the necessary treatment by our college doctor. They have shown considerable improvement in their general bodily health and most of them have gained from ten to fifteen pounds in weight. The treatment for the usual athletic injuries, colds, fever, and other minor ailments were all taken care of by the college doctor. Every opportunity is used by the college doctor to give the necessary health instruction when students seek his services for the usual colds, skin troubles, constipation and other minor ailments; matters relating to personal cleanliness and prophylaxis are stressed and instructions under such circumstances have been found to have great value.

We believe in the "body beautiful" and considerable attention is therefore given to the correction of all postural and other similar defects. Over fifty percent of students with postural defects is very common among our student body every year. Each case was studied and special corrective and remedial exercises were prescribed.

Besides a thorough and complete health examination in July when the College opens, and an efficient follow-up programme which is usually completed by December, we take all protective measures against disease. Our college campus is clean and attractive. Hostels for our students are airy and well ventilated. Every student sleeps inside a mosquito net. An inoculation against typhoid is given in July each year and we have not had one case of typhoid so far. We have our own protected water supply and our dining rooms and kitchens are kept as scrupulously clean as possible, and the food served in our mess is wholesome and nourishing.

Our student body is drawn from all parts of India, Burma and Ceylon. It has been our experience each year that almost seventy to eighty percent

of our students show some preventable defect or other which retards their full development and about twenty percent are really below par as far as their health is concerned. Ours becomes a task of building up the health of a majority of our students. A well organised but not costly department of health service, has been found to be an absolute necessity. The experiences of an individual or a group of individuals where correction and follow-up is necessary become the experiences of the entire student body and the health education of our students is built on such healthful experiences which alone have the educational significance and value.

HEALTH SERVICE A PARAMOUNT EDUCATIONAL NEED

An efficient health service in every school, elementary, middle, and high and every college is a great educational need in India. The percentage of children with remediable and preventible defects is very high in all the provinces. It is a well established medical fact that most of these remediable and preventable defects of childhood will show themselves in disease and incapacity in adult life.

The human organism is a unit and anything that contributes to its physical well-being tends to enhance its mental well-being. Educators have made several research studies of the relationship between mental and physical growth. They have found that on the whole children retarded in their physical development are backward mentally; or vice versa, that large and healthy children are precocious in their school work. A statistical study of the New York school system showed that even slight physical defects brought about slower progress—approximately ten percent—than that of children enjoying normal activity. An extensive study of standards of growth in the Detroit Public Schools in U.S.A. shows that on the average children progress in school in proportion to their physical development. L. S. Hollingworth in a study on gifted children shows that intellectually gifted children are not only heavier but heavier for their height than average children; they are stronger and swifter and puberty is reached at an earlier age. Studies of Godin of Switzerland are very emphatic in the same conclusions. Terman, in a research with one thousand gifted children in California, found that they were above average in height and weight.

All this goes to show that the health of our children should become a great concern of the home, school and college. The schools and colleges can become centres for disseminating knowledge and experiences relating to healthful, wholesome, happy living. The organisation of a system of health service by which our boys and girls are given a thorough and complete health examination, where the schools work out some method of getting the defects corrected through the co-operation of the home, the hospitals, the clinics, the doctors, the dentists, the oculist, the specialists, is a crying educational need.

Co-education in the Training of Physical Directors

With the transfer of the Women's Physical Education Course to Saidapet, another milestone in the life of the Y.M.C.A. College of Physical Education has been reached.

For several years we have been considering such a development, but neither funds nor facilities have permitted us to proceed, and the present plan is the result of several circumstances. In 1935 Mrs. Buck accepted the post of Woman Specialist in Physical Education for the Government of Madras. The post carries with it the responsibility of conducting a training course one year and inspection tours throughout the Presidency the next year. The training courses have been held since 1935. It has been increasingly difficult to arrange accommodation for this biennial course at L.W.T.C. which is a heavily overcrowded institution. And furthermore, the school play programme developed there in the past 5 years is now so satisfactory it cannot provide the difficult teaching situations so essential for a useful practice teaching time table.

It has seemed wise therefore, to conduct an experiment for the next women's training course which is to begin July 1st, 1940, and to transfer it to Saidapet. A large and very comfortable bungalow situated across the street from the College, has been rented for the women's hostel, and the life of that hostel will be entirely separate from that of the College. The physical activities will also be separated, but some of the lectures will be joint.

The Y.M.C.A. College occupies an attractive compound of 65 acres, and provides the best facilities for playing and for teaching games in Madras Presidency. Its Physical Education Library is the best in India. The 65 men students attending it, have the advantage of practice teaching in the schools in Mambalam, Saidapet and Madras, in conditions similar to those they will encounter when they are teachers. The Women's Course is being shifted to Saidapet, therefore, to take advantage of these facilities and opportunities, and especially of the wide variety of practice teaching available in Saidapet.

SPECIAL FEATURES.

Although the 1940-41 Course will, as an experimental measure use the facilities of a Men's College, the following features of the Women's Training Course will be completely separated from the men students of the Y.M.C.A. College.

1. *Hostel*:—The Hostel for the women's Physical Education Course will be a large and comfortable rented bungalow situated outside of the Y.M.C.A. college compound, and across the road from it. An experienced Hostel Matron will be resident, but the Hostel will be under the direct and constant supervision of Mrs. Buck.

2. *Athletic Activities*:—The spacious 65 acre college compound will permit the athletic activities of the women students to be conducted in an area entirely separated from the men students.

It may also be noted:—

Lectures:—Some of the lectures will be held jointly for men and women students. Some of the lectures will be held separately as noted in the time table.

TIME TABLE—PHYSICAL EDUCATION CLASS FOR WOMEN,
JULY 1ST 1940 TO MARCH 31ST 1941.

Days.	6-30 to 8-30 A.M.	10 to 11 A.M.	11 to 12 A.M.	12 noon to 1 P.M.	3 to 4 P.M.	4-30 to 6 P.M.
Monday		The Human Body, its structure and function. (—)	Principles History and Philosophy of Physical Education. (*)	First Aid and Home Nursing. (—)	Library (Normal Practice.)	Net Ball and Throw Ball.
Tuesday	Instruction period in athletic skills, activities, sports and games.	Organization and Administration of Physical Education. (—)	Materials and Methods in Physical Education. (—)		Gymnastics or Sports Normal Practice.	Tennis.
Wednesday		The Human Body. (—)	Principles of Physical Education. (*)	Psychology. (*)	Girl Guiding and Camping.	Play-ground Ball.
Thursday		Organization and Administration of Physical Education. (—)	Materials and Methods in Phy. Education (—)	Review Class	Normal Practice.	Specialization on optional activities.
Friday		Principles and problems of Wholesome Living. (*)		Sociology (*)		Badminton Teniquoit.
Saturday		Special activities, Sports, Matches, Games, Excursions, etc.				
Sunday		Discussion Group — optional.				

NOTE:— (—) All classes marked (—) are held for a portion of the year jointly and for a portion of the year separately.
(*) All classes marked (*) are held jointly with men students throughout the year,

The Play Programme of the Model School at the Lady Willingdon Training College

The school should supplement the home and provide opportunity for physical, social and character development which the home is not able to give.

The particular conditions to be considered in Lady Willingdon Training College School are:—

- (1) It is a day school.
- (2) The children come from crowded homes.
- (3) Many of them do not have in their own homes children of the same age with whom they may play.
- (4) There is a growing interest in Madras Schools in major games and in Sports meets and Lady Willingdon Training College pupils are eager to participate.

Difficulties in arranging the programme were:—

- (1) The very crowded compound. Allowing only for pathways to the various buildings and very small house gardens, it is possible to have only a very small K. G. play area and for the entire school and the Training departments 3 net ball courts, 2 throw ball, 5 tennikoit, 1 badminton and 1 narrow 100 yards stretch for races, high jump and long jump.
- (2) The courts are too close to-gether and when the whole school is playing there is no free space.

The interest of the pupils:—It is felt that the average Madras school girl should be given the opportunity to enjoy.

1. Group Games which she may learn to play with satisfaction at school, and then enjoy playing them at home. These should take little space; require little or no equipment; have few rules.
2. These should develop skills which will lead her on to play major games—tenikoit, throw ball, badminton, net ball.
3. There should also be provided a number of activities which she may enjoy as an individual, testing her own skills; Rope skipping, Hoop rolling and (Jacks) chutti.
4. Experience in running, jumping and throwing so that the pupils may themselves participate in sports meets, and be able to enjoy them as a spectator.

Other Interests:—There is a need for widening the interests and the leisure time activities of our school girls. Therefore we attempt to give them the opportunity to participate in dramas, singing, gardening, and excursions. The school provides ample hand craft experience in modelling, drawing, basket weaving and needle work. Monday evening is reserved for excursions, and walks, and guiding, and the Training Departments are using the compound.

Rhythms:—In addition to the weekly instruction period in play, and the evening games hour, each pupil has one instruction period in Kummi and Kolattam and in Music.

This programme, it is realised, is far from ideal. But it is a step toward our aim of providing for each of our pupils happy, active play; to build sturdy bodies; and to provide experience in a variety of games, rhythms, music, excursions, and dramatic expression so that now and increasingly in adult life she may occupy her leisure time with satisfaction and enjoyment.

Arranging the play programme:—In order to meet all of these needs the school time-table was re-arranged to provide:—

One instruction period a week for each pupil in a group of not more than 30. This period is used to develop fundamental physical skills, and for coaching in group and major games. These classes are within the school time table, between 10 a.m. and 3-45 P.M., and are taken by the Physical Education Teacher.

In addition to this instruction period there is a 45 minutes period at the end of the day for play. The bell rings at 3-45. The school is divided into 4 houses:—Drysdale, Padmini, Prager and Nurjahan. Each house has its station or home on one of the courts and the 85 children in each house have a daily competition to see which house will first form a square with all its members seated on the ground, and complete its roll-call. Roll-call is by numbers and is taken by the house captain. Immediately it is finished the House breaks up into its play groups according to the time table. Roll call is again taken at 4-30 and the school day is then ended. It will be noted that each house has the chance every week to play all of the major games provided; gardening in its own house garden; and guides.

TIME TABLE OF INSTRUCTION PERIODS IN PHYSICAL ACTIVITIES

Days	10 to 10-50	10-50 to 11-50	11-50 to 12-40	12-40 to 1-20	2-10 to 3	3 to 3-45	3-45 to 4-30
Mon.	IA	IIA	VB	IB	Medical Examination Training and High School		4-10 to 5 Games (Training Department).
Tues.		10-50 to 11-30 Junior Section.	IIB	IIIB	K. G. I or Baby Class		Games (School)
Wed.	10 to 10-30 Secondary sec. Elementary sec.	VA	IVB	2-10 to 2-50 Elementary Higher Junior	3-15 to 3-45 K. G. Class		Do.

Thurs.	10 to 10-50 Elementary Higher Junior	10-50 to 11-30 Junior Section	IVA	2-10 to 2-50 Secondary Senior Elementary Senior	IIIA	Do.
Fri.	Junior Department				3-15 to 3-45 Kindergarten III class	Do.

THE PLAY TIME TABLE 3:45-4:30 P.M.

Name of House.	Monday.	Tuesday.	Wednesday	Thursday	Friday
Drysdale	A. Throw Ball B. School Compound Individual Rope skip (Ice House)	Teniquoit Net Ball Badminton (Ice house) Individual Goal shoot on practice Goals in Ice house.	Guides for School and hiking on the beach with class teachers.	Net Ball (2 courts) Tenikoit (3 courts) (School) Track and Field.	Apparatus Rhythms Gardening
Nurjaham.	A. Teniquoit B. Net Ball and A & B Badminton (Ice house)	A & B Throw Ball (School compound) Rope skip & Goal shoot.	This would be a good day for Major games for all Secondary & Elementary groups as the courts would be free.	Apparatus Rhythms Gardening.	Net Ball 2 courts Tenikoit 3 courts Track and Field school compound.
Padmini.	Net Ball 2 courts Teniquoit Track and Field.	Apparatus Rhythms Gardening.	Rangers group for all Trag. students could be held on another day.	Throw Ball 2 courts in school compound Individual Rope skip.	A. Tenikoit B. Net Ball A & B Badminton and Goal shooting Icehouse compound.
Prager.	Apparatus Rhythms Gardening.	Net Ball 2 courts Teniquoit in 3 courts school compound Track and Field.		In Icehouse Teniquoit Net Ball Badminton and Goal shoot.	A and B Throw Ball 2 courts Individual Rope skip, all school compound.

The last week in every month is reserved for matches and measuring of skills.

July	...	Badminton &
August	...	Teniquoit &
September	...	Throw Ball &
October	...	Ropeskip, high jump, long jump, Ball Throw
November	...	Rhythms
December and January	...	Net Ball
February	...	Apparatus, races, hooprolling, track and field
March	...	Sports meets
April	...	Competitions, in minor games. Dodge ball, stunt relays, rope skip, potato race etc. with Inter-House competitions in the last week of school.

Education Through Camping

By

O. MOHANASUNDARAM, B.A.,

Camping is recognised throughout the world as an experience of great value to every boy and girl, as the most-important single item in the character building work undertaken by boy and girl leaders. It further solves the problem of 'too much house', and takes them away from the noise and the whirl of city life and its social complications. The emancipation from parent and adult domination is often essential for the emotional and intellectual growth of the young. Such qualities as courage, resourcefulness, love of the beautiful, sociability and co-operative endeavour are among the fruits of camping experience.

A great educationist has said: "It is great fun to live in the glorious open air, fragrant with the smell of the woods and flowers; it is fun to swim, fish and hike; the greatest fun of all is to win the love and confidence of some boy who has been a trouble to himself and everybody else and help him to become a man".

THE ATMOSPHERE

Camping can only be done where there is the necessary atmosphere. None of the ordinary incident of every day life should intrude upon this new experience. The camp site should be located beside a stream or a shallow fore shore where there are good swimming and bathing facilities. There should be an ample supply of safe drinking water. There should also be level ground available for playing various games, and trees for shelter. The camping site should have interesting back country for hikes, nature-study and expeditions, and the locality should be fairly free from venomous reptiles. And most important of all, the site should offer every facility to ensure proper sanitation. Bore-hole latrines have been found to be quite suitable, but they should be provided at a distance neither too far off nor too near.

The camp is built upon the principle that every person in it must be of some assistance. In the first place the campers look after their own tents and cabins. (self-help); they take turns in waiting at the table and keeping the camp site clean (co-operative living) and they assist in organising and contributing entertainment for the evening campfire. It is astonishing to see the spirit of *comradarie* instilled into groups which come together and separate after a few days.

The camp, organised on a thoroughly democratic basis, develops the attitudes and abilities necessary in effective citizenship. The "Grand-Chief" is elected by all the campers at the first camp-fire. The tribal chiefs are elected by their respective "tribes". Experienced campers should be available as

counsellors, but they should not behave like intruders who have come to rob the campers of their experience, but as friends and guides. The Grand-Chief appoints every day one of the campers to be the scorer for the day. The day's programme is decided by the "Grand Council" every morning, and it tackles the different problems which may arise from time to time. "Safety" is the watchword of the camp leaders whether in hiking or boating or building a camp-fire.

A TYPICAL DAY IN THE CAMP

A.M.	
6	Rising bell.
6-15	Physical jerks.
6-30	Wash, toilet, etc.
6-45	Devotion, inter-religious discourse.
7	Breakfast
7-30	Meeting of the Grand Council.
8	Tent inspection.
8-10 to 10-30	Games, efficiency tests, tribal contests.
10-30 to 11-30	Swimming.
Noon.	P.M.
12	Mid-day Lunch
12 to 2	Rest hours, writing letters, etc.
P.M.	
2 to 3	Story telling, entertainments.
3	Evening Tea.
3-30 to 5-30	Hikes, nature study, treasure hunt, paper chase, competitions in major games.
5-30 to 6-30	Evening swimming.
6-30 to 7-30	Tribal songs, dances, stunts, dramas, etc.
7-30	Dinner.
8-15 to 9-30	Rousing camp-fire programme.
9-30	Hot cocoa at the fire side, devotional song.
10	Lights out.

GROWING CHILDREN

Children in the process of growing need outdoor life. They need the tonic of the hills, the woods and the streams. They need to walk under the great sky and commune with the stars. They need to place themselves where Nature can speak to them. They ought to be toughed by the sun, the wind and the rain. In the camp there is always something to do, something to think about, and something to enjoy in the woods. Stout physique, robust health, good blood, firm muscles, sound nerves—these are the essential conditions for

character and efficiency—and these, combined with adaptability, and sociable spirit of serving and sharing, undoubtedly go to make good citizens.



In England the week-end trains carry away into the open country hundreds and thousands of people for hiking, camping and mountaineering. The latest experiment through the 'Peace-army', to provide wholesome time to unemployed men, to save them from the drudgery and monotony, and to teach them the dignity of labour by working on the roads clearing the forests, is yet another recognition of the potentialities of camping.

Place of Play in Education

By

A. C. DAS, M.Ed., B.P.E.,

Director of Physical Education, Y.M.C.A., Bangalore.

THREE DEVELOPMENTAL STAGES: PROBLEMS OF ORGANISATION

Several theories have been adduced by psychologists about the real nature of play. Chief among these theories are those asserting that play is due to surplus energy, that it originates from the need for recreation, that its origin is to be traced to 'instinct', that it is the result of inherited memory, and that it is symptomatic of growth. While these explanations of play differ in important respects, each has contributed to a better understanding of this special phase of life, with the consequence that educators are agreed in holding that play is essential for the natural, physical, mental and moral growth and development of the child.

Play develops physical efficiency, improves the carriage of the body, stimulates the functioning of the vital organs. In play such character traits as self-confidence, courage, obedience, alertness, response; consideration of others and good sportsmanship are developed. All this may have been a matter of common knowledge, but for lack of specific knowledge of how to use to the best possible advantage the play-technique in education the benefits of this important activity have not been sufficiently developed in India. One of the encouraging signs of the times is the fact that the value of play as an integral part of our educational system is beginning to receive the recognition it deserves.

PRE-SCHOOL PLAY

In any educational programme for the child in which the role of play is at all recognised, it is necessary that we understand in a general way that there are certain periods of development in the play life of the child. Before a child begins his school life, all of his waking hours are spent in some form of physical activity or other. He is all the time on the move. So much exercise is needed, if there is to be growth and development. Only by such perpetual motion can he maintain normal health. This stage is really more imitative than anything else. To the child on this side of five, the elements of play are themselves interesting. Organised games have no part at all in his life. He takes most pleasure in playing by himself. Many parents do not seem to realise this, and not many kindergarten teachers either. The value of any kindergarten method for education of the child of this age consists in the recognition of this principle of play in which imitation, imagination and an inexplicable 'individualism' form essential elements. No attempt should be made to introduce the child in the kindergarten to organised games.

During the second period, from the age of six to that of ten or eleven, the child becomes competitive, a spirit of emulation now governing his play life. In this 'Big Injun' stage it is necessary to provide the right sort of leadership in the playground. Games illustrative of this period are "tag" games, which provide sufficient scope for individual competition and at the same time combine short, vigorous periods of activity—pursuing and evading pursuit in turn—with frequent rests. This period of development in the play-life of the child is very significant because in the course of this four or five years he passes with great rapidity through several stages which usually overlap: that of the savage, taking almost vicious delight in throwing, striking, fighting; the hunter, whose one absorbing purpose is to chase, to grasp and to capture; the nomad, with increasing love of animal pets; and last, the tribal stage where for the first time co-operation and team play are marked features.

PERIOD OF TEAM DEVELOPMENT

The period of team development is the period from the age of thirteen upward. That is why the interests of this period more and more tend to centre around team games like foot-ball, cricket, hockey and the like. In this age boys and girls spontaneously group themselves together into 'clubs' and 'gangs', and not only their play but all activities lead to the development of a new social spirit. It is now that the child begins to realize and learn the code of the playground. He discovers that his playmates are merciless judges, and that he needs to put forth his best efforts to please them. It is also borne in on him that what is fair for him is fair also for others. Play now assumes a very important role in the education of the child from all aspects. Physically he is learning to co-ordinate and control his limbs. Mentally he learns that in a good game it is necessary to be alert, to think rapidly and to make quick decisions. But the bigger educational dividend is reaped from the moral value of play. Where there are dishonesty and selfishness play cannot continue. The rules of clean sport are after all the precepts of right living as well. The chief benefit, of course, is physical. A game that brings into play all the muscles of the body without the player being conscious that he is developing his muscles is an ideal form of exercise.

PROVIDE PLAYGROUNDS

A clear understanding of these basic developmental stages in the play life of the child, therefore, should be kept steadily in view in all the new efforts that are being made in India to-day to provide playground facilities for children. Laudable as these efforts are, especially in view of the increasing interest evinced in the playground idea by many of our municipalities, it seems necessary that the accumulated experience of educational experiments undertaken along this line in other lands should be utilised by us to the fullest extent. That these Municipal playgrounds fill a desperate need in our times is indisputable. It has been said, and very truly, that the modern city child

has lost his most precious birth-right—the backyard. Therefore no municipality can have an easy conscience so long as it fails to recognise its obligation to childhood in this respect. Any real progress in physical upbuilding necessitates the acquiring of play-grounds for places of play, and the purchase of material with which to play.

The location of the playground is extremely important, as experience in this line of education amply proves, for it may mean the success or failure of the scheme. The playground should be centrally located for those who use it. Children will not go great distances to the playground; a half mile is usually the extreme limit that young children should go to reach this centre. Strangely enough, in large cities it has been discovered that playgrounds should be located in the sections of the city where there is the greatest amount of juvenile crime. The presence of a properly supervised playground diminishes juvenile crime markedly, as it offers a proper outlet for youthful energies, and gives boys and girls something clean and law-abiding to think about.

SIZE OF GROUNDS.

Various standards have been proposed for the size of grounds. For instance, the Board of Education of England requires thirty square feet of playground for each child, placing a child every five feet over the schoolyard. On the other hand the regulations of several of the United States in America insist that fifty square feet must be provided for each child, and that wherever possible one hundred square feet be provided. In actual practice it has been discovered that where a playground is maintained one fourth the child population between the ages of five and fifteen is using the playground constantly. This means that in order to provide adequate space on the basis of 100 square feet per child playing at least 25 square feet per child must be provided. Experience has also shown that the greatest attendance is likely to be after supper, especially during the summer months. Therefore some method of lighting the grounds is essential. Lighting also does away with the moral danger which too frequently arises from unlighted playground. And it is important that the playground be fenced in order to keep out the vicious element and to protect the apparatus and smaller children. If apparatus is used, fencing is absolutely necessary to protect not only the apparatus but the neighbourhood from trouble with unsupervised gangs after school hours particularly in the evening.

THE LAY-OUT

It is also necessary that means of shade should be provided. If properly placed, trees add greatly to the attractiveness of the grounds. And yet it is quite possible to spoil the usefulness of the playground by planting trees in the wrong places, for while the grounds need shade they also need space. With trees all about the grounds, it is always easy to carry on certain kinds of games no matter how hot the day. It is advisable to have benches and tables round

some of the trees, in order that children may sit in the shade when they are engaged in occupational activities or during story hours. Above all adequate provision must be made for supervision through competent directors and trained teachers to oversee and direct the activities of the entire movement. Where playgrounds have been established with the idea that all that is necessary is a place for play and things to play with, the experiment has quickly failed. Play centres conducted in this way soon become centres for the spread of evil and crime, and defeat the aims for which they were established. They become a menace to the neighbourhood. It is to this fact in particular the playground movement in India has not yet become awake. A playground director is a necessary factor as there will be no play that is worthwhile unless there is someone in charge. In the larger playgrounds there should be a woman in charge of the smaller children, and one in charge of the older girls; a man in charge of the older boys, and a trained physical director to supervise all of the playground activities. The director and teachers should work out carefully a programme of games and other activities for daily use upon the playground and then follow it as closely as possible. This will tend to prevent confusion and to give a definite time for certain activities. Moreover, by this method children of all ages will receive attention.

Students' Association

ANNUAL REPORT 1939-40.

The first General Body Meeting of the Students' Association was held on 3-8-1939, in Massey Hall, at 2-30 P.M., with Mr. A. K. Singh, B.A., the Advisor to the Association in the chair. Nine among our students were elected as members of the Executive Body of our Association. Duties of our Association were assigned as follows to the Members of the Executive:—

<i>President</i>	.. George Yesudian, B.A.
<i>Vice-President</i>	.. R. C. Chopra, B.A.
<i>General Secretary</i>	.. N. Rajaram, B.A.
<i>Literary Secretary</i>	.. K. S. Sundaraja Rao, M.A., B.T.
<i>Treasurer</i>	.. B. D. Katri, B.A.
<i>Social Secretary</i>	.. Battacharjee and Mathura Prasad
<i>Religious Secretary</i>	.. J. P. Nagalingam.
<i>Athletic Secretary</i>	.. S. C. Ratha.

The Inaugural Address was delivered by Dr. Eddy Asirvatham, Reader, Madras University, with Mr. George Yesudian, B.A., in the Chair. Dr. Asirvatham spoke vividly on "Modern Problems and their Solutions." In the course of his speech he pointed out that sheep-flock nationalism and wolf-pack nationalism are bad, and advised the students not to be discouraged when the modern problems face them, but try to solve them.

The Association has four branches:—the religious, the literary, the athletic and the social. These branches have functioned well and have provided new experiences and fun to the members. We had a combined farewell and welcome party to Dr. and Mrs. Berry and Mr. C. C. Abraham respectively. We felt very sad at the departure of the Berrys, but we were glad to welcome jolly Mr. C. C. after his long voyage.

Now, as we leave the College we say thanks, farewell, and best wishes to our beloved staff and to our fellow students.

SOCIAL ACTIVITIES.

The various social functions gave us relief and a welcome change from our daily programme, and were thoroughly enjoyed by all. In addition to the usual singing, dancing and speaking there was always eating which was the most popular among the social activities.

The send-off to Dr. Berry and the welcome to Mr. C. C. on the same day were a mixture of opposite emotions of sorrow and joy. One very enjoyable evening was that with a famous magician of the city. The trip to Tambaram and the busy afternoon at Christian College were very enjoyable and educative.

Thanks for the Co-operation, Friends!

BIJAN BHATTACHARJI,
MATHURA PRASAD,
Social Secretaries.

LITERARY SECTION

We did not have as many meetings as we wished. But never the less, neither sincerity nor interest was wanting.

The first meeting was held under the presidentship of Mr. Yesudian, B.A., the President of our Students' Association. The subject for discussion was "Physical Education in Ancient India." Many students took part.

some of the trees, in order that children may be engaged in occupational activities or physical activities in our respective countries, States provision must be made for supervising detail about the Physical Activities carried on in teachers to oversee and direct them Ceylon; Mr. Baksh regarding Punjab; Mr. Khatri regarding Bikaner; Mr. Mahesh Singh regarding Alwar; Mr. Desai regarding Guzerat; and Mr. Narayanamurthy regarding the Andhra Province.

The next meeting held was with our Students' Association President in the chair, when the subject for debate was "Should Boxing be a part of the Physical Education Programme in Indian School?" There was a heated discussion. Only two people spoke against the subject whereas four spoke for the proposition. But surprisingly enough, the house voted down the proposition.

Thanks are due to the whole student body who so readily and ungrudgingly attended the meetings, usually in large numbers.

K. S. SUNDARA RAJA RAO,
Secretary.

RELIGIOUS SECTION

Regular meetings were arranged by this section and held fortnightly on Sundays. The President of the Association generally presided, and the attendance in all the meetings was more than satisfactory.

The speeches were usually followed by lively discussions, and the following are among the subjects discussed in some of these meetings:—

Date.	Subject.	Leader.
10th Sept. 1939.	Religion in the Problems of Life	D. F. MacClelland, Esq.
8th Oct. 1939.	Perils of Security.	G. Solomon, Esq.
22nd Oct. 1939.	My Tour to the World Religious Conference at Amsterdam.	V. Azariah, Esq.
5th Nov. 1939.	What Religion can do to solve our Social Problems in India To-day.	Rev. C. W. Ranson.
28th Jan. 1940.	Human Relationships.	Mrs. M. Hensman.
25th Feb. 1940.	Faith for To-day's Problems.	Rev. B. Clutterbuck.
3rd March 1940.	Courage for To-day and To-morrow.	Rev. Cochrane.

Further it was made possible for students to attend Sunday church services, Public Religious Meetings, and to observe Religious Festival Days as Dheepavali and Good Friday. The Christmas celebration this year took the form of a carol service followed by a Christmas tree.

I take this opportunity to thank once again the lecturers for their kind patronage and co-operation.

J. NAGALINGAM,
Honorary Secretary,
Religious Section,
18-3-1940.

PHYSICAL ACTIVITIES SECTION

The Physical Activities Section of the Students' Association conducted Extra-mural and Intra-mural activities.

Intra-murals.—This year we have divided the whole college into four units:—'Never Mind,' 'Conquerors,' 'Invincibles,' and 'Zeros.' League tournaments were conducted in various activities, i.e., Hockey, Football, Basketball, Volley Ball, Chedugudu, Cricket, Playground Ball, Boxing, Wrestling, Sports, etc., throughout the year. There has been very keen competition and enthusiasm during these matches. The 'Conquerors' and 'Invincibles' are fighting hard for the championship.

Extra-murals.—During the year our teams of Football, Hockey, Cricket, Volley Ball, and Playground Ball had plenty of opportunities for playing with many teams from outside. The review of the activities of each team is given below.

In Playground Ball this year we had the best of opportunities to play some friendly matches with the American Team from outside through the arrangement of the Principal, Mr. Buck. The Americans, being the pioneers of the game, have shown us very efficiently how the game is to be played. We have greatly benefitted by playing with them. The first match we played was won by us. I think it was due to the lack of practice of the American Team. But at the second match we played, we are sorry to say that we were badly licked by the Americans. Anyhow 'Learning by doing' remains our motto and we thank the American Team for the games they have played with us.

Inter-scholastic Sports.—Six schools participated, three European and three Indian schools. The meet was conducted by the Students' Association with Mr. S. C. Ratha, as the convener of the meet. Doveton Corrie European School won the championship by defeating St. Mary's who have been winning for several years.

SPORTS.

Of all Sports Meets conducted on our grounds during 1939-40 the Provincial Olympics was one of the outstanding ones, for it gave us opportunities both for conducting and participating.

Our College was represented by Ratha, Baktwar Singh, Mehesh Singh, Mukerji, Bhattacharji, Bakkianathan, Ratanswamy, Sahu, Devasahayam and Inbaraj. From our representatives Baktwar Singh, Ratha and Bhattacharji deserve special mention. Baktwar Singh won first place in Hammer Throw and Second place in Discus Throw. Ratha got the fourth place in Javelin Throw. Bhattacharji gave us much pleasure by winning the Pentathalon championship. In 4×100 metres and 4×400 meters relays we stood third.

The Madras Inter-Collegiate Sports which came off on the third week of February gave us still better opportunity for participation. It was thought that our college will not be able to shine but we have proved that determination, zeal and co-operation can do miracles. Backinathan got first place in the 200 metres and second place in the 100 metres dash. Inbaraj got third place in the 200 metres. Tall Baktwar got 1st place in the shot put, at the same time creating an Inter-Collegiate record, 1st place in the Discus throw and third in the High Jump. Jai Mehesh got the second place in the 200 metres Hurdles in good style. Ratha and Alphonsus got the third and fourth places, respectively in the Cricket Ball Throw.

In the 4×100 meters we got first place. In the 4×400 meters Relay we came second after finishing neck to neck with the Christian College. In the Tug-of-War

we won the championship by beating our opponents by sheer grit. We won third place in the Inter-Collegiate sports.

BIJAN BHATTACHARJI,
Athletic Captain.

Football.—Once again we joined the Football Inter-Collegiate League Tournament as we usually did in the past. Our first match was against the Christian College and unfortunately we lost to them by a very narrow margin (2-1 goals). Against the Christian College, the team was badly organized due to the tournament being started earlier than usual, and our College also had just been newly opened for the new session, and we did not even know each other. The next match we played was against the School of Technology. We again lost. The first two matches we lost were due to lack of practice and combination. As we played on and on, the understanding and combination improved and we fared nicely and enjoyed the game to the fullest extent. The remaining matches were won by us, except a drawn game with the Engineering College (2-2 goals).

Though we lost in the first two matches, even then we were ranking as the runner-up, having the Christian College, the School of Technology, and the Engineering College as the Inter-Collegiate champions this year. It is worth noting that we lost the championship by the difference of 1 point, and that too was the drawn game with the Engineering College.

INTER-COLLEGIATE KNOCK OUT TOURNAMENT

We entered the Inter-Collegiate Knock Out Tournament, and won the first two matches against the Christian College and Loyola College. In the finals we met the School of Technology, but lost 1-2 as we could not put up a full team, our three players being injured.

S. C. RATHA,
Captain.

BASKET BALL.

We took part in the Madras Olympics. We first met the Central Y.M.C.A. and were easily eliminated in the first round. The Central Y.M.C.A. Team, as we know, were stronger and equipped with experienced players. Our achievements in the game were not as good as the quality and quantity of coaching we received. I presume that the loss was due to our crowded programme which prevented us from regular practice and also because several of us picked up the game only after joining this College.

We had very few opportunities to play against outside teams. In all we played three friendly matches, one against Maharaja's College Team, Mysore, another with the Engineering College, and another with Panagal Team. We lost all the three friendly matches. Anyhow we thank those outside teams which have given us a chance of practice.

S. C. RATHA,
Captain.

VOLLEY BALL.

We, the strong believers of the Olympic Motto "Joy is not to win but to Participate" competed for the Olympic and Inter-Collegiate Volley Ball knock-out tournaments. Since we could not specialise in any game we were defeated in both the tournaments after a second fight. Of course we had several opportunities to play friendly

matches with other clubs, schools, and colleges, resulting sometimes in our favour and sometimes in favour of our opponents.

Our team was very much benefitted by the coaching of Mr. C. C. Abraham who himself is very good in this game.

Names of the team players.—John, Backianathan, Inbaraj, Ratnaswamy, Arthur Raju, Muthu.

E. JOHN DEVASAHAYAM,
Captain.

HOCKEY.

Our Hockey Team had a splendid record this year. We competed in the Inter-Collegiate Tournament and our best match was played against Medicals and which we won by 1 goal; but, we were unlucky in losing to Engineering, we drew with Loyola, and tied for the championship with Medicals. We played several friendly matches and gave a good account of ourselves. Our players showed good form and team work, put up tough fights, and played a clean game.

The Teams at a Glance:—

1. *Safdar.*—A fine goalie, he saved us from many a critical situation.
2. *Mukerji.*—A great hitter, noted for his make-up.
3. *Patri.*—Is a good defender. He is remarkable at random shots and for sticking inside his own goal area.
4. *Jai Mahesh.*—A hard worker, but erratic—ought to feed his forwards more.
5. *Chopra.*—Slow but sure, his tackling is good.
6. *Inbaraj.*—Mosquito of the team, very reliable and works hard.
7. *Gangana.*—Played as left extreme, and is very good in running without the ball.
8. *Jagendra.*—Plays the ball between his legs instead of the goal.
9. *Backianathan.*—Swift runner and a good scorer.
10. *Srinivasa Rao.*—A novice, helped the opponents more than his own side. But improved a lot.
11. *Tikka.*—Served like a bad coin in the time of need, when Mahesh was in Hospital.
12. *Ponniah.*—The Lilliputian—is trying to pick up hockey.

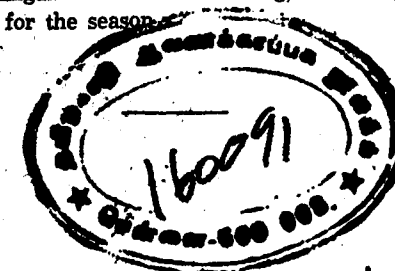
MATHURA PRASAD,
Hockey Captain.

CRICKET.

We have not been able to build up a strong Cricket side this year as most of the students have not had the necessary background before joining us, and could not get the special coaching owing to the attention that had to be given to the other many activities here. We therefore did not enter the League Tournament in Cricket this season.

We have been able to play a few matches of which one was against Christian College (lost), and another against Teachers' College (Won). Mathura Prasad, W. Alphonsus and J. P. Nagalingam did well in batting, while B. K. Battacharjee holds the best average in howling for the season.

J. NAGALINGAM,
Cricket Captain.



May 21, 1940
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BOXING

We were all new to boxing but by the dint of sheer coaching we could win a number of championships in the tournaments we entered. In the novices tournament our three veterans—Babu, Bhattacharjee and Chopra lost their name (novices) by becoming champions of their weight classes and four followed them as runners up—Mongol, Kacch-waha, Tikka and Mukerjee.

In the Inter-Collegiate Mongol came out on top in his weight class, while Chopra could only run up to the finals. Our intramural tournament had many a thrill in it, besides the score.

WRESTLING

In our wrestling classes we had a new experience as we were not aware of the international rules for this sport. But this knock out combined with the league system was much appreciated and we are sure to introduce it wherever we go.

Our team did very well in the Olympics, so much so that Chopra could represent Madras in the All-India Olympics held at Bombay, with creditable success. The results could have been better with more of practice, which is not possible as we play and learn all games here.

R. C. CHOPRA.

Report of the Old Boys Day

The anniversary of the Old Boys Association was celebrated on March 23rd. The programme began at 9 A.M., by reading the messages from the Old Boys and by introducing the Old and Present "boys." The Principal gave a hearty welcome to the Old Boys and pointed out the progress made by Physical Education, during the last twenty years. He advised the Old Boys not to be content with mass games, but to put in their best effort to coach their pupils and to teach them health habits, besides; in other words more attention should be paid to instruction periods avoiding the danger of using mass play as a substitute for physical education. The President, C. A. Abraham, emphasised that real hard work is necessary and that mere talk is worth nothing. Goodwill and support by the public in our work depends on our own efficiency. He explained the necessity of a Refresher Course for the Old Boys.

This was followed by a symposium on compulsory physical education and Messrs. H. C. Buck, N. K. Mia, C. C. Abraham, R. S. Govindarajan, G. F. Andrews and others were the speakers. Nearly all of them emphasised the necessity of introducing compulsory physical education from the Elementary Schools so that children follow up this tendency to play. Mr. C. C. Abraham was unique in his talk and gave importance to democracy and the personality of the child, which was very idealistic.

Discussion came to an end after the remarks of the President, and then the Old and New Boys had lunch together.

There was an Executive Committee meeting at 1-30 P.M. which was followed by the General Body Meeting, Mr. C. A. Abraham was in the chair.

It was announced that Mr. H. C. Buck had been honoured by being made a Fellow of the American Academy of Physical Education and it was resolved to send hearty congratulations to him. The annual reports of the association and *Vyayam* were read and approved and the following office-bearers were elected:—

President	.. Mr. V. Azariah, M.A.
Vice-President	.. Mr. T. V. Sivaprakasam, B.A.
Hon. Secretary and Treasurer	.. Mr. A. K. Singh, B.A.
Treasurer	.. Mr. V. D. Pitchai Pillai, B.A., L.T.
Joint Secretary	.. Mr. V. D. Pitchai Pillai, B.A., L.T.

EDITORIAL BOARD OF THE VYAYAM

Editor-in-Chief	.. Mr. H. C. Buck, M.A., M.P.E.
Joint Editor	.. Mr. C. A. Abraham, B.A.
Associate Editors	.. Messrs. L. K. Govindarajulu; P. M. Joseph, C. C. Abraham; M. G. Vijayasarithi; K. Y. Mangrulkar.
Business Manager	.. Mr. N. K. Mia.

Mr. and Mrs. Buck and the staff were 'At Home' to the Old Boys at the Principal's residence, at 4 P.M.

The Annual Playground Ball Match was played between the Old Boys and the New Boys at 5.45 P.M. and the latter won it by a big margin.

There was a dinner at the Students' Dining Hall at 7 P.M.

The staff and students of the College staged a very interesting and educative pageant at 8 P.M. The programme consisted of various Tableau and activities representing the contribution of different countries in Physical Education, from the ancient to the present times.

The pageant was very much appreciated by the gentry and the Old Boys and it really looked magnificent under the light effects which were arranged by Mr. C. Chandy of Messrs. Adair Dutt and Co.

The anniversary came to a close with the 'Initiation' of the new boys to the 'Alma Mater.'

Old Boys' Association Report for 1939-40

Two new outstanding features, among others, singularise the active work of the Association for the year under review, viz., the frequent Get-to-Gether Meetings and the organization of the "Y" OB First Aid Unit of the St. John Ambulance Association.

"Get-to-Gether" Meetings:—There have been five get-to-gether meetings and the following have been kind enough to play the part of hosts at the various meetings:—Mr. and Mrs. H. C. Buck; Mr. and Mrs. V. Azariah; Mr. V. D. Pitchai Pillai; Mr. and Mrs. C. A. Abraham; and Dr. G. F. Andrews. These meetings not only brought together a lot of Old Boys but enabled them to learn more about the profession. The First Get-to-Gether, saw the seed of a First Aid Unit being sown by Mr. H. C. Buck. The second taught us through Mr. C. C. Abraham who recently returned from America, how progressive countries, especially U.S.A., are dealing with the various national, health and physical education problems. In the third the Old Boys were taken on a ramble through Europe by Mr. V. Azariah. In the fourth a knowledge of how the Government of Madras views physical education and the recent consideration of the introduction of a scheme of physical training in Secondary and Training Schools was brought home to us by Mr. H. C. Buck. In the fifth Mrs. M. M. Buck, gave us an idea of what is being done for the women in the matter of Physical Education in this province, and the introduction of co-education in Training Physical Educationists.

These Meetings gathered more Old Boys than even the Old Boys' Anniversary Day, so much so that the last Get-to-Gether was the best attended. It is hoped that this will be a permanent feature in the future work of the Association. Mr. C. A. Abraham, our President, deserves special mention as the originator of this successful and popular event. We suggest that in the future these meetings may be held under the auspices of distinguished personages with special speakers drawn from various avocations in life apart from our own profession.

First Aid Unit of the St. John Ambulance Association:—Our Unit by name "Y" OB, 26 strong has been organized and registered in the Office of the Surgeon-General with the Government of Madras. There is a bright future for this useful activity of our Association under the able guidance of our Divisional Superintendent, Mr. V. Azariah and the Ambulance Officer Mr. A. K. Singh. All Old Boys in the city are requested to co-operate wholeheartedly in this useful piece of activity.

Vyayam:—The question of improving the Vyayam to be of utmost use to the profession, to the lay-reader, and to the general public was considered. A Sub-committee was appointed to go into these questions. The committee carefully considered various possibilities and forwarded their recommendations to the Editor-in-Chief for adoption. The hearty co-operation of all in the profession is requested to make this a really useful and valuable vehicle of thought and work of our profession.

Classification for Competition:—It was felt that the present classification based on the athletes alone was not sufficiently scientific and a proper classification taking into consideration all the pupils in the schools must be worked out. Much in this connection may be done next year as we could do only a little this year.

Rural Games:—It was also proposed that a collection of Rural Games may be made with the help of Old Boys to be compiled into a book for the help of village schools and rural areas. It will be a very useful and interesting activity for the coming year.

Refresher Course:—To make the work of the Old Boys of the College more effective and not allow them to get into a rut as years pass by and thus become back numbers in the profession, and to enable the Old Boys who wish to come back to the College to get fresh inspiration, to get acquainted with the latest development in physical education the President suggested that a Refresher Course may be organized under the joint

auspices of the O.B.A. and the College. A sub-committee consisting of Messrs. C. A. Abraham, (Convenor), C. C. Abraham, G. F. Andrews, H. C. Buck and the Secretary was appointed.

Executive Committee. The Executive Committee of the Association met 7 times this year, a record number of meetings. Mr. C. C. Abraham, our elected Honorary Secretary and Treasurer (elected in his absence) after his return from U.S.A. expressed his inability to hold the office. Mr. V. D. Pitchaipillai, the Joint Secretary was asked to do the functions of the Secretary and the Treasurer. However Mr. C. C. Abraham agreed to serve on the Executive Committee of the Association.

Membership. We have 94 members on the roll this year which is better than 48 of the previous year, out of which 78 are special members receiving Vyayam as well.

Finance. The accounts of the Association for 1938-39 and 1939-40 have been audited by Mr. T. V. Sivapragasam, B.A., Physical Director, Pachaippas College, appointed by the Executive Committee. Our opening balance this year is Rs. 79-5-5 and the closing balance being Rs. 69-11-11.

V. D. PITCHAI,
A. K. SINGH,
Hony. Secretaries.

College News and Notes

By

A. K. SINGH, B.A.

We are again nearing the end of another year of hardwork. One more batch of stalwarts in our profession is leaving the college fully equipped for the battle of life. Their counting of days and hours shall end soon, and their happiness at the reunion with their dear ones will be a fitting reward for the sincere and strenuous life they spent here. We wish them best of luck and we are sure that they will put in practice all that they have achieved here and add new enthusiasm to the veterans who are already striving for the progress of Physical Education.

The Old Boys Day comes off on the 23rd March. College is in full swing of preparation to stage a pageant under the guidance of Mr. C. C. Abraham. It will include some Tableaux showing physical education, ancient and modern and a demonstration of the activities contributed by various countries.

A group of twelve students attended the IXth Indian Olympic Games at Bombay. They had valuable experiences from the trip and enjoyed the stay at Patialanagar. It was a great pleasure for them to meet the Old Boys who had come with various Provincial Teams. We all paid a visit to the new sister college at Kandivelli and we appreciated the hospitality that the staff and the students bestowed upon us. We very much admired the work done there under the able guidance of Mr. P. M. Joseph. We wish them all success. ●

The college and staff thank all the Old Boys and friends who very kindly sent Christmas and New Years greetings. We wish them the same.

Old Boys News and Notes

*It was a great pleasure to meet some of the Old Boys who brought their provincial teams to Bombay and also those who are working there. It is really a pleasure to realise what high position our college holds in India when we find our men leading the representative athletes of the country. Most important of them all was Mr. S. K. Mukerji who conducted the Olympic games.

Some of the Old Boys who were attached to the athletes were—

Messrs. B. D. Chatterji, J. N. Mukerji and N. Das—Bengal.

Mr. Anil Das—Mysore.

Messrs. J. R. Rege and Naik—Baroda.

Messrs. Mehar Singh and Jagadish—Rajputana.

Some of the Old Boys were responsible for the efficient organisation and officiating at the Olympic Games. Basketball and Volley ball would never have been conducted in time and efficiently if Mr. P. M. Joseph and Messrs. Ram and Mohanasundaram were not responsible for both the games respectively. Some of the Old Boys who attended the Olympic besides the above mentioned were—Messrs. M. K. Patel, M. S. Sathe Beg and Bhasker.

B. L. Gupta (1938-39)—has been appointed at Haily College of Commerce, Lahore. He put in a short period of work at Emerson College, Multan and now has taken over the charge at Lahore, where he has introduced a good programme of Health and Physical Education. We very much appreciate his efforts.

E. N. Das (1937-38)—is working at Gordon College, Rawalpindi. He did very useful work for making Physical Education popular, by taking his students to different cattle fares centres and giving demonstrations of athletics etc. (These fares are an important features of social Recreation in Punjab). Keep it up Das!

P. I. Joseph (1937-38)—has been invited by the Travancore University to help in conducting the Summer Course for Graduate Teachers. We wish him luck.

E. J. S. Ram (1933-34)—is doing a marvellous work for the recreation of mill workers in Bombay. He has made best use of the present strike there by extending his recreation programme and has provided a healthy occupation in the workers' long leisure. We are sure this will keep the workers away from harm.

We admire his good work for the society.

Altaf Ali (1937-38)—has conducted an interesting Intramural programme consisting chiefly of Indigenous games at Junior Millia, Delhi. He is contemplating to go for further training. We are sure he is a great asset to his Institution.

John Wallace (1938-39)—has taken up a prospective job with a business firm. It is a pity we could not keep such a sportsman in our profession.

Book Reviews

1. *Basket Ball* by Charles C. Murphy, M.A., published by A. S. Barnes and Company, New York, 1939, Pp. 91. Price 1 Dollar. (Rupees three and annas six) by C. C. Abraham, B.A., M.P.E.

This book is one of a series of books on sports published by A. S. Barnes and Company called The Barnes Dollar Sports Library. Other books of interest to physical education teachers are on swimming, wrestling and track and field.

Each book covers thoroughly the fundamentals, techniques, coaching and playing hints for each sport. The book on basket ball opens with an introduction giving the history of the game since Dr. James Naismith invented this game in 1892 while a student at Springfield College. The first chapter deals with shooting fundamentals and the different types of shots. Chapters following deal with fundamentals in ball handling, footwork fundamentals, individual defense, team defense, and basket ball drills and tactics. There are questions for discussion and test questions at the end of each chapter. The game of basket ball is getting popular in our country and a book of this type will be very valuable to physical directors and others who are interested in improving the standard of the game.

2. *The Administration of Physical Education* by Jay B. Nash, Ph.D., published by A. S. Barnes and Company, 1938. Pp. 491. Price 3 Dollars (Rupees Nine and annas fifteen) by C. C. Abraham.

Dr. Jay B. Nash is one of the outstanding leaders in the field of health and physical education in the U.S.A. He is the chairman of the Department of physical education and health, school of education, New York University. The Administration of Physical Education is written with special reference to the Public Schools of the U.S.A. and the book has valuable material to guide our efforts to promote physical education in our country. The book rests on the four level philosophy of development which are organic development shown in beauty in body form and the biological foundation of health; neuro-muscular development shown in beauty in skill, poise and rhythm of action; interpretive—cortical development shown in beauty in keen analysis, diagnosis and intellectual honesty; emotional and impulsive development shown in beauty in sparkle, radiance and zest as in contribution to public works reaching out to an eternity.

Discussing relationship of physical education to general education, Dr. Nash states "Physical education is one of the administrative arms of education, hence its objective should be in harmony with the objectives of general education. All educational changes take place by means of activity. The very word education implies change of behaviour. Physical education changes behaviour by means of the big muscle or total body activities. Because of the child's driving interest in physical education activities educational changes may be easily made through them. Strictly speaking there is no such thing as a physical activity if compared with a mental activity. There are interpretive activities and large muscle activities. All activities must be rated on both scales as every act involves a duo-tissue; namely, muscle and nerve. Joy is a sign that growth and development are proceeding harmoniously."

The book is divided into five parts; introduction, selecting objectives of physical education, setting the stage, routine administration and checking results. It is profusely illustrated with figures, tables, forms and maps.

3. *The Teaching of Physical Education* by Jackson R. Sharman, Ph.D., published by A. S. Barnes and Company, New York, 1937. Price 1.60 Dollars (Rupees five). Pp. 237 by K. S. Sundaraja Rao, M.A., B.T.

The name of Sharman is not new to those engaged in the cause of Physical Education. As the author of many valuable books on Physical Education and as one intimately connected with the Physical Education of boys and girls, he is already famous in the Physical Education world. As such, the importance of the present book and the valuable experiences it gives cannot be overestimated.

This book is mainly intended for and is of immense use and help to the Physical Education Teacher and to those that are being trained as Physical Educators. The author, in this book, has fully recognised the importance of the individual differences and evaluated correctly the educational values of growth and development that result from group participation, and rightly stressed the importance of the method and class management.

The first chapter can be said to be the Prologue, while each one of the remaining chapters is a practical suggestion or guide for the teacher to overcome the practical difficulties he comes across in dealing with the Physical Education Classes of the boys and girls.

The various references at the end of each chapter go to show that the material presented has been made from a study of a wide range of sources. The summaries and questions at the end of each chapter are useful for the reader to revise and to recapitulate. The style is easy flowing, one that never makes the reader vexatious. The facts are given expression to in simple and unequivocal style. This book in my opinion is a very valuable guide for physical educators.

4. *Modern Principles of Physical Education* by Jackson R. Sharman, Ph.D., published by A. S. Barnes and Company, New York, 1937, pp. 208, Price 2 Dollars (Rupees Six and annas twelve) by C. C. Abraham.

Dr. Jackson R. Sharman is Professor and Head of the Department of Health and Physical Education, University of Alabama. He has several books to his credit. His book introduction to Physical Education is familiar to many physical education teachers in our country.

Modern Principles of Physical Education is intended to give a broad general view of the philosophy on which modern physical education programme is based. The principles discussed are thoroughly up-to-date and are based on recent evidence from biology, psychology, sociology, and education. The discussions of the biological, sociological, psychological foundations of Physical Education are not only educative but written in very lucid and attractive style. At the end of each chapter a series of questions relating to the subject discussed and a bibliography of references are appended. Dr. Sharman deserves praise for publishing a book on the principles of physical education in such a simple, yet telling way. Every library should possess a copy of this book and every physical educator should study it from cover to cover.

5. *Physical Education for Elementary Schools* by N. P. Neilson and Winifred Van Hagan, published by A. S. Barnes and Company, New York, 1939. Pp. 364. Price 2 Dollars (Rupees Six and annas twelve). By Ajit Kumar Singh, B.A.

The book describes that Physical Education activities give expression to the deepest instructive tendencies of childhood, and what good effect it has on the whole system.

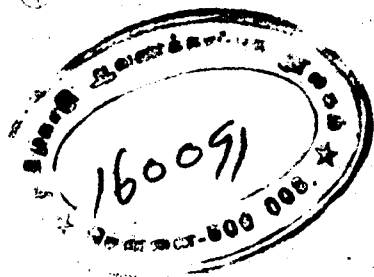
Every normal child has spontaneous interest in these activities. The book gives a graded programme according to the situation, time and need of the child and can be utilised as a basis for the physical education programme in Elementary Schools.

There is no formal calisthenics given in it because these "being artificial movements, unrelated to child life situations, they are uninteresting to children and have very little, if any, carry over value."

It explains the History and development of Physical Education in America. The present industrial development and indoor life make physical education a necessity biologically, physically, psychologically, and socially. It makes one both bodily and mentally efficient. School administration must provide prescribed courses and the pupils should have instruction and free play periods. Play must be organized, taught and supervised. It is necessary to get the class room teachers acquainted with games at the Training Centres to enable large number of children to participate. There is a very elaborate scheme given for the organization of Physical Education in the schools which includes tests, competitions, classifications, leaderships, etc.

Descriptions of the equipments and the activities rhythmic as well, along with illustrations are nicely given.

The book contains everything to conduct a good programme of Physical Education in Elementary Schools. There are plenty of activities described which can easily be adopted in Indian Schools without much cost. On the whole it is a very good book and its natural programme is just the thing our schools need.



Book Reviews

1. *Basket Ball* by Charles C. Murphy, M.A., published by A. S. Barnes and Company, New York, 1939, Pp. 91. Price 1 Dollar. (Rupees three and annas six) by C. C. Abraham, B.A., M.P.E.

This book is one of a series of books on sports published by A. S. Barnes and Company called The Barnes Dollar Sports Library. Other books of interest to physical education teachers are on swimming, wrestling and track and field.

Each book covers thoroughly the fundamentals, techniques, coaching and playing hints for each sport. The book on basket ball opens with an introduction giving the history of the game since Dr. James Naismith invented this game in 1892 while a student at Springfield College. The first chapter deals with shooting fundamentals and the different types of shots. Chapters following deal with fundamentals in ball handling, footwork fundamentals, individual defense, team defense, and basket ball drills and tactics. There are questions for discussion and test questions at the end of each chapter. The game of basket ball is getting popular in our country and a book of this type will be very valuable to physical directors and others who are interested in improving the standard of the game.

2. *The Administration of Physical Education* by Jay B. Nash, Ph.D., published by A. S. Barnes and Company, 1938. Pp. 491. Price 3 Dollars (Rupees Nine and annas fifteen) by C. C. Abraham.

Dr. Jay B. Nash is one of the outstanding leaders in the field of health and physical education in the U.S.A. He is the chairman of the Department of physical education and health, school of education, New York University. The Administration of Physical Education is written with special reference to the Public Schools of the U.S.A. and the book has valuable material to guide our efforts to promote physical education in our country. The book rests on the four level philosophy of development which are organic development shown in beauty in body form and the biological foundation of health; neuro-muscular development shown in beauty in skill, poise and rhythm of action; interpretive—cortical development shown in beauty in keen analysis, diagnosis and intellectual honesty; emotional and impulsive development shown in beauty in sparkle, radiance and zest as in contribution to public works reaching out to an eternity.

Discussing relationship of physical education to general education, Dr. Nash states "Physical education is one of the administrative arms of education, hence its objective should be in harmony with the objectives of general education. All educational changes take place by means of activity. The very word education implies change of behaviour. Physical education changes behaviour by means of the big muscle or total body activities. Because of the child's driving interest in physical education activities educational changes may be easily made through them. Strictly speaking there is no such thing as a physical activity if compared with a mental activity. There are interpretive activities and large muscle activities. All activities must be rated on both scales as every act involves a duo-tissue; namely, muscle and nerve. Joy is a sign that growth and development are proceeding harmoniously."

The book is divided into five parts; introduction, selecting objectives of physical education, setting the stage, routine administration and checking results. It is profusely illustrated with figures, tables, forms and maps.

3. *"The Teaching of Physical Education"* by Jackson R. Sharman, Ph.D., published by A. S. Barnes and Company, New York, 1937. Price 1.60 Dollars (Rupees five). Pp. 237 by K. S. Sundaraja Rao, M.A., B.T.

The name of Sharman is not new to those engaged in the cause of Physical Education. As the author of many valuable books on Physical Education and as one intimately connected with the Physical Education of boys and girls, he is already famous in the Physical Education world. As such, the importance of the present book and the valuable experiences it gives cannot be overestimated.

This book is mainly intended for and is of immense use and help to the Physical Education Teacher and to those that are being trained as Physical Educators. The author, in this book, has fully recognised the importance of the individual differences and evaluated correctly the educational values of growth and development that result from group participation, and rightly stressed the importance of the method and class management.

The first chapter can be said to be the Prologue, while each one of the remaining chapters is a practical suggestion or guide for the teacher to overcome the practical difficulties he comes across in dealing with the Physical Education Classes of the boys and girls.

The various references at the end of each chapter go to show that the material presented has been made from a study of a wide range of sources. The summaries and questions at the end of each chapter are useful for the reader to revise and to recapitulate. The style is easy flowing, one that never makes the reader vexatious. The facts are given expression to in simple and unequivocal style. This book in my opinion is a very valuable guide for physical educators.

4. *Modern Principles of Physical Education* by Jackson R. Sharman, Ph.D., published by A. S. Barnes and Company, New York, 1937, pp. 208, Price 2 Dollars (Rupees Six and annas twelve) by C. C. Abraham.

Dr. Jackson R. Sharman is Professor and Head of the Department of Health and Physical Education, University of Alabama. He has several books to his credit. His book introduction to Physical Education is familiar to many physical education teachers in our country.

Modern Principles of Physical Education is intended to give a broad general view of the philosophy on which modern physical education programme is based. The principles discussed are thoroughly up-to-date and are based on recent evidence from biology, psychology, sociology, and education. The discussions of the biological, sociological, psychological foundations of Physical Educations are not only educative but written in very lucid and attractive style. At the end of each chapter a series of questions relating to the subject discussed and a bibliography of references are appended. Dr. Sharman deserves praise for publishing a book on the principles of physical education in such a simple, yet telling way. Every library should possess a copy of this book and every physical educator should study it from cover to cover.

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