

Return to

Hannah A. Tieffer

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The
Normal School
Herald

HEALTH EDUCATION NUMBER
(ALSO OUT LINE OF SUMMER SESSION)



CUMBERLAND VALLEY STATE
NORMAL SCHOOL

SHIPPENSBURG, PENNSYLVANIA

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The Normal School Herald

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Vol. XXVII.

JANUARY, 1923

No. 2

EDITORIAL

In presenting special numbers of THE HERALD to the school and alumni, the faculty are endeavoring to give as extensive service as possible. We hope that the alumni as well as present students will put into practical application these up-to-date suggestions and will file the copies as important reference material. It is only in this way that these numbers can be used to their fullest extent.

PRINCIPAL'S LETTER TO THE ALUMNI

Dear Friends:

School has just closed for the Holiday Season. The old building seems strangely quiet. The sounds of cleaners' footfalls in the corridors only recently crowded with a busy throng of students, suggest solitude rather than life. The few lights that gleam from the windows at night only serve to emphasize the fact that we have been deserted by the more than 600 students and teachers who ordinarily give life to the grounds and buildings.

But the Christmas spirit is everywhere present. We feel the magnetic waves of joy and happiness radiating from hundreds of homes where our students are now enjoying the greetings of loved ones. Truly Christmas is a joyous season and we are all better and happier for its yearly presence.

It was my pleasant privilege to write a letter to all of you not long ago. Many of you were kind enough to ac-

knowledge its receipt and to express in many ways your interest in your Alma Mater. It is particularly gratifying to me to note that many letters contained generous remittances to the Alumni Fund. Still others told of arrangements that were being made to remember this worthy cause through both personal and class remittances. I am glad to receive these assurances for no phase of our work is nearer to my heart than the Alumni Fund. I know how many young people are being benefited by it at present and my regret is that, because of its limitations, not nearly all of those worthy applicants can share its bounty.

I sincerely trust that as the years go by we may all remember this fund. What better contribution can we make to the memory of some teacher of the old school than to give a sum of money to the Alumni Fund knowing that it will continue from year to year to help worthy young men and women secure a good education?

We have just completed the necessary arrangements with the state authorities by which it will be possible for us to make the very necessary and long delayed improvements in the Main Building. We hope to renovate this building during the next two years. When we have finished, we will have modern up-to-date offices, a dining room and a chapel that will be not only useful, but because of their beauty, "a joy forever." We will make the old building practically fire-proof. The dormitory rooms will be modernized and provided with the necessary equipment found in any high grade boarding school. It will, of course, take considerable time to bring about all these changes. The school will be in session while the work is done and though this will necessarily delay the period of its final accomplishment, we hope to go forward steadily until everything has been renovated.

Elsewhere we call attention to the nine weeks summer term which will open June 18th. As previously indicated it will not be possible for us to have the usual spring term this year because of the minimum eight months school term. We expect to have a very large summer session. Many of you may be interested in the opportunity that will be given graduates of the school to take work leading to the completion of the three year course. We shall offer courses in a variety of subjects that will probably appeal to many of you.

Our courses will also be especially suited to young people who have completed the high school course and who wish to teach next year. They can secure the work that they must have for the Partial Certificate. This work will also be counted toward either the Standard Certificate or to-

ward the completion of the Normal School Course.

We have already begun the campaign for "600 all-year students" next September. We believe we will have no difficulty in securing this number, but we want your help to make it possible for us to secure them. It is through the loyal support of the Alumni that our school increased from 303 students in 1912 to 1094 in 1922. This number will probably be the high water mark for years to come as we found it necessary to help out the state program by taking many more students than it was possible for us to accommodate satisfactorily. Our ideal is 600 all-year students and 800 summer students. We can accommodate more in the summer than during the all year session since it is possible to have students room out of the building in the summer.

Finally, let me remind you again of the coming class reunions. No part of the year's work is pleasanter to me individually than to greet those of you who come back on Alumni Day. I realize how much joy and happiness there is in a good old fashioned class reunion, but in order to make a reunion what it ought to be, considerable work must be done in advance. Committees from every class expecting to hold a reunion should be at work NOW. (We are glad to note that the class of 1903 is already at work). Letters should be written to the members of the class calling attention to the coming reunion on June 12th. Arrangements should be made with hotels or restaurant keepers in Shippensburg for banquets. If you have not heard from your President, write to him and make yourself a committee of one to see that your class has a big reunion next June. The school will help you in every possible way to carry out your plans. Of course, we want all of you to come back next June whether your class holds a reunion or not. Don't forget the "Old School" and set aside Tuesday, June 12th, as the day when you are coming back to Normal to live over "the old school days."

With best wishes for a most happy New Year, I am,

Fraternally yours,

EZRA LEHMAN, '89

**SUMMER SESSION AT THE SHIPPENSBURG
NORMAL SCHOOL**

(June 18—August 18)

Because of the minimum eight months school term, it will not be possible to have a spring term session at Normal this year as was the case during previous years. The sum-

mer session, however, will be more largely attended than ever before. We expect to make this the very best summer session in our history. It will open on Monday, June 18th, and will continue until Saturday, August 18th, thus covering nine weeks.

While all the courses to be given have not definitely been arranged at this writing, we know that they will cover the same ground as those offered last year. The following have been definitely arranged:

Public School Music

Art

Health Education

School Efficiency and Observation

Introduction to Teaching

Child Psychology

Teaching of Reading

Teaching of English

Teaching of Mathematics

Teaching of Geography

Teaching of Social Science

(History)

All of these courses will be six hours a week and, therefore, will carry a credit of three semester hours. No student will be permitted to carry more than four subjects: i. e., twelve semester hours.

In addition to the above subjects, we will offer courses in the following:

Teaching in the Training School under expert supervision. (Necessarily the number of students who can be given the opportunity to do this work is limited; hence all students desiring to teach in the training school should make early application for the privilege).

Modern Geography.

Social Science (History)

(These are two content courses and are earnestly recommended to teachers who have had several years experience in public school work and who wish to specialize in departmental work. The Geography and History will be taught in these courses from the new point of view. Many teachers realize that the teaching of these two subjects has undergone great change. In fact the entire point of view has been changed. It is highly important that teachers of these subjects specialize in content as well as in method. We recommend these courses strongly to all teachers who expect to do departmental work).

School Administration and Supervision.

((We recommend this course strongly to principals and to teachers who desire to fit themselves for supervisory

work. The time is not very distant when there will be an urgent demand for township supervisors. Our school will offer this course in supervision to those who wish to prepare for this large field that will soon be open).

School Tests and Measurements.

(Special opportunity will be given principals and teachers to study not only the theory of Tests and Measurements, but special opportunity will be given to apply these to actual school conditions).

Courses will also be offered in the following:

College Algebra
Trigonometry
Advanced English
Zoology
Advanced European History

It is our purpose to offer additional courses if there is a demand for them. Those interested in taking courses not listed here are advised to write to the Principal at the earliest possible moment.

Students who are graduates from second or third grade high schools will be given the opportunity of taking high school work either in connection with the pedagogical work required for a certificate or as separate courses.

The expenses for the term will not be heavy. Free tuition to those preparing for teaching. The registration-term fee including free admission to lectures, concerts, games, entertainments, etc., is \$10.00 and must be paid when a room is engaged. The cost of boarding, including furnished room, light and laundry is \$6.00 a week, or \$54.00 for the term.

WHERE DO TEACHERS STAND?

(This article appeared in THE HERALD for April, 1922. It has been so strongly indorsed by Superintendents and other persons interested in the welfare of the public schools that we reproduce it with practically no change. If the article had any special value a year ago, it should be doubly valuable now since the Legislature is about to assemble. If we are interested in the public school program, let us speak in no uncertain tones. We should write to and still better talk to our Representatives and Senators. We should call the attention of the public to the importance of sustaining the public schools of the state. We all recognize the

necessity for economy in the administration of state affairs, but it will be poor economy that sacrifices the interests of the children of the public schools. Let us earnestly support the campaign for still better and more efficient schools).

A prominent politician once said to the writer, "The reason you teachers have so little influence in politics is because you don't stand together for anything. If an educational measure that really has merit is introduced into the legislature, you study it to find out whether it increases your salary—or that of somebody else. You can't get together and support a measure for the good of the cause. You ought to take a lesson from policeman and fireman or from the "Scrub Women's Association." The public—and "the practical politician" will soon have opportunity to judge whether the statement quoted above is true. Pennsylvania, under the able leadership of Dr. Finegan, has taken a long step forward educationally. Salaries of teachers have been materially increased, school terms in country districts lengthened, the qualifications of teachers raised and measures taken to improve the supervision of the teacher's work and at how little cost. In 1911, 26.2 cents out of every dollar spent by the State were used for education, while in 1922, with all the far-reaching improvements in our school system, only 26.3 cents out of every dollar appropriated by the State will be required.

An attack has been made by the officers of an influential State organization upon the school program. The charges have been answered and refuted by Dr. Finegan. But in spite of these facts, attacks continue to be made upon the school legislation by persons who are for the most part misinformed or whose prejudices have been aroused by those who have a very visible axe to grind. What is the attitude of the teachers at a time like this? Are we standing together in defense of the new educational program? The State Educational Association and the State Directors' Association endorse it unanimously. Boards of Trade, Chambers of Commerce, Civic Associations, Parent-Teachers' Associations and Mothers' Clubs all over the State are speaking in behalf of the better things in Pennsylvania in no uncertain tones.

But where do you stand, you teachers in the rural districts and in the small towns? What are you doing to enlighten your directors, your patrons, the community in general as to the real value of the educational program just begun? When an attack is made upon the school system, do

you defend it? Don't you realize that when the school system is attacked it is you who will suffer—you and the children of your school whose guardian you are? Where will you stand when men seek election to the legislature? Are you concerned as to their attitude toward the public schools? Was the politician right when he said that the reason teachers had so little influence was because they don't stand together for anything? Teachers of Pennsylvania will soon have the opportunity to show whether they do stand for the greatest educational opportunity that has come to their State.

THE MYRTLE MAYBERRY SHORT STORY PRIZE

Mrs. Mulford Stough (Myrtle Mayberry, '07) has established an annual prize of books, ranging in value from \$10.00 to \$15.00 to be awarded on Commencement Day to the student who in the judgment of a Committee, appointed for the purpose, has written the best short story, submitted in competition for the above named prize. The first award will be made on Commencement Day, June, 1923.

CONTRIBUTIONS TO THE ALUMNI FUND

The authorities of the school wish to acknowledge the following contributions to the Alumni Fund:

S. S. Shearer, \$50.00.

Harrisburg Alumnus (name withheld by request) \$50.00

Geo. H. Fickes, \$10.00.

Mary C. Disert, \$10.00.

P. E. Parmer, \$5.00.

Minnie E. Baddorf, \$5.00.

Mildred Robins, \$1.00.

W. H. Baish, \$1.00.

Damaris Peters, \$25.00.

J. F. Slaybaugh, \$5.00.

THE TEACHING OF HYGIENE

The real aim of education is to make well-rounded physical, mental, and moral beings. In order to accomplish this, Health Education should be foremost.

Let us first consider to what extent health was taught in past years. The child was given a physiology text book from which he committed paragraphs pertaining to the structure of muscles, bones, etc. As a result how was the health of the nation affected? We have but to note the

results of the draft during the recent war to answer that question.

"A physical examination of approximately six million young men who were candidates for military service showed that one third were so unfit physically or mentally as to be practically useless for service, and were rejected, shows that most of the defects were removable or preventable, if men had had proper care, treatment, and instruction while attending school."

These statistics should convince us that our chief aim should be to diminish the number of defects by proper teaching of health habits, and to use every means to correct undesirable habits. This can be accomplished, if hygiene is taught in the proper manner.

I shall endeavor to discuss briefly along what lines our training should be directed. It is quite important to mention a few facts about the eyes. It is surprising to notice the number of people who are troubled with defective vision. Are the teachers noticing these defects in children and instructing them concerning the conservation of vision? Are such requirements as proper lighting, the size of print, the kind of paper in reading books, and on which pupils write, being considered?

Another important factor is in regard to heating and ventilation since the health of the child depends on both to quite an extent. Is there always a sufficient amount of fresh air in the classroom; and is there any regulation in regard to the temperature of the classroom?

There are several precautions and habits which the children should observe to keep free from disease, and help prevent the spread of disease. The school should make a great deal of progress in checking diseases by emphasizing the necessity of cleanliness, good sanitation, as well as the removal of diseased tonsils and adenoids, from the view point of good health.

The hygiene or the science of right living should be a strong point. We should direct our energies toward helping pupils to realize the value of rest, recreation, proper food, and the sanitary conditions of home and school so that the parents may profit by these ideas which are carried out by the children. What a great deal a teacher can accomplish if he only convinces the pupil of the necessity of sleeping in fresh air! Too often we find homes where parents believe that the air at night is unhealthful. Is it any wonder that some of the children are pale, sickly, and

lack endurance? We must emphasize the value of fresh air, and the fact that night air is pure as well as the air in the daytime. The following would make a splendid poster:

"The only night air that is bad is last night's air. Get rid of it by opening the windows."

It is necessary to get the confidence of the children, then bring before their minds the importance of health habits. If this is done there will be a much more decided reaction from the pupils.

The school system may assist in oral hygiene education by instruction and practice in the essential of mouth hygiene. If we could but establish in the children's minds the value of keeping the mouth and teeth clean, we would be taking a great step toward decreasing the amount of sickness and death. Since contagious diseases, diseased tonsils, rheumatism, and heart trouble are often caused by the germs which grow in the cavities of decayed teeth, we ought to convince the children that it is the mouth hygiene habit that counts for permanent cleanliness, good health, and future happiness. The emphasis in the classroom instruction should be placed upon the practical affairs of daily life such as methods and times of brushing the teeth, selection of a tooth brush, tooth paste, the care of the tooth brush, etc. Each topic should be related to daily practice. Stories and illustrations from daily life will add a great deal of interest.

What we should endeavor to do is to establish good health habits, with emphasis on the acts rather than knowledge. This cannot be done by learning from text books. It is true that text books are helpful as guides, and references from which reports on different phases of health may be taken; but in our regular teaching we should not lose sight of the practical side.

Daily morning inspection should follow the opening exercises in every school. It takes but a short time and yet what a great deal can be accomplished if this is carried on properly. Sanitary inspectors may be chosen to assist the teacher, and an account may be kept concerning hands, finger nails, teeth, etc. At this time reports on sanitary conditions and cleanliness in and around the building may be given. Competition is developed, and in what better way can the plan of health be carried out? Every child is naturally eager to compete. If part of the children are living up to good standards of health, the others will not be slow

to follow. Especially will this be true if the work is made attractive.

The study of hygiene may be made quite interesting by correlation with other subjects. This may be done in the lower grades by singing, games, drawing, reading, and dramatization; also by making posters and booklets. In the upper grades the sanitary conditions of climate, etc., may be studied in connection with geography. The pupils may also inspect bakeries, cold storage, meat markets, etc., where food is stored or sold and find out if these places are conducted according to the laws designed to protect public health. This, as well as many other interesting problems, may be taken up in the study of civics. In the study of the growth of the Panama Canal the problem of making civilization possible is a general theme for discussion. The study of the war on tuberculosis affords an opportunity to stress the all-important duty of good health habits, and the necessity of following the rules of the health game.

Everyone will agree that fixed habits are necessary. The child should know the value derived from clean hands, etc., which can be learned only by knowledge of practical facts.

The personality and habits of the teacher very often influence the kind of habits which pupils practice.

The following is quite true: "In no other subject of the curriculum does the teacher teach so constantly as in Health Education. Silently, insistently, whether conscious of it or not the dress, carriage, voice, manner, and habits are moulding the lives of the pupils." Therefore the teacher must practice good health habits, since he should be a living example of the type of manhood and womanhood he expects the children to attain.

A foundation is necessary before anything can be completed. It is a fact that the foundation of education is healthy living and habits; for without good health, knowledge will not suffice. The question is—Are we as teachers going to strive with every effort to make that foundation firm so that it will not fall? When we realize that the school children of today are to be our future citizens we should do everything in our power to instill into their lives the necessity of good health habits in order that they may become more efficient physically, mentally, and morally.

In this world of ever changing fashions, let us strive to make health fashionable at all times.

L. O. HEFFERNAN

HEALTH CREED AND HEALTH SONGS

I have listed below "Health Creed" and "Health Songs" which emphasize different phrases of health very clearly:

The Health Creed

My body is the temple of my soul
Therefore I will keep my body clean within and without.
I will breathe pure air
And I will live in the sunlight.
I will do no act that might injure the health of others.
I will try to learn and to practice the rules of healthy living.
I will work, and rest, and play
At the right time and in the right way--
So that my mind will be strong
And my body healthy;
So that I may lead a useful life
And be an honor to my parents, to my friends, and to
My country.

The Six Best Doctors

Tune-- "Yankee Doodle")

The six best doctors anywhere
And no one can deny it
Are sunshine, water, rest, and air,
Exercise, and diet.
The six will gladly you attend,
If only you are willing.
Your minds they'll ease
Your ills they'll mend
And charge you not one shilling.
Little Bo Peep has ten hours sleep
From early night 'till morn.
Little Boy Blue has ten hours too,
Before he blows his horn.
But Simple Simon sits up late,
And so 'tis plain to see
Why he is dull and they are bright
And happy as can be.

Scrub

(Tune—"Tramp, Tramp, Tramp, the Boys
Are Marching")

Scrub! Scrub! Scrub! are words of warning
Keep all the Grinders shining bright,
Use your powder, brush, and paste,
There's no time to lose or waste,

Keep them clean by brushing
Morning, Noon, and Night

Tune—"Smiles."

There are foods that make us happy
There are foods that make us blue
There are foods that steal away the rosebuds,
As the sunbeams steal away the dew.
There are foods that have a hidden magic
That the eyes of God alone may see,
And the foods that fill my heart with power
Are the foods that God gives to me.

Tune—"Keep the Home Fires Burning"

Keep the good work going
While we tall are growing,
Though the sun has not gone down,
We go to bed,
There's a body growing
Seeds of joy we're sowing
Keep the good work going on
Till we grow up.

L. C. HEFFERNAN

HEALTH EXAMINATION AND HEALTH INSPECTION IN THE CLASSROOM

Directions to Teachers

"During the school period the teacher becomes, as an agent of the State, co-trustee with the parents in the great task of guarding against injury or loss to those upon whom the future of the world depends."

1. The teacher should appoint each week a sufficient number of pupils to serve as "health officers" or "sanitary inspectors" for the class and class room. With a little care in the initial instruction, these pupil health officers may render very effective service and stimulate a real interest in the better hygiene and sanitation of the school. These pupil officers may be rated by the teacher for quality of service, at the end of each term of office. The duties of pupil health officers may be:

a. To open windows wide and air the school room thoroughly every day before the session begins and during the relief drills.

b. To remove chalk, scraps of paper, and other litter

from the floor, hallways, stairs, school yard, and side walk at intervals designated by the teacher.

c. To consult the room thermometer at appropriate intervals and assist in securing a desirable temperature (between 65 and 68 degrees).

d. To help in the plans of the school and keep the school buildings, equipment, and premises clean.

2. The teacher should supervise the selection of pupil officers and direct their activities. Habits of community hygiene will be established in young citizens.

3. The windows of all school rooms that are in use should be opened daily before sessions, and regularly during sessions, especially during the relief drills; when the weather will permit the windows should be open all the time. Keep the windows down at the top.

4. Inspect children for cleanliness and neatness, signs of physical abnormality and injury, or illness.

a. Results in cleanliness and neatness may be secured through rapid inspection and advice.

b. The experienced teacher is likely to be the first to detect deviations from the normal in the appearance of school children. One may thus detect disease and secure early care with a consequent early recovery or may save or reduce school room contagion and epidemic through early and prompt attention.

c. Inspect pupils for signs of health disorders and physical defects every day, the first time you see them. Cultivate the habit of rapid general observation of the entire class. After some experience, these inspections will take only a few seconds of time. The more detailed examination is a duty of the physician, not the teacher. Be always on the alert to detect signs of health disorder. Do not be afraid to make mistakes. Be quiet about your inspections and judgments about your pupils. Make your relationship sympathetic, and confidential. When you note that a child is showing signs of disordered health, make your further investigations of those signs quietly so that the attention of the other children may not be unduly drawn to the event.

5. Conditions which call for immediate attention: Children showing any of the signs noted below, should be sent home by the teacher or principal, and should remain out of school until they can return with safety to themselves and their schoolmates. Return to school should be contingent on a formal health certificate by the family physician, health officer, or school physician.

Sore throat; ear ache; running nose; sore eyes of any kind; dizziness or faintness; fever; flushed face without normal cause; chills; eruptions; vomiting; frequent coughing; convulsions; swollen glands on neck; puffiness of face and eyes; shortness of breath; acute pain; parasitic skin troubles of any kind.

6. Other signs which are important for the teacher to observe:

Poor physical development; deficient weight; under development; excessive fat; low endurance; easy fatigue; disinclination to play; pallor; malnutrition; mouth breathing; nasal voice; catarrh; offensive breath; chronic cough; deafness or discharge from ears; headaches; squinting; holding book too near face; decayed or discolored teeth; marked clumsiness in using hands; twitching of eyes, face or any part of body—grimaces; emotional disturbances, tears or hysterical laughter; habitual inattention; general nervousness; awkward or stumbling gait; stammering; irritability or temper fits; frequent requests to go out; lack of concentration; slow mentality; blank expression; slow progress in study; cruel or abnormal disposition; stooping and round shoulders; peculiar or faulty postures; pigeon-toed gait; knock-knees or bowlegs; trouble with arches (weak feet).

The presence of such signs should be reported to the child's parents or guardian, by teacher of principal. Efforts should be made to inform parents accurately concerning the importance of wise health supervision and the child should receive such health instruction as may help him take intelligent care of his body and its organs. Each case should be followed up, and a record made of what is done and of the benefit secured for the child.

7. Signs of disordered health for which school children should be kept home by their parents and the school notified. After such absence the child's return to school should be contingent on a certificate of health from the family physician, health officer, or school physician. The signs to be noted at home are in general the same as those in group 5. Emphasis may be laid, however, upon the following:

Nausea or vomiting; dizziness, fainting, or unusual pallor; chills; rash of any kind; fever; running nose; sore throat; acutely swollen glands in neck; cough.

Card to be placed near child's mirror at home: "Am I ready for school today? Is my face clean? is my neck clean? are my ears clean? did I brush my teeth? are my hands clean? are my finger nails clean? do I wear a neck tie? are my shoes blacked?" LOOK AND SEE.

SCHOOL BOARDS OF HEALTH

It is advised that every school in Pennsylvania establish a local Board of Health for its own government, the organization and administration of such Boards to be patterned after that of Borough Boards of Health. In one-room schools the Board should consist of five members. In larger schools the membership may be increased to include one member from each school room, the term of office, made in accordance with local expediency, to be not less than three weeks or more than six. Membership on the Board of Health should be a reward of merit. Upon appointment the Board should proceed to elect a President and Secretary. Two Health Officers, a boy and a girl, should be appointed from each room, the Health Officers to be appointed upon recommendation of their teachers. The Board of Health should enact ordinances in accordance with local conditions, no ordinance to be effective without the signature of the Principal or of the teacher in charge.

"The duties of the President. The President shall preside at all meetings and shall have general supervision of work of the Board.

"The Secretary shall be the custodian of all property of the Board, shall keep the minutes, a record of all orders, and shall make weekly reports to the government head of the school.

"The Health Officer shall make daily inspections of schoolrooms, halls, and toilets, shall keep a record of the temperature of the schoolrooms, taken four times daily, shall call the attention to individual pupils of violations of the adopted ordinances, and shall make reports in writing to the Board of Health at their weekly meetings and emergency reports to the President of the Board at such times as necessity may require.

"Meetings. Regular meetings of a School Board of Health shall be held once a week at the time and place specified by the governing head of the school.

"All meetings shall be open to the school but no persons except members of the School Board of Health may be entitled to vote or participate in discussions, except by permission of the Board.

"Special meetings may be held upon the call of the President of any two members. A call for a special meeting must be addressed in writing to each member of the School Board of Health stating the purpose of the call, and no other business, except that specified, may be transacted.

"The generally accepted parliamentary rules shall govern the transactions and business of the Board.

"A majority of all members shall constitute a quorum.

"At regular meetings the following order of business shall be observed.

- (1) Call to order
- (2) Reading of the minutes
- (3) Report of Health Officers
- (4) Unfinished business
- (5) Hearing of complaints
- (6) New business
- (7) Adjournment

Suggested Ordinances. "The temperature of the school-room shall be at no time exceed 68 degrees Fahrenheit.

"At 9:45 and 11:45 A. M. and 1:45 and 3:15 P. M. windows shall be opened and calisthenic exercises indulged in for the space of three minutes.

"Drinking fountains shall be kept clean and in order, and the jets shall spurt at least two inches in height. (Where drinking fountains do not exist, all pupils shall have individual drinking glasses.)

"Toilets shall be kept clean and in order.

"The blackboard should be cleaned and chalk dust removed every evening by the janitor.

"Trash should not be permitted to accumulate in desks. The inside of all desks should be kept in order and free from dust.

"In sweeping schoolrooms, the floor should first be sprinkled with water, dampened saw dust or one of the "dust down" preparations. It should afterwards be swept with a soft bristled brush. No stiff bristled broom may be allowed in the school house.

"In dusting, no feather duster may be used. The janitor should be required to use a dampened cloth which removes as well as cleans.

"Each evening all window blinds should be rolled, so that the schoolroom during hours not in use, may have the advantages of the germ-destroying action of light.

"Desks should be properly adjusted to the size of each pupil.

"School books should be kept clean and the wetted finger should never be used in turning leaves.

"Spitting in the schoolroom is prohibited.

"Clean hands and nails are required.

"Clean teeth are required.

"All coughs and sneezes should be covered with a handkerchief; if there be no time for that, by the hand, which should be immediately washed.

"A foot scraper and door mat shall be placed outside the building and no pupil shall be permitted to enter the school with muddy feet.

"Spit balls are prohibited.

"The Health Officers shall ask the following questions to each pupil under his jurisdiction and report the totals, without giving the names, at the regular meeting of the School Board of Health:

"Do you sleep with your windows open?

"Do you drink milk every day?

"Do you take a bath every day?

"From April first until the close of school the following additional questions are to be asked:

"Do you know of the existence of any places where flies are likely to breed? Where?

"Secretaries of School Boards of Health should make a list of possible fly breeding places and forward such reports, through the governing teacher, to the municipal health or township health authorities."

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MALNUTRITION IN SCHOOL CHILDREN

“Dr. Thomas D. Wood, Columbia University, states that 15,000,000 of the 24,000,000 school children are suffering from remedial health defects. Malnutrition is the chief evil and that is due quite as much to ignorance and neglect as to poverty.”

The above paragraph which appears in the December number of the Pennsylvania School Journal has been read by thousands of Pennsylvania teachers. “What does it mean?” is the first question asked. “What can we do about it?” is the second. This article aims to answer both questions if possible.

Malnutrition is a word that until recently appeared in but few vocabularies, probably in those of the medical and nursing profession only. Since the war, when so many men were rejected from service because they were underweight, and since so many children are found to be so far below normal, there has been a greater interest in, and a wider knowledge of Malnutrition. Welfare workers are bringing the facts before the public, and teachers are beginning to realize that they have a very real opportunity to help the children to more efficient citizenship by raising the standard of health.

Call up that lad on the front seat. The children call him “Skinny.” No wonder! He is eleven years old and fifty-five inches tall. According to the chart he should weigh seventy-five pounds whereas the scales show barely sixty-five. He is ten pounds underweight, or thirteen and a third per cent below normal. If we go back on the chart we find his development is about that of a seven or eight-year-old boy. He is therefore physically retarded three or four years. A record from last year shows that he has gained but two pounds here he should have gained six.

If we examine further we shall find the protruding shoulder-blades often called “angel wings.” His posture is poor, and he fails to sit or stand for any length of time. His face is pale, his skin being almost waxen. He is eager to go to play, but is quickly tired and often becomes irritable and quarrelsome. Long-continued physical exercise is impossible because of his soft flabby muscles.

Mentally he is retarded almost as much as physically. He loses several weeks out of each school year because of illness, and when in school finds it hard to give continued attention. Consequently he is two years below his grade. Unless a rapid change for the better is made he will become discouraged, leave school at the earliest opportunity, and be but one more to join the great army of the unprepared, unfitted to do a man's work in the world.

What can we do? A careful physical examination may disclose the fact that our lad has adenoids, diseased tonsils, decayed teeth, or astigmatism. In the case these exist, a visit to the surgeon, dentist, or oculist will set him free to gain. Should none of these be found, we shall investigate the home, the boy's food habits, and his other living habits.

Dr. Wood says, "Ignorance and neglect are as often the cause of malnutrition as poverty." Has the child three adequate meals a day? Has he rest hours enough? It is estimated that forty per cent of the malnourished children fail to secure enough sleep.

The teacher may tactfully suggest the kinds of food needed by children, but a better method is to give the child himself the desire to gain. Here the play and game, song and story all have a part. A friendly spirit of rivalry, the use of health charts where the child's progress is indicated by colored stars, simple rewards, and formation of health clubs, all are excellent means of stimulating interest in the Health game.

Let a considerable part of your time in the Health class be spent on the subject of food. Create rivalry in the drinking of milk, eating vegetables, etc.

If your school children must carry their lunches, do not fail to serve at least one hot dish a day. Here, too, it is wise to create the sentiment in the school before you appeal to the home. Very often the hot lunch will be your greatest aid in overcoming malnutrition, affording an application of so many principles of right living. Even the contents of the lunch box can be brought into harmony with the hot lunch, if the matter is tactfully presented.

There is a wealth of available material at hand, dealing with malnutrition. The expenditure of a few cents will bring the latest information to the teacher, together with valuable suggestions for presenting the work in the school and community. Finally, when every teacher has done his or her part to remedy this great danger to our nation's wel-

fare, we shall be able to show Dr. Wood a very different set of figures from those with which our article begins.

—Elizabeth McWilliams

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NUTRITION IN THE NORMAL SCHOOL

In Health Education we believe that we should aim to establish and maintain the highest degree of personal health as a part of the required preparation for teaching. No one can teach successfully what he does not know; and the teacher of health must himself possess vigorous abundant health if he is to convince others that health is a most desirable possession. If we can make health en-

thusiasts of our teachers, that enthusiasm, always contagious, will mean eventually healthier children in the schools, a healthier community, state, and nation.

Many students entering the Normal School to prepare for the teaching profession are far below the average in physical health. It is necessary therefore to help them make up their deficiencies as far as possible, and for this reason Nutrition was included in the Health Education course. One of the clearest indications of physical fitness is shown by the scales. A condition of seven to ten per cent underweight is regarded by all health authorities as abnormal, and requiring special treatment. The student who is underweight is usually so because he is malnourished—not under nourished, but badly nourished. This rarely means insufficient food, but rather food or living habits, poor metabolism, or physical defects that should have the attention of a physician.

We believe that by bringing the student up to normal weight two things will be accomplished. First, the student will be better able to meet his problems and to maintain a fair standard of scholarship if his condition of health is improved. Secondly, when he sees before him the methods of dealing with malnutrition, and results obtained, and when he himself is benefited, he will be trained to deal with the problem of malnutrition when he meets it in the school-room.

The first step in sifting out the malnourished students is to measure and weigh all students during the first week of school, and each month thereafter. The actual weight is then entered upon cards with the normal weight for the height and age of the individual. Next all students who are noticeably underweight are grouped together and offered the opportunity of securing a lunch in the middle of the morning, the lunch consisting of a cup of milk or cocoa and a cracker, served cafeteria fashion between ten o'clock and ten-twenty of each school day. Most students find it possible to secure this lunch in the five minutes allowed for the passing of the classes. It is definitely understood that to be allowed the privilege of the lunch each one must obey the rules of the Health Game and that the lunch is not to be substituted for any other meal, especially breakfast. Few who are offered this privilege are willing to forego it after the habit has become fixed, and some are even unwilling to leave the class after the normal weight has been attained!

For a smaller group the experiment is now being tried of establishing an underweight table in the school dining room. The original idea was to give closer attention to certain individuals than was possible in the larger group. While this has not been strictly adhered to, the table is popular because of occasional additions to the regular menu, or the substitution of an easily digested dish for one more difficult of digestion.

To all underweight students is offered the opportunity of consultation with the nurse or dietitian in regard to diet, and the advice is freely offered. All students are urged to drink milk freely, and to encourage this habit milk is served at each meal in the dining room. Fresh fruits and vegetables are served as often as possible, and whole grain cereals and graham bread are constantly on the menu.

Each month the weight cards of the students are examined and any unusual loss or increase in weight noted. At this point it might be stated that the problem of the overweight student is not overlooked, and by careful attention to the proper kind of food a number of overweight students have made very noticeable reductions. Since the members of the Junior Class are given formal instructions in Nutrition during the first semester their weight cards are considered and discussed in the class and suggestions offered as to additional methods of remedying the condition of underweight, by finding and removing the cause if it is due to some other reason than food habits. When the student continues to lose for several months while obeying the rules of hygiene, an examination by a physician, dentist, or oculist is advised. The cause may be bad teeth, astigmatism, diseased tonsils, incipient tuberculosis or a number of other conditions which can be remedied only by medical or surgical attention. One underweight student was found to be suffering from diabetes, another heart weakness, while a third who lost steadily for several months was found to have a large number of badly decayed teeth. When these were repaired, she immediately began to gain, reaching normal weight within a short time, although she had been considerably underweight. A young man who had applied for admission to a Naval training school and failed to qualify because he was twelve pounds underweight,—made rapid gains during his nine weeks in the Nutrition group and won his admission in October.

During the Summer Session of 1922, the classes in Health Education numbered two hundred and twenty-nine.

Weights taken during the first week showed that seventy—twenty-four men and forty-six women—were eleven pounds below normal. The group as a whole showed greater eagerness to co-operate than any previous group, following the rules of the Health game as far as could be observed, and in many cases forming new food habits. Few had previously used milk as a beverage, but when induced to do so, made noticeable gains. The eating of all kinds of fruits, vegetables, and whole grains was stressed, as well as regularity in habits of eating. The morning lunch was always well patronized, not only by those in the nutrition group, but by others who saw the importance of building up a reserve force in the form of increased body weight. Despite the fact that these people were working very hard, that most of them had come to the Normal School directly from the school or class room, and that the hot weather made school work especially difficult, the gains were remarkable. Weights were taken at the end of the fourth week and again at the end of the eighth week. Of the whole group under observation not one of the underweights had lost a pound, although several failed to make any gains. On the other hand, some who were decidedly overweight were able to lose a considerable number of pounds by applying their knowledge of foods and food values. The gains and losses when tabulated showed that the two hundred twenty-nine persons had made a total net gain of seven hundred ninety-five pounds, or an average net gain of three pounds, seven and one half ounces. One young man who was nineteen pounds below normal had gained the entire amount in nine weeks. The greatest gain by any young woman was fourteen pounds, and gains of ten or twelve pounds were common. At the end of the Summer session thirty-four of the seventy—eleven men and twenty-four women—practically half of the underweights, had brought their weights within the eleven pound limit and many of them had reached their normal weight. The best part, however, was that nearly all were convinced that malnutrition could be remedied in most cases by proper foods and right habits of living.

As a piece of follow-up work the following questionnaire was sent to these teachers, and about a hundred and twenty others who had been in the Health Education classes in the Spring term, all of whom are at present engaged in teaching. It was hoped the answers to these

questions would show how far the Nutrition course was functioning in the schools.

Questionnaire:

1. Have you established the weighing and measuring of the children in your school?
2. How do you secure the scales for this?
3. What percentage of children 7 to 10 per cent. under weight did you find in your school?
4. What are you doing for these underweight children?
5. Do you have a hot lunch in your school?
6. Was it started this year? How is it financed?
7. Have you started any other new work in Health Education through the influence of your course in the Normal School?

From the first thirty-five replies received the reports were very encouraging. To the first question all but eight reported affirmatively. Scales were secured in various ways: Farmers living near the school lent scales, or the children were taken to a convenient store or mill. Two communities gladly furnished scales. In one school scales had been purchased by the board of education, while another teacher was collecting money to purchase scales.

The percentage of children seven to ten per cent underweight was variously estimated from eight to forty per cent. Only one teacher reported no underweight children in her room. It was encouraging to note that all teachers were advising the children to drink milk, eat plenty of eggs, fruit, and vegetables, and were developing the incentive to gain through rewards, games, health clubs, etc. Eight have either begun, or are planning in the near future to establish hot lunches. This is a large number, considering that in many of the schools the children all lunch at home.

From these few replies received it was evident therefore that the Health Education work in the Normal School is not bounded by the school walls alone, but like the stone tossed into the pond it is reaching out, in ever widening circles, into the schools and homes of more distant communities until the waves of good health shall wash out of existence every force that is now at work to prevent the child from having a long and useful life, built on sure foundation.

—Elizabeth McWilliams

THE GIRLS' ATHLETIC ASSOCIATION

This is one of the largest and most active organizations in the school. We offer seven different sports during the year and a large percentage of our student body takes part in several of these. Points are given for active participation in all sports and the girls work first for their one hundred and twenty-five, in order to become members, then for their numerals, later for their official "S," and finally for the gold medal.

—Mary Etta Houck, '23, President

I shall tell you a few details about the point system. If a girl enters Normal as a Junior, she must have "325" points for her numerals and "550" points for her "S". If a girl enters as a Freshman, she must have "950" points for her "S." The highest honor is the gold medal which is given to the member of the graduating class who has the greatest number of points after her "S."

—Hazel Frye, '23, Vice President

All the girls who enter sports keep training rules. The purpose of this plan is to form good health habits and we consider this of far greater importance than the mere forming of teams and winning of games. Could you keep these rules without making some sacrifice?

1. Sleep eight hours out of every twenty-four.
2. Sleep with all windows at least half way up except in case of storm.
3. Take a full bath daily and sponge off chest and arms in cold water every morning.
4. Drink six glasses of water daily.
5. Drink no tea nor coffee.
6. Coco-Cola and sundaes not permitted.
7. Eat not more than three pieces of candy daily and this within one-half hour after meals.
8. Eat nothing after 8:30 P. M. except on Friday.

—Eleanor Heiges, '23, Secretary

There are no dues in the G. A. A. and we have no definite way of making money. Two plans have been tried in the past and with the co-operation of every girl, have proved successful. When new members are taken in they are given fifty cents and are requested to double this amount within a certain time. The idea is to earn the money, not give it. The old members have sold candy, cake and ice cream in the "Court" on Friday nights. Last year we earn-

ed over one hundred dollars to support a Varsity Basket Ball Team but this year we have the support of the school.

—Sophia Curry, '23, Treasurer

The Hockey season this year was one of the best we ever had. Favorable weather conditions were responsible for part of this. There were over one hundred girls training for this sport. Three teams were organized with three reserve teams to act as subs. All scores proved that the teams were close rivals but the greatest excitement was in the Junior-Senior series. These teams played two tie games. The Seniors, however, showed their spirit and ability by two victories, winning the championship.

—Ethel Coble, '23, Head of Hockey

The Basket Ball season opened with one hundred and fifty girls signed up for tryouts. This is the largest representation we have on record. Three class teams have been picked with reserve teams to act as subs. We expect to have a "Varsity" and a schedule of ten games has been arranged. We play strictly girls' rules and hope in the near future that all schools in Pennsylvania will reach this standard.

—Blanche Meyer, '23, Head of Basket Ball

In Base Ball season the girls use the small diamond on the athletic field and play with a larger ball thus avoiding the use of gloves. The other rules are similar to those used by the boys. Last year there were three organized teams and this year we hope for a still larger turnout.

—Marie Sleichter, '23, Head of Base Ball

Last year splendid spirit was manifested by the G. A. A. members in the Tennis season. The most popular hour was before breakfast and three mornings a week the courts were crowded by 5:30. We could fill a dozen more courts. The school has promised us several additional ones and this will enable us to conduct tournaments in both doubles and singles next year.

—Mary R. Good, '23, Head of Tennis

The Hiking season reached the climax this year in both numbers and enthusiasm. There were over one hundred and fifty girls in the squad. The hikes were taken on Saturdays, before breakfast, after study period, and the final one to Chambersburg lasted all day. Many girls enjoyed this activity who were not able to participate in the

more vigorous forms of athletics. Another season of eight weeks will be conducted in the spring.

—Mary Hoover, '23, Head of Hiking

Dancing has become an important part of our school life at Normal. Let it be understood that there are three distinct types of dancing: folk, aesthetic, and social. The folk dances of Norway, Sweden and Denmark, are studied in connection with our Physical Training program. The aesthetic dancing adds an attractive feature to our Society programs, and in May we expect to give a Pageant which will include this form of rhythmic exercise. The social dancing is enjoyed in the "Court", Friday evenings and at our monthly dances held in the gymnasium.

—Kathleen Gibbons, '23, Head of Dancing.

MEN'S ATHLETICS

One of the heaviest football schedules ever framed and carried through by the Normal Athletic Department was completed November 30th in really the best game of the season when the undefeated Massamitten College team from Virginia won a 14-13 decision in a gruelling contest which was not decided till the closing minute of the game.

The season throughout was a splendid success, not merely because the team won the district title in the Penna. Normal Athletic League for the second consecutive year but because of the increased interest shown by the men and the student body as well. A strong football spirit predominated—one factor necessary to any winning team. Nine games were played in as many weeks by the Varsity. Six of the nine were victories. In only one of the three defeats was the Red and Blue squad really outclassed; that was the Gettysburg College Reserve contest. Indifferent playing and fumbles were responsible for the other two. The following record was established for the season:

C. V. 6, Altoona Apprentices 0; C. V. 50, Dickinson Reserves 0; C. V. 10, Bloomsburg 33; C. V. 6, Gettysburg Reserves 24; C. V. 46, Millersville 6; C. V. 19, West Chester 6; C. V. 1, Lebanon Valley Reserves 0, forfeit; C. V. 18, Altoona Tech. 0; C. V. 13, Massamitten College 14.

Accidents, both temporary and permanent so far as length of season were concerned, were numerous, due in a large measure to the heavy schedule. These accidents greatly hampered the progress of the squad because the

service of these men was not available. Capt. Gerba, Hays, Smith, Dreese, Thornton, Jones, Charlton and Shuler were all more or less deprived of playing at various times throughout the season.

The Reserve squad under the able leadership of Capt. George Meredith, completed a schedule of six games with a splendid record. Although not all games played were won, nevertheless the experience gained by the boys puts them in line for a Varsity berth in the coming year or two. Sixteen Varsity letters were awarded to the first team and fourteen monograms to the second. An engraved certificate was also awarded to each Varsity player.

The basket ball season is now under full sway. By the time the Herald is published, several games will have been played by the teams. From all indications the outlook for another successful season seems promising. A squad of forty candidates was drilled for several weeks in the gym in preparation for the opening game with Kutztown Normal, although a practice game was arranged with the Dickinson College Reserves prior to the Qutztown game.

The following schedule has been arranged with a number of additions to be made later:

Dec. 8, Dickinson College Reserves; Dec. 16, Kutztown Normal; Jan. 12, at Schuylkill College, Reading; Jan. 13, at Kutztown Normal; Jan. 19, Millersville Normal; Jan. 20, Open, away; Jan. 26, Bloomsburg Normal; Jan. 30, at Hagerstown, Md. "Y"; Feb. 2, Mt. Alto Forestry School; Feb. 3, Open, away; Feb. 9, Open, away; Feb. 10, at West Chester Normal; Feb. 16, Schuylkill College; Feb. 17, Open, away; Feb. 23, at Bloomsburg Normal; Feb. 24, at Susquehanna (Reserves); Mar. 2, West Chester Normal; Mar. 3, at Mt. Alto Forestry; Mar. 9, Open, away; Mar. 10, at Millersville Normal.

—A. J. Sharadin

COUNTY ALUMNI ASSOCIATION MEETINGS AND BANQUETS

Adams County

The Adams County Alumni of C. V. S. N. S. held a banquet at the Battlefield Hotel, Gettysburg, November 22, at 8 o'clock.

There were about forty people present, among them Dr. Lehman, Prof. Heiges and Prof. Smith from Normal.

An orchestra from Gettysburg College furnished music for the dancing.

After the luncheon was served, Prof. Guile Lefever, our president, introduced the following speakers: Dr. Lehman, Prof. Heiges, Prof. Smith and Prof. Shank. We were very glad to hear of the work and success of our Alma Mater.

At the close of these addresses our memories were led back to normal by giving the school yell.

The officers elected for next year are: Pres., Wimbert Neely; Vice Pres., Walter D. Reynolds; Sec'y., Anna M. Kauffman.

Dauphin County

Forty members of the Cumberland Valley State Normal School Alumni attended the banquet at Rose's, Second and Walnut streets, Thursday evening, October 19. The election of officers was also held, when E. H. Burd was elected president; Dr. E. M. Gress, vice president; Carrie V. Brown, secretary, and Mrs. Elizabeth Hill, treasurer.

President Burd delivered an inaugural address and greetings were read from Dr. Ezra Lehman, principal of the normal school who was unable to attend. Other speakers who were called upon by Toastmaster Dr. H. H. Baish, chairman of the Teachers' Retirement Board, were H. H. Shenk, custodian of the State Library; Dr. E. M. Gress, State botanist; J. F. Kob, school supervisor; W. J. Kines, principal of the Progress schools, and G. W. Henry, principal of the Central grammar school, Steelton.

Franklin County

The Franklin County Alumni Association met Monday evening, November 20 and elected the following officers for the ensuing year:

President, Mr. J. F. Foust, '11; vice president, Mr. Oscar Little, '93; secretary, Ida C. Mickey, '20; treasurer, Helen Aushman, '18.

The Association also made arrangements for a banquet to be held on Thursday evening, November 23. The alumni banquet was held as planned on the evening of November 23. The Association was much gratified to greet sixty-two friends and staunch supporters of old Normal, including members of the Normal School Faculty. A very enjoyable evening was spent. The names of those present were:

Dr. Ezra Lehman, '89; Mrs. Ezra Lehman, Ada V. Horton, '88; J. S. Heiges, '91; Mr. and Mrs. David O.



Morning Lunch for Underweight Students



Hockey Squad, 1922

Slyter, Mr. and Mrs. W. P. Harley, Oscar H. Little, '93; Grace R. Minter, '94; L. D. Crunkleton, '03; Edith Morrison, '04; R. G. Mowery, '06; Mrs. Nellie Russell Clem, '11; F. M. Haiston, '11; J. F. Foust, '11; Mrs. J. F. Foust, Abram C. Stamy, '12; Edith Kauffman, '12; Gideon Rahausser, Ella Bradley, '12; Mary Hade, '13; Laura Hoch Austin, '13; Mrs. Ruth B. Long, '13; Catherine Rahausser, '13; Ray B. Hess, '16; Margaret Rahausser, '16; Helen Ausherman, '18; Clara R. Overcash, '18; Sara R. Gordon, '18; Mrs. Glenn M. Hockenbery, '19; Mae Vance Huber, '19; Emma S. Eshelman, '19; Helen Washabaugh, '20; A. Hazel Burk, '20; A. Pearl Hoffeditz, '20; Ida C. Mickey, '20; Mary McEnespey, '21; Jacob Brake, '21; Blanche Eyler, '21; Mary Barclay, '21; Esther Rahausser, '21; Grace Hege, '21; Ruth Rahausser, '21; Reese E. Bert, '21; Martha E. Frantz, '24; Edna Hassler, '22; Edna McDowell, '22; Leona B. Miller, '22; Rena R. Hawk, '22; Kathryn Barnhart, '22; Frank Beam, '22; Esther Craig, '22; Maeda K. Weicht, '22; Margaret Holden, '23; Supt. U. L. Gordy, R. J. McDowell, Esther M. Reese, Margaret Lutz, Ruth C. Weaver, Norman Swanger.

Huntingdon County

The Shippensburg Huntingdon County Alumni Association met in Fisher's Restaurant on Wednesday evening, November 1st, 1922. The following were present:

Evelyn Ickes, '22; Ruth Harper, '22; Juniata Miller, '22; Anna Heeter, '20; Elizabeth Herncane, '19; Charles Wise, '22; Vivian Kough, '21; Charles Hoerner, '22; N. E. M. Hoover, '91; Ruth Diven, Homer Dell, Mary Hammond, Elizabeth Whittaker, Margaret Taylor, David Rubin, Elizabeth Swan, Marie Phillips, Marguerite Reilly, Helen Whittaker, Elda Bigelow, Mary Irvin, Mildred Bales, Mrs. Cora Eichelberger Sweet, '98; John Swan.

A luncheon was served, after which the presiding officer pro tem, Miss Heeter, introduced the following: Mr. Charles Hoerner told why he was glad that he had the privilege of attending C. V. S. N. S., what the school had meant to him, and what he owed to the school.

Mr. Charles Wise expressed his loyalty to his Alma Mater.

Miss Vivian Kough discussed the value of her training at C. V. S. N. S., and her pride in passing it on to others, and boosting her Alma Mater.

Miss Elizabeth Herncane expressed loyal sentiments.

Miss Juniata Miller moved that a rising vote of thanks

be given to Miss Heeter for her earnest efforts in behalf of the association.

We were very glad to have Miss Kieffer with us. Her message concerning events at school was immensely interesting. She praised the loyalty of the Huntingdon County Alumni, and encouraged us to be earnest workers for our Alma Mater.

The chairman called for the nomination of a president which resulted in the unanimous election of Charles D. Hoerner.

Our meeting concluded by making the halls ring with the songs and yells of our dear old Alma Mater.

Charles D. Hoerner, '22, Pres.

Anna I. Heeter, '20, Secretary.

Juniata County

The second annual meeting of the C. V. S. N. S. graduates and students of Juniata County was held at the Riverside Restaurant, Mifflintown, Pa., Wednesday evening, November 8, 1922.

The meeting was in charge of Miss Anna Haldeman.

Twenty-five persons partook of an oyster supper after which the following officers were elected: Pres., Samuel Shellenberger; vice president, Frank Brackbill; secretary and treasurer, Nelle Nipple Brindle.

The guest of honor was Prof. L. E. Smith of C. V. S. N. S. who conveyed greetings of the school, and favored the meeting with a very impressive talk. Among others who spoke were Prof. Kissel of Port Royal; Ruth Groninger Beaver, also of Port Royal, and Miss Anna Haldeman of Mifflin.

York County

The C. V. S. N. S. Association of York County, held their annual reunion in the Y. M. C. A. building, Tuesday evening, November 28th, at 6 P. M., with seventy-two members present.

The spirit of friendship was deepened by the orchestra playing "Auld Lang Syne", as all present found their places around the banquet tables.

C. V. S. N. S. was well represented at York County Institute this year. For this all students, alumni and friends were duly proud. Our County Superintendent, Charles Albright, '95, Superintendent of Hanover Schools; S. M. Stouffer, '12; Musical Director H. M. Arnold, '11, are all C. V. S. N. S. Alumni and attended the reunion.

After partaking of the bountiful repast, president Charles Albright, '95, gave an address and introduced Wm. Fishel, '02, as toastmaster. Mr. Fishel by his jokes and witty sayings soon had all feeling in a congenial mood and in turn introduced the following speakers: J. P. Hays, '76; Dr. Barrick, '01; Charles Spangler, '02; Supt. S. M. Stouffer, '12; Mrs. Nona McMillan, '91, of Chicago; Belle Irene Anthony, '13; Rev. C. H. Shull, '97; Hon. James G. Glessner, '85, a member of the York County Bar and Prof. J. S. Heiges of Shippensburg.

After singing the "Alma Mater", led by H. M. Arnold, renewing old acquaintances and forming new one, all returned home feeling glad to again have had the privilege of honoring our Alma Mater.

The officers of the association are Charles Albright, President and Belle Irene Anthony, Secretary. The committee for arranging for next year's reunion consists of H. M. Arnold, Belle Irene Anthony, Winifred Kauffman and William Fishel.

Cumberland County

On Thursday evening, December 7th, the C. V. S. N. S. Alumni Association of Cumberland County held a reunion and banquet at Hotel Carlisle.

Eighty-five persons including members of the alumni, former students of the school who were not graduates and several members of the faculty were present.

The committee in charge had arranged for a chicken and waffle dinner, but the hotel management arranged otherwise, so while the banquet, as far as the "eats" were concerned, was not a huge success, we lacked nothing in spirit of enthusiasm for the work of C. V. S. N. S.

Prof. J. C. Wagner, president of the association, presided at the short business meeting held after the banquet.

Dean Heiges and Miss Hannah Kieffer, of the C. V. S. N. S. faculty, and W. A. Nickles, Elmer Sheaffer and several other members of the Alumni spoke.

It was decided to ask our new County Superintendents, Prof. Ralph Jacoby and Prof. Wm. Rife, who are both graduates of the school, to give the whole of Monday evening of Institute week next year to the Alumni Association so that we might have more time for a real reunion and a better chance to talk over "the good old days."

Dr. Lehman could not be present at the banquet, because of a class in extension work, and his absence was very much regretted.

The officers of the association for 1923 are: President, J. C. Wagner, Carlisle; secretary, Ruth Duke, Shippensburg; treasurer, W. G. Rice, Carlisle.

Bedford County

The alumni and former students of Bedford county, representative of the "Red and Blue", met in Fort Bedford Inn, Bedford, during the Institute week. The efficient work of the committee for a banquet was appreciated by a good representation of the Alma Mater. Following the enjoying of a fine menu, a reorganization of the association resulted in choice of the following as officers for the ensuing year: President, J. Warren Maclay, '16; vice president, Roy Di- bert, '22; secretary, Anna Orr; treasurer, Mary Funk.

Toasts were given by Prof. Maclay with responses by Prof. Burkholder and Miss Kieffer.

Prof. Maclay brought the message of Dr. Lehman and all resolved to renew their efforts to further the interests of Old Normal. Inspiring messages were well received from Prof. Burkholder and Miss Kieffer.

Everyone joined in assuring Supt. Hinkle, our sincere thanks for his favor in behalf of Shippensburg. After singing the Alma Mater, the meeting adjourned entirely on account of the lateness of the hour.

ALUMNI PERSONALS

'79. Miss Nannie E. McCormick is a stenographer in Knoxville, Tenn. Her address is 1310 E. Jackson ave.

'84. Miss Margarete McElhaire of Strasburg sends her wishes and Herald subscription to normal.

'90. Mr. J. O. Russell is proprietor of a stationery and novelty store and machine shop at Olney, Pa. His address is 130 W. Tabor Road.

'90. Mr. Oscar H. Little is teaching at Concord, Pa. He was one of the speakers at the Franklin County Alumni banquet held recently. He has never lost his interest in school affairs and his influence has always been very helpful in securing students for normal.

'94. Mrs. Grace Reifsnnyder is teaching in Chambersburg, Pa.

'94. Miss Mary L. Myers is teaching in the Harrisburg Business College.

'95. Miss Stella M. Grimm 414 S. 14th St., Harrisburg is a member of Harrisburg's corps of teachers.

'97. Dr. W. H. Baish is a dentist in Baltimore. He has

not lost his interest in Normal affairs.

'97. Mr. Dyson F. DeLap after graduating in '97, was principal of the schools at Lakewood, N. J. for 17 years. Four years ago he resigned to accept the superintendency of Mr. John D. Rockefeller's farms at Tarrytown, N. Y. His address is Pocantico Hills, N. Y., care John D. Rockefeller Estate.

'99. Mrs. William C. Enterline (Nellie Nevin) of Camp Hill, was elected a delegate to the National Convention of Story Tellers which met in Washington recently. She represented the Harrisburg League.

'99. Mr. C. H. DeVenney (State Certificate) is a school director of Independent School District near Carlisle. His address is Carlisle, R. R. 7.

'99. Mr. W. R. Welker is in Bakersfield, California. We have not learned in what he is engaged.

'00. Mrs. Nelle Nipple Brindle is teaching 5th and 6th grades in the Mifflintown schools this year.

'01. Mr. Arthur Linn is with the Fidelity Mutual Life Insurance Company with headquarters at 736-737 Oliver Building, Pittsburgh, Pa. Mr. Linn has been with this company for more than eleven years. He was prevented from attending his 20th class reunion last summer by the death of his wife. He has two children, a daughter who is in her third year in high school and a son who entered high school last fall. We are always glad to hear of the success of our former graduates.

'02. Rev. Mervin E. Smith is serving the Lutheran Church at New Freedom, York county.

'02. Mr. James R. Foote is principal of the Lewis Run Boro schools, McKean county. His address is 47 Foreman St., Bradford, Pa.

'04. Miss Velva Myers is not teaching this year on account of her mother's health. She is spending the winter at her home.

'05. Rev. E. E. Bender is preaching in Allentown, Pa. His address is 738 N. 6th St.

'05. Mr. W. Don Morton has been promoted to General Agent of the Mutual Benefit Life Insurance Co. with headquarters at 421-426 Francis Building, Sioux City, Iowa. He has been located in Omaha for a number of years and has but very recently moved to Sioux City. Both he and Mrs. Morton who was Miss Carolyn Hill, '06, like the new location.

'05. Mrs. Nellie Foreman Enck is living at Mechan-

icsburg, R. 5. She has three little prospective normal students, May, Annabel and John. We hope to see them all graduate some day.

'05. Mrs. Nancy Wise Taylor, who formerly lived in Camp Hill, has moved to Norwood, Pa.

'08. Mrs. Ursula Sterner Kopp is living at Clearfield, Pa., where her husband is principal of the High School.

'09. Mrs. Helen J. Dimm is teaching in the schools of Lewistown. Her address is 25 W. 3rd St.

'09. Mr. Mark Wenger is living at 308 W. 2nd ave., Columbus, Ohio.

'11. Prof. H. J. McCleaf has charge of the science department in the Manheim high school. His address is 177 Main St.

'11. Miss Edna Harman is teaching commercial subjects in the Stevens high school, Lancaster, Pa.

'11. Mr. Roy F. Kraber has charge of commercial work in the Lansdowne high school.

'12. Mrs. Minerva Bare Hays is living at York Haven.

'12. Miss Margaret H. Lessig is teaching in Bedford.

'12. Miss Bess C. Miller is located in Washington, D. C. Her address is 230 V-W Govt. Hotels.

'12. Mrs. Edna Christian Knapper is teaching in Chambersburg.

'13. Dr. Alma Pauline Baker has opened her office in Pittsburgh at 7725 Hamilton avenue for the practice of medicine and surgery. The Herald extends all good wishes for her success.

'15. Mrs. May S. McClellan McDonald has moved from South Brownsville to Lewistown. Her address is 104 Green avenue.

'16. Miss Marion Bell is teaching in Texas this year. Her address is Ojeda Apt. 8, 3611 Houston avenue, Houston, Texas.

'16. Mr. Ray Hess is principal of the Quincy high school.

'16. Mr. Clyde Mellinger is teaching Chemistry and has charge of athletics in a boys' private school at Stony Brook, Long Island.

'16. Mr. Walter E. Shank is located in Harrisburg, 2051 Penn St.

'18. Miss Mildred Crook is teaching in the high school at Millersburg.

- '18. Miss Mabel Plasterer is teaching Scotland primary.
- '19. Miss Florence Kirkpatrick is teaching Clark's School in Green Township, Franklin County.
- '19. Miss Mabel Heckman is teaching at Doylesburg.
- '19. Miss Emeline Owens is teaching in Denver, Col.
- '20. Mr. Fred Lamberson is a student at the Law School in Carlisle.
- '20. Mr. Norman M. Eberly is a student at Dickinson College.
- '21. Rev. Amos M. Funk is teaching at Mainsville.
- '21. Miss Rosa Barnhart is teaching third and fourth grades in Quincy Orphanage.
- '21. Miss Grace Burkholder is teaching first and second grades in Quincy Orphanage.
- '21. Mr. Leslie V. Stock is teaching at Williamsburg.

ATTENTION, CLASS OF 1908

It is time that we begin preparation for celebrating in a fitting manner the 15th anniversary of our graduation at Normal.

Won't you consider an invitation for your personal support in making the reunion a success and to this end communicate with me, being sure to state what the prospects are of your being able to return to Normal in June, 1923, and offer any suggestions that may contribute to making the occasion a success?

Let us make this an opportunity to show our interest and loyalty to the old school and that the old spirit of 1908 still lives.

Earle H. Schaeffer, Pres.,
303 Kunkel Building,
Harrisburg, Pa.

REV. GEORGE H. FICKES, '98, GOES TO LAFAYETTE

Rev. George H. Fickes, '98, resigned the pastorate of Dewey Avenue Presbyterian Church, Rochester, N. Y., in October, 1922, to take up work at Lafayette College, Easton, Pa., from which he graduated in 1905.

Upon graduation at Princeton Theological Seminary in 1908, Mr. Fickes became pastor of Grance Presbyterian Church, Rochester, N. Y. During the four years of this pastorate he started a Sunday school in a room in a dwelling house in the north-west section of the city. Soon a

church was organized and a temporary building erected. Mr. Fickes was called to be pastor of the church and began work in 1912. The church has now some 675 members, a large and well organized Sunday school and one of the most artistic and modern church and Sunday school plants in the country built at a pre-war cost of \$135,000.

The position of Alumni Secretary and Instructor in the department of Religious Education in Lafayette College appealed to Mr. Fickes because of his interest in Religious Education. The Dewey Ave. Church held Vacation Bible School each summer and week day classes in Religious Education for two years in connection with ten other churches.

Mr. Fickes is now taking a course in Teachers College, Columbia University, N. Y. in Religious Education in which line he plans to specialize.

THE CLASS OF 1922

Ruth M. Allen, St. Thomas, is teaching 4th grade in Lykens.

Helen Aughinbaugh, Chambersburg, is teaching in Saxton.

Kathryn N. Barnhart, Williamson, goes to St. Thomas.

Bess M. Bay, McAlisterville, teaches first grade in her home town.

Florence K. Billow, Millersburg, has sixth and seventh grade in Lykens.

Mildred Blyler, Williamson, is teaching at home.

Arlene Boudier, Waynesboro, is in fifth grade in her home town.

M. Helen Brandt, Shippensburg, is in grades 1 to 7 in New Alexandria.

Frances Brenneman, Mechanicsburg R. R. 3, is teaching in a rural school in Upper Allen Twp., Cumberland County.

Florence Brymesser, Carlisle R. R. 9, is teaching in Wormleysburg.

Edythe Burtsfield, Shippensburg, goes to Williamsburg.

Mary Clemens, Harrisburg R. R. 1, is a student at Dickinson College.

Cleo L. Connor, 1115 3rd avenue, Altoona, is teaching at home.

Hazel Craig, Scotland, is teaching Greensburg Primary.

Esther M. Craig, Chambersburg, is teaching at home.

Alice M. Daley, Shippensburg, has third grade in Darby.

Kathryn Daniels, Gettysburg, goes to Williamsburg, first grade.

Marian L. Davis, 262 Forster St., Harrisburg, is teaching fifth grade in the Cameron building, Harrisburg.

Naomi Dreisbach, 615 Washington St., Allentown, is teaching at home.

Gertrude Enck, Williams Grove, goes to Ardmore.

Romaine Enck, Allen, is teaching at home.

Hilda G. Fahs, York, R. R. 4, is teaching at New Freedom.

Kathryn Fogel, Coplay, is teaching second grade at home.

Mary A. Funk, Shippensburg, goes into the high school at Alum Bank, Bedford county.

Theresa Funk, Chambersburg, has joined the Westmoreland county group of Normalites.

Helen Hafer, Chambersburg, is teaching fifth and sixth grades at Loysville.

Ruth Harper, Huntingdon, is teaching fourth grade in her home town.

Eunice Hartman, Marysville, is teaching first grade at home.

Edna Hassler, Greencastle, is teaching in Washington Township, Franklin county.

Rena Hawk, Marion, is teaching in Guilford Township, Franklin county.

Anna Hemphill, Shippensburg, R. R. 2, is teaching Locust Grove school, Newton Township, Cumberland county.

Grace Henry, Clear Ridge, is another of the Westmoreland county group.

Grace Hoffman, Millersburg, goes to Lykens.

Ruth Hornberger, Littlestown, is teaching third and fourth grades at home.

Dorothy L. Hosfield, 1248 State St., Harrisburg, is teaching at home.

Evelyn Ickes, Loysville, is in the Vocational School at Petersburg.

Dorothy Kauffman, Mexico, is teaching in Juniata county.

Margaret M. Keen, Wiconisco, is teaching in Lykens.

Maud P. Keister, New Cumberland, is teaching in Carlisle.

Dollie M. King, York Springs, teaches sixth grade at Jeannette.

Katherine M. Kinzer, Reed's Gap, is teaching in Altoona.

Sara L. Kraber, Abbottstown, is teaching in Millersburg.

Ruth E. Kraft, Windsor, goes to Phoenixville.

Reba E. Logan, Boiling Springs, is teaching at home.

Edna M. McDowell, Greencastle, goes to Mercersburg.

Marjorie Maclay, Shippensburg, is teaching at Scotland.

Ruth Mansberger, Shippensburg, is teaching at Guernsey, Adams county.

Z. Fay Martin, Dillsburg, has grades one, two and three at Mt. Wolf.

Mary E. Maughlin, Laurel, has fifth and sixth grades in Spring Garden Township, York county.

Ruth Mentzer, Newville R. R. 3, is teaching in Franklin Township, Cumberland county.

Kathleen Michaels, Chambersburg, is teaching at Forbes Road.

Estella Michaels, Marion, is teaching in Quincy Orphanage.

Juniatta Miller, Huntingdon, is teaching second and third grades at home.

Leona Miller, Mercersburg, is teaching in Franklin county.

Mary I. Miller, Chambersburg, is teaching in Quincy intermediate.

Fannie Minnich, Greencastle, is one of Miss Kieffer's rural squad in Southampton Township, Franklin county.

Martha Morningstar, Saxton, is teaching fourth grade in Bedford.

Dorothy E. Myers, Newville, is teaching in Newville.

Claire M. Neely, Newport, is teaching third grade at home.

Maude E. Nesbit, Dillsburg, is teaching in York.

A'ma M. Nickey, Allen, is teaching in Monroe township, Cumberland county.

Mildred Peters, Flora Dale, is teaching first and third grades in Biglerville.

Grace Reber, Chambersburg, R. R. 2, is teaching in Washington Township, Franklin county.

Miriam Rettinger, Halifax, goes to Forbes Road in second grade.

Elsie M. Rittase, Littlestown, has grades four to eight in Conewaga Township.

Margaret B. Rolar, Shippensburg, goes to West Fairview.

Elizabeth Ryder, Shippensburg, is teaching in Tyrone.

Bertha Salisbury, McCrea, is teaching in Mifflin Township, Cumberland county.

Irene Seip, Wiconisco, is teaching in Lykens.

Ruth Shuman, Newburg, is teaching Clover Hill school, Hopewell Township, Cumberland county.

Catherine E. Sipe, Carlisle, R. R. 9, is teaching in Frankford Township, Cumberland county.

Genevra Sleichter, Shippensburg, is teaching first and second grades in Greensburg.

Dorothy Sleichter, Scotland, is teaching Bridgewater intermediate.

M. Esther Smith, 123 Lexington avenue, Altoona, is a student at Susquehanna University, Selinsgrove.

Mildred Smith, Newburg, is teaching third grade in West Fairview.

Esther G. Snyder, Richfield, is teaching in the schools at her home.

Alice E. Snyder, New Cumberland, is teaching third and fourth grades in Elkwood.

Clara G. Stevens, 1115 3rd avenue, Altoona, is teaching at home.

Hazel Todd, 526 Second avenue, Altoona, is teaching in Lykens.

Ethel M. Waggoner, Carlisle, R. R. 2, is teaching in Middleton Township, Cumberland county.

Evelyn T. Waggoner, Carlisle, R. R. 3, is teaching in Frankford Township, Cumberland county.

Eleanor R. Walkinshaw, Williamstown, is teaching in Greensburg.

Mildred K. Warncke, Treichlers, is teaching second grade in Northampton.

Catherine Weaver, Macungie, is teaching in Allentown.

Maeda K. Weicht, Chambersburg, is teaching fifth grade in Chambersburg.

Violet Bee Wineka, 122 Water Street, York, was married to Mr. Deckman and resides at 121 N. 12th St., Olean, N. Y. An account of her wedding is found elsewhere in this issue.

Snyder Alleman, Lurgan, is teaching at Woodbury, Bedford county.

Jerry N. Ashway, Chambersburg, is teaching seventh and eighth grades in Bradford.

Frank S. Beam, Mowersville, is teaching in Washington Township, Franklin county.

J. Paul Burkhart is taking post graduate work at the Normal.

Albert L. Childs, Mechanicsburg, is teaching in Marysville.

Lester E. Croft, Concord, is teaching Science at Berrysburg.

Roy M. Dibert, Pavia, is principal of Liberty Township high school, Bedford county.

Arthur Easterbrook, Shippensburg, is teaching in Highspire.

Lee Eberly, Shippensburg, is teaching at Collingdale.

Frank H. Eberly, Shippensburg, is a student at Franklin and Marshall College.

Ralph E. Heiges, Shippensburg, is taking post graduate work at Normal.

Chas. D. Hoerner, Hummelstown, is teaching science in the Mt. Union high school.

A Sterling King is teaching at Royersford.

Merrel D. Long, Neelyton, is teaching in Cambria county.

Robert M. Means, Shippensburg, is teaching at Lees X Roads.

Theodore W. Mellott, Big Cove Tannery, is teaching at Perkasio.

John R. Moore, Bowmansdale, is in the high school at Dillsburg.

John E. Neely, New Oxford, is teaching at Beaverdale.

Wimbert B. Neely, New Oxford, is teaching sixth grade in Gettysburg.

John A. Neill, Blairs Mills, R. R. 4, is in the Junior high school at Lewistown.

Harry W. Schwartz, 116 Evergreen St., Harrisburg, is in the Junior high school at Hatboro.

Herbert Sealover, Wellsville, R. R. 1, is teaching in Middletown.

Melvin G. Sponsler, Halifax, R. R. 2, is teaching sixth, seventh and eighth grades, Powls Valley.

Charles L. Warren, Shippensburg, is a student at Dickinson College.

Charles D. Wise, Halifax, R. R. 3, is teaching the Primary School at Dudley.

William C. Wonders, Shippensburg, is teaching at Hogestown.

D. Frank Workman, Saxton, is teaching in Liberty Township high school, Bedford county.

We have not learned where Misses Helen Fisher, Bessie Kamerer, Lydia McCullough, Effie Markle, Sylvia Markle, Helen Sheaffer and Messrs. Arthur Green and Lewis Oakman are teaching. We should be glad to know.

CUPID'S COLUMN

Follweiler—Zimmerman. At Allentown, Pa., June 7, 1922, Mr. Warren S. Follweiler to Miss Grace B. Zimmerman, '18. They reside at 318 N. 6th St., Allentown.

Mowery—Haller. At Harrisburg, Pa., October 14, 1922, Mr. Lee O. Mowery to Miss Cleo Haller, '16. They will make their home at Newville, Pa.

Tuthill—Winterstein. At Dunmore, Pa., October 10, 1922, Mr. Walter Edwin Tuthill to Miss Florence E. Winterstein, '15.

Glass—Saul. In New York City, August 15, 1922, Mr. Lloyd Glass, '15, to Miss Bertha Grace Saul. They reside in Toms River, N. J.

Kissinger—Starner. At Gettysburg, Pa., Mr. Worth Kissinger to Miss Margaret Starner. Mrs. Kissinger was a former student of Normal.

Wolf—Coons. At Spring Run, Pa., June 29, 1922, by Rev. Mudge, Mr. E. P. Wolf to Miss Myrtle Coons, '17. They reside at Spring Run.

Dunkle—Ryder. At Doylesburg, April 11, 1922, Mr. R. N. Dunkle to Miss Mabel Ryder, '19. Their home will be at Dry Run.

Palmer—Vanderau. At Mercersburg, Pa., June 22, 1922, by Rev. J. H. Morgart, Mr. Clive W. Palmer of Washington, D. C., to Miss Mary Vanderau, '19.

Cramer—Kauffman. At Wadsworth, Ohio, August 19, 1922, Mr. Brinton Creamer, '18, to Miss Mabel Kauffman, '19. They reside in Quincy.

Jacoby—Bender. At Carlisle, Pa., October 14, 1922, by Rev. Hagerty, Mr. D. C. Jacoby to Miss Margarette Bender, '21. They reside at 1101 Capital Street, Harrisburg, Pa.

Bashore—Brenneman. At Mechanicsburg, August 10, by Rev. Long, Mr. George Bashore to Miss Charlotte Brenneman, '21. They reside in Mechanicsburg, Pa.

Watson—Deardorff. At Los Angeles, California, No-

vember 17, 1922, Mr. Vivian Scott Watson to Miss Isabel Deardorff, '10. They reside at Tracey, California.

Diehl—Myers. At Mercersburg, November 15, by Rev. C. A. Hoover, Mr. George M. Diehl to Miss Hazel R. Myers. Miss Myers was a student with us last year.

STORK

Meredith. At Cleveland, Ohio, to Mr. and Mrs. Carl Meredith, a daughter. Mr. Meredith graduated in the class of '17, and is with the Otis Steel Company of Cleveland.

Duffy. At Webster Mills, October 27, to Mr. and Mrs. Duffy, a son, Herbert Lyle. Mrs. Duffy was Mary Jane Johnston, '10.

Gotwals. At Conshohocken, April 23, to Mr. and Mrs. Gotwals, a daughter, Hazel Jones. Mrs. Gotwals was Helen G. Jones, '10.

Potter. At Waynesboro, Nov. 7, to Mr. and Mrs. W. H. Potter, a daughter, Mary Jane. Mrs. Potter was Isabel Snively, '12.

McIntyre. At Reading, October 13, to Mr. and Mrs. William McIntyre, twin daughters. Mrs. McIntyre was Josephine Eves, '13.

Alleman. At Shippensburg, November 4, to Mr. and Mrs. Alleman, a daughter, Laura Ellen. Mrs. Alleman was Mary Allen, '18.

Cowherd. At 304 S. Allegheny St., Cumberland, Md., May 5, 1922, to Dr. and Mrs. F. Garnett Cowherd, a son, Frank Garnett, Jr. Mrs. Cowherd was Amy Perdew, '99.

Grove. At the Chambersburg Hospital, Thursday, December 7, to Prof. and Mrs. J. Seth Grove, a son, William Daniel. Mrs. Grove was Miss Helen Scott, '10, and Prof. Grove was graduated also in '10.

Hunt. In a Philadelphia Hospital, December 14, to Mr. and Mrs. E. W. Hunt, of Lambertville, N. J., a daughter, Winifred McClelland. Mrs. Hunt was Winifred McClelland, '08.

OBITUARY

HATZ—Lena Eby (Hatz) '09, died October 20, 1922.

We take the following in part from a Middletown paper: Middletown, Oct. 21.—Mrs. James G. Hatz, who be-

fore her marriage was Miss Lena Eby, died yesterday at her home in Lorian, Ohio, where she lived for the past several years, according to word received here by her mother, Mrs. Elizabeth Eby.

NACE—John T. Nace, '86, died October 10, 1922.

We take the following account from a Hanover paper:

John Thomas Nace was born May 10, 1862, in West Manheim township, the son of the late Eli and Mandilla (Raubenstine) Nace. He attended the public district schools, and later spent a year as a student at a private academy at Manchester, Md. Mr. Nace continued his studies at the Cumberland Valley State Normal school at Shippensburg, preparing for the profession of teacher. Among his classmates at this institution was Judge Wickersham of Harrisburg, a close friend throughout the life of the deceased.

Following his graduation from Shippensburg, Mr. Nace taught two terms in the public schools of Steelton. In 1890 he came to Hanover where he accepted the position of principal of the grammar grade, serving in this capacity for a period of twenty-six years until he assumed the managership of The Evening Sun in December, 1916.

Both his position as teacher in the Hanover schools for so many years as manager of The Evening Sun had brought him a wide acquaintanceship throughout York and Adams counties wherever his former pupils located and among the subscribers and advertisers of the newspapers. He was a keen judge of character and readily made and kept friendships. During the time that he was teacher he was prominent and active at the annual teachers' institutes, and became well-known throughout the county.

CHENOWETH—Emory C. Chenoweth, '77, died December 10, 1922.

The following is from a Hanover paper:

Hanover—Professor Emory C. Chenoweth, an educator for fifty years, died on Sunday evening at his home in Chestnut street, aged 75 years. Death was caused by neuralgia of the heart. He was in Baltimore county, Md., and had traveled extensively. He was a member of Lodge No. 14, I. O. O. F. at Savannah, Ga. His widow and a sister survive.

SNADER—Guy W. Snader, '18, died November 24, 1922.

The following notice is from a Waynesboro paper:

Waynesboro—Guy W. Snader, son of Mr. and Mrs. Edwin E. Snader, died at his home on Friday after a short illness from Bright's disease, aged 25 years. He is survived by his widow, nee Miss Bernardine Henneberger, daughter of H. E. Henneberger, one brother, Earl Snader and sister, Mrs. Russel B. Peiffer.

EPPLEY—Miss H. Emma Eppley, former dining room matron at Normal, died December 13, 1922. The following is from a Harrisburg paper:

Miss Emma Eppley, aged 63, for years dining room matron at the Cumberland Valley State Normal School at Shippensburg, died yesterday in her brother's home near here. Miss Eppley was well known in York county where she had made her home during her life. Until two years ago she was employed at the Shippensburg school, retiring on account of ill-health. Her brother, Frederick, with whom she resided, is the only survivor.

MYERS—Sara Myers, '99, died Nov. 2, 1922. We take the following from a Newville paper:

Miss Sara Myers died at the home of her sister, Mrs. S. E. Piper on Big Spring avenue, Thursday noon, Nov. 2, following a protracted illness.

MURRAY—Mrs. Ida L. Cooke (Murray) '17, died December 13, 1922. We have the following account from a Shippensburg paper:

Shippensburg friends of Mr. and Mrs. Lindley R. Murray of Newville, were deeply grieved to hear of the death of Mrs. Murray in the Harrisburg Hospital, Wednesday morning. Mrs. Murray had been critically ill the past three weeks. She was Miss Ida Laura Cook, a daughter of Mr. Wm. F. Cook of Sunbury. She was a graduate of the Sunbury high school, class of 1915, and the Shippensburg Normal School, class of 1917. Following their marriage, July 28, 1920, Mr. and Mrs. Murray went to house-keeping in Shippensburg, where they lived until their removal to Newville last spring. She took a keen interest in civic work in Shippensburg, and was especially active in church work in the local Presbyterian Church of which she was a member and had many friends in this community who will join with those in her new home in deploring her death.

ECKELS—James W. Eckels, '80, died December 14, 1922. We are indebted to the Patriot of Harrisburg for the following account:

James W. Eckels, prominent member of the Cumberland County bar, former burgess and councilman of Carlisle, and well known for his activity in business promotion, died yesterday morning at his apartments in South Pitt street, Carlisle, after a long illness.

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