

INTERSCHOLASTIC LEAGUER

Actuaries Club Offers Awards

The Actuaries Club of the Southwest will again offer eight regional awards of \$300 to teachers and sponsors who have done outstanding work in the number sense contest. To date, sixteen teachers have benefited from this annual award, receiving a total of \$4800 in the last two years.

The Regional Executive Committees have selected award winners on the basis of the following criteria:

Award Criteria

1. Number of students the sponsor has interested in the contest.
2. Number of students attending the number sense section of the Student Activities Conference held in the area.
3. Number of students qualifying from the district to the region and from the region to the State Meet.
4. Number of years the sponsor has been promoting mathematics contests in the local high school.

Participation Increase

Since this award was inaugurated, attendance at the number sense conferences has noticeably increased. High schools in the larger towns and cities are becoming interested in the number sense and slide rule contests for the first time. Judging from the orders received in the League office

Bowers Named To VIB Position

Dr. Kenneth L. Bowers has joined the Visual Instruction Bureau of the Extension Division, The University of Texas, as coordinator of production.

Prior to coming to the University, he was advisor to the communications center of the Area Development Program of the International Cooperation Administration in Chillan, Chile. He has also done audio-visual work at State Teachers College, West Chester, Pa., and has taught elementary and junior grades in Ellensburg and Latah, Washington.

Dr. Bowers is a graduate of Central Washington College and received his PhD from New York University in 1956. He has also attended Columbia University and the University of California.



AWARD WINNER — John Melde, III, 1958 graduate of Bishop High School, has been awarded the \$200 Henry Beckman Scholarship and Slide Rule Proficiency Award for the 1958-59 school year. He attended Uvalde High School three years and held a class office each year, lettered three years in basketball, two in baseball, was a cheer leader and a member of Who's Who. His senior year, at Bishop, he participated in track and was valedictorian of his class. He plans to study chemical engineering at The University of Texas.

TEACHER SHORTAGE HELPED

The 1958 business recession helped relieve Texas' public school teacher shortage, Dr. Hob Gray, University of Texas Teacher Placement Service director, reports. "The slight recession in industry apparently has caused many certified teachers who had left the profession to return," Dr. Gray says in his annual report for the 1957-58 fiscal year.

for the number sense practice material, this should be one of the best years in League participation in this contest.

Number sense sponsors who have never applied for the Actuaries Club award should do so this year. If your school has been entering this contest at the district meet, write for application blanks for this award from the League office.

Math Contests

The University Interscholastic League is the only high school state association in the nation which sponsors two mathematics contests on an interscholastic basis, with a final state championship being awarded to the winners. Many national mathematics contests are sponsored by organizations other than the official state high school league. Last year, 650 Texas high schools participated in the number sense contest. Slide Rule is one of the newer contests, but still 375 schools entered this contest last year.

At Denison High

Scholastic 'Letters' Gain National Praise

"I am much interested in the plan developed by you to award varsity letters to outstanding scholars in a fashion similar to that which varsity letters are awarded to athletes. The idea so intrigues me that I am sending a copy of your letter to the Secretary of Health, Education and Welfare for his information."

This was President Eisenhower's reaction to the announcement by Denison Supt. of Schools H. W. Gooding that a new plan is being put into effect to recognize students outstanding in English, mathematics, science and social science. The plan calls for letter jacket awards comparable to those given for athletics, band and similar activities.

International Reactions

The awards idea, announced early in the current school year, has brought international reactions, reports Supt. Gooding. "We have had letters of congratulations and inquiry from many prominent people, including President Eisenhower and Sen. Lyndon Johnson," he said, "and inquiries have come from places so remote as Munich, Germany."

He added that plans are also being made by a national network to film the first presentation program for television.

The idea for the awards, he said, was first mentioned in Denison about a year ago, but did not receive much impetus until a citizens advisory committee, working to upgrade Denison's science and math offerings, made the recommendation that a way be found to reward academic achievement.

Students Stimulated

"The idea has stimulated the student body in Denison as nothing before has," related Supt. Gooding, "and we are made to feel a little humble to think that we perhaps have hit upon a way to stimulate academic achievement. A way,

Sample Extemp Topics Offered

Here are some sample extemp topics selected from last year's State Meet topics. While some of the topics are dated, it should be easy for the teacher to re-word the question in order to bring it up to date.

1. Is the Federal Government responsible for the high cost of living?
2. Is space travel an issue in American survival?
3. Is American defense good enough?
4. Should union membership be a condition of employment?
5. Should major corporations have a legal voice in government?
6. Does federal aid to schools mean government control?
7. Should federal scholarships be given in science only?
8. Should atomic energy knowledge be universally shared?



ACTUARIAL WINNERS—J. B. Hardway, left, math teacher at Pittsburg High School, and Charles A. McNeill, Sugar Land, were two of the eight winners of the number sense awards presented by the Actuaries Club of the Southwest. Hardway, the Region IV winner, has served the public schools for 30 years as principal, coach and classroom teacher, and has achieved an outstanding record in training number sense contestants. One of his contestants, Willis Russell, was the winner of the Beckman Slide Rule Proficiency scholarship at The University of Texas in 1956. McNeill, the Region V winner, has been teaching math and science for four years and has coached number sense and slide rule contestants during that time. In number sense his contestants have reached regional all four years and one, Kenneth Albers, won first place at State Meet in 1956. In slide rule he has had contestants reach the regional level for three years.

50 Grants Aid Texas Teachers

The University of Texas has been chosen as one of 32 major institutions to conduct, during 1959-60, an academic year institute for high school science and mathematics teachers.

The University was the only Texas institution selected by the National Science Foundation, independent government agency which sponsors the institutes. This marks the third consecutive year the NSF has picked the University, and it will receive \$281,500 for support of the institute.

This grant will provide scholarships for some 50 high school science and mathematics teachers who wish to do graduate study at the University institute to keep abreast of today's fast-moving science. Each will receive \$3,000, plus allowances for dependents and travel.

Applications from Texas high school teachers for acceptance in next year's institute should be sent to Dr. Robin C. Anderson, chemistry professor and director of the University's institute.

The main obstacles to effective mental calculation are lack of knowledge of proper methods of adding, subtracting, multiplying and dividing mentally and insufficient information about the technical aspects of the problem to be solved.

Methods of calculation suitable and proper for pencil work are seldom suitable for mental work. One who tries to calculate mentally as he would on paper encounters great difficulty; even if he succeeds, his work is slow and awkward. He may decide that mental calculation is not feasible and may resolve to use paper and pencil for all such work.

Such devices as multiplying by 4 in order to effect division by 25 are fully discussed in this pamphlet. Mastery of the methods presented by Professor Calhoun is necessary, but not sufficient for successful competition in the number sense contest. An examination of recent number sense tests reveals many problems that are not amenable to these basic devices. Additional methods are needed. A discussion of certain of these follows:

Valuable Skill
On the other hand, one who attempts mental calculation with proper methods finds the process quite feasible and acquires, if he works diligently, a valuable skill which will serve him well as long as he lives.

In addition to proper method, the

Small Schools Given Choice

For the 1959 football season, schools with enrollments of less than 100 may elect to play six- or eight-man football. Regional championship playoffs will be conducted in both six- and eight-man football next year.

This year there are 91 schools playing six-man football and 47 schools playing eight-man football in the League program. Schools interested in the eight-man football program may receive the eight-man football rules by writing the League office.

District Executive Committees will vote on the type of game to be played in each district. Schools desiring to participate in either six- or eight-man football in a district which elects to play the game that they do not choose to play can request a transfer to the other conference. The general policy will be to make the transfer if it is geographically feasible and if it will not decrease the number of schools participating in that school's present district below five.

Dr. Williams, a member of The University of Texas speech department and coach of the UT debate team, is a veteran of League debate contests. He possesses firsthand knowledge of the many problems arising in high school debate, and his "Guide" is specifically aimed at solving and eliminating such problems.

Football Training Vote Authorized by Council

Martin and Dawson Get Council Posts

E. O. Martin, principal of Petrolia High School, and J. E. Dawson, superintendent of schools, Lancaster, have been elected to the League's Legislative Council to serve out the unexpired terms of S. H. Fletcher and W. F. Cannon, respectively.

Martin has been principal at Petrolia for five years. He is a native of Maud, Oklahoma, earned his bachelor and master's degrees at East Central State College, Ada, Oklahoma, and has subsequently done additional college work at North Texas State.

He is presently serving his second term as chairman of district 34-B basketball district.

Supt. Dawson is in his 29th year as a public school administrator and has spent 22 years in the Lancaster system—including the past 18 years as superintendent.

He holds a BA degree from Baylor University and received his master's degree from the University of Colorado. He has been extremely active in professional organizations and association, and is presently chairman of district 11-AA football district—a job he has held for many years. Last spring he also served as district meet director general and presided over the spring meet organization in his district.

Number Sense Tips Given by Director

By JAMES M. HURT
State Number Sense Director
Additional Methods

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The Legislative Council of the University Interscholastic League, in its annual session in Austin early this month, authorized a trial science incentive contest for the 1959 spring meet, approved a conference AAAA ballot on the elimination of spring football training, and planned a vote by all other schools on setting an earlier starting date for fall football practice.

Principal Virgil Currin, Alamo Heights (San Antonio), chairman of a sub-committee appointed last year to investigate the feasibility of adding a science incentive contest, outlined these committee recommendations:

One-Year Trial

1. That the contest be started on a one-year trial basis beginning in the 1959 spring meet, with the trial to be conducted in a limited number of districts (not to exceed four in each conference); that the trial districts be selected on the basis of previous participation in all other League literary and academic contests.

2. That all contest papers be submitted to the State Office for evaluation of the contest.

3. That the winners in the selected districts advance directly to the State Meet level.

4. That the inauguration of such a contest be contingent on two factors: (a) that a successful plan be worked out for the preparation of the contest material, and (b) that a successful plan be worked out for obtaining a state director for the contest.

(For additional information and sample contest questions, see September, 1958 issues of the *Interscholastic Leaguer*).

Spring Training

On the spring training question, the Council voted to give Conference AAAA schools an opportunity to vote on the matter, since a number of AAAA coaches have indicated a desire to abolish spring football training. The ballot, which will go out in April, will offer AAAA schools these choices:

1. To abolish spring football training and begin fall football practice three weeks prior to the first football game (with no inter-school scrimmages permitted during the first week of training), or
2. To retain the present practice of permitting spring football training and beginning fall football practice two weeks prior to the first football game.

Fall Practice

The Council also voted to send April ballots to all other football schools (AAA, AA, A, B and 6- and/or 8-man) permitting them to extend fall football practice one week. The ballot will offer these choices:

1. To retain the present system of beginning fall football practice two weeks prior to the first game, or
2. To extend the fall practice season to permit beginning fall football practice three weeks prior to the first game, with no inter-school scrimmages permitted during the first week.

New Chairman

The Council also: elected Supt. P. J. Dodson, Bastrop, chairman for the coming year; approved, because of the new five-conference Spring Meet Plan, a revision in the Council representation policy to elect one member from each spring meet conference in each region; and passed a resolution on the death of Supt. W. F. Cannon, Grapevine, a Council member.

In other action, the Council also: —Heard a request from Howard Grubbs, secretary, Southwest Athletic Conference, that the Council appoint a committee to work with a

Remaining Conferences

By the time this issue of the Leaguer is put into the mail there will be only four Student Activities Conferences remaining on the 1958-59 schedule. School administrators and coaches of League literary and academic contests should plan now to attend one of these Conferences if it is in the vicinity of their school. The remaining meetings are:

Nov. 22—Southwestern University, Georgetown

Dec. 6—Odessa College, Odessa

Jan. 10—Texas A&I College, Kingsville

Jan. 17—Sam Houston State Teachers College, Huntsville

Southwest Conference committee to seek methods of reducing recruiting pressure on high school athletes; instructed the chairman to write to the Southwest Conference officials requesting them to state, in writing, the exact questions and/or problems such a joint committee might study before making a decision about appointing such a committee.

Junior High Speech

—Heard a request from Mrs. Nan Elkins, Allan Junior High (Austin) speech teacher and immediate past president of the Texas Speech Teachers Association, that the League give junior high school speech contests "official status" by including the contest rules and regulations in the *Constitution and Contest Rules*; passed a motion to take this action.

—Appointed a committee to study the junior high school contest program in all literary, academic and athletic areas (excluding speech) to investigate the feasibility of including all junior high contest plans in the *Constitution and Contest Rules*.

The committee: Supt. Chester Strickland, Denton, Chairman; Supt. H. A. Hefner, Graham; Supt. J. E. Dawson, Lancaster; and Supt. O. J. Baker, Dickinson.

—Heard a report from the Music Classification Committee recommending music classification procedures be left unchanged.

Committee Retained

—Retained the Music Classification Committee to make a formal study relative to the number of non-school trips, excursions and activities that should be permitted for school bands during the school year, with particular emphasis on activities involving participation during school hours. The committee: Supt. Fred Covin, Pittsburg, chairman; Supt. John S. Gillett, Kingsville; Prin. Virgil Currin, Alamo Heights (San Antonio); Supt. O. B. Chambers, Early (Brownwood); and Supt. Frank L. Singletary, Troup.

—Appointed a three-man committee to work with a two-man committee to be requested from the Texas High School Coaches Association to investigate the desirability of placing limitations on the number of invitational track and field meets a school may enter during one season. The Council committee: Supt. W. T. Graves, Coleman; Prin. R. B. Sparks, Robert E. Lee (Baytown); and Supt. Morris S. Strong, Falfurrias.

B Contests

—Appointed a committee to study the conference B participation in debate, extemporaneous speaking and slide rule contests during the 1959 spring meet and weigh the consequences of dropping these contests. The committee: Supt. O. B. Chambers, Early (Brownwood); Supt. O. T. Jones, Sterling City; Supt. G. M. Blackman, Banquete.

—Appointed a steering committee to undertake some long-range planning for the observance of the League's 50th anniversary during the 1959-60 school year. The committee: Prin. R. B. Sparks, Robert E. Lee (Baytown), chairman; Supt. J. L. Buckley, Lockhart; Supt. P. J. Dodson, Bastrop; Supt. I. T. Graves, Foydada; and Supt. O. B. Chambers, Early (Brownwood).

Football Code

In recent weeks, too many cases of high school rowdiness have been reported in connection with the high school football games. High school bands have been molested, high school buildings have been damaged, and gang fights have occurred between the students of the schools engaging in football rivalry.

Student Council officers, class presidents, and captains of the football teams should be encouraged to speak out against such student conduct. The influence of student public opinion would be a powerful deterrent to the less disciplined students on the local high school campus.

All students should be reminded that the local school has accepted the "Football Code", which is the sportsmanship code of ethics that should govern the students' conduct both before, during and after all games and contests.

Each district executive committee has the authority to recommend to the state executive committee that any school displaying poor sportsmanship and violating this sportsmanship code be denied the privilege of participating in the League program.

It might be well for each school to acquaint its own student body with the "Football Code" and its significance to players, fans, and individual students.

Outside Pressures

Recognizing the problems and dangers involved in promoting national high school athletic contests, the National High School Athletic Federation many years ago adopted a rule prohibiting the members of the National Federation from participating in nationwide high school championship athletic contests.

Prior to the adoption of this regulation, there were national high school basketball tournaments and also track and field meets.

Today, any high school team or high school student participating in national meets, not sanctioned by his home state league, may forfeit his eligibility to participate in interschool contests in his home state and the school violating this rule may be subject to disciplinary action.

It became necessary to surround the high school interscholastic athletic program with many rules and regulations to prevent outside groups from "cashing in" on high school athletic "stars" with outstanding records and to prevent various organizations from pressuring the schools to send teams to the national athletic meets.

Since high school contestants and teams have been prohibited from participation in such national meets, promoters of national athletic events have moved to the elementary and junior high school athletic program for teams. They have been able to enter this field because the public schools either have failed to provide an adequate program for health and physical education for this group or have not provided regulations to prevent the promotion of national championships.

The only enforcement procedure available to a high school league is to deny member high schools the privilege of participating in its league if any school should fail to comply with the league's rules and regulations, adopted by the members. Since no championships are now being played and no league has been formed at the elementary school level, individual member schools in this classification have no means of regulating or controlling what its students do outside their school time.

So, today we have "Little League" baseball, "Little Guys" basketball, and "Peewee" football, all playing for regional or national titles. These athletic contests involve school boys from the ages of nine to 15, inclusive, and these boys are selected to play on athletic teams which compete for state and national tournament honors.

Public school officials, health and physical education leaders, and many in the medical profession oppose the highpowered competitive program for boys who are less than 15 years old. The boy is placed under a physical and emotional strain for which he is not yet ready. Also, the parent finds the contests expensive. One father recently reported that it took \$47 to secure proper football togs for his 12-year old to play "Peewee" football.

It is time for educational leaders to take a look at the tremendous growth of athletic teams and tournaments at the elementary and junior high school level which are now sponsored by groups outside the school organization and over which the school administrators have no control.

OFFICIAL NOTICES

ONE-ACT PLAY SUSPENSIONS

Nine schools have been suspended in the One-Act Play Contest for the 1958-59 school year for failing to participate after having submitted an acceptance card for the 1957-58 school year. They are: Martins Mill (Ben Wheeler), French (Beaumont), Crozier Tech (Dallas), Gateville, Lawrence D. Bell (Hurst), Northwest (Justin), Marathon, Magnolia and Sanger.

NUMBER SENSE RULES

In order for an answer to be considered correct in the elementary number sense contest series, all answers must indicate "kind" if called for in the problem, such as "square yards," "sq. in.," etc.

SWEENEY

Sweeney placed on probation for the 1958 season by the District Executive Committee of Football District 26AA for violating Rule 30 of the Football Plan.

FOOTBALL DATES

The earliest starting date for fall football practice for the 1959 season in conference AAAA is August 28; in conferences AAA, AA, A, B and 6-man, August 24. The earliest date for playing a football game in conference AAAA for the 1959 football season is September 11; in conferences AAA, AA, A, B and 6-man, September 4.

JOURNALISM CORRECTION

On page 65 of the 1958-59 Constitution and Contest Rules (under Section 8, Journalism Program and Contests), delete fourth line from top of page "Journalism Contests . . . for their own" and substitute "Office no later than December 1, 1958 (postmark deadline). A list of districts".

FLUVANNA

Fluvanna High School placed on probation in boys' basketball for the 1957-58 and 1958-59 seasons for violation of the Basketball Code in respect to treatment of basketball officials.

EUSTACE

Eustace High School suspended in football for the 1957 season and placed on probation for the 1958 and 1959 seasons for failure to submit correct and complete information on football eligibility reports and game reports.

SIERRA BLANCA

Sierra Blanca suspended in football for the 1958 season and placed on probation for the 1957 and 1958 seasons for playing two boys in inter-school football games after they were declared ineligible by the district executive committee.

DRIPPING SPRINGS

Dripping Springs suspended in football for the 1958 season for certifying ineligible players to the League Office.

GRAFORD

Graford placed on probation in boys' basketball for the remainder of the 1958 season and for the 1959 season for misconduct of fans at a game.

FOOTBALL RULES

The 1958 NCAA football rules with the 1952 NCAA substitution rule shall govern all League football games for the 1958 season.

NUMBERING JERSEYS

This year's basketball rules provide that no digit greater than 6 may be used in numbering jerseys. The rules also provide that no jersey may be numbered 1 or 2. Of course, 1 and 2 may be used as a digit in another number (such as 12), but they may not be used alone. The rules also provide that violation of this rule is a technical foul. The rules recommend that even numbers be used on light jerseys and odd numbers on dark jerseys.

During the transition period this rule will not be enforced in League play. When schools purchase new jerseys they will be expected to have them numbered in keeping with the rule. However, schools will not be required to purchase new uniforms in order to comply with the rule. When ample time has elapsed to enable all schools to comply with this system of numbering, the rule will be enforced.

Clippings . . .

John C. Wells, Minnesota, speaking at the annual meeting last summer of the National Federation of State High School Athletic Associations, suggested that state leagues give "serious thought to other possible areas of service to the schools in their state."

Some of the suggested areas in which additional service might be performed were speech activities, debate, drama, music, news clinics, mathematics and science. Seems the University Interscholastic League is far in front.

Seems there is a move toward broader programs for girls' athletics. The State Association of Michigan is studying the entire area of athletics for girls. The Wisconsin Association is submitting a proposed amendment to members authorizing sports days for girls in bowling, archery, badminton, golf, swimming, tennis, fencing, curling, softball, basketball, volleyball, field hockey and speedball.

The Missouri State High School Activities Association requires game officials to register (for \$5) before being eligible to officiate league games. For using unregistered officials, a school can be fined \$10.

State Meet Leaders In Typing, Shorthand

There have been requests in the past for additional information about the winning contestants and their scores in State Meet commercial contests. For those interested in last year's winners, here are facts about the performances of the five highest scorers in each conference in the 1958 State Meet typewriting and shorthand contests.

TYPEWRITING					
Contestant	Gross	Err.	Rate	% Accu.	Score
Conference B					
Glenda Galloway, Aspermont	3476	5	64.50	92.80	157.30
Walter Nail, Missouri City	2536	0	50.72	100.00	150.72
Bonnie Cantwell, Bloomington	2901	4	54.02	93.10	147.12
Kern Wildenthal, Alpine	3086	6	55.70	90.28	145.98
Jean Atkins, Rockwall	2420	2	46.40	95.87	142.27
Conference A					
Horace Vickers, Gonzales	3225	4	60.50	93.80	154.30
George Farris, Floydada	3121	4	58.42	93.60	152.02
Peggy Pieratt, Giddings	2645	2	50.90	96.22	147.12
Marilyn Mitchell, Winters	2762	4	51.24	92.76	144.00
Nelda Fortenberry, Floydada	2482	2	47.64	95.97	143.61
Conference AA					
Ciro Sumaya, Brownsville	3296	1	64.92	98.48	163.40
Louise Kuehn, Miller (Corpus Christi)	—no information available				
Jan Pattillo, Monahans	3998	1	68.96	86.24	155.20
Rosa Gilmore, Levelland	2924	4	54.48	93.80	148.28
Angeline Polk, Victoria	2858	4	53.16	93.00	146.16

SHORTHAND			
Contestant	Err.	Time	Score
Conference B			
Mary Green, Boerne	2	24:45	99.6
Ruth Hett, Needville	3	30:10	99.4
Janice Miller, Needville	8	59:00	98.4
Shirley Davis, White Oak	9	27:20	98.2
Clara Urban, Weimar	12	36:20	97.6
Conference A			
Kleta Gerhart, Winters	5	31:20	99.0
Linda Hunter, Elgin	8	26:50	98.4
Judy Cummings, Grapevine	9	31:40	98.2
Mary Carroll, Denver City	11	37:20	97.8
Monna Osborne, Forney	13	31:00	97.4
Conference AA			
Linda Jones, Weslaco	1	45:20	99.8
Karen Wright, Breckenridge	3	33:05	99.4
Marta Sanchez, Martin (Laredo)	3	37:55	99.4
Ruth Brown, Lubbock	5	38:00	99.0
Mary Lou Tiarks, Breckenridge	8	30:05	98.4

NUMBER SENSE TIPS . . .

(Continued from Page 1)

III. Use of cumulative information:

Example: $24 \times 24 = (28 \times 20) + 16 = 576$
 Example: $24 \times 24\frac{1}{2} = (24 \times 24) + (24 \times \frac{1}{2}) = 576 + 12 = 588$
 Example: $24\frac{1}{2} \times 24\frac{1}{2} = (24 \times 24) + 24 \times \frac{1}{2} + 24 \times \frac{1}{2} + \frac{1}{4} = 576 + 24 + \frac{1}{4} = 600\frac{1}{4}$
 Example: $24\frac{1}{2} \times 24\frac{3}{4} = 576 + 18 + 12 + \frac{3}{4} = 606\frac{3}{4}$
 Example: $245 \times 24 = 24 \times 24\frac{1}{2} \times 10 = 5880$
 Example: $245 \times 245 = 24\frac{1}{2} \times 24\frac{1}{2} \times 100 = 600\frac{1}{4} \times 100 = 60,025$
 Example: $245 \times 2475 = 24\frac{1}{2} \times 10 \times 24\frac{3}{4} \times 100 = 606\frac{3}{4} \times 1000 = 606,375$

IV. Use of π and square roots:

Since π and such square roots as $\sqrt{2}$ and $\sqrt{3}$ are irrational numbers, there is no decimal fraction to which they are equal. However, all irrational numbers can be approximated by decimal fractions, and 3.1416, 1.4142, and 1.7321 are close estimates of π , $\sqrt{2}$ and $\sqrt{3}$ respectively. Less accurate though still useful estimates are $3\frac{1}{7}$, 1.4 and 1.7.

Example: Estimate the area of a circle of diameter 28 inches.
 Solution: $A = \frac{\pi d^2}{4}$ where d is the diameter and A is the area. Thus $A = \frac{22}{7} \times \frac{1}{4} \times 28 \times 28 = 22 \times 28 = 616$ square inches.
 Example: Estimate the circumference of a circle of area 42 square inches.
 Solution: $A = \pi r^2$ and $C = 2\pi r$, where r is the radius, A is the area and C is the circumference.
 Hence $C = 2\sqrt{\pi A} = 2\sqrt{3\frac{1}{7} \times 42} = 2\sqrt{132} = 2\sqrt{4 \times 33} = 4\sqrt{33}$.

A good estimate of $\sqrt{33}$ is 5.7.
 So $C = 4 \times 5.7 = 22.8$ inches, approximately.
 Example: Find the hypotenuse of a right triangle of legs each 5 inches.
 Solution: $h^2 = a^2 + b^2$ (the famous theorem of Pythagoras), where h is the hypotenuse and a and b the legs.
 So, $h^2 = 5^2 + 5^2 = 2 \times 25$, and $h = 5 \times \sqrt{2} = 5 \times 1.4142 = 7.071$ inches.

Example: Given an f— stop on an adjustable camera, what f— stop permits twice as much light to pass through the lens? Half as much light?
 Solution: Recalling that the f— number is defined as the ratio of the focal length of the lens to the aperture diameter (for instance, if the focal length of the lens is 50 mm. or about 2 in., then at f:16, the aperture diameter is $\frac{1}{2}$ in.) and making use of the formula for the area of a circle, it is not difficult to determine mentally that twice the exposure will result if the given f— number is divided by $\sqrt{2}$ and that half as much exposure is obtained by multiplying the given f— number by $\sqrt{2}$.

Further thought indicates that division by $\sqrt{2}$ is equivalent to multiplication by $\frac{1}{\sqrt{2}}$.
 Thus the exposure is doubled if the given f— number is multiplied by .7071 or, with less accuracy, .7, and halved if it is multiplied by 1.4142 or, again with less accuracy, 1.4.

Latest Play Acquisitions

Here is a list of new plays received by the Drama Loan Service from various publishers. You are invited to order plays from the Drama Loan Service for reading purposes, but it is strongly recommended that you order the catalogues from the various publishers listed in *The Basic List of Plays*.

If the Drama Loan Service does not possess a copy of the play you have ordered, we will so inform you and then ask the publisher to send us the script. Later, you may re-order after seeing the play listed in the *Interscholastic Leaguer*.

New Plays in Stock
REBEL WITHOUT A CAUSE, by James Fuller, Drama, 3 acts, 13 men—10 women, extras, Dramatic Publishing Co., royalty \$35.00, \$25.00.
THE LAST NOTCH, by Sherman Sergel, Drama, 3 acts, 16 men—11 women, extras, Dramatic Publishing Co., royalty \$25.00.
THE UNGUIDED MISS, by Wil-

LETTERS TO THE EDITOR

I am writing . . . in regard to the first editorial in the October, 1958, issue of the *Interscholastic Leaguer* which is entitled "Drop 'B' Contests?", the contests to drop being debate, number sense and slide rule.

I should like to register our school's opposition to dropping these contests. It is possible that there will be only 20 debate teams next spring; but the values the members of these teams receive from this one activity make it worthwhile to keep them. Furthermore, with increased emphasis on college preparatory courses, the debate ties in very well with them.

These same thoughts are apropos for slide rule and number sense contests. The current emphasis on science and mathematics will result in greater interest in these contests so they should be retained. Lastly, debate, slide rule and number sense appeal to students who in many instances are not able to find outlet for their abilities in the other more popular events. Abolishing these would merely shut avenues of interest to this group of children who exist in many schools without benefiting those who do participate in the more popular events.

I still think UIL provides one of the finest means to motivate an entire school program; and I'm writing in hopes of saving the valuable debate, slide rule and number sense contests.

Peyton Cain, Supt. Alpine, Texas

I am much impressed by the package of debate material on education in the United States which you sent me.

Certainly the topic which the League has adopted this year is a timely and important one. We owe so much to the British and German systems of education—and to the elder concepts reaching back to Socrates—that it would be impossible to talk about "American education" as such. On the other hand, the extremes of imitation sometimes proposed for this country would make nonsense of our social system and its dependence upon education.

Your British comparison is a wise one; among other things it avoids the excessive rhetoric (and the unreliable statistics) that most Russian-American comparisons bring out. There should be ample opportunity of lively argument on both sides of the debate table here.

I envy the debaters their prospect of discussion. Good luck to the League in a program of first consequence to education here in Texas.
 H. H. Ransom
 Vice-President and Provost
 The University of Texas

Americans have no greater challenge right now than to undertake a critical re-examination of the system part of their educational enterprise. One of the best ways known to conduct such examination is to compare one system with another system. The 1958-59 debate topic, therefore, is particularly timely and of real significance.

A country's educational system is more than a matter of machinery. It reflects basic beliefs about what it is important for education to do, and about who can be entrusted with the control of education. As this year's debate topic is studied, let us hope that high school students and all citizens can re-examine and clarify their own beliefs.

L. D. Haskew
 Vice-President for Developmental Services
 The University of Texas

SPEECH AND THEATRE

BY JERRY ROLLINS POWELL

Still nothing from the publishers that would prompt me to write a review—at least as far as the one-act plays are concerned. Some of the three-act plays are pretty fair and there are some which are good. Later I'll try to find time to mention those to you. One repulsive mess sent to us recently is called I WAS A TEENAGE DRACULA. It is in the stacks where I hope it stays. The title alone is enough to make anybody ill.

Student Activities Conferences

The Student Activities Conferences are well underway and at this writing the first two, Dallas and Houston, have already been held. Houston (Houston University) had in attendance some 2700 students! Some 600 saw the drama section alone. Lamar High School of Houston presented a portion of THE NIGHT OF JANUARY 6TH for a demonstration.

The speech section featured such schools as Liberty and Reagan (Houston) in poetry reading, Hitchcock and Katy in junior declamation, Reagan (Houston) and Cypress-Fairbanks in extemporaneous speech. Senior declamation demonstrations were given by South Park (Beaumont) and Huntsville High Schools. Demonstrations of original orations were given by Spring Branch (Houston) and San Jacinto High Schools while debate examples were given by Robert E. Lee and Riesel teams.

North Texas Meeting

Dallas (SMU) was host to such schools as Thomas Jefferson (one-act play), Denton and Gainesville (original oration), Hillcrest, Adamson and Cooper (extemporaneous speech), Adamson, Sunset and Lancaster (declamation), Grapevine, Grand Saline (poetry reading), and Sunset and Hillcrest (debate).

Each of the schools mentioned above were regional winners in their respective conferences last year. This month, Abilene, Kilgore and Georgetown will host conferences in the speech and drama events. I hope that you have heeded the invitations to come and participate.

One-Act Play

We're placing reminder letters in the mail for those schools who have neglected to fill out their check-sheets. For goodness sake don't let this slip by unnoticed! The deadline for entry in the one-act play event is December 1—which is fast approaching. No need to file the title with us until the latter part of February (March 2 is the deadline) but do see that your school is entered.

Changes Suggested

I've had some interesting replies from various parts of the State concerning the changes that might be necessary to bring the League up to date in curriculum correlation. I am printing a letter from W. E. Neill, superintendent of schools at Tornillo, whose remarks represent much of the tenor of opinion throughout the state—at least according to the letters I've received. Supt. Neill, I should add, has won a number of district and regional titles in one-act play and speech events (he directs these events), and he used to be a football coach!

"You asked for suggestions. Here they come. They reflect my personal opinion and a speech teacher would probably drop dead upon reading them but I've been looking for a chance to tell somebody what I think for a long time. All I can say is—you asked for it.

"1. Are there too many speech events? No. I certainly believe that there should be at least one event for each age group. Here in our district we have added sub-junior declamation and a first grade story telling contest (prepared story) to provide for those kids for whom the League does not provide. Some events may need changing but there can't be too many.

"2. Should another drama event be added? I'm not happy with the one we have. You well know my opinions on contests and festivals. I would be most happy to see more drama either in the form of drama reading by four or five students or by one person reading two or more characters. But how in the world could you make a contest out of it?

"3. What duplication of effort exists in the speech contests? I'm not sure there is any except maybe for poetry reading and junior declamation. I hereby propose that junior declamation be left alone and that poetry reading be changed to allow 20 minutes preparation for two extemp poems and that the prepared one be cut out.

"4. If anything should be dropped or changed, it should be senior declamation. There are no good new prose selections and the old ones have been long worn out. Seven minutes is too long anyway. I would much prefer something in the way of a monolog or interpretation of literature.

"5. I was interested in the idea of pantomime but Heaven forbid a contest in 'after-dinner speaking!' "Since I am concerned primarily with the play contest and since I fully realize I am not going to get it changed to a regional festival, I will stick to comments on the one-act play contest.

"First, I believe it should be a contest for one-act plays only—not a contest in cutting three-act plays. Most of the longer plays are not suitable for cutting and take away audience appeal as well as interest by the students. Many playwrights object to their plays being cut or changed in any manner.

"Why does the League not require, rather than recommend, that critic judges be used? I wouldn't stand for three people to be chosen from the crowd to referee a football or basketball game. Neither am I going to allow (again) the judges for a one-act play contest to be picked from incompetent people.

"Possibly this is heresy from an ex-football coach, but I don't believe that any League activity can compare with the speech events (especially the one-act play) for carry-over value. I would like to see more speech events on the district level only to allow more students to participate. Every year I see our 30 or 35 sub-junior and junior declaimers dwindle to two or three high school declaimers because they have lost at home so many times that they lose interest. Let us take those kids on to the district meet while they are still interested.

"I'm really not as dissatisfied as I may sound but you asked for suggestions and these have all occurred to me at one time or another. After reading this over, I am sure that you will be able to tell me I never represented my school either in typing or spelling but then you were talking about speech events, weren't you?"

W. E. Neill
 Supt. of Schools
 Tornillo, Texas

Bill made other pertinent remarks concerning the League's activities but the part given here displays the main ideas.

Do you have any opinions that you would care to voice concerning changes that you think should be made in League activities? Write us when you have thought it over.

BOOKS AND MAGAZINES

ATHLETIC INJURIES, by Augustus Thordike, M.D.; Lea & Febiger, 1956; \$4.50.

The fact that Dr. Thordike's book has just been thoroughly revised for the fourth edition indicates the popularity and professional respect which this book has earned throughout the years. This publication has been a standard one for coaches and physical education teachers for the prevention, diagnosis and treatment of athletic injuries for years.

The new edition contributes the latest concepts on the physiology of exercise and physical therapy, and all tables and charts have been revised and brought up to date. Every type of athletic injury is fully explained, with photographs which illustrate graphically each type of injury.

The terminology used in this treatise is such that all coaches and physical education personnel will have no trouble understanding. The print is of sufficient size to be easily read and it is published on a very high grade paper.

For coaches and physical education teachers there should be readily available the splendid information on athletic injuries which is found in this book. It is highly recommended for anyone who has any contact with any phase of physical education or athletics.

The University Interscholastic League Directory

Organization Agency: Extension Division, The University of Texas Bureau of Public School Service.

State Executive Committee: James R. D. Eddy, Chairman; Rhea H. Williams, R. J. Kidd, Emmette S. Redford, J. S. Williams, Thomas A. Rouse, Howard A. Calkins, I. I. Nelson.

Legislative Council: E. D. Cleveland, chairman; Nat Williams, I. T. Graves, Bert Ezell, H. A. Hefner, W. T. Graves, O. B. Chambers, Chester Strickland, Fred Covin, Frank L. Singletary, R. B. Sparks, O. J. Baker, Bill Bitner, Virgil Currin, J. L. Buckley, P. J. Dodson, John S. Gillett, G. M. Blackman, Frank Pollitt, O. T. Jones, Morris S. Strong.

Director: Rodney J. Kidd.
 Director of Athletics: Rhea H. Williams.
 Director of Speech and Drama Activities: Jerry Rollins Powell.
 Director of Music Activities: F. W. Savage.
 Director of Journalism Activities: J. Roy Moses, Jr.

INTERSCHOLASTIC LEAGUER

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R. J. KIDD Editor
 ROY MOSES, JR. Assistant Editor

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HIGH SCHOOL PRESS

BY J. ROY MOSES, JR.

A school-visiting trip through parts of North Texas last month, plus some recent correspondence, has pointed up an alarming fact: a number of high school journalism teachers and/or sponsors have misinterpreted certain rules and regulations concerning ILPC and the League's Spring Meet Journalism Contests.

There has, apparently, been a breakdown in our communications. This is rather embarrassing, too, since communicating is one of the journalist's prime functions. So, before progressing further, let's recapitulate:

Not Mandatory

1. A school DOES NOT have to be a member of ILPC in order to send contestants to the League's Spring Meet Journalism Contests.

2. A school DOES NOT have to publish a school newspaper to qualify contestants to the Spring Meet contests.

3. A school newspaper ordering the ILPC criticism service is entitled to ONLY ONE criticism. This criticism will be done on one, two or three issues, depending on the number submitted, but will be done ONLY ONCE during the school year. All issues to be criticized must be submitted at the same time in the same envelope.

Wrong Impression

Another word about the Spring Meet Journalism Contests: a number of school administrators seem to think they cannot enter journalism contestants if they do not have a full-time journalism teacher or publish a school paper. This is an erroneous impression.

Very few schools have full-time track coaches, yet they all enter track. Very few schools employ slide rule teachers or offer slide rule courses, but many schools enter. It is doubtful that any schools have full-time teachers or courses in expository writing, yet hundreds of schools enter contestants in the Ready Writing contest each year. So, why not enter more journalism contestants?

Scholarship Winners

Speaking of journalism contestants, it was pleasing to note that many former ILPC'ers were among those receiving scholarships at the recent University of Texas School of Journalism Honors Day. For example:

Cyrena Jo Norman of Fort Worth, who placed third at State Meet in 1955, was awarded two scholarships worth \$450.

Carolyn Whitacre, former editor of the BEAR FACTS, Spring Branch High, Houston, and a State Meet contestant in 1957, won a \$500 Jesse H. Jones scholarship.

Jo Eickmann, former editor of the SHIELD, McCallum High, Austin, and Larry Hurwitz, former co-editor of the Austin High MIRROR, Austin, won \$250 Jesse Jones scholarships.

Two other Austin journalists won \$200 Austin Alumnae Chapter Theta Sigma Phi scholarships. They are: Pat Rusch, State Meet contestant in 1957 and former ILPC vice-president, and Sam Kinch, a State Meet contestant in 1957 and 1958.

\$400 Award

Joe Rust, San Antonio, a regional competitor in 1956, won the \$400 Corpus Christi Press Club scholarship (given last spring).

Glen Castlebury, Perryton, State Meet contestant last year, won a \$200 George W. Brackenridge scholarship.

Jack Lowe, a two-year (1957 and 1958) State Meet champion in Journalism from Gaston High (Joinerville) also won a \$200 Brackenridge scholarship.

News Notes

Mrs. J. E. McAnally, who has been teaching journalism at San Benito High since 1945, was recipient of a special service award from the Harlingen and San Benito Elks Lodges during National Newspaper week. The GREYHOUND GROWLS adviser received a plaque, a bouquet of carnations, and numerous congratulatory telegrams from former students.

Mrs. Edith Fox King, a long-time promoter of ILPC, has made an "earth-shaking" move. After 25 years at San Antonio Vocational and Technical High School, where she taught English and journalism and sponsored THE TECHNICIAN, she has resigned to accept a similar position at San Antonio College. She hasn't forgotten us, tho, for on Nov. 22 she'll take an active part on the journalism program at the Central Texas Student Activities Conference on the campus of Southwestern University, Georgetown.

Mrs. King has been replaced at Tech by Herbert W. Siegal.

Thumbing Thru 'Em

Jack McCanne, co-editor of THE

COURIER of French High, Beaumont, is a semi-finalist in the National Merit Scholarship Qualifying Tests competition. His next test is Dec. 6.

THE TOMAHAWK, Ganado High School, has an answer for lazy staffers. For the October 15 issue, 15 students failed to turn in their stories, so this was not only pointed out in a short story but the staffers' by-lines were used over blank spaces in the paper.

Dean Ripley, current editor of THE BADGER, Lampasas High School, has a unique distinction. He is the first male editor of that paper in 20 years.

Editorial Campaign

Incidentally, it seems that more and more boys are willing to sit back and let the girls take over the student newspaper and yearbook, as well as other school activities. But at Cypress-Fairbanks High, Cypress, the CY-FAIR REPORTER staff is trying to do something about it.

One of the big editorial campaigns of the year is to urge more male participation in student government, class and club activities, etc. And if the demonstration this group gave at the Houston Student Activities Conference is any example—look out boys!

Editorships run in the family at Lubbock. Sue Hawkins is currently editor of the ATKINS ATMOSPHERE, Atkins Junior High. Her older sister, Barbara, is current editor of the MONTEREY MIRROR at Monterey High and another sister, Mrs. Joyce Hawkins Brown, was associate editor of the MIRROR last year. (Note: there go the girls again).

Margaret Hatcher, last year's ILPC secretary and a formerly active staffer on THE TROJAN, A. C. Jones High, Beeville, is now attending TCU where she seems to be more athletically than journalistically inclined. She is playing basketball and volleyball and is the only freshman on the Women's Sports Association's first team.

New Arrangement

A new journalism arrangement has been made at Travis High in Austin. Mrs. Frances Hall and Mrs. Mary Campbell are in charge of the editorial department of both the student newspaper, THE SOUTHERNER, and the yearbook, THE REBEL ROUNDUP, and H. E. Cadwallader has taken over complete charge of the publications' business departments. Thus the J. department has two headings—editorial and strictly business.

In celebrating Teacher Appreciation Week the PIONEER staff, Austin High, El Paso, presented each faculty member with a rosy red apple. Apple polishing?

And Finally . . .

A parting note: ILPC enrollment for the current school year has passed the 200 mark and is moving along nicely. Remember, the membership deadline is January 15, 1959, and there are always a few who get caught short. Don't let it happen—join now.

Library Offers Debating Aids

Extension Loan Library has material for loan on the 1958-59 debate proposition: "Resolved, that the United States should adopt the essential features of the British system of education." This material is supplementary to the debate kits provided by the Interscholastic League.

Loans of debate material are made to the school librarian, or the debate coach if there is no librarian, so that all members of the team may share the information. Material on other subjects may be borrowed directly by students or teachers if the school has no library; otherwise, it, too, is loaned to the librarian. The loan fee is 50c per topic. All postage is paid by the borrower.

Requests for information should be addressed to: Extension Loan Library, The University of Texas, Austin 12, Texas.



PRACTICE MAKES PERFECT—That old adage seems to be pretty well proved by students from Tivy High School in Kerrville; not only that, but it can be fun, judging from this picture taken just prior to the 1958 State Meet. Seated in the picture (left to right) are Ray Wilson (who won second at State in slide rule), Dale Blount (first in slide rule at State Meet) and Leland Carmichael. The kibitzers in the background are Sandra Perlowski and Dillard Faries (second place winner in the State Meet number sense contest). Scott Ferguson coached the contestants, but last year wasn't Kerrville's only good showing in the State Meet math contests. In the past five years, Kerrville's contestants have won 4 firsts, 3 seconds and 2 thirds in slide rule and 1 first, 1 second and 2 thirds in number sense.

Questions and Answers

Q. Can an outside organization or individual provide transportation and tickets to athletic events for high school athletes without violation League rules?

A. No. It is a violation of Article XVI, the Award Rule, for any student to receive cash or valuable consideration in excess of \$15 for one major activity and \$2 for each additional activity in which he may letter; therefore, as each school usually gives a major award of \$15, acceptance of transportation, meals or football tickets from any outside source would be in violation of the Award Rule. The school may take athletic teams to athletic events and pay for transportation tickets and meals; provided, the trips are financed and sponsored solely by the school board. Such trips are considered educational and in the same category as field trips in agriculture, science and other curricular activities.

Q. Under the Ten Semester Rule, can a student in the eighth grade play on the high school team?

A. No. To do so is a violation of Article VII, Section 8, the Composite Team Rule. Under Article VIII, Section 19, a student still has only eight semesters of participation in a four-year high school, and six semesters of participation in a three-year high school.

Q. Does participation on the "B" team in an interschool football game make a player ineligible under Article VIII, Section 14, the Transfer Rule?

A. Yes. Any participation in any inter-high school football or basketball game, regardless of the type of team, renders a boy ineligible under the Transfer Rule, Article VIII, Section 14.

Q. Under Article VIII, Section 19, the Semester Rule, how are the semesters counted?

A. Semesters are counted consecutively, whether or not the student is in school, from the time of his first enrollment in the eighth grade for as many as two subjects. At the conclusion of the tenth semester from his first enrollment in the eighth grade, the student becomes ineligible for further League participation.

Q. If a boy participates in a sail boat or a motor boat race and wins a prize, does acceptance of this prize violate the Amateur Rule?

A. No. Article VIII, Section 8, the Amateur Rule, specifies those activities which are considered athletic events. Sail boating or motor boating is not listed and therefore is not covered by the Amateur Rule.

Objectives Outlined For Marching Bands

By F. W. SAVAGE
Director of Music Activities

Almost every discussion concerning methods and procedures for teaching public school bands inevitably terminates with the basic question, "just what are we trying to do?"

As a result, approximately 200 band directors attending the marching band workshops conducted this fall by the Interscholastic League were asked to rank a group of objectives in the order of their importance. The objectives grew in number as new objectives and revisions evolved from the discussion which developed in successive workshops.

Important Objectives

The objectives listed below received the highest ranking in the survey. They are not necessarily listed in the order of their importance. Many directors listed other objectives which, in their opinion, were more important than any of these. It also follows that the objectives listed not only apply to marching bands, but to the entire band program in the public schools. The major exception to this would be the primary objective of developing musical appreciation and proficiency of the individual student to the maximum of his ability.

Basic Objectives

1. To teach students the basic principles of self-discipline and personal responsibility.
2. To teach students their personal responsibility for the success or failure of their group.
3. To develop leadership and teach fellowship and citizenship.
4. To serve as an agent of the school in intra-community public relations.
5. To provide practical experiences in developing school or group loyalty.
6. To supply entertainment for large groups of school and community patrons using types of performances appropriate to such occasions as athletic contests and parades.
7. To serve as an agent of the community for inter-community public relations and goodwill.
8. To develop school spirit.
9. To provide a tangible activity of a popular nature which motivates the study of less glamorous aspects of music education.
10. To provide an activity which will assist the student in his physical development.



JOURNALISM WINNER—Nancy Jean Cotton, a 1958 graduate of Highland Park High School (Dallas), was first place journalism winner in conference AA at the 1958 State Meet. Nancy, coached by Mrs. Roger M. Robinson, also competed at the regional level in 1957. In high school she edited her school paper, was president of Quill & Scroll, and was active in student council, National Honor Society and Latin Club activities. She is attending The University of Texas this fall and plans to be a professional writer.

Little Campus History

The "Little Campus" section of The University of Texas, which this year is observing its 75th anniversary, now houses the University's Extension Division and other departments. But it once was the State School for Blind. Then in World War I the "Little Campus" facilities were used as a School of Military Aeronautics for the ground-training of the nation's wartime fliers.

MUSIC MATTERS

BY F. W. SAVAGE

This is our last chance this year to remind schools that music acceptance cards must be mailed to State headquarters by midnight, December 1. Individual acceptance cards must be filed by each school unit; one for each high school and one for each junior high school. No card need be filed for units which do not intend to enter competition.

For example, if junior high school students are regular members of the high school band and there is no junior high band, there is no necessity for filing an acceptance card for the junior high school.

Cards have been mailed to all school units which filed music acceptance cards last year. New units or units which did not participate last year need to request acceptance cards from State headquarters. Failure to receive one of the official cards does not relieve schools from the necessity of meeting the December 1 deadline.

Football Marching Bands

The Commission on Health and Physical Education recently reported back to the Texas Commissioner of Education and recommended, among other things, that no activity be permitted to satisfy the local requirements for physical education, except actual participation in physical education classes.

If this recommendation receives local approval and eventually finds its way into the basic requirements of the Texas Education Agency, a damaging blow has been struck at the school marching band and the football show. Some directors believe that such a restriction could well prove to be the death of this type activity in many schools.

Marching Requirements

As was suspected, there is some confusion concerning the marching requirements for this year. An article in the September Leaguer stated that unless a vote by the Music Advisory Committee to the contrary was received before that issue went to press, the requirements would be as outlined in that article.

The Music Advisory Committee voted in favor of the changes and the requirements as outlined in the article are effective this year. The same requirements are repeated in the Handbook for Marching Judges and Band Directors which was sent to all band directors recently. The same requirements also appear on the official marching evaluation and entry blanks which were in the same package.

If you did not receive this handbook, notify state headquarters and a copy will be sent to you.

Travel Studied

Each year a rash of comment arises concerning the amount of travel and loss of time involved in sending bands to participate in parades, band days and various festivals and promotions. This year the official groups of the League are taking some action. The Music Subcommittee of the Legislative Council took the matter under advisement at its meeting on November 2 and recommended that the Legislative Council authorize a committee to study the problem and report back at the next regular meeting.

This was approved by the Council and you will probably be receiving inquiries from this committee. If you desire to volunteer comments, direct them to Fred Covin, superintendent of schools at Pittsburg.

Various suggestions have been made including such things as the addition of a limitation in the rules prescribing not only the number of events which a band may attend, but also the number of miles which may be traveled.

Contests Already Limited

Since music competition was offered by the League in 1946, the number of contests in which groups may participate has been limited to a total of two in addition to the League competition-festival. This is a protest rule and no band has ever been penalized.

A contest is defined as "any contest or festival where one organization is rated or judged in comparison with another group or with a standard of performance." This definition has been interpreted to include all those "contests" which are judged either on the number of students in the band, the appearance, number of miles traveled or any other award given to encourage attendance and participation.

Opinions Vary

At first glance it appears that this

School Reports Published
Reports on "Student Activities in Texas Public Schools" and "School Program Practices in Texas Public Schools" have been published at The University of Texas. They are the third and fourth reports resulting from "A Survey of Administrative Practices and Board Policies in Texas Public Schools." Copies are available at 25 cents each from Texas Committee of Ten, Box 7721, University Station, Austin 12.

'Prediction' Came True
Dr. Ashbel Smith, first chairman of The University of Texas board of regents, said when the cornerstone was laid for the Old Main Building: "Smite the rocks with the rod of knowledge and fountains of unstinted wealth will gush forth." In 1923, oil was found on University lands in West Texas. The University is observing its 75th anniversary during 1958.

1958-59 Contest Dates and Entry Deadlines Regional Music Competition-Festivals

Region	Marching		Band Solos and Ensembles		Band Concert		Orchestra Solos and Ensembles		Orchestra Concert		Vocal Solos and Ensembles		Vocal Concert	
	Contest Date	Entry Deadline	Contest Date	Entry Deadline	Contest Date	Entry Deadline	Contest Date	Entry Deadline	Contest Date	Entry Deadline	Contest Date	Entry Deadline	Contest Date	Entry Deadline
I	Dec. 6	Nov. 15	Apr. 4	Mar. 14	May 1	Apr. 10	Apr. 11	Mar. 21	Apr. 11	Mar. 21	Mar. 21	Feb. 28	Mar. 21	Feb. 28
II	Dec. 6	Nov. 15	Apr. 4	Mar. 14	Apr. 30	Apr. 9	Apr. 30	Apr. 9	Apr. 30	Apr. 9	Mar. 20	Feb. 27	Mar. 20	Feb. 27
III	Nov. 15	Oct. 25	Mar. 14	Feb. 21	May 1	Apr. 10	May 1	Apr. 10	May 1	Apr. 10	May 1	Apr. 10	May 1	Apr. 10
IV	Nov. 25	Nov. 4	Mar. 14	Feb. 21	Apr. 22	Apr. 1	Apr. 22	Apr. 1	Apr. 22	Apr. 1	May 14	Apr. 23	May 14	Apr. 23
V	Nov. 22	Nov. 1	Mar. 14	Feb. 21	Apr. 4	Mar. 14	Mar. 14	Feb. 21	Apr. 4	Mar. 14	Mar. 21	Feb. 28	Mar. 21	Feb. 28
VI-N	Dec. 6	Nov. 15	Mar. 20	Feb. 27	Mar. 20	Feb. 27	Mar. 20	Feb. 27	Mar. 20	Feb. 27	Apr. 16	Mar. 26	Apr. 16	Mar. 26
VI-S	Dec. 5	Nov. 14	Mar. 21	Feb. 28	Mar. 21	Feb. 28	Mar. 21	Feb. 28	Mar. 21	Feb. 28	Apr. 16	Mar. 26	Apr. 16	Mar. 26
VII	Dec. 6	Nov. 15	Mar. 20	Feb. 27	Mar. 20	Feb. 27	Mar. 20	Feb. 27	Mar. 20	Feb. 27	Mar. 7	Feb. 14	Mar. 7	Feb. 14
VIII	Dec. 6	Nov. 15	Mar. 14	Feb. 21	Apr. 10	Mar. 20	Mar. 14	Feb. 21	Apr. 11	Mar. 21	Mar. 21	Feb. 28	Mar. 21	Feb. 28
IX	Dec. 6	Nov. 15	Apr. 4	Mar. 14	Apr. 11	Mar. 21	Mar. 21	Feb. 28	Apr. 11	Mar. 21	Apr. 24	Apr. 3	Apr. 24	Apr. 3
X	Nov. 17	Oct. 27	May 2	Apr. 11	Apr. 25	Apr. 4	May 2	Apr. 11	May 2	Apr. 11	May 2	Apr. 11	May 2	Apr. 11
XI	Oct. 28	Oct. 7	Mar. 21	Feb. 28	Apr. 22	Apr. 1	Apr. 3	Mar. 13	Apr. 3	Mar. 13	Mar. 21	Feb. 28	Apr. 9	Mar. 19
XII	Dec. 6	Nov. 15	Mar. 6	Feb. 13	Apr. 17	Mar. 27	Mar. 6	Feb. 13	Apr. 17	Mar. 27	Mar. 14	Feb. 21	Mar. 14	Feb. 21
XIV	Nov. 11	Oct. 21	Apr. 18	Mar. 28	Apr. 25	Apr. 4	Apr. 18	Mar. 28	Apr. 18	Mar. 28	Apr. 18	Mar. 28	Apr. 18	Mar. 28
XV	Nov. 18	Oct. 28	Mar. 7	Feb. 14	Apr. 16	Mar. 26	Mar. 7	Feb. 14	Apr. 16	Mar. 26	Apr. 2	Apr. 23	Apr. 2	Apr. 23
XVI	Nov. 25	Nov. 4	Mar. 20	Feb. 27	Mar. 20	Feb. 27	Mar. 20	Feb. 27	Apr. 10	Mar. 20	Apr. 23	Mar. 14	Apr. 4	Mar. 14



POSTSCRIPTS ON ATHLETICS
BY DR. RHEA H. WILLIAMS

Recent research on why coaches succeed or fail, by Cecil Garrison of Arkansas State Teachers College, should be of great interest and concern to all physical education teachers and coaches. This project was conducted over a ten-year period and consists of interviews with 100 high school administrators in Arkansas in an attempt to identify the factors involved in the success or failure of physical education personnel and coaches.

Although this research was done in Arkansas, it is safe to assume that approximately the same factors would be uncovered in any other state in the union as to the causes for success or failure in teaching and coaching.

Reasons for Success

The three most common factors for success in teaching physical education and coaching were found to be cooperation with the school administration and other teachers in the school system, good methods of teaching and good coaching techniques. There was a definite correlation between retention of a coach and his moral standards. It is significant that in those schools where no personnel changes occurred, each of the persons involved had a reputation in the community for high moral standards.

Divided Allegiance

This writer has contended all along that a coach who cooperates with the administration and is respected by his fellow teachers, who is a good teacher both in the classroom and on the practice field, who works hard and uses good coaching techniques and who sets a high standard of moral conduct is not likely to lose his position.

Any coach who places his primary allegiance to the quarterback club rather than to the school administration cannot expect any help from the people whose responsibility it is to direct the entire school curriculum; and the statement "no man can serve two masters" is as true here as in any other area of life. The coach's first responsibility must always be to the school administration and to the educational aspects of athletics.

Coach is Teacher

Coaches should be good teachers whether in the classroom or on the athletic field. No coach can gain the respect of his fellow teachers or students unless he does a creditable job of teaching. Too often, especially in physical education classes, do coaches fail to meet their obligations as good teachers.

Much too often do they merely toss a ball to the members of the class and then go into the gymnasium to work on some other phase of their program. This is a travesty, as actually the coach should be, and is, the best person to do a good job of directing the physical education program if he would only make an effort to do so.

Indolence is Failure

Any coach who is alert, energetic and sincere will have good coaching techniques and methods. It is interesting to note that the Number One reason for the dismissal of physical education teachers and coaches is indolence. Webster's Dictionary de-

fines indolence as indulging in ease; avoiding labor and exertion; lazy, inaction or want of exertion of body or mind, and slothful.

It is a sad commentary that people who should be the most active and energetic should find the chief cause for dismissal in their professional group is, in plain words, laziness.

Set Moral Tone

There is no doubt but that one of the chief criteria for the selection and retaining of a coach or physical education teacher should be the example which he sets for students who are under his direction. This is especially true of the coach, as perhaps no one influences the actions of the pupil under his control more than the coach.

His players tend to imitate and emulate him in every way. It is therefore imperative that a coach set high standards in morals, ethics and in all personal habits. A person who is not willing to live an exemplary life in the area of morals has no business in the coaching business.

It is interesting to note once again that the third cause for the dismissal of coaches and physical education teachers was low morals.

Causes for Failure

We have purposely tried to approach the factors in the success or failure of high school coaches and physical education teachers from the positive and not the negative. However, for the records, the following includes some of the reasons administrators gave in the survey for the dismissal of physical education teachers and coaches: indolence, 14%; non-cooperativeness, 13%; low morals, 10%; poor coaching, 9%; unpopularity with team, 7%; loss of games, 6%; uncontrollable temper, 6%; poor discipline, 4%; and noncompliance with state association rules, 3%.

Build on Rock

In many cases there is no doubt but that "failure to win" is the major reason for the dismissal of the coach. Coaching is now and always has been a most unstable vocation as far as tenure is concerned when it is compared with other classroom teachers. The tenure correlation, however, of coaches is very similarly related to tenure of school superintendents; and in both instances the larger the school system the more stable the tenure.

The best way for coaches to insure tenure in a school system is not to place all the emphasis on "win at all costs", as this will not insure the continuation of your position unless you do win every year. As records prove, no one can win all the time. The best insurance for coaching tenure is to be cooperative with the administration and teachers, to be a good teacher, to keep alert with good coaching techniques, to be a good moral influence in the community and to work with the youth outside of school such as youth programs, church programs and other community activities.

The coach who does this will find himself in a position similar to that of a fellow coach who several years ago lost all ten games and turned his resignation in to the school board. Upon learning this fact, a petition was started in the community to



CONFERENCE B CHAMPIONS—The Sugar Land Gators, champions of Region 8-B in both 1956 and 1957, have compiled an amazing record during the past seven years. They won the regional title in 1951, 1952 and 1953 and lost out in bi-district in 1955. During this period they have won 67 games, tied 5 and lost only 9 while scoring 2,754 points to their opponents' 857. Coach Chuzzy Jenkins started the Gators on their winning streak and was succeeded in 1954 by Coach L. V. "Dugan" Hightower. The 1957 championship squad included: **FRONT ROW**—(left to right) Billy Wayne Taylor, Joe Cardenas,

Jony Pitts, Tom Acord, John Henry Martin, Jack Nygren, Alfred Nulisch; **SECOND ROW**—Coach Dugan Hightower, Robert Saldua, Henry Gonzales, Charles Kruse, Fred Mora, Larry Gilbert, Jimmy Keller; **THIRD ROW**—Assistant Coach Frank Dzierzanowski, Alfredo de la Cruz, Darryl Couvillion, Joe Lee Mills, Leslie Wheeler, Bobby Borowski, E. J. Witte, Frankie Rogers, Bennie Bond; **BACK ROW**—Jackie Cooper, Punt Helmscamp, Hal Husbands, William Boyd, Assistant Coach Bill Lucky, Paul Bowker, J. D. Meyers, Leo Toman, Luther Jordy, Assistant Coach Reginald Dorsett.

Football Fatality Decrease Reported for 1957 Season

A 20% decrease in the number of football fatalities was reported for the fall of 1957 over the same period in 1956 by the Committee on Injuries and Fatalities, American Football Coaches Association.

The number of direct fatalities which occurred was 16. This figure represents a slight decrease in the average number of fatal football accidents for the past 26 years, which is 17.38 per year. For statistical purposes, these figures are meaningless unless they are compared with other known accident information. Such comparisons show football to be much safer than other activities, for example:

The American Football Coaches Association has made the following recommendations to make football even less hazardous.

Recommendations

1. A five to ten minute warm-up type of activity before allowing

November Holds 2 Grid Deadlines

The last two weeks in November bring two deadlines for certifying district football champions in all six conferences of League competition.

Certifications go to the League State Office. The winners will represent 917 participating schools from 164 districts.

Certification Deadlines

The last day for certifying conferences AA, A, B and six- and eight-man football district champions is November 15, while conferences AAAA and AAA must certify district winners by November 22.

Conference B and six- and eight-man football teams will compete for regional championships, with conferences A, AA, AAA and AAAA going to state championships.

The latter part of September each school participating in League football was sent an official list of football schools. The list was arranged by districts and regions. By referring to the official list the following elimination schedule will be understood:

Conferences AAAA, AAA, AA, and A: Bi-district games and subsequent eliminations will be arranged in numerical order. The winner of district 1 vs. winner of district 2; 3 vs. 4; and so on.

Playoff Schedule

Conference B: In each region four districts are listed. Bi-district games will be arranged in the order as listed. Example: Region I—winner of district 1 vs. winner of district 2; winner of district 3 vs. winner of district 4.

Six- and eight-man: In each region four districts are listed. Bi-district games will be arranged in the order as listed. Example: Region III—winner of district 9 vs. winner of district 10; winner of district 11 vs. winner of district 12.

Game Deadlines

The bi-district games for AAAA and AAA must be played not later than November 29, and for AA, A, B and six- and eight-man not later than November 22. In Conference B and six- and eight-man, the survivors in each region will play for the regional championships not later than November 29.

In games outside of the district in conferences AAAA, AAA, AA, A, B, and six- and eight-man, the tie-games rule, Rule 14 of the Football Plan in the Constitution and Contest Rules, applies.

body contact in a practice of fundamentals, a squad scrimmage, or entering a scrimmage or game.

2. More emphasis on developmental exercises for the shoulder and neck muscles.

3. At least six days of fundamentals before starting the season's first squad scrimmage.

4. At least three weeks of pre-season practice before the first scheduled game.

5. Spring practice for those not engaged in other sports.

6. More complete medical examination and medical histories, with special attention to previous injuries.

7. A qualified sports physician on the bench at all scheduled games, and immediately available during practice.

8. Football helmets that can withstand high velocity blows. With proper coaching, medical examinations and equipment, football fatalities can be held to a minimum, or none at all. As a case in point, we know of but one fatality in the "pro" ranks over the past twenty years, and this was not directly attributed to football. And yet the "pro" game is the hardest and fastest of all.

Football Finals To Be Carried

For the 20th consecutive year under the present plan, the Magnolia Petroleum Company will provide a network of radio stations to broadcast the conference AAAA and AAA championship football games throughout the state.

All games in these two conferences will be broadcast from the quarter-final through the state championships.

Twenty-six stations have already been tentatively signed to carry these broadcasts, and five or six more stations will be added when the locations of the playoff teams are known.

The stations listed below will not carry every game in both conferences, but will broadcast the conference playoff in their area with the predominating interest. The stations are:

MAGNOLIA PETROLEUM NETWORK		
1958 Championship Broadcasts		
City	Station	Kilocycle
Abilene	KRBC-TSN	1470
Amarillo	KGNC	710
Austin	KTRC	590
Beaumont	KRIC	1450
Big Spring	KBST-TSN	1490
Brownwood	KBWD-TSN	1380
Corpus Christi	KSIX	1230
Dallas	KRLD	1080
Dallas	WRR-TSN	1310
El Paso	KROD-SWN	600
Fort Worth	KFJZ-TSN	1270
Greenville	KGVL-TSN	1400
Houston	KTRH	740
Longview	KFRO-TSN	1370
McAllen	KRIO-TSN	1810
Midland	KCRS-TSN	550
Paris	KPLT-TSN	1490
Port Arthur	KPAC	1250
San Angelo	KGKL-TSN	960
San Antonio	KENS	680
Sherman	KRRV-TSN	910
Sweetwater	KXOX	1240
Texarkana	KCMC-TSN	1230
Tyler	KTBB-TSN	600
Waco	WACO	1460
Wichita Falls	KWTF	620

PE Essential for Youth Houston Director Says

By HELEN BYINGTON, Director Health and Physical Education for High School Girls, Houston Independent School District

I believe that a daily period of physical education should be required for all boys and girls throughout the four years of high school. I believe that such a program is essential for the optimum development of the youth of our country.

The development and maintenance of physical efficiency has long been a primary objective of the physical education program. Today the fitness of American youth is a problem of grave concern to thinking people everywhere—educator and layman alike.

Soviet Program

One article of great interest, especially to the lay public, describes in detail education in Soviet Russia (Esslinger, Arthur A. *Health, Physical Education and Recreation Programs in the U.S.S.R.*, Journal of Health, Physical Education, and Recreation, Sept. 1958, p. 33). The United States Commissioner of Education, Dr. Lawrence Derthick, led a delegation of ten educators to view Soviet education programs in action. They were in Russia from May 6 through June 10, 1958. I should like to quote directly from Dr. Derthick.

"In the Soviet Union strong emphasis is placed upon health and physical development of boys and girls. This program begins in the nursery schools and extends through the ten-year schools, as well as through extra class programs. Great attention is paid in districts, regions, and republics to the development of competition in many sports and field events. The programs are based on a 'strong body' approach. The delegation was impressed by the thoroughness of these programs, including the provision of medical and nursing services in schools. It is difficult to understand the logic or consistency of those who argue for more science and language emphasis at the expense of health education and physical education on the basis that the Soviet schools stress science more than we do. The facts are clear that they have managed to give adequate emphasis to both science and physical education."

Regular Activity

To become fit, boys and girls need vigorous physical activity regularly. The class period of physical education provides the only physical activity that many students have. Many students ride on buses, many drive cars, few even walk to school nowadays. Unless the boy or girl is skilled and competes in inter-school activities—or unless the school has an extensive intra-mural program—many students have no further opportunities for activity. TV and "spectatoritis" provide entertainment for the vast majority of youth.

Automation, with all of the labor-saving devices it has produced—the power mower, the automatic dishwasher, the clothes dryer, the electric eye, etc.—has reduced the need for muscular activity in performing these functions, but it has not reduced the physiological needs of human beings for activity. By nature, man is basically an active organism. He is still meant to be an active, not a sedentary, creature. The needs of boys and girls for

physical activity for their growth and development have been recognized since the early days of the Greeks. Physicians recognize these needs today. Physical education meets these needs, but it should be required every year of the child's school life.

Frees From Tension

Physical education offers to boys and girls an opportunity to relax and to free themselves of tension. Our educational program has been intensified so that pressures in academic subjects are becoming increasingly great. Standards are being raised, parents are demanding high grades of their children, in the background, the possibility of an actual "shooting" war looms up quite frequently. These, as well as the exciting developments pertaining to missiles and outer space, all keep the adolescent in a state of tension. Certainly the number of boys and girls with emotional and psychological disturbances is not decreasing.

Physical education offers a period of activity—of relaxation—and of freedom from the stresses and strains imposed by well-meaning teachers, who, themselves, are being pushed to raise standards higher and higher. A child loses himself in activity he enjoys—and comes out physically tired, yes—but relaxed, refreshed, and ready for a fresh start. I believe that every boy and girl should be given this opportunity by having a daily period of physical education throughout the four years of high school.

Decreased Activity

The American way of life has changed in many ways during the past few decades. Along with decreased physical activity, automation has reduced the number of working hours for the average person, so that education for wise use of leisure time has become a responsibility of the schools. It is axiomatic that people find time and make opportunities to do the things they like to do. They enjoy participation in activities in which they are skilled.

An objective of the physical education program is to help boys and girls become skilled in a wide variety of sports, aquatics and dance,

so they will always be able to really enjoy participation in several wholesome activities. Acquiring skills in sports activities helps boys and girls become intelligent spectators, also. However, the acquisition of skills requires time. Some activities, such as certain team sports are best adapted to junior high school, while others—tennis, badminton, and archery—individual or dual sports—are of greatest interest to boys and girls in senior high school.

This is quite in line with their developmental characteristics. Junior high students are gregarious by nature—their greatest desire is to be members of a team. In senior high school this interest continues, but individual and dual sports—sports in which they may engage with members of the opposite sex, are most appealing to them at this age.

Logical Progression

Progression in development of skills should be logical and orderly in physical education just as in academic subjects. If physical educators are to help boys and girls become sufficiently skilled for wise use of leisure time, a daily period of physical education is needed.

Physical education offers great opportunity for boys and girls to develop traits of character so essential in life today. The competition of the play field calls for courage, the will-to-win, cooperation, self-discipline, persistence, and the ability to make quick decisions—all qualities of value in the development of standards of living for boys and girls. The play field is an excellent laboratory for helping them grow in character development.

In summary I should like to say that I believe sincerely that boys and girls need a daily period of physical education throughout the four years of high school—to prepare them adequately for present-day needs—as well as to prepare them to assume their future responsibilities as adult citizens. A nation of young men and women, physically fit, well-equipped with skills of utilitarian and recreational value—imbued with a daring spirit, courage, and the will-to-win, will be ready to meet the challenge of any ideology.

Remember When . . .

Lynn McCraw Was Austin College Star

Do you remember when Dr. Lynn W. McCraw represented Sherman High School on the 1930 and 1931 football and basketball teams? During the 1931 football season, Sherman won the district championship and was defeated in the bi-district game by Greenville. From Sherman High School he attended Austin College at Sherman, where he received his degree in 1937 with a major in mathematics and a minor in physical education.

During his college career he won four letters in football and was named all-conference tackle in 1935 and 1936, and served as captain of the team in 1936 while his team was winning the Texas Conference championship. Letters were also earned in basketball and track and, among other honors, he was elected president of the student body, to Who's Who in American Colleges and was a member of the student council and cabinet.

Army Service

After graduation from Austin College, he served as an English instructor and director of intramural sports at Schreiner Institute in Kerrville for four years; from there he entered the Medical Service Corps, United States Army, where he served for five years, advancing from private to major before his discharge. At present he is a Lt. Colonel in the United States Army Reserve.

After his military service in World War II, he returned to the University of Texas where he received his Master's degree in 1946 and his Doctor's degree in 1947 with a major in health and physical education. Dr. McCraw is very active in professional associations related to his field and is listed in Who's Who in American Education, is a member of the National Research Council of the American Association for Health & Physical Education and, in 1956-57, was voted the outstanding teacher in the College of Education.

Professional Activities

He has also served as president

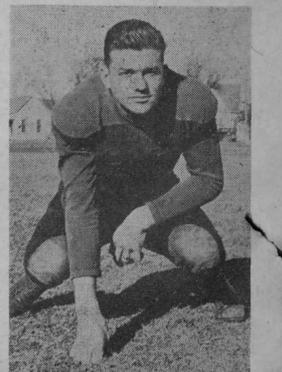
of the Texas Association of Health & Physical Education, is executive secretary of the State Journal and is assistant editor of the Research Quarterly.

Dr. McCraw has been on The University of Texas faculty since 1948 and is now professor and chairman of the Department of Health and Physical Education. During the past ten years he has contributed many articles to educational publications throughout the country and is recognized as an authority in the field of tests and measurements. His research work has been primarily in the areas of physical fitness, motor learning and sociometry.

Civic Interests

In addition to his activities in the educational field, he has been very active in civic and religious life of his community and is presently serving as an elder in the Westminster Presbyterian Church in Austin.

Dr. McCraw has been interested in a sound educational interschool program, both as a participant and as an educator, and is firmly convinced that a sound educational interschool program should be an integral part of a good health and physical education program.



LYNN W. McCRAW

Is Football Too Dangerous?

The question often posed by parents is whether they should allow their boy to participate in junior or senior high school football programs. Another question which frequently arises is whether it is better for a student to make "A" grades than to put in extra time in athletics which might possibly lower his grades to a "B" average. The following is a reply given by Dr. George W. Crane, M.D., Ph.D., who is an outstanding authority in the field of medicine, psychology and psychiatry, to a mother who posed these questions.

Football is not a dangerous sport when played under the supervision of school coaches and with proper equipment.

As Coach Lynn Waldorf so tersely stated a few years ago, if the same number of teen-agers were NOT practicing for football, more of them would be injured or killed, as in auto accidents, than are hurt on the gridiron.

Nowadays, thanks to dental aids like the "featherbite," hardly a single player even chips a tooth during the entire football season.

And the few injuries that occur are usually sprained ankles or maybe a broken leg—not fatal injuries.

So you dotting mothers must learn to be philosophical and think of the best interests of your sons.

Football teaches them play. It also gives the boys excellent physical drill, which in itself is admirable health insurance for longer life.

And it meanwhile broadens the boy's perspective so he is not a narrow, horn-rimmed glasses introvert all his life with little contact with reality.

We'd have far better teachers and preachers if they had all played football or engaged in other competitive athletics during high school and college.

Health Insurance

Our medical and dental colleges are beginning to realize, too, that a "B" student who has a well-rounded personality from athletics and social leadership on the campus, is usually superior to an "A" student who has a shut-in personality.

Besides, I am not joking regarding the health insurance that athletics offers.

Heart trouble is now the Number One cause of death in America, producing three times as many fatalities as all forms of cancer combined.

An athlete tends to have a larger

heart, which means his two coronary arteries are likewise bigger.

Thus, as the coronary arteries grow thicker from hardening, due to old age, they don't get plugged as readily.

For when a tiny blood clot flows along a coronary artery, it is not as likely to plug up the artery if the latter is larger.

So please remember that exercise, especially running and distance swimming, produce larger hearts.

Heartbeats

These don't beat as fast as the heart of the non-athlete. A 2-miler may thus have a normal pulse rate of only 66, instead of 72.

His larger heart thus gets 6 additional rest periods or "heart naps" every minute.

Since he doesn't race his human "motor" as fast as does the non-athlete, it doesn't wear out as rapidly.

So encourage your children to build up more rugged hearts during youth, especially if they maintain a "B" average meanwhile in their studies.

Athletic coaches also veto liquor and tobacco, so your sons benefit from that positive instruction, too. (Courtesy Hopkins Syndicate, Inc.)