



## Physical Education for Girls

"Everybody out for free swimming!" The cry rings through the dormitory and the rooms soon empty as the girls hurry across the Campus for an evening of supervised swimming in the new physical education building. Or maybe it is basketball practice that causes the excitement in the dormitory, or a class game, or just an ordinary physical education class where it's "play for play's sake."

Never before in the history of the school has it been possible to offer such a complete program of physical education and never before has so much interest been shown in the things this department has to offer.

Physical Education aims to develop good health habits as well as provide recreation and amusement. It is directly connected with the health and happiness of any individual and is largely responsible for the manner in which they will later play the game of life. If we learn to look upon life as a game and play it according to the best code of sportsmanship and fair play, the present training will have accomplished its biggest task.

According to our present system all freshman, junior and senior girls are required to take two classes of gymnasium and two of swimming each week. For this they receive one credit a semester. In addition to the regular classes, one evening a week is devoted to basketball practice and one evening for supervised swimming. During the early fall the sports include tennis and kittenball; winter turns our attention to basketball and swimming, while for the last few weeks of school our attention is centered on the Field Day contest. Keen interest is shown in all of the interclass sports while a place on the class team comes as a coveted honor.

—ELSIE MAE KINGSTON.