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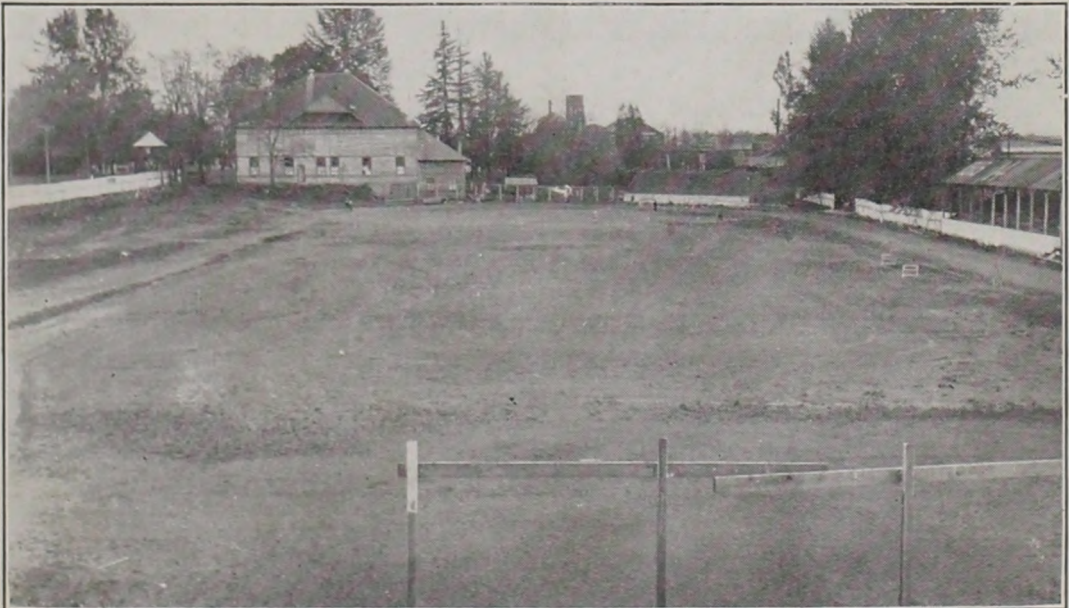
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**PHYSICAL EDUCATION
NUMBER**



ATHLETIC GROUNDS OF WILLAMETTE UNIVERSITY



FIRST FOOTBALL TEAM, 1914

Football was never more alive in Willamette than it is at this season

REMUNERATIVE ATHLETICS

In writing of the recreation of our college students one is compelled to meet the opposition of those favoring the old-time form of college sport where a few did the drilling and the exhibiting while the greater percent of the student body, while seated in a massive grandstand, watched the performance and joined in the applause. Also the idea of large muscles and great strength tests are now relegated to the background. Do not understand me to say that large grandstands should not be erected or that they should not be filled to overflowing in all intercollegiate contests; neither do I say that a person should not develop, to withstand all demands, every muscle in the body, but rather that those who are today cheering their teams on for honors should tomorrow be the ones who are the recipients of the applause. Athletics can be of service to those only who will partake and therefore to receive the most benefit one should be continually engaged in some form of recreative sport.

Every student should be only too willing to boost each activity that is carried on at college and should certainly verify this attitude by his attendance at every contest where the college team meets that of another school. This should be true not only of athletics but of each and every activity that is carried on by the college. Each student should endeavor to become a participant in several different forms of recreation so that with each changing season one will not be compelled to give up

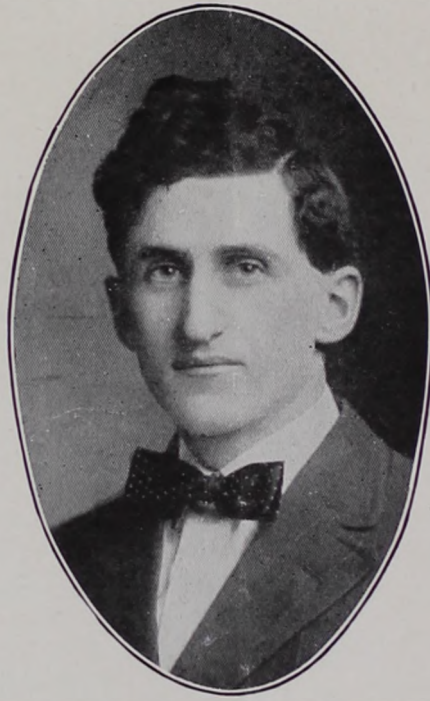
his particular hobby. These sports should be chosen with some degree of variation as well, so that a certain group of muscles do not become overtaxed while others are left undeveloped and therefor weak. Some forms of exercise are good for only certain groups of muscles while others seem to more systematically develop the whole body.

In selecting these different fields of activity the student should confront himself with the following three main questions: First, Will they develop the body? Will they make the body efficient to carry on the work that one's vocation is bound to require? Will they correct any deformity that may have been acquired through neglect or possibly some accident in youth? Secondly, Are they pleasing, are they the ones you like above all others that will produce the best results? Thirdly, Will they be useful to you throughout life? Of course it is difficult to find many forms of recreation that will do all these things, but in choosing the varied subjects one should select those that on the whole will produce these desired results.

In considering the question as to whether a certain exercise will develop the body, one must ascertain first what development really is. Does this mean only a perfectly shaped body where every muscle seemingly is developed to just the correct proportion? Not if the heart or any organ of the body was overtaxed in obtaining that symmetry. Does it mean that large muscles should be developed so that great weights can be lifted or that abnormal feats of strength can be performed? Not unless there is a continual demand for such strength in the vocation pursued in after life. This is just the place where so many college men have made a mistake and have paid for it with serious heart troubles a little later in life. The larger the muscle the more nourishment required and this means an extra burdn on the heart.

Exercise should always be a pleasure rather than work. One should choose those forms of exercise that are enjoyable, for if this is not the case one is likely to call athletics a drudgery and prefer to refrain from all forms of exercise. One of the very helpful things about enjoyable physical work of any kind is that the thing one is doing employs the mind to the exclusion of everything else. This of course gives the mind a rest and renders it more capable of concentration when one returns to his regular work.

And now a word about the useful part of our athletics. A majority of the forms of exercise taken in college should be chosen with the idea that they can be carried on throughout life. This of course demands a game wherein few people are participants, for the times will be few in vocational life when one can muster a dozen or more people who enjoy playing any particular game. Of course there are games that are purely collegiate, but they are taken up only for sport's sake and for



O. C. THOMPSON
Physical Director

development. A few of the games that would come under this heading of usefulness throughout life are, tennis, golf, handball, boxing, wrestling, and some form of field athletics. In college one is preparing for a running start on a long period of effective work and it is quite essential that he acquaint himself with some form of exercise that will keep his body in good condition during the race.

If one chooses those forms of exercise that make for development, are enjoyable, and will be useful regardless of the vocation or climate in which he may be situated he will find that the desire will compel his continual participation and thereby insure a healthful condition of the body.

The forms of recreation carried on at Willamette this Fall are football, tennis, cross country running, hiking and gymnasium work.

Soccer football will be encouraged immediately after the Thanksgiving vacation and it is expected that at least one intercollegiate contest will be held.

Arrangements are practically completed for the building of the new cinder track, and it is expected that the work on it will begin sometime during November. With this new track installed Willamette will have one of the best equipped athletic fields in the Northwest.

The football team this season is playing the heaviest schedule that it has played in many seasons.

NEWS NOTES

The Y. M. C. A. is holding splendid meetings under capable leadership every Sunday afternoon. It is to be hoped all will take advantage of these meetings.

Advance by the law school is marked by the Keys medal for excellence in oratory and the VanWinkle prize for efficiency in practice.

The library in Eaton Hall is sadly in need of donations. These will be gratefully received and cared for by the librarian.

The faculty is planning a series of receptions for the students and people of Salem. They are to be held at Lausanne Hall.

The College of Theology has opened with good prospects of a successful year's work under the able leadership of Doctor Talbott.

A series of lectures on Modern Drama will be given during the winter by Professor MacMurray.

The literary societies meet once a week. These meetings help the students to acquire the proper literary and social spirit and encourage self-possession and poise.

The University is giving a course of free lectures by men from out of town. These are open to the public on Tuesday evenings and concern literary subjects.

The Y. W. C. A. are holding useful meetings in their room every Thursday afternoon. The aim is to give the girls something which they can apply to their every-day school life. A great majority of the girls belong, which proves it to be one of the most popular organizations of the Willamette.

The defeat suffered by the football team at Corvallis, October 17, seems only to have added fuel to their ardor and raised the general enthusiasm. The excursion, as a pleasure trip, was a most brilliant success.

In order that Salem may have a series of high-class wholesome entertainments at a moderate price a few students have organized the Students' Lyceum Course, including a reader, an operatic company, a lecturer, a quartet, a clay-modeler and cartoonist.



FOOTBALL SPECIAL TO CORVALLIS, OCTOBER 17, 1914