Merry Christmas
Peace on Earth Good Will To Men

A Model Christmas Program

I. Opening Hymn "Holy Night"
   (a) Chimes—Don Reinsmith, Ray Phillips
   (b) Orchestra—Paul Lester, Dr.
   (c) Choir — Mr. Baumgartner, Dr.
II. "The Littlest Girl”—Directed by A. L. Sisson

Davenport, a butler...................... Leonard Goldsmith
Van Bibber, a philanthropist............ Theodore Judway
Caruthers, a bachelor..................... Oliver Hanford

The Littlest Girl.......................... Everett Griffith
Scene: Caruthers Apartment

III. "Hark the Herald Angels"............. Westminster Choir Students
   Directed by Mr. Baumgartner.
IV. "Fiat Lux"............................ directed by Ruth Wolfe

The Man .................................... Ray Brown
The Priest................................... Sebastian Alig
The Girl................................. Mina Law
The Soldier.............................. Arthur Rowland
Watts.............................. Hester Foster

Jane Rice ......................... Fred Morse
Lillian Logan .................. Joe Roman
John Bonavilla ............... Reginald Sweet
Mary Evelyn Ratzel
Scene: A Mountain Shack

V. Medley of Christmas Carols—Orchestra
   Arranged by Maurice Whitney
   Directed by Paul Lester

VI. "The First Christmas Tree" by Henry Van Dyke

At Christmas Time

Are you willing to stoop down, and consider the needs and the desires of little children; to remember the weakness and loneliness of people who are growing old; to stop asking how much your friends love you, and ask yourself whether you love them enough... to trim your lamp so that it will give more light and less smoke, and to carry it in front so that your shadow will fall behind you; to make a grave for your ugly thoughts, and a garden for your kindly feelings, with the gate open... are you willing to do these things even for a day? Then you keep Christmas.

And if you keep it for a day, why not always?
But you never can keep it alone.

Henry Van Dyke

Christmas Parties Held in Halls

The various halls are celebrating the Christmas spirit by holding parties in their respective houses on the eve of the departure. The halls are:

Westminster Hall
Williams Hall
Egbert Hall
Griffis Hall
Newman Hall
Banks Hall
Sigma Alpha Iota
Mu Phi Epsilon

Twelfth Night to be Celebrated in Appropriate Manner

The Amard Revels, which has come to be a tradition to all Conservatory students will be held on the day which it signifies. This will be held on January 6, 1930 or Twelfth Night. Twelfth Night celebrates the twelfth day after the birth of Jesus and the return of the three wise men to their various countries. The Revels is to be celebrated in an elaborate manner and will last from 4 o'clock in the afternoon until the "Wee Sta" hours. There will be readings, a banquet and other attractions. Part of the celebration will be open to the public.
Delta Phi

Delta Phi Sorority has been efficiently serving in a unique capacity for two years, and yet it is perhaps the least known of any organization in the Conservatory and Affiliated Schools. The members have intended this to be the policy of the organization, for it was instituted for the purpose of serving only, and there seemed no need of publicity, other than through our work.

Delta Phi is the only purely social sorority in the school. It was founded by Dean Spencer in 1927. She saw the need of a purely social local organization to successfully carry out the social functions which are so important here. A group of girls was carefully chosen with every department of the school represented. Delta Phi served in the following capacity in 1927-28:

The Tea for the Freshman Girls at Williams Hall on the second day of school, when the old girls greeted the new girls. It was the first social function of the year. The Mad Hatters party at the Gym in November. It was given to "Break the Ice" between new and old students, and students and faculty. Everyone will vouch for its success.

The tea for the incoming and outgoing officers of the W. S. G. A. at the Woman's Community Building. Everyone remembers the Lobby Teas which were served by Delta Phi every Friday afternoon during the Spring term last year. This year Delta Phi served the Freshman Girl's Tea at Egbert Hall.

We had a very impressive pledging service last Sunday afternoon at Miss Ward's home, and pledged the following:

Cecilia Keifer
Eleanor Leonard
Helen Hicks
Frances Schulentenber

Delta Phi patronesses are Miss Hugger, Mrs. Wilcox, Mrs. Lyon, Miss Ward and Miss Holland. Our honorary members are Florence Reed, representing Mu Phi Epsilon and Mildred Alderfer, representing Sigma Alpha Iota.

The active members are:

Katherine Smith
Margaret Smith
Marion Beck
Eleanor Benton
Emily Chickering
Jane Smith
Teva Elsker
Bernice Carhart
Dorothy Loesges
Alva Ogsbury

Phi Mu Alpha Christmas Greetings

Phi Mu Alpha Fraternity extend to the students and faculty of the Ithaca Conservatory of Music and Affiliated Schools our heartiest Christmas greetings and best wishes for the New Year.

Mr. Howard Nettleton who graduated from the Public School Music Dept., with the class of '29 is making splendid progress in the Northern Senior High School in Flint, Michigan.

He has charge of the girls chorus, which consists of 47 members; a boys chorus of 17 members, a string quartette, second band with 17 pieces, a symphony orchestra with 64 pieces and a string trio. The trio has made several appearances at noon day luncheons and on various programs. They have proven to be very successful.

Mr. Nettleton is also solo Clarinetist in the Flint Symphony. The symphony is composed of well known musicians from Detroit and other cities. He also has a number of private pupils.

Mr. Nettleton was well known around Ithaca and held many responsible positions including, President of the Phi Mu Alpha fraternity in '29, and President of the Student Council and the Junior class in '28.

We are all wishing him the best of luck in his undertakings.

Physical Education News

Emily Chickering sends reassuring reports of her recovery from an operation for appendicitis and is looking forward to being with us again after Christmas vacation.

Grace Salton has gone home because of a broken ankle sustained on December 6th and will not return until after Christmas vacation.

Mr. Chamberlain has been doing considerable traveling. Previous to his trip to Beth Israel Hospital a short time ago, he spent the week-end before Thanksgiving in Syracuse where he attended a meeting of the Executive Committee of New York State Health and Physical Education Association, and also meetings of the House of Delegates of New York State Teachers Association. Mr. Chamberlain is president of the Central Western District of Health and Physical Education Association with their headquarters at Rochester.

Effects Of Diets

In April 1929, an experiment was begun at Beth Israel Hospital in Newark, New Jersey, to determine the effects on children of a diet of animal fats and proteins. The work is being done by Dr. J. S. Rosenberg, pediatrician of Beth Israel Hospital; Dr. John R. Murin, physiologist of University of Rochester Medical School; Dr. T. K. Rogers New York State Director of Health; and Mr. C. G. Chamberlain of the Ithaca School of Physical Education.

The experiment is being conducted on children of various nationalities, taken from St. Mary's Orphanage in Newark. They are divided into three groups: those on a heavy meat diet; those on a normal diet and those on a vegetable diet.

The heavy meat diet includes meat servings at every meal, plus other foods which are usually served with a regular meal. The children are allowed to eat as much meat as they wish. The normal diet consists of one meat course and other foods such as we non-experimenting students eat. The vegetable diet consists of a vegetable soup, typical vegetable plate with a nut loaf in place of a meat loaf, and a desert—jell-o made from vegetable juices. The children are allowed to eat all the grapes and nuts they want with meals. It is this group on this diet which is being watched with particular interests.

The first tests to check progress, or lack of progress, using the Rogers' System, were conducted during the first week in December by Mr. Chamberlain. Although all results have not been completed, it seems that the children on the vegetable diet show considerable gain in weight and strength over those on the heavy meat and normal diets. The Sisters have reported also, that they notice a certain amount of meanness and quarrelsomeness of disposition among those on the meat diet. This, however, cannot be used as a criteria of the effect of the heavy meat diet. The last tests will be given in the spring to check up the results of the three diets on new groups of children with those of the past six months.

This experiment is of particular importance and interest in the field of physical education because it marks the acceptance of the Rogers' System, as a criteria of strength and physical fitness index by the medical profession.

It is also of interest to us, as students of the Ithaca Affiliated Schools, because it brings to the fore the excellent work that Mr. Chamberlain is doing here at the school of Physical Education in perfecting the Rogers' tests.
Varsity Basketball Team Successful

The Ispe quintet in its first home game had another one of its successful nights after a victory at Cortland. The Brockport Normal basketeers traveled down here only to receive the tail end of the score, which was 37-23. This no doubt was a big blow to them as they have had the reputation of not being beaten for two years.

The Varsity played a cautious game for the first half seemingly to feel out their opponents much touted reputation. Brockport started the scoring after several minutes of listless dribbling and followed it with a foul still playing their same steady passing game. Williams and Alofs dropped in two counters to put Ispe in the lead.

It was at this point that Brockport started their only spurt of the game. They dropped in tally after tally, but Hutchinson the range Ispe center, caged a weird one-hand overhead shot from the corner that brought the crowd to their feet.

Petros and Burbank, with some clever floor work ended the half with counters making the score 14-13 in favor of the visitors.

The second half started with a new team in Ispe suits. They changed into a regular whirlwind completely mystifying their opponents. They passed, dribbled and scored rings around the Brockport boys. Time after time Burbank to Hutchinson to Petros ran up scores with Williams and Alofs alternating in dropping in long "steves".

Coach Chamberlain shot in his only substitute, MacNamara, of the game, deeming it wise to keep his varsity intact. Ispe was behind and "Mac" dropped in counter before his withdrawal, putting the score up two points.

Hutchinson, the cool-lanky center, though not high scorer, played a stellar court game by repeatedly feeding the two flashy forwards.

In the last few minutes Brockport became careless with their hands and lost several men on "four personals". They gradually injected a bit of football into the game. They found their match in Burbank and Williams.

The Ispe quintet then dropped them at will and outguessed, dribbled and passed the visitors for the remainder of the game, with the score 37-23 as the final whistle blew.

In the preliminary game the Ispe yearlings took over the High School boys by a narrow two point margin. It was a fast game from start to finish and Coach Chamberlain has a world of material in the Frosh team.

The High School started the ball rolling by a foul and gradually ran the score up to 9-4 margin as the half ended. Benjamin score for Ispe.

Dobey and Donahue started the scoring in the second half with Mark and Riboldo alternating at counters. Gaskin, a substitute, came in and dropped in a long "steve" to par the score. Donahue dropped in a pretty ringer from the side to top the lead as the time ended the game. The score standing 18-16 at the finish.

Williams Hall Notes

Beatrice Horne spent the week-end in Elmira with relatives. Verna Moore, who has been ill in the infirmary, is back with us again.

Ellen Lynn from Canton, China, is a new-comer to J. C. M. and Williams Hall. She is specializing in voice and piano.

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Dean Tallcott Speaks at Two Western Universities

Dean Rollo Anson Tallcott has returned from a successful speaking engagement in the Middle West. He appeared before the students and faculty of the Speech Arts College of the University of Chicago in a lecture on various problems and phases of public speaking. At the University of Wisconsin, Madison, Wisconsin on Tuesday evening, November 26, he read A. A. Milne’s charming and popular play, “The Romantic Age”. Last year Mr. Tallcott read the drama, “Hell Bent for Heaven” at the same University. On the afternoon of the same day, Dean Tallcott was requested to speak at the Round-Table Hour, a body composed of the faculty, graduate and advanced students of the Department of Public Speaking and English of the University of Wisconsin. This organization exists for the interests of their particular fields of work and for the discussion of major problems.

While in Madison, the Zeta Beta Chapter of Phi Mu, National Sorority entertained Dean Tallcott as guest of honor at a formal dinner.

Mr. Tallcott has received numerous appreciative and favorable comments and press notices in recognition of his outstanding and brilliant presentations at the two universities, and has already received requests for re-engagements.

Cayugan Staff Elected

The staff for the Cayugan has been elected and held its first meeting last evening. The entire staff consists of the following:

Editor-in-Chief .................. Virginia Jarvis
Assistant Editor .................. Alva Ogubry
Associate Editor .................. Ray Brown
Feature Editor .................. Grace Jessop
Photographic Editor .......... Warren Willis
Asst. Photographie Editors ..

Lawrence Sides, Raymond Russell
Business Manager ............. Bob de Lany
Assistant Business Manager ....

Ray Sweeney

Coming Attractions in the Movie Theatres

Now playing at the State is the peppy story featuring Marguerite Clarke, “Nix On Dames”. There is also a splendid 4-AcT Vaudeville, starting on Sunday is Dolores Del Rio in the picture “Evangeline”. This was taken from the famous poem of the same name written by Henry Wadsworth Longfellow.

At the Strand is the famous musical comedy star, Charlotte Greenwood, who played in this role in the original stage play. It is “So Long Letty”. It is an all-singing, dancing picture. On Sunday is Billie Burke, the great vaudeville star in her first photoplay with song and talk, “Song of Home”.

Now playing at the Crescent is Warner Baxter in “Romance of Rio Grande”. This is a great outdoor picture with the star of Arizona in his greatest role. Starting on Sunday is Hobart Bosworth in “Hurricane”.

Christmas Greeting from Dean Williamson

May you carry to your respective homes and communities the spirit of Christmas and may you find there an abundance of cheer and happiness.

My sincere wish for every student of Ithaca Conservatory and Affiliated Schools is that you may realize in 1930 the fulfillment of your highest aspirations.

Dean Powell’s Christmas Greeting

As the time draws near when we shall again celebrate the birthday of the Messenger of Peace on Earth, we realize how much of late years we have felt the necessity of constituting ourselves the direct agents of the Force of Love which shall bring Good Will to all mankind, and the Spirit of Christmas is truly becoming the spirit of giving.

In our own group of colleges the young ladies have taken care of our hundred children of the needy. This means providing clothing, toys, fruit, cake and candy to one hundred children who otherwise would have no visit from their beloved Santa Claus.

This spirit of cheerful helpfulness reacts upon all those lives concerned, givers as well as recipients. Their joy in the day and receiving their own gifts will be intensified many times over by the satisfaction of knowing that they have first cared for others.

In wishing each other a very Merry Christmas and the Happiest of New Years let us send up this petition that the coming of universal peace on earth may be hastened, and that we may have a share in bringing it to pass.

Ida A. Powell
Testing Machines Perfected

A new device for testing the strength of the upper arm and shoulder girdle muscles has been perfected by Mr. C. G. Chamberlain and is now in use at the School of Physical Education.

The apparatus consists of two pairs of parallel bars which run horizontally and are supported at each end by two uprights braced with bars across. Perpendicular to these cross bars is placed an upright board on which the subject faces and braces himself against when testing his pulling strength. This is recorded in pounds on a dynameter to which the grasped handle is attached. For pushing strength he braces his back against the board and pushes forward on a movable rod which is attached by wires to the dynameter.

Four tests have been given to determine the strength of the upper arm and shoulder girdle muscles of each student, two by actual push-ups and pull-ups and two by the new method, the reliability of which is now being completed. So far the results seem satisfactory and a parent is being applied for on the idea and on the device.

Basketball

In an effort to give all the boys on the team training and experience in leadership, a different captain will handle the team each game until everyone has had a chance. Then a regular captain will be chosen.

The captain for the games which have been played were as follows:
St. Bonaventure-Alofs.
Union College-Petras.
Cortland Normal-Williams.
Brockport Normal-Burbank.

The leader for the University of Vermont game will be Walter Hutchinson.

Aside from giving the boys experience in leadership, this method has the additional advantage of displaying the ability of each boy in handling the team and knowing from actual experience which one will make the best captain for the Varsity.

Agness Legg Becomes Bride of Ithacan

A very pretty wedding was solemnized Friday, November 22nd at 4:30 P.M. in the Auburn Seminary Chapel, when Miss Agnes Dollie Legg became the bride of Robert Durrant Hemans of this city. The couple was attended by Miss Edith Quackenbush, a Senior in the Williams School, and Frederick Hemans, brother of the groom. Henry Mason, a friend of the groom, played the wedding march and gave a short organ recital preceding the ceremony. The bride wore a blue transparent velvet dress with hat to match, and carried a bouquet of pink roses. Her attendant's dress was purple velvet with hat to match; she carried a bouquet of yellow chrysanthemums.

Following the ceremony, a wedding dinner was served to the immediate family and a few friends.

The bride is a graduate of the Williams' School of Expression, class of '29, and a member of the honorary fraternity of Amardis. The groom is employed as "Hoover" salesman at Rothschild's Department Store. Mr. and Mrs. Hemans are at home to their friends at 110 East State Street.

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Founders Day Celebrated by Kappa Gamma Psi

December 11th is known and celebrated as Founder's Day, with appropriate ceremonies in each chapter. Alpha Chapter was founded at the New England Conservatory of Music on December 11, 1913.

We made our Founder's Day memorable by formally initiating Oscar Zeigler and William Coad as Chapter Honorary members. After the ceremonies the following program was presented. 

Air from an Unaccompanied Sonata............... Bach
Spanish Serenade.................................... de Valdez
Soiree de Grenada................................. de Bussey
Polonaise in Ab...................................... Chopin
Oscar Zeigler

Our pledges were present for the program and smoker which followed. We are pleased to announce the following men as having passed our first pledge: Robert Bierly, Anthony Gorruso, James Nichols, Alton Fraleigh, Dayton Newton, James Grim and Ralph Sutherland.

May we here state the purpose of Kappa Gamma Psi: "The aims of the fraternity are to aid its members in a moral and material way; to encourage sincere and earnest musical study; to promote and dignify the musical profession; to establish closer relations between musicians and music schools; to work for the development of music in America.

"Kappa Gamma Psi stands for the highest ideals in art and life. It endeavors to stimulate latent talents and inspire its members to high scholastic attainments through whole-hearted cooperation with the faculties of the institutions in which its chapters are established."

Ossip Gabrilowitch, one of our National Honorary members conducted the Detroit Symphony last week in Bailey Hall.

President Williams Attending Teacher's Institute at Washington, Pa.

President Williams is spending this week at Washington, Pa., where he is one of the Instructors at the Teacher's Institute conducted there. Among President Williams' co-workers this week are several other noted educators including John A. H. Keith, Superintendent of Schools at Harrisburg, Pa., S. S. Baker, President of Washington and Jefferson College and Henry Negro Week on the Hill

Cherril E. Moore entertained the poetry group which met at 507 F. Seneca St. Sunday at 7:45 P.M., by reading several selections from Dunbar and singing several Negro Spirituals. She also sang the same group at the Unitarian Church at the Young People's meeting.

Summer Session Grows in Popularity

Many students of all departments "take time by the forelock" and plan to attend the ten weeks' Summer Session for two Summers thereby saving much time and some money. A splendid idea if one can do this.

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