# PROVES SUCCESSFU

Commercial Clubs' Officers Desire to Return

secretaries' short course given by the University of Oregon school of comproven by the secretaries themselves This is done taking a position at the passing a resolution to make the short course an annual affair,' 'said Dean E. C. Robbins, of the school of commerce, in speaking of the week's work.

Fifteen secretaries from as many chambers of commerce in Oregon were in attendance during the week, and class room work was given daily in subjects of value to commercial body secretaries. The course was arranged and carried out by Dean Robbins, who acted as chairman. Dean J. A. Bexell, of the school of commerce at O. A. C., was a speaker on the opening day of the course.

The week's work was aimed to help the secretaries prepare news, make speeches, and to assist them in their organization problems. The latter subject was the basis of three big discussions, on technical organizations, big state questions, such as state-wide improvements, and the relations of the local to the state chambers of commerce.

The assembly on Monday morning included addresses by President Campbell Barney Garrett, president of the University of Oregon chamber of commerce and T. E. McCroskey, president of the state association of commercial club sec- for speed by doing short dashes as a

Norman F. Coleman, president of the Loyal Legion of Loggers and Lumber. men, who addressed the meeting, spoke on "Industrial Relations." This was followed up by an address, "Why the Commercial Club Secretary Should Be Interested in Industrial Relations," by Dean Robbins. C. A. McClain, general superintendent of the Eugene water board, spoke on "Guarding Public

"The Land of Burnt Out Fires," : film produced by the Klamath chamber of commerce, and a set of colored slides on Wallowa county, made up by the chamber of commerce there, were shown to the secretaries Monday night, and Alfred Powers, in charge of the visual instruction service of the University, explained the opportunities for using slides and films in the educational and promotion work of chambers of commerce.

Professor W. M. Michael, of the department of public speaking, held classes every morning. According to Dean Robbins, his methods were somewhat new to the secretaries at first, as they were all of wide experience in speaking before the public. One of them informed Professor Michael, "We were making dresses," but in their selection of courses for next year, Dean Robbins noted that the class in public speaking was most in demand.

The secretaries were guests of the Eugene chamber of commerce at a banquet at the Osburn hotel on Tuesday evening. Dr. W. J. Hindley of Spokane, was the speaker. Music was furnished by the University.

On Friday evening the Kiwanis club entertained the visitors by giving a banquet at the Osburn. As every secretary had taken the course in public speaking, one minute was considered long enough for him to tell "Why My Town Is the Best in Oregon." A stop watch and signal made by a Colt automatic assisted the speaker to begin and stop or time. J. H. Fuller, of Ashland, was the prize contestant, and a large bronze medal bearing the inscription, "Champion Liar of the Pacific Northwest," was his reward.

Barney Garrett, as a representative of the University chamber of commerce was in attendance throughout the session, and was made a member of the board of directors of the state secretaries' organization.

Sleeping quarters in Mary Spiller hall were arranged for the visitors, and their meals were served in Hendricks hall. A large basket of tulips was presented to Mrs. Edna Prescott Datson on Friday the last day of the session, in appreciation of the kindness shown the guests while at the University.

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#### HAYWARD TELLS HOW TO TRAIN IN WEIGHTS

(Continued from Page 1.)

effor. The left leg and arm are brought back with speed to give body more momentum in turning, landing on right foot. The final effort is very important and should be practiced until mastered. I would advise beginners to start with a "The success of the commercial club light shot as there is considerable strain on the shoulder and elbow.

When the reverse is mastered, the merce during the spring vacation was putter may try the hop across the ring. back of the ring directly opposite the toe board in the same form as starting the reverse with the exception that the left leg is swung forward and backward to gain all possible momentum that the body can carry. The right knee is slightly bent ready for a spring forward. The movement should be made so the left foot will strike near the toe board and right about the middle of the ring. This will give the putter the same position held when starting the put. The reverse is made here. No time should be lost in making the reverse at the end of the first hop. If you do the speed gained across the ring in the first hop is lost and a poor put is the result. In going across the ring the movement should be smooth and just skimming the ground. A bad fault agreat many have is jumping too high in the hop. Beginners should not work for distance until the form is mastered. Progress will be very slow at first, but the athlete must be patient and success is bound to come. After the putter has perfected the form he should not put hard every attempt, as it will soon kill the arm, but should work

sprinter. A good put is always the result of good elevation.

BUHOLZER GETS FELLOWSHIP F. A. Buholzer, fellow and major in history, has received notice from the Carnegie Foundation for International Peace, of his appointment to a Student Fellowship in International Law for the academic year 1921-22. The Fellowship carries a stipend of \$750 and permits him to select the university of his own choice, as approved by the foundation. He has selected Harvard University.





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