

ORGANISED PLAY AND RECREATION

In Adult life "Play" has been capitalised; we have reverted to something akin to the old gladiatorial combat before masses of sightseers upon whom the effect is to produce rowdy partisanship and contempt for the finer qualities of the game. *Organised games provide Education in self-control.* In Canada the organised game plays but an inconspicuous part in school life, to our loss, for it is on the playing-field that character and true gentlemanliness are developed. To "play the game" is instinctive to youth; developed to its fullest, this natural gift becomes an asset of great national worth and importance in the evolution of a high type of citizenship. It is perhaps natural that a country of Canada's size should delight in exalting its "great open spaces": let these be used, however, to the glory of body and soul, for undoubtedly, too much time is now spent in superheated and badly ventilated buildings. Germany's National crusade through its "Youth Movement," to bring health to its young people has already proved of great worth in the physical "stabilisation" of the generations which suffered from the effect of privation due to the Great War.

The machine and the march of industrialism have been largely responsible for the deletion of Handicrafts from the Schoolroom. The aesthetic and material loss becomes more apparent every day, and it is now being recognised that the Community has failed to retain one of the most satisfying forms of recreation, the value of which previous generations have so clearly demonstrated. What Handicrafts are to adult life, Hobbies are, or should be, to youth. Each, therefore, should have a definite place and part in any scheme of Education. A recent visitor to Canada, an educationalist of international reputation, asked if he had observed any particular difference in the life of boys and girls in the Dominion from those of his own land, ventured the opinion that **"they seem so much less occupied with interesting hobbies than did the young people he came into contact with."** If he be right, then who is to blame, or what the cause of this lack, and what connection is there here with the growing list of young delinquents who appear before the Juvenile Courts?

"Labour unrelieved by recreation produces fatigue, and fatigue produces hate, lawlessness and despair. Recreation undirected, unregulated, furtive, produces vice, degeneration, and helplessness. Play is the natural expression of all the inborn instincts. When a man is natural and at his best, it is his spirit that plays."—DR. MARSH, Boston University.

HEALTH

But little imagination will be required to appreciate the relation of the subjects to be reviewed by the Conference, not only to the general theme of "Education and Leisure," but also in relation to Health. Play and Recreation as factors in physical and moral training are obvious, but the discussion of the other subjects in their relation to Health may at first occasion surprise. A little reflection, however, will convince that even if not in equal measure all bear significant witness to the need for definite association when considering the national problem of Health.

Professor Low, who has made a thorough research into noise of all kinds—and much of present-day din is definitely attributable to the mad race for pleasure and excitement and the craving for speed—has induced warning on the part of the Medical Profession of the serious havoc which noise is creating. A highly neurotic and nervous community is being developed, with possibilities of disaster to the human mind and body almost impossible to imagine. The enormous increase in the number of inmates of Asylums and Mental Institutions on this continent bears chilling witness to the devastation which is being wrought. Provision of sanctuaries keeps but tardy pace with demand, despite the fact that need is estimated only in terms of definitely diagnosed insanity or feeble-mindedness. **Indeed, the question may well be asked: Can the human mind and body withstand indefinitely the inordinate and insatiable demands made upon them, and the nervous strain and physical stress which both are increasingly called upon to bear?**

The country which gave the Cinema to the world would appear to be rapidly becoming the home of a bespectacled people, and quite relevantly we may ask if constant attendance at the "picture house" is not seriously affecting the eye-sight. That same country stands high among modern nations in the incidence of tuberculosis. What relation is there to this fact and the noxious air and darkened interior of the "movie" theatre? It would appear that one of the greatest inventions of Science which might so well be used to educate the nations in the ways of health, is being used to our undoing, vitiating mind and body. And with the Cinema, the Radio must be considered, for the Radio is of a later generation, and may yet be developed and directed to serve the needs of modern civilisation.