

THE RECREATION CONGRESS

W. V. Thompson, a delegate to the Congress at Atlantic City, reports a most interesting and worthwhile meeting, calling together all of the solons of the Playground and Recreation Associations of the United States. At this congress much was accomplished in forwarding the physical and mental well being of the whole nation, both for the "Kiddies" and the adult population.

It was stressed and shown, by the speakers and illustrations on the screen, the absolute necessity—in these "Hurry up" days, of relaxation in the life of the world's workers by healthful RECREATION of some kind to build up and renew the "wasted tissue" caused mentally and physically in the human body by too much work and not enough PLAY.

The story told at this congress of workers and thinkers in this respect was most illuminating and convincing—we must all play a little each day if we want to keep well, be happy and survive to a good old age. Of course, there is nothing new in this teaching—it has been in vogue and practiced for centuries, possibly more by the Romans in the days of Caesar, but—

We are living today in an age of "Speed up"; THE DO IT TOMORROW leisurely policy has long since passed away. The fellow who practices this easy going plan in this age is "Left at the post." If one seeks to succeed today, he must be mentally and physically "Fit" not once in a while but ALL THE TIME or he drops behind in the race and is forgotten . . . A FAILURE.

Now in considering this great question—Recreation at the congress in Atlantic City, its sponsors very carefully considered the question in reference to the thousands of world's workers, who by reason of their calling or work might not and have not the opportunity to indulge in and benefit from some form of OUTDOOR recreation in so doing strongly recommend—after working hours, when daylight has passed, that they take up some form of INDOOR recreation, that would provide the same relaxation to mind and body and at the same time afford recreation and pleasure to the tired and jaded business man or woman.

In this respect they suggested a regular attendance at some Gymnasium for a strenuous or mild course of ex-