

ties should increase in popularity. Sports with a good recreational carry over, away from the cities and closer to nature, are due for more emphasis. Examples are archery, hunting, canoeing, rifle shooting, fly casting, woodcraft, and the like. Many of these sports are adapted to competition. Others can be encouraged through point systems.

Another trend is toward co-recreation. Much of the present attitude toward isolation of boys and girls in play carries back to separation of the sexes in all education. To a large extent this is as it should be. The two sexes do not seek entirely the same ends in education, but after school they will not be isolated. Recreational training that will enable them to play together helps the individual to fit in socially. The tennis court, swimming pool, golf course, the archery range, and the home recreation room with its table tennis, billiards, and other games are a few examples of sports that make for better adjustment socially and encourage active participation of the family group.

Still another tendency is a greater emphasis on safety. The public conscience is increasingly aware of the need for conservation of these most vital of our resources, human life and health. This is as it should be. Both patriotism and common humanity demand it. Further this is coming to be a practical necessity because, to quote a classic:

"Babies are strangely out of style  
You may travel the country for many a mile  
Without the light of a baby smile  
Unless with the Dutch or Irish."

And even the Dutch and the Irish are falling down of late. Moreover, respect for human personality demands such consideration as we can give to human welfare. In sports this involves a number of points. The playing environment must be as safe as may be. Sanitation must be enforced, dangerous obstructions removed. In short, the hazards to health, life and limb must be removed. Safe playing equipment must be provided. Preliminary medical examination will keep a check on weak hearts, tendency to hernia, incipient disease and the like. Prompt first aid and medical treatment if necessary must be available. The dangers of insufficient warm up and of exhaustion must be guarded against. Great progress has already been made in this field. Much remains to be done.

The fact that relaxation and recreation are coming to the fore in discussion concerning the use of leisure time will do much to promote intramurals in the school program, because these sports are recreational in character. The close relation of play to mental hygiene and the promotion of mental health lend further significance to intramural sports.

Another point to consider is the relative importance of team and individual sports in the total program offered. Team sports are useful in teaching co-operation and good sportsmanship. They are an important laboratory for citizenship. The individual sports, generally speaking, carry over better for recreational use after school days are over. Two adjustments in present practice that will be beneficial are to get girls participating more in team games; and to get boys' varsity players to learn more of individual recreational sports for use in later life. Point systems encourage the recreational sports for use in later life. Point systems encourage the recreational sports which may be less strictly competitive, and as such are good. They involve considerable bookkeeping and are therefore something of a headache to administer. While they are probably not so passé as some physical educators believe, this extra trouble in administration does hold down their popularity.