

PHYSICAL EDUCATION FOR HEALTH

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"Recreational Sports for Women"
(Miss Ruth Hoover and Miss Jane Byrn)

- Byrn Miss Hoover, what do you classify as recreational sports for women?
- Hoover Recreational sports for women include practically all athletic activities and games in which women engage; for the women do not have the difficulties that the men encounter in having individuals indulge in sports for financial returns. Women engage in sports for the fun, enjoyment, physical vigor and social pleasure which they obtain from them.
- Byrn Do you mean that you consider team games, such as basketball and baseball, as recreative sports then?
- Hoover For girls and women, yes; they play these games for the fun and relaxation they have in doing them. Hockey is another team game which is especially good for recreative purposes. I only wish more of it were played in this part of the country as it is in the East. Then club teams could be formed for the girls and women who have graduated from school and they could have the opportunity of activity and social contacts with other clubs. But tonight the games I wish to consider more specifically under the head of recreational sports are those like ping-pong, deck tennis, badminton, shuffleboard, etc. Really games which need no more than two people for participation and which also require small playing areas and inexpensive equipment. Too, they are games that are splendid for co-recreation, and as such I think they are very valuable.
- Byrn What do you mean by co-recreative games?
- Hoover I mean games which are suitable for boys and girls or women and men to play in together. Football, as you know, is a man's game only, but ping pong, badminton, shuffleboard and such games may be played with both men and women or boys and girls on the same team with pleasure for each. Don't you think it wise for men and women to engage in games together?
- Byrn Oh, emphatically so. They must learn to adjust themselves to each other in business, social and marital relationships, so why shouldn't they learn to do it early. And you know that as we increase the range of interests and activities men and women have in common, we are increasing the possibilities of a successful social adaptation. I am very strong for such games.
- Hoover Do you know, I really believe parents would solve many difficult problems for their children, both boys and girls, of what to do in their leisure time or with their dates, if they would only look into these recreational sports and if they would provide opportunities for them to be played in their back yards and recreational rooms in the home.
- Byrn Yes, on these winter evenings a game of ping pong or table tennis is wonderful recreation and not too strenuous. This game has literally swept the country. After the dinner table is cleared it may be used if one does not have a regulation table. But you know, it doesn't cost much to make a realy table for yourself. Just buy a 9 x 5 piece