

Mr. Perry

Yes, I have, Doc. About the biggest change since I have been in physical education work seems to be on the part of the parent. Twelve to fifteen years ago one often heard parents say, "My boy gets all the exercise he needs doing work around home and playing with the neighborhood children." Especially was this true in the small town high schools where I was working at that time. Some went so far as to say that they sent their children to school to "learn", not to waste time playing. While now most parents think that physical education is a necessary part of the child's growing up. That as he grows, his physical and mental development go hand in hand. They realize that to "learn" those things that make a happy, useful citizen, they need to learn about health, exercise, recreation, and so forth. Another change has taken place in the methods of teaching physical education. From a somewhat narrow, too formal, unbalanced, "I speak and you jump" program, a much broader, better balanced and coordinated program has evolved. Now a student gets the good out of the old program, namely body development, and also benefits from the new ideas and methods of developing leadership, followership and cooperation of our present day physical education program.

Dr. Lapp

Dad, you talked about the old "I speak and you jump" system of physical education which was used to denote the formal method of gymnasium class teaching. Did you change your method of teaching and throw over all the activities used under the formal system?

Mr. Perry

I changed some of my methods and relaxed on the discipline somewhat. However, I do expect the pupils to do as they are told but more leeway is given on how things are done and more freedom is given for individual initiative. It did not seem reasonable to me to go the entire way and eliminate all the old activities. I felt that there were developmental elements in being able to chin on the high bar and to do dips on the parallel bars that just is not reached in the play program. One does not build up shoulder girdle strength playing games or even by working on the farm as some of my boys do.

Dr. Lapp

That is interesting, but do you really believe that one ought to be able to swing on the high bar with ease? You know in modern life we do not swing from trees and throw spears or draw heavy bows like our earlier antecedents did. About the only arm strength we need is to be able to hang on to a steering wheel.

Mr. Perry

You are wrong, Doc. It seems to me that we should have strength enough to meet the ordinary emergencies in life and still have a reserve to enable us to carry on. Suppose this car tipped over, a little extra shoulder girdle and arm strength might allow you to get out from under the steering wheel and escape from