

Dr. Elbel            Surely, if education is to aid a man to find his place in society, some training must be in the direction of making a livelihood. But for years we have disregarded everything else. With increasing leisure due to our economic system we must and are recognizing that the progressive and happy society is one which knows how to occupy itself in worthy pursuits during leisure hours. Statistics point in the direction that there will be an increasing amount of leisure in the years to come, and schools must concern themselves with the problem of educating the citizens of the future in constructive leisure time activities which contribute materially to the social and moral well-being of society.

Dr. Allen            Do you speak entirely of activities of a physical nature?

Dr. Elbel            No, recreation should not be viewed entirely as active game type activities. The field of recreation is about as diversified as the varied opinions of the individuals who go to make up a given community. But activity of some sort is essential to happy living and we should not lose sight of the fact that active recreation now plays an important part in the daily life of the population and will play an ever-increasing part in the life of any community. For this reason the school of the future will look to the physical education program as an important element in the comparatively new philosophy of education for leisure.

A later program will no doubt cover this point, but while on the subject of recreation it might be well to mention that rapid strides have been made in treatment of those who are mentally ill by forms of recreational therapy. How many of these abnormalities could have been prevented by adequate recreation or physical education programs during and after school hours will perhaps never be known.

Dr. Allen            Yes, I heartily agree with you, Dr. Elbel, that the benefits of recreational therapy have hardly been recognized. I am very sure that this depression has hastened the recognition of this type of therapy, and it will be much more in evidence in the immediate future. Now, the most important point of all - the item regarding the curriculum. Will you please elucidate on this, Dr. Elbel?

Dr. Elbel            I have a feeling that to be of benefit in its largest sense, physical education must follow a scientifically graded curriculum based upon inherent biological and psychological elements and age limits of the individuals involved. It must teach skills, make allowance for individual differences. The curriculum should not be based entirely upon athletic competition but should offer sufficient experience in this respect to allow the student the opportunity to benefit by actively engaging in well regulated contests.