

RADIO PROGRAM

PHYSICAL EDUCATION FOR HEALTH

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"The future of Physical Education as a Vocation For the College Girl"

The late Dr. R. Tait McKenzie said - "As we watch the annual tide of American youth moving out of the colleges ready to take the places of veterans who have fallen out of the older ranks, it is natural that we should ask ourselves what kind of boy and girl our melting pot is producing and whether the type is changing. One year's graduating class may not seem much different from the class of the year before, yet we cannot help noticing that the typical graduate of today is not merely a reincarnation of his or her predecessor of ten, twenty, or more years ago." - but is a decided improvement over the older generation. Never before have as many young women sought careers as are seeking them today. Ninety thousand new teachers come each year to our public schools. Once in from eight to twelve years the personnel of our one million of teaching force changes. Women comprise the larger group of our teachers today. Hence it is perfectly natural for the career girl to think of the new physical education as a goal for her career.

We have been experiencing in large doses two kinds of leisure, "forced leisure" which comes as the result of unemployment; and "earned leisure", which comes at the end of the day, or at the end of the week, or during vacation, or upon retirement from work. With the shortening of the working day and the working week, we shall undoubtedly have more and more of the earned leisure. Never has there been so much talk about leisure. Personally most of us are probably concerned more with the earned leisure but educationally we cannot escape the problems and the opportunities of leisure in some form or another.

What a nation or an individual does with their leisure time determines the character of the one involved. So leisure and how we spend it becomes of paramount importance to us educationally and morally. It concerns not only the individual but the home, and the community, the church, the government, the