types of any styles is urged by the committee. Publishers, printers, and advertisers who have on hand large stocks of such small types are urged to use them only when their use is unavoidable, and to scrap such type at the earliest opportunity.

As an indication of the growing appreciation of the effect of type sizes on eyesight, the National Committee for the Prevention of Blindness reports that at least two public libraries, at St. Louis, Mo., and Springfield, Mass., have set aside departments of "Books for Tired Eyes" in which are included only books of 14 and 18-point type. These books are proving exceedingly popular with older people.

THE PLAYGROUND MOVE- 
MENT AND ITS DEVELO- 
PMENT IN VIRGINIA

"Happy hearts and happy faces
Happy play in grassy places;
That was how in ancient ages
Children grew to kings and sages."

ROBERT LOUIS STEVENSON

WHAT is play? It is the "finishing and crowning part of nature's law of growth." It is one of the three great channels, as numbered by Dr. Richard C. Cabot, needed for the development of a happy, successful life: responsibility, recreation, and affection; or work, play, and love. Dr. Cabot likens play to art. Their functions, he says, are recreation and re-creation; they are both done for their own sake and in each lives beauty, heroism, success, failure, suspense, and response from an audience.

How can we better build the bodies of young American citizens into fit temples for their souls, how can we better teach them the principles of good citizenship—obedience, fair play, clear thinking, and honesty, than by teaching the right use of their leisure time and filling it with health-giving happy play? Joseph Lee, President of the Playground and Recreation Association of America, says, "The growth of the individual as of the race is to a vital extent growth through action." If this is true is not play necessary then to the children of the land? If opportunity for play is denied, the boy—if he live and grows—will seek some other avenue for outlet of the force within him which bids him play.

WHY HAVE PLAYGROUNDS?

The great need for healthful recreation has been shown by some startling statistics:

In a certain restricted area of Chicago in the vicinity of the stock yards play facilities were adequately provided and during a two-year period juvenile delinquency decreased 44%.

Studies of 23,675 school children in schools of different neighborhoods in cities such as Cleveland, Milwaukee, Kansas City, and Richmond, show an average of 52% doing nothing outside of school hours. Playgrounds would not only give them something to do, but would provide that which would be beneficial to them physically and morally.

The instances just given are only a few out of hundreds collected from year to year.

HISTORY OF THE PLAYGROUND MOVEMENT

The public playground is a great tool in the hands of the recreation systems and its development has taken place in the last thirty years. In 1886 the first playground in the form of a sand garden was established in Boston at the Children's Mission on Parmenter Street. In 1889, the first public gymnasium for men and boys was opened in Charlesbank, Massachusetts. Columbus Avenue Playground in Boston was the first large playground representing the ideals for that type of playground and was established in 1900 by Joseph Lee, who paid for its operation during its first years. This development of the Boston playground system is only an example of early achievement in one city. In New York after struggles with legislation, financial problems, over-enthusiasm, lack of space, and prejudice, a remarkable achievement had been made by 1903. In Chicago by 1901 four municipal playgrounds had been opened. Ten years later there were thirty-six Chicago playgrounds famed for their magnificence of equipment and grounds. The first endowed playground was the Children's Playground and Playhouse in East Fairmount Park, Philadelphia. Baltimore began its playground work in 1896 and in 1907 had five municipal gymnasia. The movement spread rapidly westward to Cleveland, Minneapolis, Denver, San Francisco, Los Angeles and Oakland.1 Recreation continues to grow more popular and Table No. 1, contrasting the reports for 1919 and 1921, shows a steady increase in figures.

1The Playground, April 1915.
TABLE NO. I

<table>
<thead>
<tr>
<th>Cities reporting recreation centers under paid leadership</th>
<th>1919</th>
<th>1921</th>
</tr>
</thead>
<tbody>
<tr>
<td>Number of centers reported</td>
<td>428</td>
<td>502</td>
</tr>
<tr>
<td>Number of workers directing recreational activities at these centers</td>
<td>8,043</td>
<td>11,079</td>
</tr>
<tr>
<td>Cities reporting playgrounds donated</td>
<td>58</td>
<td>53</td>
</tr>
<tr>
<td>Cities establishing recreational centers for the first time</td>
<td>31</td>
<td>51</td>
</tr>
</tbody>
</table>

METHODS OF ADMINISTRATION

There have been various methods of administration of playgrounds and none has seemed so superior to all others as to deserve to be universally adopted. In the report of the Year Book of the Playground and Recreation Association of America for 1913, management under recreation commissions or departments seemed most popular, as thirty-six cities reported the use of this method.

THE PLAY LEADER

As to the supervisor or play leader of playgrounds, much can be said. It seems to me her greatest equipment would be some of the spirit of James Whitcomb Riley when he wrote:

"I believe all chillun good, If they're only understood. Even bad ones 'pears to me Are jest as good as they kin be;"

for truly she must have an understanding heart, a clear, quick brain, a love for play, and a spirit which does not disdain to go into the alleys and tenements bordering on her play ground. Experiments and experience have proved that a playground not under supervised leadership is a thoughtless extravagance.

PROGRESS OF VIRGINIA IN RECREATION WORK

The southern states as a whole do not measure up to the standard set by northern and middle-western states, but Virginia has made a vigorous start toward systematic recreation activities. I am informed by Mr. C. R. Wood of Lynchburg, that Virginia sent

<table>
<thead>
<tr>
<th>No. of centers under paid leadership</th>
<th>No. of paid workers</th>
<th>Average daily attendance</th>
<th>Expenditures for fiscal year</th>
</tr>
</thead>
<tbody>
<tr>
<td>Population</td>
<td>Year round</td>
<td>Summer months</td>
<td>Other seasons</td>
</tr>
<tr>
<td>-------------------------------------</td>
<td>---------------------</td>
<td>--------------------------</td>
<td>-----------------------------</td>
</tr>
<tr>
<td>1919 Alexandria</td>
<td>22,500</td>
<td>1</td>
<td>2</td>
</tr>
<tr>
<td>1921</td>
<td>18,060</td>
<td>1</td>
<td>1</td>
</tr>
<tr>
<td>1919 Lynchburg</td>
<td>35,000</td>
<td>2</td>
<td>1</td>
</tr>
<tr>
<td>1921</td>
<td>29,556</td>
<td>1</td>
<td>2</td>
</tr>
<tr>
<td>1919 Norfolk</td>
<td>110,000</td>
<td>12</td>
<td>3</td>
</tr>
<tr>
<td>1921</td>
<td>115,777</td>
<td>12</td>
<td>5</td>
</tr>
<tr>
<td>1919 Richmond</td>
<td>158,700</td>
<td>7</td>
<td>5</td>
</tr>
<tr>
<td>1921</td>
<td>171,667</td>
<td>3</td>
<td>7</td>
</tr>
<tr>
<td>1919 Petersburg</td>
<td>31,012</td>
<td>6</td>
<td>6</td>
</tr>
<tr>
<td>1919</td>
<td>50,843</td>
<td>4</td>
<td>1</td>
</tr>
</tbody>
</table>

*In several cases the figures cannot be contrasted because the reports were not complete; for instance, the salaries for Lynchburg centers in 1921 are not given and average daily attendance for Norfolk in 1921 is not given.
thirty delegates to a recent Recreation Congress held at Atlantic City and that this was the largest delegation from the South or south of the Mason Dixon line, and compared favorably with some of the delegations from northern states. Not only by representation at this congress but by legislation has Virginia shown signs of advancement. In 1920 Virginia passed a physical education law which is one of the best in the United States. Among other things it provides that any city or county may have a director of physical education if it will pay half of his salary. Six counties and fourteen cities have taken advantage of this. In three ways this law makes for better physical education: (1) it requires physical training in the public schools, (2) it requires physical training for normal school graduates and (3) it makes possible aid from Community Service.

Four Virginia cities were represented in the annual report from the Playground and Recreation Association of America in 1919 and six in 1921. Table No. II, made from this report, contrasts the figures for the two years and shows a noticeable increase in many respects.

MANAGEMENT OF VIRGINIA PLAYGROUNDS

Authorities managing Virginia playgrounds include school boards and parent-teacher associations, boards of education, departments of public welfare, departments of public works, departments of recreation and playgrounds, park commissions, and associations of commerce. In some cases the authorities managing playgrounds have changed: in 1919 the playground at Alexandria was managed by the school board and in 1921 by the playground association; in Richmond in 1919 one year-round recreation center and seven summer centers were managed by the Department of Public Works, while in 1921 the Department of Public Works was still running seven summer centers but no year-round center and the Community Recreation Association was maintaining three year-round centers.²

DEVELOPMENT IN INDIVIDUAL CITIES

Petersburg established her recreation system in 1921 under the management of the school board. From Mr. F. M. Martin, Superintendent of Public Schools, comes a most enthusiastic report as to its development:

For a number of years a comparatively small group of people in Petersburg made unsuccessful efforts to establish playgrounds. We found always that the city governing body, while sympathizing in a way with the thought, was not sufficiently impressed with the importance of playgrounds to make the maintenance of these centers of a public nature. This small group of workers, however, did not despair and when the city changed from the old bicameral form of government to the city manager form, we were intensely heartened to find that the city manager was a man of broad vision and wide experience in municipal government and hence alive to the civic value of playgrounds. We found a very cordial reception to our proposition. We found also that the five commissioners elected to govern the city were men of splendid vision and were equally cordial in the reception of the proposition. The city was very much hampered by lack of funds and by a large municipal debt. However, even in the face of this handicap, the city manager and the commissioners gladly gave a modest sum, about $2,000, for equipment and provided for paid directors at each of the six grounds established. The whole matter was put in charge of the superintendent of public schools. The supervising janitor of the school system was used to install the equipment. Through the ingenuity and ability of this man we made a great deal of our apparatus. The rest we ordered. Six playgrounds were established with a standard equipment as follows: 6 swings, 1 horizontal bar, 1 ladder, 6 see-saws, 1 bamboo slide, 2 giant strides, 1 sand pile, 1 set of basketball stops, basket balls, volley balls, indoor baseballs, etc. All of this equipment we made except the bamboo slides. We used pictures of the other apparatus as guides and fabricated a very substantial and usable lot of apparatus. Of course, it was necessary to order some pieces, like heads of giant strides, and swivels for swings, etc.

We operate the playgrounds from the first of March to the first of December. During the school session we keep them open for three hours in the afternoon after school and for six hours on Saturdays. During the vacation we keep them open six hours every day. We use as playground directors local talent entirely. Some of these leaders proved very successful, others did not meet with such a great success. None had any training. We had an expert to come to Petersburg and give a course of demonstrations and lectures. This course was very helpful. Many of our playground supervisors make the matter a subject of study and several were really talented. Those persons who did not succeed were quickly eliminated and replaced by others. This process has been going on for several years until now we have a really competent body of supervisors of self-taught and very efficient. We were fortunate in developing locally the talent of a young woman who is gifted in this respect. For the past year she has had general supervision of all the playgrounds.

²Year Books of Playground and Recreation Association of America for 1919 and 1921.
Salaries of these leaders have been small, ranging from $30.00 to $40.00 per month during the school session, and from $50.00 to $70.00 per month during vacation. These salaries have been provided for each of the three years since the establishment of the playgrounds in the regular budget of the city. We have never had a dissenting vote on these budgets.

A great deal of interest and some opposition was aroused when the playgrounds were first established. The public, suspicious at first, soon turned whole-heartedly to the program and it has now come to be one of the most popular of the municipal undertakings. Its scope has greatly widened. For instance, last year we added cement bathing pools and shower baths to two of the playgrounds and are planning for three more next year. The attendance upon the playgrounds has been remarkable. We make an effort to provide a program for all ages, and both sexes. In some of the playgrounds we find the attendance of adults to be very gratifying. These grown persons have a part on the daily program. Sometimes it is to come and enjoy a game of volley ball and a shower bath afterwards. Sometimes it is in the form of a sewing party for the adults. The children use the apparatus, but the principal interest is in the games, pageants, and stories. The story hour is a regular part of the program. Practical patriotism is taught in the form of organizations, pageants, etc. Many new games are taught: courtesy, politeness, and consideration for others cultivated. A sense of responsibility in the duties of citizenship is inculcated. In fact, every effort is made to make the playgrounds really profitable to the city, not only in the pleasure and healthful recreation of the children, but in the better citizenship which results.

In Richmond Mr. E. J. Garmhausen is the paid director of the Community Recreation Association, through the efforts of which some playgrounds have been maintained in addition to those supervised by the city under volunteer leadership. (This accounts for the double figures given in Table No. 11 in the Richmond report for 1921). The city has a swimming pool known as Shields Lake, which occupies over an acre of ground and is attended by several thousand daily during the summer. There are clubs and leagues for boys in three neighborhood recreation centers. Motion pictures, band concerts, and water carnivals have also been promoted by the city recreation movement.

Lynchburg has been the most fortunate Virginia city in having playgrounds donated. In June 1911 Mr. and Mrs. Max Guggenheimer donated a four-acre playground in memory of their deceased daughter and bound themselves to pay $500 annually for its maintenance. This is known as the "Guggenheimer-Miliken Memorial." In 1912 the Craddock-Terry Company of Lynchburg donated a thirty-one acre island in the James River to the Y. M. C. A. for a public playground. It was equipped for $30,000 as an athletic field. A brief but encouraging report of the development of the playground work in Lynchburg has been obtained from Mr. C. R. Wood of that city:

"1913—Several delegates attended the Recreation Congress at Richmond. As a result of this congress the delegates returned to Lynchburg and organized a playground association supported by private subscription. Mrs. Max Guggenheimer was the honor of the first playground and the first and only Community Building and was also the first president of the association.

"1917—The Playground Association turned over all work to the school board.

"1920—After a hard fight the city took over the playground as a separate and distinct city department. At the present time the recreation department is working under a budget of $6,700 from the Municipal Treasury and is not supported in any way by private funds or subscriptions.

"1921—The department conducted:
Four playgrounds—3 white, 1 colored, which are open the year round.
One municipal swimming pool with a capacity of 400,000 gallons.
Physical training classes for policemen, firemen and nurses.
City baseball, football and basketball leagues for men and boys.
No Accident and First Aid weeks.
A municipal band.
A community center—nine-room colonial house with club rooms, social lobby for indoor games and dancing, and cooking facilities for suppers and other entertainments."

Clifton Forge is another Virginia city having recreation facilities. Its playground covers twelve acres of ground and is operated and supervised throughout the summer months. It also has a large swimming pool.
FURTHER DEVELOPMENTS

New recreation centers are being started in various parts of the state: "plans are under-way for supervised playgrounds at Winchester, Harrisonburg, Charlottesville, and Cov-ington. Winchester is building an enormous stadium in connection with the Handley Memorial Schools; there is also a thirty-acre tract for playground and playfield in connection with the schools."

PLAN FOR EFFECTING AN ORGANIZATION

The method of organizing the type of recreation system which these cities are attempting is given in the following outline:

First: an advance man from the Recreation Association goes to a community on an invitation from members of the community. He interviews some of the chief business men and gets them to promise their support.

Second: when the advance man leaves the community a field organizer comes for a stay of six weeks. He takes a group of people as a nucleus and forms a board of directors of thirty-five or forty people who represent different organizations. He then forms a governing body composed of:

1. Five officers of the organization.
2. Four members at large.

The next duty of the organizer is to plan and put on a program or series of entertainments which will interest and entertain the people of the community.

The field organizer also appoints a finance committee which will raise funds for the maintenance of the system by means of:

1. Taxation—Some states have laws which provide for levying of funds for recreation. In other states the funds must be voted upon.
2. Subscription—Before the Recreation Association sends directors it must be sure of eight hundred dollars from the community to match the eight hundred which it furnishes. Of course this sixteen hundred dollars is not enough to begin a recreation system, so there must be other funds subscribed.

Third: the playground leader and recreation secretary are the ones who carry on the work of the recreation system; and upon them is thrown the responsibility of bringing about the far reaching effects of a playground. They come after the advance agents, who are the advance man and the field organizer.

Virginia cities are thus seen to be improving their facilities for public playgrounds, taking such steps as seem to accord with the ideals of a former president of the United States, who said:

"I do not know anything which will contribute more to the strength and morality of that generation of boys and girls compelled to remain part of the urban population in this country than the institution in their cities of playgrounds where their hours of leisure can be occupied by rational and healthful exercise."

Marjorie Bullard

BOARD OF EDUCATION ADOPTS TEXTBOOKS FOR STATE SCHOOLS

Following a four-day session during which the State Board of Education met as a committee of the whole for a consideration of the merits of various textbooks offered for state adoption, announcement was made the evening of February 8 that the following list had been adopted. According to Dr. William T. Sanger, secretary of the Board, there will be but few changes in the current price of textbooks. It is to be noted that books which have given reasonable satisfaction have generally been retained.

HIGH SCHOOLS

English—Basal:
Lewis-Hoslc, Practical English; American Book Company.
Metcalf, English Literature; Johnson Publishing Company.
Metcalf, American Literature; Johnson Publishing Company.

Social Science—Basal:
Webster, Early European History; D. C. Heath.
Webster, Modern European History; D. C. Heath.

Optional—Basal:
Robinson, Breasted, Smith, General History of Europe; Ginn & Co.

History—Basal:
Latane, History of the United States; Allyn & Bacon.
Long, Government and the People; Charles Scribner.
Towno, Social Problem; Macmillan Co.