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Mental Health

By D. M. LeBOURDAIS

Director, Division of Education, Canadian
National Committee for Mental Hygiene

**MAN HAS LEARNED TO WORK
NOW MUST LEARN TO PLAY**

With Increasing Use of Machinery
Leisure Time Must Increase Prob-
lem is to Use it Healthfully

We all know the value, in the social order, of work, but do we as fully appreciate the value of play? This is a question which is being asked with increasing insistence by those interested in public health, both physical and mental. By "play" is meant, of course, recreation and all other sorts of leisure-time occupation. With the use of machinery, less time than formerly is required to do a given piece of work. The first effect of this mechanization of industry has been somewhat unfortunate, however, it has resulted in the complete unemployment of large numbers of people, while others work almost, if not quite, as hard as before. This is but a temporary condition; in time we shall, no doubt, learn to make machinery the servant of all, rather than, as is now the case, the enemy of many.

Leading industrialists the world over already agree that hours of labor must shortly be reduced, and even that the number of working-days in the week be also reduced. So there seems little doubt that, in one way or another, a great many people can count, in the very near future, upon a great amount of leisure time.

Fortunately this machine-age has brought with it facilities for leisure time activities such as previous ages never dreamed of. Perhaps the foremost of these is the motor car; in more ways than one it is revolutionizing our modes of living. The modern talker, play a larger part in modern life than many realize. And then there is the radio. It is yet too soon to say what effect radio will have upon the social order of the future.

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