

## NOTES AND COMMENTS

We take it that the overwhelming importance of play lies in the value it possesses as a brake. It is a truism that civilization demands more numerous and more rapid nervous adjustments at least for large classes of the community. It does not seem that what we call the physical basis of mental life properly is sustained without intervals for physical recreating by activities which make little demand on the higher nervous centers. We hardly are aware to the national importance of play as recreation. But the almost shrieking and horseplay of so many of the girls and boys in the playgrounds of our schools, is just the sort of play which is degrading, is just that sort of primitive survival which we hope to see diminished. Guilds of play, school clubs, and kindred agencies, are based on the view not that natural play is divine—most of those in close contact with the facts of human life know it is not—but that artificial play may be invented which will satisfy the desire for movement and beauty without gratifying low, tasteless, and sentimental. And this same justification is found, in belief as in action. We cannot long sustain ourselves in the heights; we descend for rest to the lower slopes, keeping, if we can, out of the valleys beneath.

The problem for us is to use play as a relief from work without descending into larborism in the process; to use play as a means of maintaining the physical strength to which modern conditions are so intrinsical; to use play as suggestive of mental development; to let another test be put to this philosophy.

### THE TEST OF LIFE.

How does it work out? What are the best lives, the lives that are richest and that have most enriched the world? Are they those that have given free rein to every fancy, that have run riot and brought to fruition every growth of heart's, garden, whether it be the thistle, or poison root, or fair, nutritious product? Are they those that have given the full range of the life?

There is striking unanimity in the answer. The rich and the enriching lives have been those that have come by the path of the cross; they have learned

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