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NEW ZEALAND

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# PHYSICAL WELFARE AND RECREATION

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*Presented to both Houses of the General Assembly by Leave*

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## INTRODUCTION

We have set out to rally the young and the old of the nation to a new approach to good health and general welfare.

There is no need to labour or to emphasize the appalling percentage of illness, both physical and mental, not only in this country, but in the world generally. There is no special reason why we should content ourselves because this disturbing condition is present in other countries. It is no exaggeration to say that, before this tragic war was precipitated, nationally and internationally, illness, both physical and mental, was the most far-reaching and the largest industry of all. Larger and still larger hospitals do not afford any consolation. Especially is this so in view of the modern scientific and medical knowledge and in view of the fact we are able to win from Nature the means of life with much more ease than was the case fifty years ago. The hospital institutions should become fewer instead of more.

No good purpose could be served by creating a bad psychological atmosphere or by attempting to lay the blame on this or that section of the community. The unpleasant fact is that we know this condition is with us, and, for the moment, we are content to draw the nation's attention to it and to all that it implies. After all, the medical and surgical sections of the community should know more about reassuring the nation on this question of illness than anybody else, because members of those sections are trained for the work. To reduce their status in the eyes of the community on the grounds of rights of free criticism can do nothing more than shatter the hope of the people we are setting out to build and strengthen.

Hippocrates, the Father of Medicine, in his wisdom, said somewhere that the doctor's greatest influence on his patients was *to dispense hope*. We feel, as he did, that it would be bad to take part in work, of educational or any other nature, which would encourage a nation of sceptics, instead of one which would encourage a spirit of hopefulness in well-being—spiritually, morally, and physically. That is our approach to this great work—to create an attitude of mind and spirit toward the objective of well-being for all. A clean, healthy balance in mental, physical, moral, and spiritual well-being is our objective, and in moving towards that goal, would it be too much to ask for the undivided efforts of all, such as we have had in the waging of this tragic war—not to injure and destroy one another, but to wage a constructive war against the disease and illness which undermine the very foundation of human life.

There is no bar to any person or to any section of the community taking a part in this great work—any section of the community—religious, political, social, or medical—in working for the common objective which affects the health, the lives, and the souls of us all. It is in this spirit we set our course.

There will be no compulsory games; neither will our recreation and recuperative activities be regulated by blue prints. On the contrary, it is intended to encourage the greatest measure of freedom in the development of a good, clean, healthy outlook among our people; to encourage them to take part in the full enjoyment of their own chosen recreations, rather than in any way to be subject to disciplinary action; not to play because they are compelled to do so, but to develop a spirit for the enjoyment of social contacts.

The war has emphasized impressively the vital importance of physical and mental fitness for various tasks which have required full use of national strength on the fighting fronts and the home bases from which the Forces are supplied. Strenuous years of post-war construction will continue to make heavy demands on national strength, so that there will be a certain carry-over of war strain.

If we are candid with ourselves I think we will agree that as a people we tend to live in a too-secluded fashion. To remedy that and to extricate ourselves from that mental attitude we must encourage change, group travel, games, and recreation, health exercises, and recreative holidays of all kinds, in addition to participating in and popularizing all forms of the cultural arts and recreation.

## PURPOSES OF THE ACT

The main purpose of the Physical Welfare and Recreation Act of 1937 is now well known to many people. To quote the text of a section, it is concerned with "matters relating to the maintenance and improvement of the physical well-being of the people by means of physical training, exercise, sport and recreation, and social activities related thereto." I believe firmly in having a liberal interpretation of the term "physical well-being," which is broad enough to cover a wide variety of desirable activities for the welfare of individuals and the community as a whole.

In accordance with the provisions of the Act, the National Council of Physical Welfare and Recreation, an advisory body, was set up, in association with the Department of Internal Affairs. This Council consists of the Minister of Internal Affairs (Chairman), the Under-Secretary of Internal Affairs (Deputy Chairman), the Director-General of Health, the Director of Education, a representative of the Defence Services, and members appointed by the Minister. These appointees, representative of areas ranging from Northland to Southland, are well known for their active interest in physical welfare and recreation and for their ability to give good advice. The Council was helpful in planning the preparations for a wide range of progress, and has well won a right to the country's gratitude.

District Committees were also set up to co-operate with the Council and with the Department's Physical Welfare Officers, but before this basis of organization had time to make itself widely felt the war broke out, and necessarily the great majority of members of the Committees found themselves fully occupied with duties connected with the war effort. However, the Committees have good service to their credit.

### NO REGIMENTATION

For some time there was a baseless fear among some people that the Government had a secret, sinister purpose with the Act—a scheme of regimentation of youth and a sort of bureaucratic control of recreation and sport. Again and again I had to rebut such allegations, which had no foundation in the letter and spirit of the Act. Happily, the great majority of hostile critics have seen at last that they were mistaken in their hasty suspicion, and many of them have been pleased to work in active goodwill with the Department's officers.

The Act makes provision for the greatest possible co-operation of the Department of Internal Affairs with elected local authorities and voluntary organizations. The Department's service is at the call of all. The Department assists importantly in the pooling of knowledge and the results of experience for the benefit of the whole community. Thus the Department is equipped to act as friendly adviser and practical helper whenever such assistance is desired. That fact is being appreciated by an increasing number of people throughout the country.

In this national movement New Zealand is in line with Great Britain, which has its Physical Training and Recreation Act; with Australia, which has its National Fitness Act; and with Canada, which has its National Fitness Act. The principles and the practice with this legislation are similar in the four British countries. Differences are mainly in procedure, according to local conditions. Regimentation is just as absent from the New Zealand Act as it is from the other British countries' Acts.

### SUMMARY OF PROGRESS

The outbreak of war had two effects on the physical welfare and recreation scheme. It necessitated a concentration on physical-fitness programmes for groups linked with the war effort, and it prevented expansion of the field staffs. For the sixteen districts (nine in the North Island and seven in the South) the highest total of officers was 47 (31 men and 16 women). Two of 13 men who joined the Armed Forces were killed in action. Some of the others helped to organize and maintain physical training for the forces in New Zealand. Three of the women officers were attached to women's units of the Armed Forces for physical-training duties. The limitation of staff has to be duly considered in the review of progress in a very extensive field.

### War Organizations

Apart from direct service for the Armed Forces, the Department's officers organized and supervised physical training and recreation for about 100,000 members of war organizations, comprising the Home Guard, Emergency Precautions Services, Fire Service, the Air Training Corps, and Women's War Service Auxiliary. Much of this work was with classes for the training of instructors until they were qualified to take classes themselves. Some of those classes especially in country districts, developed into community clubs, whose programmes combined social entertainment with the physical activities.

The service for the Air Training Corps throughout the Dominion was particularly important. In addition to the special physical exercises for these Cadets, sixteen to eighteen years of age, the Department's officers gave keen and continuous attention to creating and maintaining an active interest in seasonal games and other recreation. Many youths who had been inclined to become spectators rather than players were persuaded to change their attitude to their own satisfaction.

It was found that an astonishing proportion had not learned to swim. In Dunedin, a city well known for active interest in swimming, the percentage of Cadets who were not able to swim a stroke when they joined the Corps, ranged from 33 to 40, and there was a similar percentage of poor swimmers. Even higher percentages of non-swimmers were reported from other towns. The Department's officers gave the necessary lessons, and a good standard of swimming was achieved. The officers also helped in the promotion of social entertainment for the Cadets.

### Service for Women and Girls

The women officers have brought benefits to many organizations of girls and women, including numbers who have reached or passed middle age.

Special mention is due to the Auckland Women's Recreation Group (formerly known as the Auckland Splash Club) because it indicates a very desirable kind of activity which can be developed wherever and whenever the conditions are favourable. Swimming, with keep-fit exercises, was the first objective for this women's club, which

now has 300 members, mostly past the years of youth. To-day the programme includes indoor bowls, dancing, picnics, camping, group travel, and parties for shopping mornings and pictures. The community spirit of friendship pervades that club.

In several districts week-end camps for industrial girls have been successfully organized and conducted by the Department's officers in association with committees set up by the workers. The benefits of these breaks from toil have been recognized by employers as well as the girls. The question of an extensive development of this camping provision for industrial girls is receiving attention. It is an ideal which should commend itself strongly to employers and to the trade-union movement.

The Department's officers have helped appreciably in the promotion of spectacular inter-house competitions of young women employed in factories, shops, and offices.

### **School Recreation Card System**

The Education Department maintains an efficient physical-training scheme for pupils of primary schools; secondary schools also usually have satisfactory provision. The Department of Internal Affairs takes a helping part when the young folk are leaving school. With the co-operation of teachers, the pupils state their preferences in games on cards issued by the Department. The Physical Welfare Officers make good use of these cards in gaining new members for the clubs concerned. The boys and girls are helpfully encouraged to take part in suitable games.

### **Learn-to-swim Campaigns**

In co-operation with executives of swimming centres, the Department's officers have promoted and conducted learn-to-swim campaigns. A good example of this enterprise was seen in Otago country districts last year. Instruction was given to about 2,000 persons—men and women, boys and girls—of whom 650 passed a test. The others gained varying degrees of skill.

### **Resuscitation Classes**

In association with the Royal Life-saving Society, the Department's officers gave instruction to a large number of resuscitation classes. This course was linked with the war effort, for it included treatment for shell-shock and the effects of gas from shattered mains and from contact with broken wire carrying electrical current.

### **Supervised Recreation for Children**

In several towns a start has been made with supervised recreation for children during school holidays. A notable example of success was in Auckland, where the Physical Welfare Officers, at the request of the local Sunday School Union, arranged and conducted suitable programmes of recreation, three hours a day, for 2,000 children in Victoria Park. This beneficial enterprise will be developed more later on when additional officers and trained voluntary leaders become available.

### **Revivals and Formations of Clubs**

In some localities where war conditions had caused some recreational clubs to lapse and others to decline towards extinction point, the Department's officers have achieved revivals by arousing interest among public-spirited folk and giving a lead in the new movements. In many other cases the officers have been prominent in the formation of new clubs.

### **Cultural Clubs**

Staff shortage and war conditions have not permitted much activity in the promotion of cultural clubs, whose programmes include drama, debating, music and singing, ballets, and so on. However, a beginning has been made. One particularly successful club has been formed at Tauranga.

### **Coaching**

The Department's officers have given much-appreciated service in coaching for swimming, field athletics, tennis, basketball, baseball for girls and women, football, boxing, wrestling, and other sports. They have also taken a leading part in the planning and organizing of tabloid sports, for which a bright future is promised.

### **Church Youth Movements**

The principal religious denominations have youth movements, which have been making notable progress. As the result of correspondence and a discussion with me by a deputation from the Council of Churches, the Department's attitude and policy are now clearly and fully understood. I stated originally that the advice and expert assistance of the Department's officers were readily available, wherever possible, for the planning of recreational programmes and the training of leaders for religious organizations as well as for other groups. Executives of churches' youth movements have recognized the benefit of this co-operation. Already the Department's officers have trained—or are training—540 leaders, chosen by the churches.

## **PROPOSED DEVELOPMENTS IN NATIONAL RECREATION**

In order to provide greater facilities for recreation in the post-war years it is proposed, as soon as conditions permit, to proceed with or foster the following steps, which are more particularly mentioned under the appropriate headings in the subsequent paragraphs:—

- (i) The provision of facilities for holidays for industrial workers;
- (ii) The development of the Group Travel Service on a national basis;
- (iii) The construction of mountain track systems and encouragement of Youth Hostels and Tramping Clubs:

- (iv) The establishment of holiday camps where desirable:
- (v) The provision of greater opportunities for recreation at tourist resorts:
- (vi) The improvement of the beaches of New Zealand and encouragement of surfing and swimming:
- (vii) Co-operation with the New Zealand Council of Sport to encourage sport:
- (viii) Encouragement of local authorities to equip and maintain community centres:
- (ix) The publication of up-to-date information on sport and recreation through a magazine, pamphlets, and sports manuals:
- (x) Extension of the services rendered by District Physical Welfare Officers.

### **Facilities for Workers' Holidays**

Now that New Zealand's industrial workers have the right to annual holidays with pay—a right long enjoyed by professional and clerical workers—the Government naturally wishes to assure reasonable facilities for a proper enjoyment of such holidays. Long before my wishes found expression in the Physical Welfare and Recreation Act of 1937, I had given much thought to the need of a new deal in physical welfare, in its broadest sense, for persons on the lower grades of income in industrial or other occupations. That matter continues to have my whole-hearted interest, which is shared by an increasing number of earnest workers for human welfare. It came up at the 1938 Conference of the International Labour Office, whose report had this statement:

“Holidays with pay, whether prescribed by legislation, specified by collective agreement, awarded by arbitration, or based on custom, are spreading rapidly in many countries, and the number of groups affected is steadily increasing.

“The development of holidays with pay raises the problem of the use of their holidays by large numbers of workers with low incomes. Existing holiday facilities were introduced chiefly to meet the needs of those sections of the population whose means are more substantial. The question must therefore be considered whether such facilities are now sufficient and whether they satisfy the special needs of the new type of user.

“In order to meet these new needs, experiments and innovations have been made in many countries, and national experience in this field should therefore be compared.

“There can be no doubt that combined action is required on behalf of the large groups which have newly become entitled to holidays with pay. To work out the general principles which should govern this combined action and to indicate the methods to be adopted for the solution of the problems connected with a wise use of such holidays is therefore an important task.”

The Conference made suggestions and recommendations along lines which have already received attention from the Department of Internal Affairs and its associates in the field of recreation, including travel. For this purpose the Department is always in readiness for co-operation with the Group Travel Association and the Tourist and Railways Departments for the planning and organization of holiday trips whenever the conditions are favourable.

### **Group Travel**

The group-travel scheme soon proved itself something far better than mere sight-seeing trips. First of all there was the pleasant companionship of the travellers, freed from toil and eager to be humanly interested in one another. They found cheery friendship in places that they visited, and had opportunities to see the various communities' industrial background—whether farming, manufacturing, timber-milling, or mining. Of course, the journeys took in splendid scenery and healthful recreation in spare hours. Altogether, those travellers were introduced to the real New Zealand—people as well as places. Their sense of country was strengthened by this better understanding; they became better units in the national structure. The experience so far indicates that a big development of group travel can have its very important part in happy nation-building which always needs a strong basis of good understanding and goodwill.

Naturally, in this new development, first attention was given to the needs of mothers of large families, eager for a low-cost trip to a refreshing scenic resort, the holiday which had always seemed beyond the family's means. Next came hard-worked wives of farmers, who had well earned the right to a holiday, with change of scene and chats with other women travellers. Then the helping hand of group travel stretched to industrial workers, who were due for a lift from factories and mines to the wide open spaces of health-building enjoyment.

There is good reason for a belief that the post-war development of tourist traffic will include extensive organizing of group travel between New Zealand and Australia, with benefit for both countries from various viewpoints. Such interchanges of visits will further strengthen the friendship of the Commonwealth and the Dominion for mutual welfare.

**Group Travel Associations.**—Just before the war the South Island travel agencies combined to form a Group Travel Association to work in co-operation with the Department of Internal Affairs and the Tourist and Transport services. So successful was the South Island organization that arrangements were made for the Tourist Department to extend a similar service to the North Island. The Group Travel movement is now organized, established, and ready to carry out its part of the programme for national holiday recreation in accordance with the travel facilities available.

**Holiday Bursary.**—For the mothers of large families of ten or more children there has been established a Holiday Bursary, to which members of Group Travel parties have contributed in appreciation of the movement. The fund is kept in district divisions, and

in each district, to the extent of the funds, grants are available covering the entire cost of a group-travel tour for mothers of ten or more children. Already many such mothers have enjoyed this unexpected boon. The change, the rest, the companionship of other women, and the warm hospitality of the places visited have brought new life to them.

**Country Women.**—Many Group Travel tours for country women have been successfully conducted as the opportunity of transport offered. Organizers have been at work contacting the various women's organizations, and there are many requests for more tours, all of which will be provided as soon as practicable. The Group Travel Association and the Tourist and Railways Departments are making provision for all estimated demands in this direction, and the Department of Internal Affairs will continue to organize adequate recreation for such occasions as required.

**Industrial Workers.**—Much has also been done for industrial workers; it is in this field that the greatest development is still required. Week-end recreation trips have been organized for munition workers and staffs of other essential industries. In some instances assistance has been given with the establishment and organizing of holiday camps for war workers.

In this the Department has had the full co-operation of the employers, who in some cases have paid the costs of the camps or tours or subsidized them. In all cases the employers have expressed their satisfaction with the results and have asked that further activities be arranged. They realize that young people in industry must be provided with easy access to refreshing travel to offset the monotony of their occupations. The services of Physical Welfare Officers are now available throughout the Dominion to organize this recreation and to pass the organized parties on to the travel interests for transportation and accommodation.

### Mountain Tracks

One of the greatest demands in recreation in recent years has been for quiet pathways into the country where people can rest from the noise and bustle of the modern city. All through the world—in England, on the Continent of Europe, and in America—this movement was growing by leaps and bounds before the war. If its growth was not so noticeable in New Zealand it was only because of the country's great wealth of unbroken mountain country and the unlimited opportunities available. Nevertheless, by the summer of 1938-39 the existing mountain tracks were showing signs of overcrowding. In 1939-40, the first year of the war, the Department had some difficulty in arranging hut accommodation for the hundreds of young New-Zealanders who wished to take to the mountain trail for their holidays. With the end of the war and paid holidays for workers, those hundreds will become thousands. At present there is no possibility of meeting that demand on the national system of mountain tracks.

Even before the war the Department of Internal Affairs had taken steps to improve the position. There were, of course, existing tracks, some maintained by the Government and some by tramping clubs. There were one or two conducted walks, such as the Milford Walk, but these were of the more expensive kind and not easy to reach from the larger cities. This was in no sense a reflection on the agencies which conduct such tours, because their aim was a high standard of meals and accommodation, mainly for tourists. But the Department of Internal Affairs has a duty to provide recreation for New Zealand people on the lower levels of income, people who would be pleased with a less luxurious and much less expensive track system that young workers could afford.

**Tramping Clubs.**—The tramping clubs provided opportunities for trips of a more ambitious, more arduous kind requiring the carrying of heavy packs in long journeys over difficult country. This was rather arduous for most people and proved very dangerous when attempted by inexperienced parties, with consequent loss of life in some cases. It was necessary to reduce the cost while easing the degree of exertion and increasing the comfort.

**Proposed Mountain Track Systems.**—It is proposed:—

- (1) To make easy, well-defined tracks in interesting but safe country:
- (2) To build accommodation huts at places, not too far apart, so that the tracks will be accessible to most people:
- (3) To build slightly more elaborate huts giving reasonable comfort in all weathers, and to maintain them in good order:
- (4) To organize the mountain track system so that whole families, including the mothers, can go out for an ideal holiday at suitable cost and in reasonable comfort:
- (5) To publish a reliable guide booklet to each track, including route notes, maps with full recreation legend, photographs, and notes on mountain flowers, trees, birds, geology, animals, insects, weather, and history of the locality, including the story of its pioneer exploration.

Such work will need the full co-operation of State Departments, the Federated Mountain Clubs of New Zealand (including the New Zealand Alpine Club), the Royal Society of New Zealand, and other organizations.

**Tracks completed.**—The work completed since the passing of the Act in 1937 is a good beginning. One new track system, Harper Pass, has been completed; five huts have been built. Another in the Tararua was well advanced when war forced the suspension of track-making.

The Harper Pass Track runs through the heart of the Southern Alps from the Hurunui River in North Canterbury, via Lakes Taylor and Sumner, to Harper's Pass, which was one of the original passes from Canterbury to the West Coast; it continues down the Taramakau River Valley to Aickens, on the Greymouth-Christchurch Railway. The scenery in this area is famed for its beauty and grandeur. This track has been completed and is in use.

The Tararua track begins above Kaitoke, about forty miles from Wellington. It then goes through the Tauherenikau Valley to Totara Flat, where the country is of a contrasting but equally beautiful appeal, and continues to Mount Holdsworth, where the northern end of the track joins the road to Masterton or Carterton. This trip will take about three days in all, and it will also be possible to do a walking tour coming out at a point half-way along the track.

### Camps

With the end of the war and the removal of petrol restrictions, camping, and particularly motor camping, will come importantly into holiday recreation. A network of good small camps is provided and maintained by the automobile associations throughout New Zealand, and should meet the needs of the motoring public.

At specially popular resorts, however, it appears desirable that larger and more elaborate camps should be constructed to serve the very large number of campers there in the summer period. These camps require more supervision than they have now and better provision of firewood to prevent damage to nearby plantations. Where it appears likely that many such campers are likely to be in residence for a period, recreation facilities will have to be provided, and suitable recreation programmes arranged.

The provision of camps in national parks and other reserved areas will call for special safeguards, involving full co-operation with the State Departments controlling these areas.

### Recreation Programmes for Tourist Resorts

One of the most promising pre-war developments was the provision of well-organized recreation programmes at selected tourist resorts where large numbers of New-Zealanders gather in the summer. Representations were made that people who were on holiday did not wish merely to stay in a hotel or stroll through streets all day. They wanted small sports tournaments, games, parties, picnics, in which they would meet other people, and general arrangements to go out and enjoy themselves in the open air.

Consequent upon these recommendations various types of recreational programmes were tried. Tramps, picnics, launch trips and outdoor excursions were very popular, and the demands for them were insistent. Sports activities were arranged for the younger folk, and these too were well appreciated.

Comment made on the experiments showed that this provision had greatly increased the general enjoyment of a stay at a tourist resort and suggested that this aspect of recreation policy could appreciably increase the attraction of tourist resorts. When conditions permit, this policy will be pursued again and extended to all main resorts.

### Beaches

Another great factor in holiday recreation is the wealth of first-class beaches in the Dominion. In England and in Australia much has been done to provide recreation on the main beaches, and thus more people have been drawn to them. These beaches have proved ideal places for the tired city mother to take her children. She can rest in comfort while her children have a happy time in properly supervised playgrounds under competent directors. Similar enterprise should be undertaken at the principal beaches of New Zealand.

This programme will require the support of the local authorities concerned and the co-operation of the New Zealand Surf Association to ensure the safety of the beaches.

**Beach Patrols.**—In carrying out this policy consideration will have to be given by those concerned to the following points:—

- (1) The appointment of full-time qualified life-guards on the more important beaches during the summer period;
- (2) The provision of the equipment necessary to prevent drowning fatalities;
- (3) The organization of beach recreation and the facilities and equipment necessary for such purpose.

### Councils of Sport

Following on the successful formation of Provincial Councils of Sport, the New Zealand Council of Sport was established. It is an official but independent body representing all sports, and acts as principal adviser to the Government on all matters affecting general sport in New Zealand. In the case of a particular sport, the association concerned is directly consulted. An invitation to the Department to be represented on the Council was appreciated but not accepted, because the Department wished the Council to be entirely independent. No officer of the Department is permitted, by virtue of his official position, to be a member of the Council or to attend the meetings of the Council other than by invitation to discuss the merit or practicability of some special scheme under consideration.

The Government has assisted in the establishment of the Council with grants to cover annual expenses of administration and expenses incurred in special approved schemes. The Government will consider any schemes or suggestions put forward by the Council on their respective individual merits. The Council is a medium for consultation and co-operation between the individual sports bodies for mutual welfare. It has no right of interference in the domestic affairs of any sport, but proceeds by co-operation among its members for the common good of all sports.

### Community Centres

Since the passing of the Act the term "community centre" has come much into fashion, especially during the past two years. Examples of other countries, especially the United States of America, are quoted, but in this field New Zealand has to work out its own policy in accordance with its own conditions, which are importantly different from those in America or in Great Britain, where the community centre movement was spreading before

the outbreak of war. The New Zealand Act is intended to encourage the establishment of such centres, where social and cultural activities are linked with those of recreation and sport and encouragement given to the display of good sportsmanship, courtesy, and manners rather than the mere development of physical strength. In the ordinary course such centres must be matters of local enterprise as they are for the benefit of people in the areas concerned. It is in these centres that the older people will be able to foregather with the younger people and thus reintroduce into our community life, that fine practice of older days whereby youth and their elders assembled together to enjoy their recreation periods. Already the principle of self-help has been honoured in several districts where centres have been established and in others where progress is being made with such projects.

Under the Municipal Corporations Act, 1933, and the Counties Act, 1920, Borough Councils and County Councils were given authority to expend moneys for the provision of recreative amenities for the inhabitants of the districts under their jurisdiction. These powers are consolidated and their application made wider to include all local authorities under the Physical Welfare and Recreation Act, 1937. This Act authorizes every local authority to expend money for the provision of facilities, equipment, centres for physical training and exercise, sport and recreation of the inhabitants of its district, and social activities for the people. A local authority may engage qualified persons and may manage and control such facilities. Authority is also given to make grants to voluntary organizations serving the recreative needs of the community.

In the development of several community centres the Department's officers have helped appreciably with advice and other expert service, and have been available for the planning and organization of physical welfare and recreation programmes. That kind of assistance is freely in readiness for the promoters of similar centres in other localities.

### Information Service

Many official contacts in other countries have been established to ensure that New Zealand will get prompt information of all important developments in international and national recreation. These contacts will be increased as soon as world conditions permit. It is also proposed to maintain a full record of what is being done in New Zealand, the various requirements and specifications for recreation, and the rules and laws affecting participation in order that at any time a clear picture of New Zealand conditions may be visible.

This service will be made available freely to ensure that New Zealand will be well and correctly informed on recreation.

**Magazine.**—It is proposed, when practicable, to publish a good-quality illustrated magazine on sport and recreation. This magazine will be a digest from the recreation resources of the Dominion embracing all interests and serving the community with modern information. The co-operation of recreation associations will be enlisted to ensure a supply of contributions by experts.

**Pamphlets.**—Part of the emphasis laid by the report of the International Committee on Recreation was on the need for the distribution of pamphlets giving correct and adequate information on recreational opportunities. The publication of such literature affecting the recreation of the people will be fostered and encouraged.

**Sports Manuals.**—Similarly, in close co-operation with the main sports associations, it is intended to foster the publication of such coaching and instructional manuals as may be required from time to time.

### Facilities

There is no doubt that a great development of facilities for recreation will be required after the war, but, from whatever point this matter is viewed, it is essentially one for local enterprise. Necessarily local authorities are more concerned than the State, as the benefit is to be for local people. The powers of local authorities in this respect have been mentioned under the heading of community centres.

## POLICY FOR COMMUNITY RECREATION

In the local districts, as in the national field, it will be necessary to provide a service for the people to enable them to have ready access to their chosen form of recreation. There will be no compulsion or control. The service will be there for those who desire to take advantage of it. This service for community recreation will be provided by the Physical Welfare Officers in the following manner:—

**Information Service.**—In each district the Physical Welfare Officers will maintain full information on the recreational clubs and facilities of the district in order that any person desiring this information may call at the district office and be correctly informed. This policy means that any person desiring to participate in a particular recreation may obtain the necessary information about clubs and conditions. The coaching necessary for taking part in any chosen sport will be arranged through the local Council of Sport and respective sports organizations.

**Fitness Campaigns.**—The Physical Welfare Officers will take such steps as may be desirable from time to time to promote the physical fitness of the community and to inculcate an active interest in healthy recreation by means of lectures, demonstrations, pictorial displays, and films.

**Holiday Recreation.**—An adequate, up-to-date knowledge of the recreation facilities of holiday resorts and camping areas will be maintained for the benefit of the public. This will include full records and notes of the tramping tracks in mountain areas and recognized camping sites. Every effort will be made to meet the needs of the community in holiday recreation, including the arranging of suitable programmes at resorts and camps.

**Group Travel.**—The Physical Welfare Officers will contact industrial workers, women's organizations, and other people who desire to participate in group-travel tours and pass such organized groups on to the Group Travel Service for transport and accommodation.

**Industrial Recreation.**—There is a notable trend in industrial concerns overseas to provide recreation for their staffs during the working-day. The services of the Physical Welfare Officers will be available to managements of industrial concerns interested, to advise, to assist, and to train staff leaders in organizing suitable recreation.

**Community Centres.**—The Physical Welfare Officers will assist local controlling committees of community centres in beginning such activities, in designing programmes for later use by the centres, and in training staff.

**Playgrounds.**—It is very important that all large centres of population should be equipped with proper playgrounds on which there will be qualified supervision and planned programmes during the periods when children are free to play. The Government favours the establishment of Municipal or Local Playgrounds Associations. Where these are formed the services of the Physical Welfare Officers will be available to advise the associations, to draw up programmes for them if required, and generally help with the organization of playground recreation.

**Leaders.**—It is apparent that Physical Welfare Officers themselves will not usually have time to give direct instruction to groups, as this would involve a very large staff. Consequently, where organizations desire their leaders to be trained in recreational work the Physical Welfare Officers will train groups of leaders on a 100-hour course for a special Recreation Certificate, the syllabus of which is designed to meet all needs. Awards of these certificates by examination now total 24. There will be a big increase in due course. Apart from these specially trained leaders, about 5,000 persons have been instructed sufficiently to qualify them for certain tasks in leadership.

**Liaison.**—One of the duties of Physical Welfare Officers will be to provide suitable liaison not only between the Government and the local recreation associations, but also between those associations themselves, the local authorities, and other interested societies and clubs. The officers will assist the local Councils of Sport in every possible way and help all sporting clubs and societies requiring assistance.

### SUMMARY

This is a long-term policy for national and community recreation in which it is proposed to continue the servicing of an organization designed to promote the physical fitness, health, and well-being of the people by:—

- (1) Encouraging and helping all existing organizations engaged in this work, such as Church clubs and other similar groups, Councils of Sport and other sports associations, so as to prevent overlapping of effort;
- (2) Assisting in the formation of physical, recreational, and cultural organizations in districts where they do not exist or are not sufficient for the needs of the locality;
- (3) Training of leaders for these organizations to guide and direct their activities;
- (4) Giving special encouragement to the formation of youth clubs with the object of moulding a proper future for the youth of the community.

Physical Welfare Officers will not take any active part in the government or administration of these clubs or organizations. Particularly will this be so in the case of Youth Clubs, where the members will be trained and encouraged to assume full responsibility for the management, control, and initiation of suitable policies for their clubs.

Endeavour will be made—

- (1) To provide every New Zealand citizen with the means of obtaining a healthy recreative holiday through (a) group travel, (b) mountain track systems, (c) camps, (d) organization of beaches; and
- (2) To inculcate in the people an active interest in healthy recreation by means of (a) fitness campaigns, (b) local and national competitions and demonstrations, (c) lectures and demonstrations by Physical Welfare officers, (d) publications, (e) generally every avenue that will be the means of attaining the objectives of the Physical Welfare and Recreation Act, 1937.

The establishment of community centres in all suitable places will be definitely encouraged. These centres will contain adequate recreational facilities to encourage youth, by healthy competition, to develop the spirit of good sportsmanship, courtesy, and manners, rather than mere development of physical strength. In addition, the community centres will tend to revive that fine practice of olden days whereby the youth and their elders assembled together to enjoy their recreation hours.

The measure of financial assistance to be made available for the carrying-out of this programme will be decided by the Government, from time to time, according to its policy.

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