

**A PRACTICAL
RECREATION MANUAL
FOR SCHOOLS**

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A Practical Recreation Manual for Schools by Lebert Howard Weir & Stella Walker Durham

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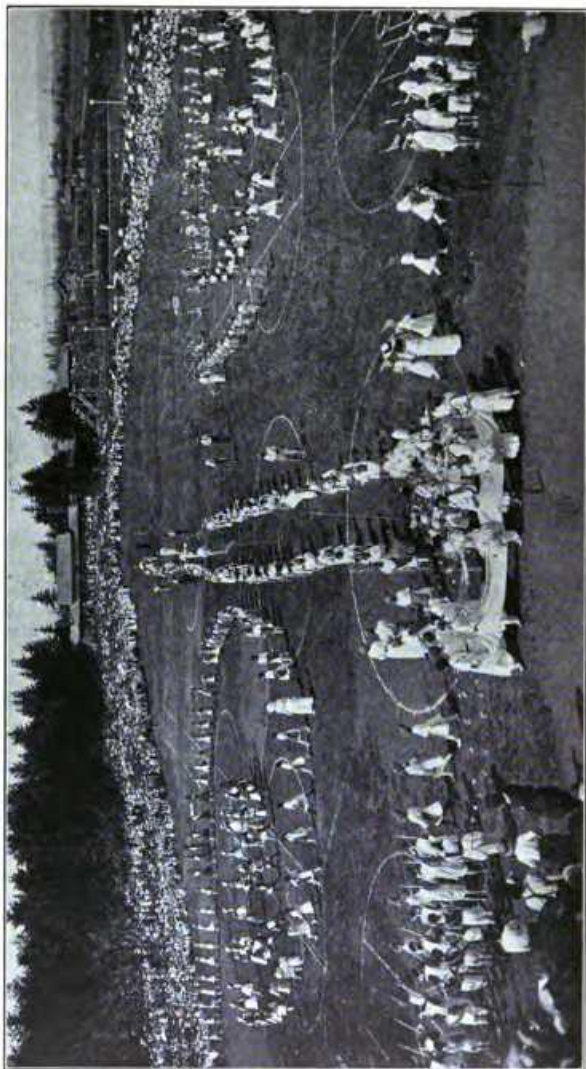
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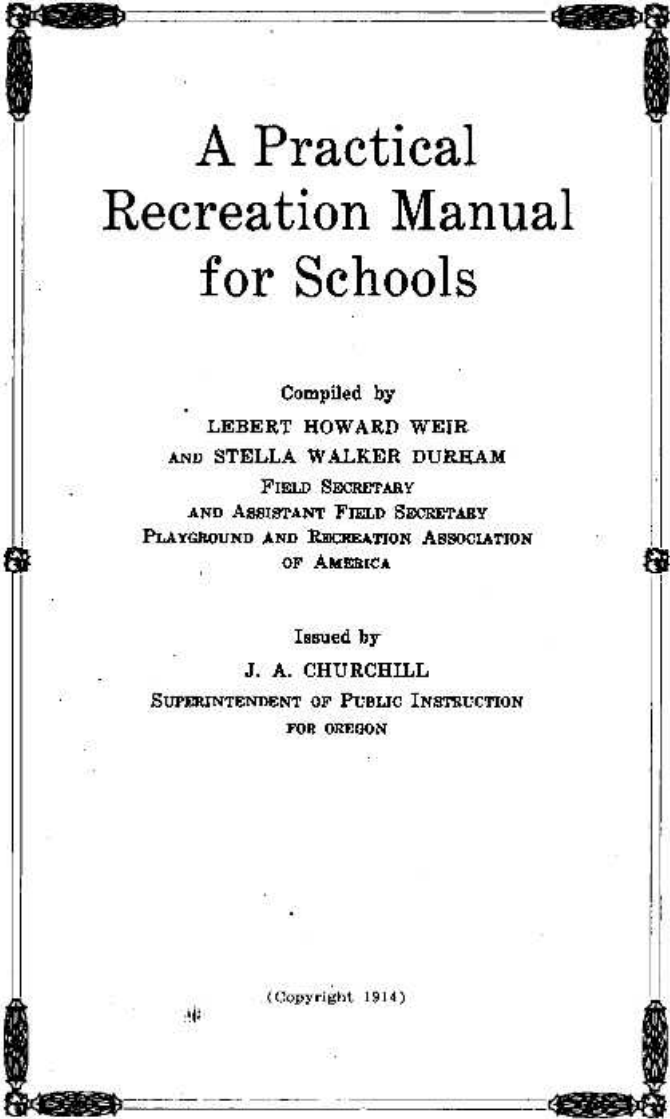
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LEBERT HOWARD WEIR & STELLA WALKER DURHAM

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Play Festival on Meadow of Peninsular Park, Fortland, Oregon, 1913.

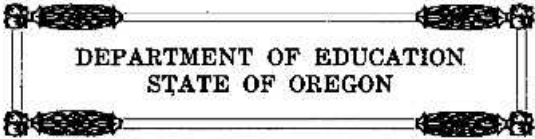


A Practical
Recreation Manual
for Schools

Compiled by
LEBERT HOWARD WEIR
AND STELLA WALKER DURHAM
FIELD SECRETARY
AND ASSISTANT FIELD SECRETARY
PLAYGROUND AND RECREATION ASSOCIATION
OF AMERICA

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Play Shed, Boys' and Girls' Aid Society, Portland, Oregon.



DEDICATION

TO THE CHILDREN OF OREGON, to whom Nature has bequeathed broad plains to roam, high mountains to climb, clear rivers to swim and warm sunshine and gentle rains to make them strong, this book of Plays and Games is dedicated. If it shall add a little to their good health; if it shall subtract one tiny whit from the drudgery of their necessary tasks; if it shall divide their hours of childhood sorrow by days of merriment; if it shall multiply by the smallest fraction their youthful joy in living, then will its authors have been greatly rewarded.




INTRODUCTION

IN compiling this manual the aim has been to get together whatever material on the subject would be of most immediate and practical help to the teachers of Oregon. In order to do this we have borrowed freely from many sources. Acknowledgment is especially due to E. B. DeGroot, secretary of Chicago Playground Association, for information upon equipment; to Jessie H. Bancroft, from whose book, *Games for the Playground, Home, School and Gymnasium*, many of the games have been taken, and to George E. Johnson, whose *Education by Plays and Games* has been a never-ending source of inspiration.

To Robert Krohn, Director of Physical Training in the Portland Public Schools, and to Cecile Boyd of the Physical Training Department of the Portland Y. W. C. A., we wish to express sincere gratitude for practical suggestions and criticisms.

LEBERT HOWARD WEIR,
STELLA WALKER DURHAM.



C O N T E N T S

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