

\* One of our eminent judges cornered his teenage daughter and the conversation went:  
"I want to speak to you about a person hereafter referred to as Young Jones."  
"Did I, or did I not, see him on or about these premises last night?"

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\* BEAT boy to barber: "Didn't I have you the last time I was here?"  
Barber: "How should I know? I've only been open three years."

LAUGH AWHILE.

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immobilising the weapon hand.  
"The handshake, therefore, originated out of distrust, rather than friendship."

THE PALM ISLAND NEWS.  
Friday: 11th March, 1966.

### RECREATION.

On Palm Island the Social & Welfare Association organises the regular sporting events and entertainment.

Our free time is our own, to do with as we will within the limits set by opportunity—the price the place, the tools, the companions. This freedom to choose leisure activities belongs, with some qualifications, to young people as well as adults. For thousands of years human beings lived an outdoor life, hunting, fishing and tilling the soil. Even if they did fall prey to hazards of their primitive existence at an early age, they were stalwart and strong, agile and alert—drinking deeply of life while it lasted.

But—that was long ago. For the past several generations man, in the mass, has been cooped up in factories, in offices and in cramped habitations, living almost constantly in a crowd; rarely except for the few who farmed, fished or foraged afield, getting out into the great wide-open spaces.

Is it any wonder that, fenced about in this fashion, the great majority of human beings have developed maladies and have acquired all sorts of ills of mind as well as body?

So, then, we have a two fold problem—confinement of person and curtailment of expression. What a sorry plight. We have mastered the "business of living" but somehow have not acquired the "art

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Brown Mathews, Dr. Williams School, Dolgellau,  
Merrioneth, Wales. ~~Brown~~ Brown is 12 years of age and  
she likes dancing and reading.

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Graham Lewis, 11 Bedale Drive, Mowmacre Hill, Leicester,  
Graham is 11 years of age and his hobbies are fishing and shooting.

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Jennifer King, 55 Carlton Street, Hillsborough S.E.5  
Auckland, NEW ZEALAND. Jennifer is 16 years of age and  
her hobbies are Pops and sport.

Perhaps there are some girls and boys who are  
interested in writing to some friend overseas. If you  
are then choose a friend from the list below:-

PEN FRIENDS.

(3)

(2)

of living."

Well, there is an answer? In spite of restrictions, responsibilities and demands of modern conditions, can the average person find for himself or herself the fuller life? Yes - there is something we can do - all of us, in some useful degree. We can truly LIVE IN OUR LEISURE. We can, in a word, turn to RECREATION.

The value of recreation lies in the improved living it promotes. Men, women and children must use their minds, their muscles, their emotions and their spirits if they would live abundantly. Australia is a natural playground, offering maximum opportunity for the enjoyment of leisure. The many thousands of our people who participate in sports and games, who develop their creative talents, who find satisfaction in music and the drama, who give full rein to their hobbies and who make the most of this land so richly endowed with sunshine, forests, mountains, rivers and beaches, symbolize a new era - which is finding in recreation a more satisfying way of life.

Since recreation concerns the welfare of Australians so vitally, you will not be surprised to find that both Government and voluntary agencies have been established for the guidance, co-ordination and stimulation of the recreation as an essential means of attaining and maintaining fitness.

Voluntary agencies pioneered in the field of organised recreation. Today, recreation is a profession. While volunteers will always be the mainstay, the recruitment and training of professional leaders of leisure is of vital importance.

If Australia is to remain a land of freedom and initiative, then the people of Australia - young people, all people - must cultivate the "art of living" through recreation.

Here on Palm Island you can benefit by showing an interest in your association and by helping in every way you can.