

Written for this Paper.

WHAT IS RECREATION?

Recreation is a desirable and a very necessary thing. To have a change of surroundings, associations and habits, if only momentary, is a relaxation. Most things in life can acquire a sort of sameness which almost become drudgery. There is indeed life in change; "variety," it is said, "is the spice thereof," and from this can come much of enjoyment, all other things being equal.

Yet it is surprising how often the opportunities of change lead to excess; how readily persons indulge in things which nullify the very object of their out. A radical change of the usual food is very often the first thing, and if the change of air increases the appetite, more is eaten than is good or needed, so that often, after such a time, days elapse before there comes again the normal condition. The system has been upset, gorged and imposed upon, until the object sought is not only defeated, but an injury has been done and the benefit is nil. This overeating and consequent suffering is often intensified by the undue imbibing of liquid refreshments—so-called. Persons become more or less heated, worried and thirsty; ice-water, lemonade, soda or beer are the presumed panaceas for the condition, and somehow seem to be included along with excessive eating in this so-called enjoyment.

Coupled with these extra expenses, there is car-fare, railroad ticket, bathing suit or room, and a special stimulant besides, until if there is much of a family, it needs much of a purse—all which may be allowed by most as an occasional thing. But it is noted that this is apt to become a mania. Once or twice in a season becomes once a week, and not a few want to rush out every day for a dip or dance.

There can be no objection to resorts or railroads advertising their facilities and "working up" public sentiment, until this business is all deemed an absolute necessity of pleasure and recreation, if not of life itself; and some enthusiast has gone so far as to indicate how many years can be added to existence, or have it made more enjoyable, if only a few dollars are spent for a support, which is at least questionable as a whole, or when patronized beyond wisdom or means.

If men are wearied in business, if housework becomes monotonous to a woman, or if children need more room than the door yard affords, or nicer than the streets, a visit in the country, a roll on the grass, or a tent in the shady suburbs of some little proximate village, where milk, eggs, butter and fresh fruits or vegetables can be had, is vastly better than the excitement of most resorts, with their dancing, drinking and burry. Then the everlasting pulling of the strings of every kind of organization is somewhat of a reprehensible thing. Not that wards and societies should be without their opportunities; but to make these the handle of interested parties, to use them and pit them in rivalry one against another, using all the arts of the circus, fair or theater to compass the end in view, is not as good as it ought to be. Some are ready enough to run into excesses, to escape

from discipline and observation, without all the forces of organization lent out themselves to undesirable expenditure and opportunity.

Human nature is human nature, as all observation and experience prove. There are hosts who are safe in conservative society, and yet are not proof against temptation or the tempter. And while the strong may plead agency, and the shallow philosopher the certainty and need of trial, all the machinery of society, particularly religious society, ought to be restraining and helpful, rather than passive and critical. Consequently sectional outings are vastly netter than indiscriminate gatherings where oversight and interest would be looked upon as intrusive and without shadow of right.

There are forms of recreation which at a superficial glance would be held as outside of criticism and beyond the reach of "mind-your-own-business" observation; such as the Saturday night or Sunday morning drive into the canyons on a fishing excursion. We noticed the other day the mention of a party of this kind in the morning paper, the majority of whom had been caught the propriety of Sabbath observance, for they were the sons of good old "Mormon" families, and not unlikely every one could have had his sport or enjoyment on the week day if they had wished, even if they were all in business. But some become so perverse in feeling and thought as to more readily indulge in a thing forbidden than that in which no restraint exists.

In this way we look upon the wheel craze which now dominates the land, and which seems to prefer the Sabbath for its time of use, recreation and competition, runs to Farmington, to Kayville, to Ogden, to Draper or Cottonwood be ng of weekly occurrence. As far as we have seen, the press and pulpit are both accessories for remonstrance and protest (if it has come from either) mistaken the form of apology rather than rebuke.

Now, we are as far from desiring to curb proper recreation as from desiring to restore the Puritan Sabbath. But there are some things which tend to break down long-accepted sanctities, religious observances and divine laws that no religionist can condone; and when public acts conflict with the wishes, ideas and scruples of the majority, it becomes a question whether the innovator is gentleman enough to respect the feelings, thoughts and habits of his neighbor or friend. It is not pleasant at least to see a man cutting his grain, hauling his hay, trimming his lawn or performing any mechanical labor on the Sabbath, unless absolutely a necessity.

Into these wheeling, outing and other devices of unhealthy fancy, we note that the fair sex are being drawn in increasing numbers. We may not find fault with that instinct which desires this congenial association, for even heaven, like the home or society generally, would be shorn of its glory if they were not admitted. At the same time we know that their countenance or otherwise affects all the teeming interests of mankind, and the sterner sex inducements (unfair as well as fair) to secure their presence at the race course, wheel course, the lake

and even on fishing excursions, if it can be done. Yet, if they were educated to remonstrance against flagrant, venial or untimely things or acts, much that is now unpleasant as well as wrong, could be banished from the pursuits and practices of less refined or more aggressive man.

So, seeing the possibility of making "a toil of pleasure," of forfeiting the benefits thereof by excesses, of selecting improper times for outing, it is the part of wisdom to suggest moderation, to take things easy and to seek rest as well as change; that recuperation and an increase of vitality may be the end aimed at, and that return may be signalized by renewed elasticity and greater interest in and ability to attend to duty, rather than to feel worn out, more tired, unrested, and possessing an increased desire to escape if possible the routine and responsibilities of life.

Most business houses provide for their employees having a holiday during the summer, but the concession is far too often valueless because of its misuse. Work is done which because of its novelty is more exhausting than regular employment, or trips are taken, which, while a change, yet involve much extra exertion, and "the last state of that man is worse than the first."

Good reading, pleasant companionship, change of scenery, complete relaxation from all the anxieties of daily routine, with simple diet and quietude, will restore the hypochondriac to fullness of health and enjoyment of life, much more the man or woman who is simply jaded, and feels as if "the grasshopper were a burthen." To such an one, eating, sleeping in the open air, and resting by the rippling waters is worth more than all the medicines of the apothecary, particularly if there is gratitude in the heart to the Giver of all good, and that manly or womanly ambition which in seeking blessing aims to be a blessing to others. Judicious recreation need cost but little, or if it does, the investment is beneficial, and repetition need neither foster laziness or provoke neglect of more weighty responsibilities.

STRONG WORDS FOR SPRAYING.

TAYLORVILLE, July 6, 1896.

Will you please give space in your columns for a brief response to your editorial of July 2nd headed, "Good and Bad Laws," wherein you reflect some criticisms and doubts respecting our horticultural law on fruit spraying? As to your animadversions upon the futile or abortive effect of some well intended laws we fully accord; neither do we deny the necessity of arising to the occasion and stemming the current of discontent with the spraying law.

The first thing in the path of a defender of the law is an explanation of the rising discontent. Now it goes without saying that in every community there will be found some slow-going, inactive people with whom a law enforcing action will be very unpopular no matter what that action may be. Then there is natural, innate stubbornness in mankind that fosters and promotes resistance to every species of force. The very idea of being compelled to do anything is naturally dis-