

ART AS A MEANS OF RECREATION

by

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The Value of Art as a means of recreation is only too well known for me to elaborate in this short message. I would like to say however that some of the Arts are perhaps better suited to recreation in a general way since they are the natural expression of our moods and constituted the earliest known modes of recreation, entertainment and self expression. These are the Arts of Dance and Song - every type of dance and song particularly Communal Dancing and Singing were the indispensable adjuncts of the earliest and even most primitive societies and, have remained so throughout man's progress over long milleniums.

In song and dance man expresses himself, he creates, relaxes and is stimulated to new perceptions and rouses new centers of Energy. And in this process he forgets his worries, his routine and this provides him with a much needed rest. Sound and rhythm have a tremendous influence upon the Inner and Outer Man.

The value of a song has been appreciated in every country and by all races. In some countries every type of labour, especially field labour has its corresponding songs and these songs, made labour easy and pleasant. It brought people together in a common effort and relieved the tediousness of certain occupations.

It has been often said that it is the change of occupation that refreshes us not necessarily a complete rest.

And in this respect I would like to say that true recreation - as the word implies is not an idle entertainment, but an active re-orientation of our occupation.

There are so many eminent personages in various fields of human activity who turned to Art as a means of recreation. Einstein would play the violin; while Churchill would paint and in every case it gave them an infinite joy, stimulated them, rested them and turned their minds into new channels. A number of eminent surgeons and physicians have taken to painting and exclusive exhibitions of their paintings have been specially held. Sometimes these sources of recreation and entertainment would lead to great achievements - and people would gain renown in these new fields.

The practice of these creative activities has a much greater recreation value than mere entertainment where man relaxes and lets his mind and emotions be stimulated by outside factors.

That is why I have always maintained that Art in any of its forms is of the greatest value as a source of true re-creation. The practice of Art involves a coordination of the physical and spiritual elements in Man and while it stimulates man it also develops him and builds his personality.

The very word Re-Creation means a new Creative activity a new Unfoldment and Every True Recreation will have the power to re-create man in the full sense of the word.

To all the Members of The Second National
Recreation Conference, I send my very cordial greetings
and feel sure their efforts will lead to a better
appreciation of the True Meaning of Re-Creation.
