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HELEN N. SMITH,
Director of Women's Athletics

WHEN A LITTLE SOUTHERN DARKEY awakened from a sleep in a northern church and called "Wha' am I at?" he asked a question which everyone interested in health and happiness might well ask himself. Upon the answer to this question, in its relation to a wholesome use of leisure time, partly depends the presence or the absence of stress and tension.

Present working and living conditions make out-door exercise and recreation in some form almost essential to the individual who wants skill, strength, endurance and satisfaction in life. Skill that gleans most easily the greatest enjoyment from work and play, strength that performs tasks with a minimum of strain, endurance that carries on with little or no fatigue, are intrinsic health values, and are within the attainment of every normal individual who gives the proper allotment to good habits, which include exercise in the form of wholesome play.

To all women in the University of Cincinnati, the Women's Athletic Association, through its numerous activities, opens not only the "by-ways," but the "main ways" to health and happiness.

HELEN N. SMITH.