

# Let's play . . .

By John Becton

In case you've seen a group of people out behind the Barnes Woodhall (main entrance) Building with what appears to be a parachute or pushing around a ball that's some four feet across, don't be too alarmed.

They're doing something many adults have forgotten how to do. They're playing.

There is a trend sweeping the nation which emphasizes playing strictly for enjoyment, according to Barbara Yoder, director of recreational therapy for inpatient psychiatry.

### No spectators

The concept is called "New Games," although, Yoder noted, most of the games are old ones which have been revamped.

"They're really competitive, but no one keeps score," she explained.

"The idea is to get as many people involved as possible. The games can be modified for all participants regardless of age or physical capability. There are no spectators in New Games."

Yoder said three rules govern all New Games:

- Play hard
- Play fair
- Nobody hurt

### Not for children only

"The main reason we're using New Games here," Yoder said, "is that all the recreation staff feels adults have a problem with playing and enjoying playing for its own sake. We're told it's just for children."

The games have been a part of the psychiatry recreation program for nearly a year and continue to be well received by staff and patients.

"Especially staff," Yoder said.

A book by the same title describes many New Games, which are easily adapted for whoever wants to play them.

"We also make some up," Yoder said.

The games include old standards such as tug-of-war and fox-and-geese, as well as some lesser known ones, including the "lap game" and "amoeba race."

### Everyone sits

In the lap game, participants form a circle and everyone sits on the knees of the person behind him or her. With careful balance, each person actually can sit.

"Supposedly the Prussian army used to rest in the field this way," Yoder noted.

The largest number ever to accomplish the feat, so far, is 1,468, according to the Guinness Book of World Records.

"It's a low energy way to be close to

other people. And you have to trust the person behind and in front," Yoder said.

"Once seated, you can massage the shoulders of the person in front," she said, and added, "Or if you want to end the game, you can tickle the person."

### One-eyed amoeba

In an amoeba race, a group forms a tightly drawn up circle with one person in the middle designated as the "eye." This person guides the group, the rest of whom close their eyes, as they try to get from one point to another and back ahead of the other "amoebae."

"Unless you're really athletic, adults have few opportunities to play," Yoder said. "But the trend seems to be changing with activities like New Games and Rainbow Soccer."

### Month's message

Since June has been proclaimed National Recreation and Parks Month, the recreation therapist wanted to convey a message from all those involved in recreation at the medical center.

"Think about your leisure life style and what you enjoy doing. Then take time to do it. This will contribute to mental as well as physical well being.

"It doesn't have to be sports. It might be some involvement in the cultural arts or a hobby — anything that makes people feel re-created."



**CHUTE, THIS IS FUN**—A New Game allows one to have fun with a parachute without leaving the ground, as these recreation therapists demonstrate. If your numbers are called (left), you better change places quickly or you'll be enveloped by the descending canopy. But even that may not be too bad (below), because then everyone can help make a terrific giant creepy creature. (Photos by Parker Herring)

## Attention, future ex-smokers

"Some day I'm going to stop smoking."

If these have ever been your words, you now have a couple of opportunities to make "someday" arrive.

Dr. Robert H. Shipley, assistant professor of psychiatry, has developed an intensive treatment to help smokers who wish to kick the habit.

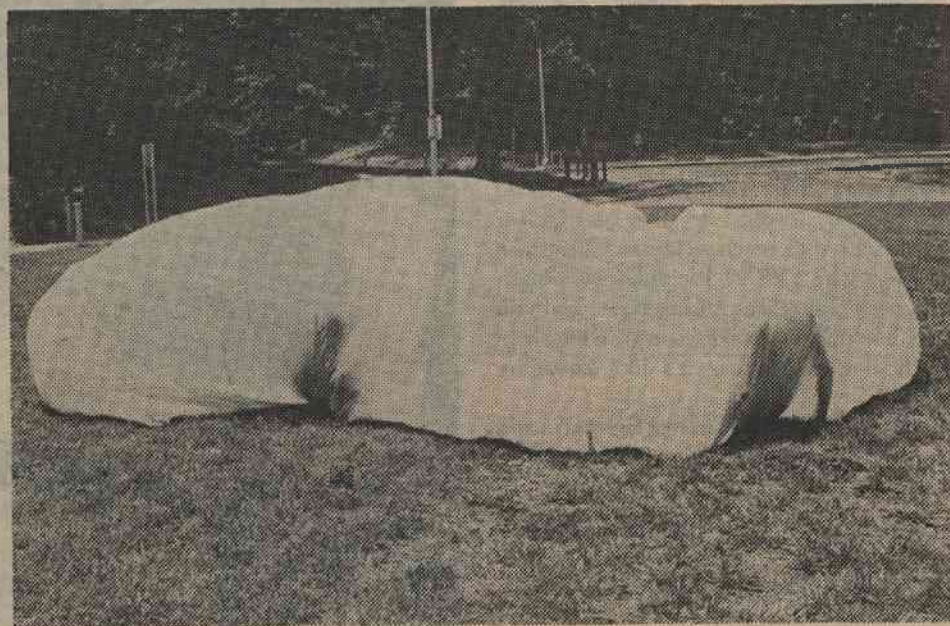
He has been awarded a federal grant to evaluate this treatment and is looking for people who wish to stop smoking.

Interested medical center personnel should call the VA Hospital, 286-0411, extension 6687.

Referrals for treatment of patients can be made through the Behavior Change and Self Control Program ("Bad Habits Clinic"), 684-2887.

An additional opportunity is a Stop Smoking Clinic sponsored jointly by the Research Triangle Lung Association and the Seventh Day Adventist Church, which will be offered at no charge to participants July 10-14.

The sessions will be held each evening from 7:30-9 p.m. in the Five Oaks Seventh Day Adventist Church at the corner of Farrington and Old Chapel Hill roads.



## Medical center calendar

June 23-30, 1978

(Notices may be sent to Box 3354 no later than one week prior to publication.)

**Friday, June 23, 1 p.m.**, Network for Continuing Medical Education program on "Blood Components and their Application." View in Room M406 at Duke and Rooms D3008, C6002 and C7002 and Building 16 at the VA Hospital. Also shown Wednesday, June 28.

**Tuesday, June 27, 12:30 p.m.**, Special Biochemistry Seminar. Dr. H.G. Nimmo, Department of Biochemistry, University of Glasgow, will speak on "Regulation of Glycerol-Phosphate Acyltransferase," in Room 147, Nanaline H. Duke Building. Coffee will be served at 12:15 in the lobby.



**"Nobody said anything to me about renovations."**

## Expectant fathers can suffer, too

(Continued from page 1)

siblings who, many years before, had drawn away their families' attentions. Despite extensive treatment over a long period, one patient has yet to recover.

"We tend to think of developmental stages as something that children go through," Butts said. "It's important to remember that there are also developmental stages for adults and that parenthood is a particularly challenging one."