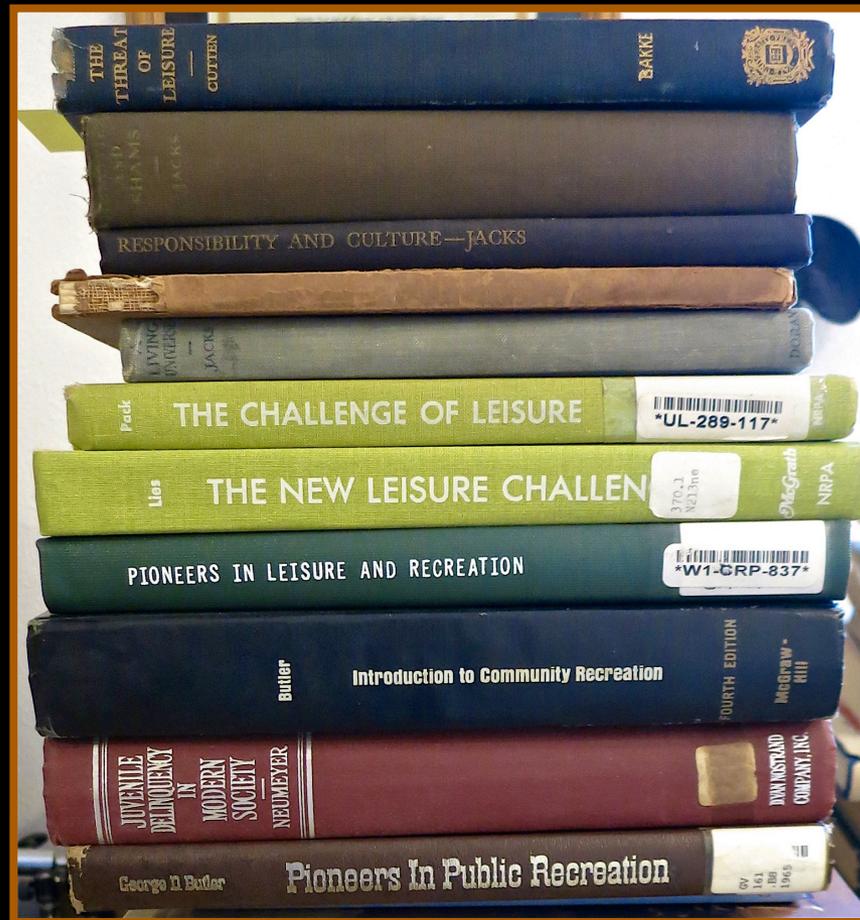


Historic PE, Leisure, & Brain Quotes

Compiled by Ron Jones, MS

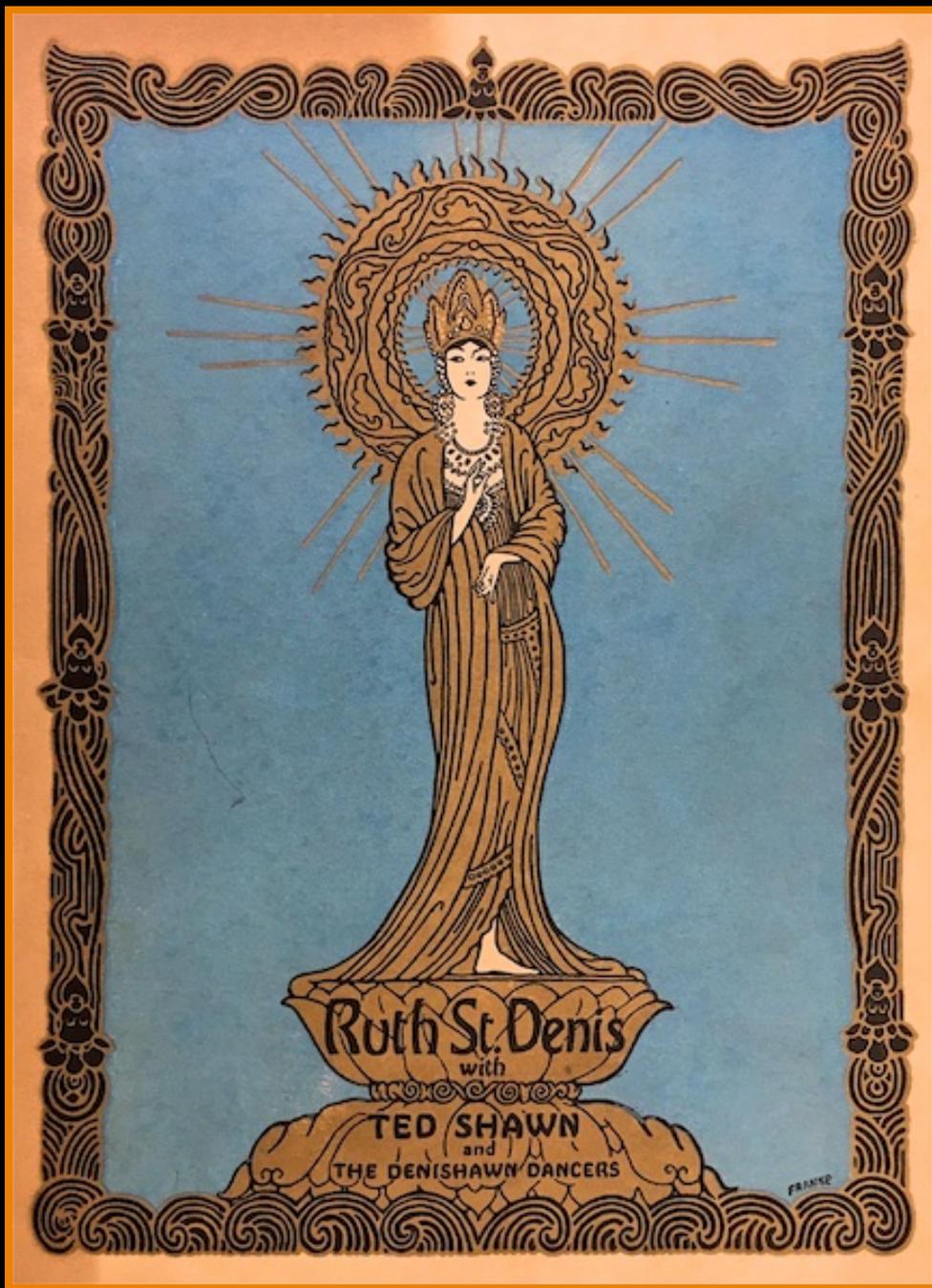


These are “thinking” slides.

Think about *movement as art...*
and “*art through movement*” as
essential to the full, whole, and
integrated life. 😊

***“The art of movement has the capacity to calm,
heal, and integrate. –Ron Jones***





Ruth St. Denis

with

TED SHAWN

and

THE DENISHAWN DANCERS

FRANK

Ruth St. Denis was a pioneer of modern dance who changed how the world looked at life through the “*art of movement.*”



Mirror of the Dance—Ruth St. Denis

The American Ballerina Makes Her California Gardens a *Mise-en-Scène* for Classical Dances

She was known for exquisite use of hands integrated into whole body movements.

She lived, wrote, and danced into her eighties.



Ruth St. Denis was part of the global “*intelligentsia*” where bright minds and influencers came together to support higher culture through the arts and beautiful movement.

Intelligentsia: “the class of intellectuals regarded as possessing culture and political initiative; people doing intellectual work.”

“Remember...we did not
set out to make money,
but to make history.”

-Ruth St. Denis (1879-1968)



“Whether a civilization will live or die depends on the way it spends its leisure.”

–Chinese Sage

“What the world needs is a concept of
integration.

Leisure without work is empty, and work
without leisure is meaningless.”

“Philosophy of Recreation and Leisure” JB Nash (1953)

“Boredom is definitely a modern disease
and lays the basis for many
neuropsychiatric disorders.”

“Philosophy of Recreation and Leisure” JB Nash (1953)



**“dance drawings of martha graham by charlotte trowbridge”
(1945)**

“At an early age environmental experiences are infinitely more important than reading, writing, and spelling.

The child must know the world about him.
People’s intellectual growth stops when they use the escape mechanisms to avoid problem-solving situations.”

“Philosophy of Recreation and Leisure” JB Nash (1953)

“Skills are an integrating force.

Skills of all types are important, but those involving the hand are the essential ones.”

“Philosophy of Recreation and Leisure” JB Nash (1953)

“Various organs of the human body differ in the glide-stroke equation.

The heart, for example, takes its glide every three counts out of five.

The equation is: stroke—one-two;
glide—one-two-three.
Recuperation comes with glide.”

“Spectatoritis” JB Nash (1932)



"Lotus Light: Poems by Ruth St. Denis," Illustrated by Ruth Harwood (1932)

“To continue to think...
we must exercise our limbs, our senses,
and our body organs for these are the
tools of our intellect.”

–Rousseau

“Skills, once learned, are pushed down into the lower reflex centers, leaving the higher centers of the brain free for other things.

The learning of skills is a freeing process.”

“Spectatoritis” JB Nash (1932)

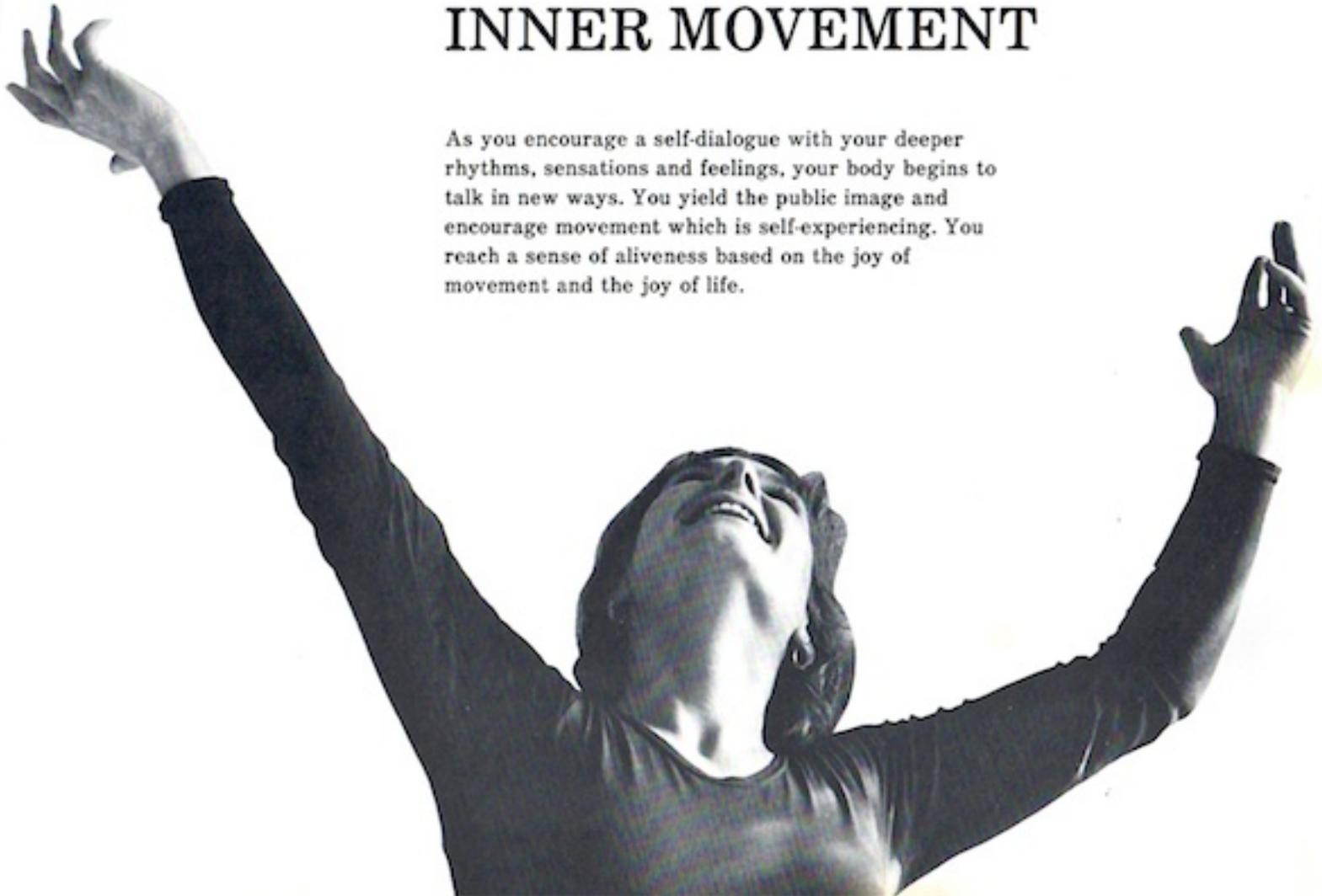
“Without *total body integration*, which is merely another way of saying without interesting things to do, without some drive that is so strong that it unifies the total body purpose, we literally to go pieces.

Accompanying this absence of integration are worry, fear, hate, divided personality, which form the paved road to neural breakdown.”

“*Spectatoritis*” JB Nash (1932)

INNER MOVEMENT

As you encourage a self-dialogue with your deeper rhythms, sensations and feelings, your body begins to talk in new ways. You yield the public image and encourage movement which is self-experiencing. You reach a sense of aliveness based on the joy of movement and the joy of life.



“MOVE AND BE MOVED: A Practical Approach to Movement with Meaning”
Anne Lief Barlin & Tamara R. Greenberg (1980)

“The Greeks, at the downfall of their country,
were characterized as a class of useless
athletes and an unethical
Nation of spectators.

It was then that professionalism and
overspecialization arose.”

“Spectatoritis” JB Nash (1932)

“Every thought, every emotion has its instant muscular response, however slight, and equally there can be no muscular strain without its resultant mental effect.”

“The Thinking Body” Mabel Todd (1937)

“Hypertension is the static contraction of muscles gripping the bones; it is the muscles crying to break loose when they have been shackled.”

“The Thinking Body” Mabel Todd (1937)



"Lotus Light: Poems by Ruth St. Denis," Illustrated by Ruth Harwood (1932)

“If I had to write a motto over the portals
of leisure...

I would do it to in three words—
skill, creation, beauty—
and I would call the whole house
the House of Joy.”

“The Education of the Whole Man” LP Jacks (1931)

“Establish good muscle habits in childhood,
for they are fundamental in the education of
the will and the emotions.”

“Brain Culture Through Scientific Body Building”
Mrs. Theodore Parsons (1912)

To hold your own balance
is to be

Anchored,
Safe,

To trust the
Ground, to which you
Give yourself.

To give
your weight to another is to
Let go,
Feel sure,
Safe.

To take
the weight of another is to
Feel trusted and to
Trust yourself.



“MOVE AND BE MOVED: A Practical Approach to Movement with Meaning”
Anne Lief Barlin & Tamara R. Greenberg (1980)

“...all education, all culture,
should issue from a well-rounded
development of the motor side of life.”

“Brain Culture Through Scientific Body Building”
Mrs. Theodore Parsons (1912)

“Manual training is of inestimable value, requiring the coordination of eye and hand, and at the same time knitting together the cerebral areas concerned, resulting in a general betterment of the organization of the brain.”

“Brain Culture Through Scientific Body Building”
Mrs. Theodore Parsons (1912)

“...it is not the brain alone, but the whole body that is the true organ of the mind, and that as the motor centers are aroused and stimulated into activity, many dormant psychic centers can be awakened and developed.”

“Brain Culture Through Scientific Body Building”
Mrs. Theodore Parsons (1912)



"Lotus Light: Poems by Ruth St. Denis," Illustrated by Ruth Harwood (1932)

“It must be remembered that out of the Greek love for beautiful bodies and physical perfection grew all their arts.”

“Brain Culture Through Scientific Body Building” Mrs.
Theodore Parsons (1912)

“We must teach rhythmical body movements to increase the power of expressing ourselves, and so restore the motor cells of expression, and I believe this variability of bodily movement increases the potentiality of brain centers.”

“Brain Culture Through Scientific Body Building”
Mrs. Theodore Parsons (1912)

“The motor areas are closely related and largely identical with the psychic nature, and muscle culture develops brain centers as nothing else can.”

“Brain Culture Through Scientific Body Building”
Mrs. Theodore Parsons (1912)



INVOKING THE SPIRITS OF THE AIR AND SKY: RUTH ST. DENIS,
Ted Shawn and the Denishawn Dancers in a Classic Number on the Estate of Lloyd Griscom, Syosset, L. I.
(Times Wide World Photos.)

Ruth St. Denis

“The Greeks could hardly conceive bodily
apart from psychic education,
and with them physical was for
the sake of mental training.”

“Brain Culture Through Scientific Body Building”
Mrs. Theodore Parsons (1912)

“The recreation which is not also education
has no re-creative value.”

“Education Through Recreation” LP Jacks (1932)

“Teach a child to play creatively in his games
and he will soon begin to think creatively
in his lessons.

Get it into leisure and it will soon spread
into labour.

Get it into the fingers and it will soon find its way
to the brain.”

“Education Through Recreation” LP Jacks (1932)



Ruth St. Denis

“A people that plays only stupid or violent games will never be great in the arts.”

“Education Through Recreation” LP Jacks (1932)



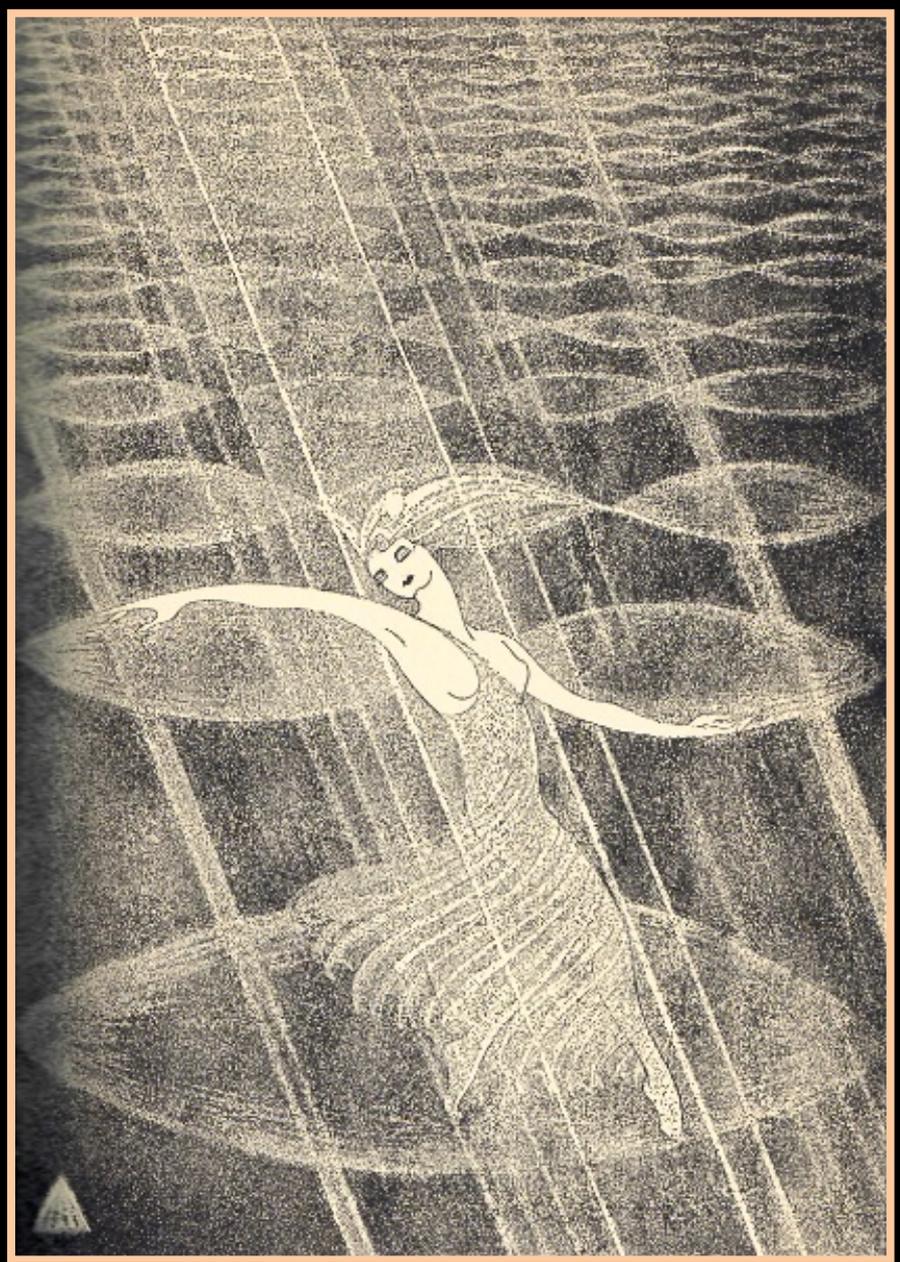
Ruth Clark Lert

“The more sense we lend to an experience,
the more vivid and rich it becomes.”

“A Guide to Civilized Loafing” HA Overstreet (1934)

UNVARIABLE JOY

O LOVE,
I know that thy immortal melodies
Are never hushed.
Unbroken flows the rhythm
For me to dance upon,
And thy unvariable joy
Awaits my fearless being.



"Lotus Light: Poems by Ruth St. Denis," Illustrated by Ruth Harwood (1932)



"Lotus Light: Poems by Ruth St. Denis," Illustrated by Ruth Harwood (1932)

“As our knowledge of the parts increases,
the secret of the whole seems to retire
into a deeper darkness.”

“A Guide to Civilized Loafing” HA Overstreet (1934)

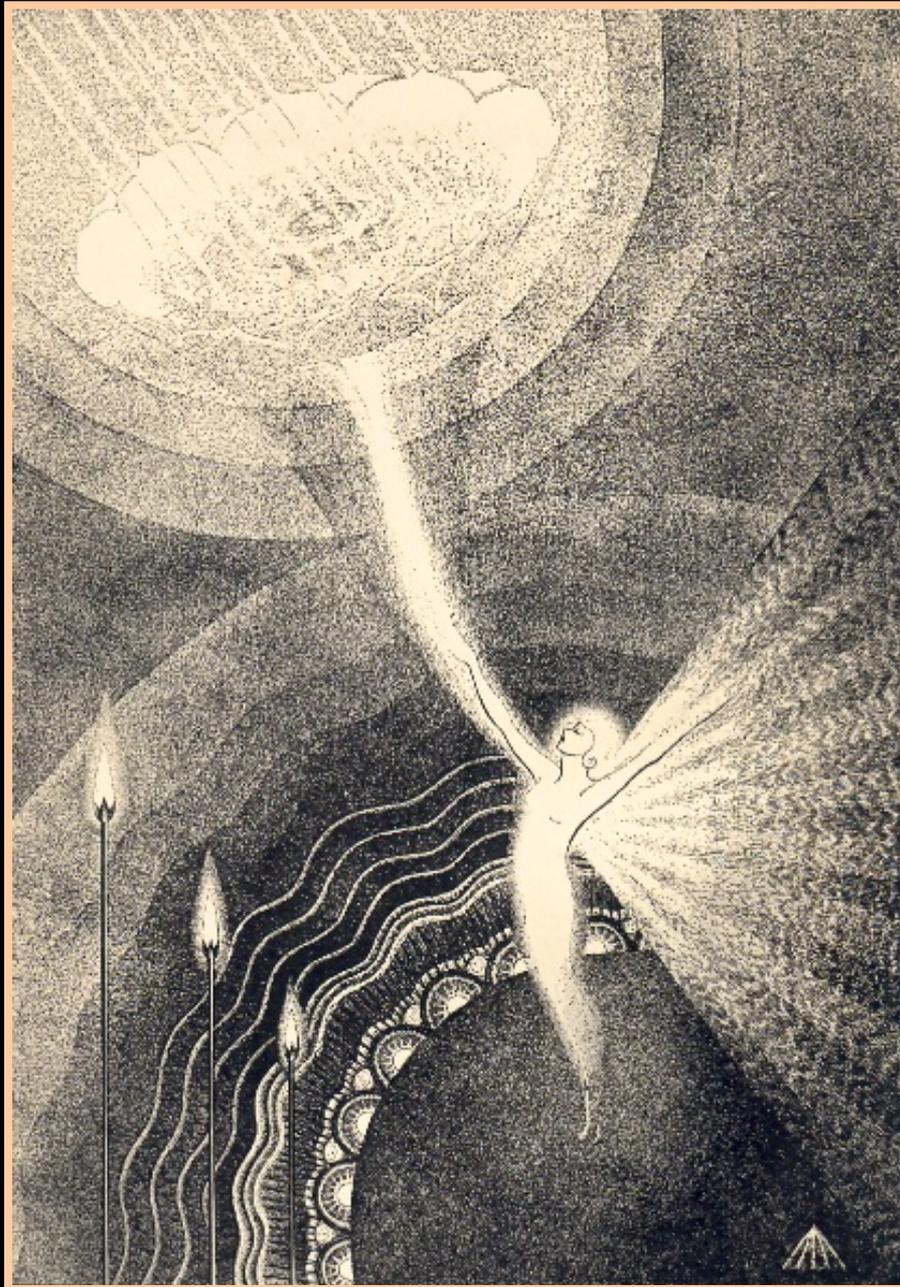


**“dance drawings of martha graham by charlotte trowbridge”
(1945)**

“The first and most important was to give to man the free use of his *hands*—a gift the human race has been using, or misusing, ever since...

Is not the history of the race largely the history of what human beings have done with their *hands*?

“*A Guide to Civilized Loafing*” HA Overstreet (1934)



"Lotus Light: Poems by Ruth St. Denis," Illustrated by Ruth Harwood (1932)

“Physical fitness isn’t the answer to everything, but it’s a darned good start, and it’s the last chance at a good start that children between six and twelve may ever get.

It won’t just happen—you are the key.”

“Fitness From Six to Twelve” Bonnie Prudden (1972)

