

national voluntary organizations actively engaged in the fitness and recreation field. Some participating provinces have established similar advisory bodies; others utilize interdepartmental committees.

The Act is administered by the Physical Fitness Division of the Department of National Health and Welfare. In addition to administering the grants to the provinces, the Division performs the administrative work of the National Council of Physical Fitness, co-operates with other Federal Departments, and with national agencies and organizations, collects and distributes information originating in this and other countries, interprets the national program of fitness through publications and reports, and is concerned with the conducting of research, experiments and demonstrations.

Provincial programs are administered by the Departments of Education in all provinces except Nova Scotia and Manitoba where they are the responsibility of the Department of Public Health and the Department of Health and Public Welfare, respectively. Saskatchewan and Manitoba have passed provincial physical fitness legislation; programs in other provinces are operated under departmental regulation. As the actual carrying out of fitness and recreation projects is for the most part a local responsibility the provincial program is organized with a view to strengthening and aiding the community, and agencies active in the field. The underlying policies are: the development of a program of fitness in relation to the needs and determined priorities of the local community; the development of both volunteer and paid leadership through the conduct of training courses and, in some instances, the payment of salaries; co-ordination and extension of existing agencies, with programs being initiated only where agencies are not available to undertake them, and in certain provinces the provision of financial aid to local programs approved by the province.

Liaison with other countries was considerably extended in 1949, and particularly with nations of the Commonwealth, as a result of the International Congress for Physical Education, Recreation and Rehabilitation which was held at London in July, 1948. In Canada increasing co-operation between national organizations interested in fitness programs was achieved through the joint meetings held in April, 1948, by the National Council on Physical Fitness and the Canadian Association for Health, Physical Education and Recreation, and by the convening of the first National Conference of Sports Governing Bodies.

The development of the program in all provinces has been characterized by an emphasis on community recreational planning which is particularly Canadian in character. An important trend has been the great increase in co-operative effort, through the donation of labour by members of the community for construction projects and the sharing between small centres of facilities and equipment. Shortage of trained personnel remained the most serious obstacle to the expansion of programs. To assist in overcoming this shortage the Federal Government in March, 1949, provided a number of scholarships, to be awarded on the recommendation of the National Council, for the post-graduate training of fitness and recreational personnel.

Films are used extensively for instructional purposes. Those produced to further the fitness movement have included *Fit for Tomorrow*, *Fitness is a Family Affair* and *When all the People Play*. In addition, films from all sources, approved by national appraisal committees composed of experts in fitness and recreation, are made available for showings throughout the country through the preview film library service maintained by the Physical Fitness Division, which circulates them to the provinces periodically on a "preview with a view to purchase" basis.