

# The History of Outdoor Rec in Brief

**ANCIENT ERA**

# Mesopotamia

- 4000 – 2000 BC[E]
- Gardens, vineyards, and parks
- Royalty

# Babylon

- Hanging Gardens
- 1000 BC[E]

# India

- Royal rec areas
- Public rec areas

# Ancient China

- Mongols, Tibetans, Kazakhs
- Horsemanship, firework-catching, dragon boat racing (476 – 221 BCE)
- Festivals

# Aristotle (4<sup>th</sup> century BC)

- Recreation is one form of the “disinterested cultivation of personality.”
- “Freedom from the necessity of labor”

# Cynicism

- Empirical
- Seeking pleasure, avoiding pain drives human behavior
- Material goods / pleasures avoided



# Skepticism

- Doubt even the senses
- Since truth is unobtainable, peaceable life
- Skeptics folded into Stoicism

# Stoicism

- “What will be, will be”
- Align with nature
- Pleasure is more trouble than it is worth

# Epicureanism

- Soul is eternal, free from judgement
- We are free to enjoy leisure, live simply
- Two-tier leisure
  - Philosophical
  - Natural cyclical

# Hedonism

- Less organized, sporadic
- Pleasure is primary motivator: sensual, fame, power, wealth
- Cyrus of Persia

# Greek → Roman → Christian

- Work crucial, but not redeeming
- Slaves power society so that citizens can pursue philosophy
- Wealth evolves
  - Neutral
  - Pastoral retirement
  - Evil distraction

# Japan

- Pre-Edo period ( < 1600 CE)
- Shinto ritual
- Sumo rites