

examination of child and animal play to provide evidence of the developmental and social benefits of play for both children and animals. This leads the reader to see clearly the important role that animals, specifically dogs, can have in play therapy.

It may be safe to say that there are others like me who initially had romantic notions about utilizing a dog in play therapy. As a first-time dog owner, I was unaware of what dog ownership entailed and the intense level of commitment that it required. VanFleet's clear dedication to ethical practice, respect for dogs, and respect for children is a true strength of this book. She diligently and clearly challenges the reader to consider how using a dog in play therapy will best serve the needs of the child. Most importantly, she stresses the idea that good therapy dogs are not born instantly but rather these dogs need proper socialization, training, human interaction, and structure. Above all, VanFleet communicates the deep sense of commitment to animals and children that one must assume in order to do this work.

While this text does not provide the reader with in-depth detail regarding the theoretical underpinnings of play therapy, VanFleet does provide useful and practical thoughts about how to incorporate dogs within both nondirective and directive models of play therapy. In addition, VanFleet applies AAPT to several clinical issues including anxiety, grief and loss, attachment building, attention and behavioral difficulties, and communication issues. This section is strengthened by case examples and stories from the playroom that lend a real-world sense to the topic.

This book is a valuable resource for both students and experienced play thera-

pists. VanFleet's writing is highly accessible, interesting, and thought provoking. She manages to provide both conceptual and practical information in a way that serves as a primer for those interested in animal-assisted play therapy.

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Are We There Yet? The Golden Age of American Family Vacations

Susan Sessions Rugh

Lawrence: University Press of Kansas, 2008. Photographs, notes, bibliography, index. 240 pp. \$29.95 cloth. ISBN: 9780700615889

Historians are, in general, uneasy about claims of a "golden age." The phrase suggests nostalgia for a simpler, more pleasurable time. When dealing with childhood memories—and certainly family vacations produce formative memories—the tendency to identify a golden age is even more powerful. Susan Sessions Rugh manages largely, although not entirely, to avoid the pitfalls of oversimplification and romanticization that seem so inherent to such narratives, although she does identify postwar America—from the late 1940s to the early 1970s—as the golden age of family vacations.

These years were a time when unprecedented numbers of American families navigated newly built highways inside the "cocoon of domestic space" (p. 5) that was the family car. They traveled to historic sites and natural landmarks in search of civic lessons and consumer pleasures. This

era ended, according to Rugh, as a rising divorce rate, the oil crisis, and the new travel patterns of the 1970s disrupted a national obsession with the family vacation. Although Rugh's well-written and lively narrative captures the nostalgia surrounding such trips, she carefully acknowledges that this golden age was tarnished by racial and religious bigotry. Blacks and Jews could not join the carefree vacationing of white Christian families traveling American roadways.

The American car, often a station wagon, is a central character in Rugh's stories of vacationing. She notes that cars doubled as playpens, eating places, and sleeping facilities for thrifty postwar families. Culling travel guides and advertisements for material, Rugh emphasizes the centrality of automobile culture in postwar travel, especially after the 1957 National Interstate and Defense Highway Act created new road networks. In the same period, entrepreneurs developed restaurant and motel franchises, most famously McDonald's and Holiday Inn, that offered amenities to make road trips easier and more pleasurable for growing families. Promotional literature and maps guided many families to these commercial sites and the increasingly popular heritage destinations, such as Washington, DC and Philadelphia. In the midst of the cold war, historic sites were deemed to support American patriotism and American citizenship.

Rugh soon abandons nostalgia for a grimmer reality. She very effectively uses the rich records of the National Association for the Advancement of Colored People (NAACP), which are filled with poignant complaints from black travelers denied entry into restaurants, motels, and gas-station restrooms in both the North

and the South. Rugh notes that African American parents traveling with their children found segregation profoundly humiliating. To counteract that humiliation, African American entrepreneurs provided alternate facilities, which they advertised in travel guides marketed to black families. The NAACP filed numerous lawsuits during the postwar era to open up facilities, and by the early 1960s, civil rights groups carried out full-scale assaults against racial discrimination. This activism culminated in the passage of the 1964 Civil Rights Act outlawing segregation in public accommodations.

In marked contrast to descriptions of segregated facilities, Rugh next describes how the popularity of the Hollywood and television western shaped vacation travel by the late 1950s. Rugh suggests that westerns not only encouraged families to visit the Old West dude ranches and ghost towns but also were central to the emergence of new amusement parks, especially Disneyland. A more affordable vacation than a dude ranch or a Western theme park was the humble campground. In the late 1940s and 1950s, families loaded up new station wagons and campers to head for a domesticated wilderness. Here they could leave the pressures of domesticity and wage work behind but still have the comfort of bathing facilities, cafeterias, and playgrounds. But the popularity of camping led to the overuse of national parks and a litany of complaints. Here Rugh makes very good use of U.S. National Park Service records to describe overflowing toilets and overfriendly bears. These records also uncovered the prevalence of continued racial discrimination in national parks in the South, most particularly Shenandoah National Park,

which covertly provided separate amenities for blacks despite the antidiscrimination policies of the U.S. Department of the Interior.

Racial and religious discrimination also pervaded rural resorts. Lake resorts had been a vacation staple since the late nineteenth century when urban residents began to take the train to escape the city's summer heat. After World War II, family-owned resorts, many with a working-class clientele, prospered as city dwellers sought out opportunities to fish and relax as a family. African Americans, notes Rugh, were routinely excluded from these resorts and, in response, created separate resorts where middle-class blacks could enjoy country life. Similarly, Jews excluded from resorts created their own rural enclaves, most importantly in the Catskills. Rugh recreates this Borscht Belt world but places it within the context of a nation obsessed by the family vacation, rather than as a distinctive aspect of Jewish life. Indeed, the decline of the Catskills vacation spots parallels the decline of similar white and black resort areas, part of a larger turning away from insular family vacationing. As baby boomers grew up, many rejected their parents' insular, family-oriented values and chose to vacation separately as adults, not as parents attempting to educate and amuse their offspring. Family vacationing became a niche market, not a mass phenomenon.

But was the vacation world Rugh describes a golden age, even for white middle-class families? What is missing from Rugh's narrative are the more negative aspects of vacationing suggested by the book's title. While she does an admirable job outlining the racial and religious exclusions of vacation travel, she largely avoids

criticizing white middle-class vacationing. I wondered, for example, whether the housewife setting up an elaborate camp in a rural campsite saw this experience as an escape from housework or whether children felt trapped in their station wagons on their way to yet another historic site. The omission in Rugh's analysis, I suspect, emerges from her sources. In her discussions of discrimination, Rugh mines manuscript material to great effect, but her descriptive chapters on family vacationing rely on promotional literature. That literature reinforces our sense of a golden age but does little to complicate it. Nevertheless, Rugh's book provides an insightful overview of an understudied period in the history of American vacationing.

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The Leisure Economy: How Changing Demographics, Economics, and Generational Attitudes Will Reshape Our Lives and Our Industries

Linda Nazareth

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In the 1980s and 1990s, I taught a class of 200 to 250 students an Introduction to Leisure Studies at the University of Illinois at Urbana-Champaign and often showed a film titled *Leisure: Living with the 20-Hour Week*. Produced in 1970, it heralded a new age of leisure with people working only twenty hours per week or maybe six months per year and having access to new