

## SEA BATHING (II)

(Written for "The Listener" by DR. H. B. TURBOTT, Director of School Hygiene, Health Department).



THE summer season is with us, and from my last article you will have learned something of this great tonic—sea water, air and sunshine. Now, you have only a short annual holiday, and most people go all out from the very first day with long and frequent sea dips. It is better to start gradually. Too much at the beginning will make you tired and headachy. From the mid-morning, say 10 a.m. up to 5 p.m., is the best time for sea-bathing. If you have a big picnic lunch do not go into the water too soon afterwards. And while we are still on the subject of timing of a swim, there is no special virtue in the early morning bathe on an empty stomach—the before breakfast swim that so many sea-side holiday makers think they must take as part of the holiday. Only strong people or those acclimatised to an early morning dip by long practice get benefit from this.

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Really hearty laughter, we then suggested, was probably one of the most difficult things for an actor to produce in front of a cold microphone.

"Not at all," said Mr. Beeby, whose roar of laughter, dissolving into an exhausted giggle, had us tittering too.

Garden scenes are easy. Recordings of birds, hum of bees, a spade striking a stone and all the other horticultural pleasantries present no obstacles. But what about the squeaking of a wheelbarrow wheel? A revolving office-chair supplies that.

### Real Ship's Telegraph

A steamer at sea is easy too. Engine noises come from actual recordings, but the ship's telegraph, with its clanging bell, is the genuine article. It stands in the studio and has been responsible for many a feminine jump of alarm when the lever has been pulled down without warning.

There are countless cunning devices for radio sound effects. Some are the result of hours of patient study and practice; others of pure accident. For instance, skilful manipulation of a matchbox gives a full tap ballet beating the boards not exactly in perfect unison, which is the natural effect desired. A bag of broken glass speaks for itself. Clothes-pegs, strung on elastic, and made to dance over a piece of board, suggest marching feet.

You have heard the saying that there is less chance of "catching cold" after a sea bath than after a fresh-water swim. There is some truth in this. Some salt is deposited on the skin as you leave the water, and this cuts down the evaporation from the skin after the swim, and the salt also stimulates the nerve endings in the skin. The result is less chance of "catching cold" following sea bathing.

But this does not mean that you can let the children be shivering about the beach! No child should be allowed to stay in the water too long. At the first sign of blueness of lips or of hands and feet, or of coldness or shivering, send the child off to dress. You can get pleurisies and pneumonias through carelessness in oversight of children at the beach. I like to see the children playing about the beaches for proper periods in dry swimming togs or sunsuits, and prefer the practice of sunbathing first, swimming last, followed by immediate dressing after the swim. There is less risk of trouble with weak chested children and those liable to take colds easily.

Part of the value of the sea bath is the sun bath that goes with it. But that game you see unsupervised children playing—running down into the sea, bathing, running up into the hot sand and drying off by sunbathing, and continuing this for hours on end—is not a recommended practice. Alternating sea baths and sun baths is not good. Do not let the children stay in the hot sun on the beach in their bathing togs a whole morning or afternoon. You can have too much of even such a good thing as sunlight.

This year, do go sea swimming as often as you can if you cannot go holidaying by the seaside. Remember, a bath of water is good, a bath of air is better, but a bath of sunshine is best, and sea bathing gives you all three at once.

### Fell Down on the Job

In a corner of the studio is a piece of stairway with four or five carpeted stairs. Running up and down these gives a life-like sound. On one occasion the crash of a man falling downstairs was required; so the producer was the victim.

The fire siren screams out in the night, crowds gather, and the brave fireman rescues the panic-stricken maidservant from the top floor. Meantime the fire is crackling fiercely—a mixture of brown paper and cellophane crushed in the hand.

They wanted different types of a woman's screams, from the squeak produced by the sudden appearance of a mouse to one of pure terror. And so, for an hour, and a suitable fee, a young woman obliged. She screamed solidly when the turntable turned, making records of all the vocal emotions.

The musical and wholly attractive sound of a busy cash register is on the file, along with the delicate rustle of fairy feet and the full-throated roar of foghorns.

Standing in a corner of the studio, a magic cabinet will give the noise of any sort of lock being opened or shut. A bolt and a piece of chain, also attached to the cabinet, produce noises of a foul dungeon into which can be suitably introduced the authentic voice (recorded) of a Japanese, picked up from an actual broadcast from Tokio, and, similarly, the hysterical voice of Hitler from the Reich.

## HER POTS DROVE HER "POTTY"



My pots and pans, she did declare.  
Involve me in prolonged warfare.  
My life is just one long attack  
To stop my pans from getting black.

Why cannot someone stop the rot  
With a swift quick way to clean a pot.  
Said Mrs. Ata, "Have you not seen  
That magic thing called Atakleen".



With Atakleen give pots a sprinkling;  
Rub them up, they're new and twinkling,  
Of scratch or blemish ne'er a trace,  
And in them you can see your face.

For an all-round, all-purpose household cleaner, one that will clean pots, pans, bath, sink, woodwork, Atakleen is definitely the choice; Atakleen cleans in a flash; it's faster and more effective than other household cleansers, and when you consider how much you get for how little you pay. Atakleen is the best buy on the market. When it bears the word ATA you can trust it.

Mrs Ata says

# ATAKLEEN

the all-round cleaner

Atakleen is a product of S. W. Peterson & Co. Ltd., makers of the famous Ata family of household products.

Last thing at night he pops a

# Pulmonas

pastille into his  
mouth, easing  
night cough and  
soothing sore throat



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