

Healthy and Wise

THE nation that is mindful of its children is a nation that knows where it is going. In the 26 years since New Zealand's Health Camps were started as a memorial to the late King George V, 37,000 children between the ages of five and twelve have been cared for by the Health Camp movement. Each year some 2000 children of unsatisfactory physique—some undernourished, some constant sufferers from bronchitis, asthma, persistent colds, some contacts with tuberculosis—are taken into Health Camps up and down the country. And out of every hundred children who come home from their seven-week stay in the Camps ninety-four are recorded as being greatly improved, five are satisfactory and only one has failed to show improvement.

What, then, brings about this remarkable success? Allan Sleeman of 3ZB sets out in his feature programme, *Appointment with Health*, to show the sort of physically wholesome, mentally untroubled environment which prevails at the Camps. He paid several visits to one Camp, and in all that time he did not hear one child crying. Life is a busy, happy business at a Health Camp. The programme takes us through a typical day, from getting up at 7.0 a.m., tooth-brush drill, bed-making, school—

with time out for milk and a cod-liver oil capsule—after lunch a rest period, then play in the open air. Tea is at five, then into bed for story-time before "lights out" at 7.0 for the tinies, and 7.30 for the older children, except on picture nights when the rule is relaxed a little. At school, instead of Social Studies, the children have health lessons and keep brightly-coloured scrap-books which serve as a reminder of what they have learnt.

Of course, some of the children suffer from home-sickness. They write home once a week, but when the time comes, they are sorry to leave. One boy says he likes the games, "being with the other kids and sitting up in bed at night and seeing the lights of the city." The children take home a formal report on their progress of which, naturally, they are very proud.

The Health Camp is an outstanding example of co-operation. Children are often recommended by their school doctors or nurses for a stay in camp, the Health Department sees to the running of the Camps themselves, and the Post and Telegraph Department, through the sale of Health Stamps, looks after the financial backing, assisted by the New Zealand public which buys Health Stamps so willingly.

The Health Stamp campaign will be opened officially on Sunday, October 3, with a talk by Sir Edmund Hillary, to be heard from all National stations at 8.45 p.m. The NZBS documentary, *Appointment with Health*, will be broadcast by 2ZA at 2.0 p.m., and all ZB stations at 3.0 p.m. on October 3.



Designed by James Berry, of Wellington, the 1954 Health stamps will be of two denominations. The higher—shown above—will be blue-grey in colour, and the lower (1½d postage and ½d for health) will be purple. The Everest inset is sepia in each case.

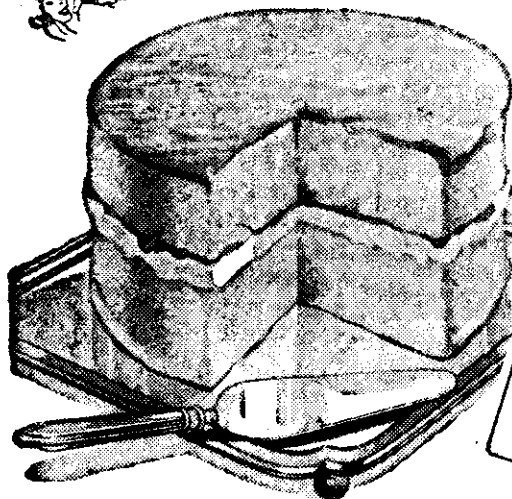
Spring, Sweet Spring!

SWEET lords, fair ladies! We entreat your gentle patience while we tell of a new tale of Gloriana's age, when Shakespeare wrote and Burbage strode the stage. Our scene is Shoreditch, the season . . . Spring, 1600.

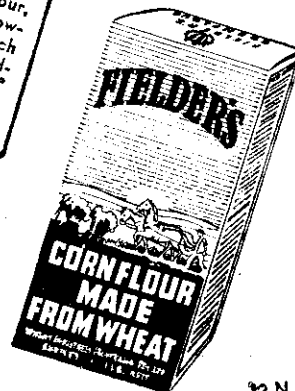
EMLYN WILLIAMS'S play is an evocation of life among the players of the Lord Chamberlain's Company—players remembered in their own right like Burbage himself, Will Kempe, Henry Condell, Augustin Phillips, Ned Pope, but made more famous by their association with their master-playwright, William Shakespeare. In *Spring, 1600*, they go about their daily business of rehearsing and playing, merry-making, too, with some of the greatest poetry ever written on their lips as they go off drinking and wenching.

Around the adventures and mis-adventures of the Lord Chamberlain's Men, Emlyn Williams has woven a thread of romance in the story of young Ann Byrd, daughter of Master William Byrd, the musician, of Ongar in the Kentish countryside, who runs away to London, disguised as a boy player. She attaches herself to the Chamberlain's Men, and is the means whereby they recover their fortunes through the patronage of Queen Elizabeth herself, and so enable the

FIELDER'S Famous SPONGE RECIPE!



3 eggs
1 cup Fielder's Corn-
flour
1 teaspoon baking
powder
4 ozs. sugar
1 dessertspoon of plain
flour
Beat egg white to stiff
froth and add yolks,
Add sugar gradually
and beat till stiff and
sugar has dissolved.
Add sifted cornflour,
flour, and baking pow-
der. Bake in 8-inch
sandwich tins in mod-
erately hot oven 350°
F. gas, 425° F. electric
for 15 minutes.



Once the family taste this wonderful sponge there'll be cries of "More!" For this is the sponge recipe that swept Australia . . . that is now being acclaimed by women throughout New Zealand. The recipe doesn't seem unusual . . . but its "magic" is in one ingredient . . . Fielder's Cornflour. Fielder's is made from pure WHEAT, not maize . . . that means greater fineness, pure whiteness, "neutral" taste with no foreign flavours and greatly improved baking.

YOUR GROCER HAS FIELDER'S — GET A PACKET AND TRY THIS WONDER SPONGE

GOOD RICH GRAVY IN ONE MINUTE!

Make every meal a treat with tasty Bisto gravy. Just mix Bisto with water and boil up in the tin you roasted your meat in. It's so easy to make—browns, thickens and seasons in one process—you'll want to serve Bisto every day.



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MAKES THE MEAL!

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