

longer each day, the first sunbath may last an hour or so, with subsequent bad blistering. The individual then blames sunbathing for his painful condition—not, of course, his own lack of common sense. New Zealand schools are backward in not giving children the immense benefit when the weather permits of regular sunbaths. Sunlight, which Dr. Saleeby has called Nature's celestial antiseptic, must be allowed greater admittance to rooms and to the bodies—especially those of growing children—if our standard of natural health is to be raised.—Cora Wilding, Hon. Secretary of the Sunlight League, from 3YA.

For the Animals

NOT only the lower animals, but also the plants form with man one great Family of Life. This idea necessitates a new form of the Golden Rule, a form which recognises the unity of all forms of life on earth. This Golden Rule should read as follows: "Act toward those whom you consider less developed than yourself as you would like those whom you consider more developed to act toward you." Suppose, for example, there came down from the planet Mars beings as much more powerful than man as man is more powerful than the other animals of the earth. Suppose that these visitors then proceeded to treat man as man treated his weaker brethren. Would man be satisfied with this treatment? Surely he would prefer more kindness. But could he expect that more kindly treatment when he did not show it himself in dealing with those weaker than himself? It would surely be unreasonable to think so. There are four principal ways in which man exploits the lower animals for his own particular advantage; through sport, ornament and dress, food and science. The American biologist Howard Moore has written: "Look upon and treat others as you do your own hands, your own eyes, your very heart and soul—with infinite care and compassion, as suffering and enjoying members of the same great being as yourself. This is the spirit of the ideal universe—the spirit of your own being. It is this alone which can redeem the world and give it the peace and harmony for which it longs."—Mr. N. M. Bell, from 3YA.

Trumpet and Organ

IN order to achieve the best effect, John Robertson, New Zealand's brilliant cornetist, was relayed with organ accompaniment from a well-known Wellington church for his broadcast on Wednesday night last week. It was a decided improvement to use organ accompaniment for "Una Voce Poco Fa" instead of piano; it is the sort of thing that may easily be overlooked by programme organisers. The extra trouble entailed in relaying from a church was worth while, for both this operatic number and the more modern "Trees" came over beautifully, with a blend of tone which could not be attained in an ordinary studio presentation. John Robertson had confided to a "Radio Record" representative on Wednesday morning that he was not too happy about the probable echo in the empty building. But what echo there was rather enhanced the richness and depth of the trumpet's notes. Charles Kerry was the organist, and he was also heard in two solo numbers pleasingly played, "Cradle Song" and "Triumphal March."

"GOLDEN HOUR" COMPETITION NO. 30.

£75

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MUST BE WON**
1st PRIZE £60
2nd PRIZE £15

1!

£2,000 PAID IN CASH PRIZES IN FIRST EIGHT MONTHS.
"GOLDEN HOUR" COMPETITIONS ARE FASCINATING.

Each picture represents ONE DIFFERENT WORD. For instance, Picture No. 1 represents the word "TOUCH." The words ABOVE the pictures, together with the pictures themselves, when completed, form a paragraph about "SPRING FASHIONS," which was taken from a N.Z. newspaper. **FILL IN BLANK SPACES UNDER EACH PICTURE OR WRITE ENTRY ON PLAIN PAPER.** Sign name and address. (P.O. addresses not accepted.) Extra attempts on plain paper. No need to write full sentence, simply write the words you consider each picture represents. £60 prize for correct or nearest correct solution, £15 second prize for next nearest solution. Ties divide, but the full £75 will be paid. No competitor may win more than one prize or share of a prize in any one competition. Should more than six entrants tie for first place, both prizes will be

added and equally divided between first winners. The prize money has been lodged with "N.Z. Truth" as a guarantee of good faith, but not so as to involve that paper in the liability of stakeholder or otherwise. Sealed solution deposited with N.Z. TRUTH LTD. Results will be published in this paper November 1. Any number of attempts can be sent in the one envelope. Mis-spelt words count as errors. Each entry judged separately. (Stamps 1/1 accepted if postal notes unobtainable.) N.B. In composing this puzzle every effort has been made to avoid true alternatives and it is believed there are none. Should, however, competitors consider there are any, they are advised to submit additional entries. Test your skill in this simple puzzle to-day. **FOR QUICK RESULTS AND PRINTED ENTRY FORM SEND 1d. STAMPED SELF-ADDRESSED ENVELOPE.**

One Entry 1/-. Extra Attempts 6d. each.

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Closing Date.

All Entries Must Be Posted Not Later Than

TUESDAY, OCTOBER 22.



1. TOUCH 2. 3. 4.

THE ENORMOUS OF EACH THIS IS MORE THAN



5. SELECTION 6. 7. 8.

GOLDEN HOUR COMPETITION NO. 30

Name.....

Address.....

RESULTS COMPETITION NO. 28.

Solution to Competition No. 28, taken from "Evening Star," Dunedin, July 21, 1888.

Pictures:—1 ORDER. 2 HUGE. 3 STEAMER. 4 SIGHT. 5 FOG. 6 INSTANT. 7 STRUCK. 8 BOW.

The following ten entrants, each with correct solution, divide the full £75 (see rules). The winners are.—Miss J. D. Atkinson, Christchurch; E. Cable, Karitane; W. H. Croft, Dunedin; A. B. and W. E. Colgan, Patumahoe; Mrs. M. Harrison, Wanganui East; Mrs. M. Johnson, St. Albans; I. M. Kinley, Rangiora; J. A. Mackenzie, Fernside; V. L. Neate, Addington; J. W. Thomson, Bromley. Each received £7/10/-.

PRIZE MONEY HAS BEEN POSTED