

HEALTH SUPPLEMENT

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In the last few years the attitude of the public to health has undergone a remarkable revolution. Disease is no longer regarded universally as unfortunate but inevitable. There is indeed a growing and influential body of scientific opinion which holds that orthodox medicine has too long concerned itself with the problems of prevention.

New Zealand, no less than other countries, has its own leaders in the new school which preaches vigorously that good health can be assured and ill-health rectified by commonsense, attention to diet, exercise and living habits.

In the following pages a number of these people express their views for the discussion of "Record" readers. In details, perhaps, their opinions clash; but in fundamental principle they are all agreed—that humanity must learn to live healthily before it can hope to be healthy.

Notable contributors to this supplement are Dr. Ulric Williams, Mr. H. W. Lee, Miss Caroline Ward, Mrs. Amy Griffin, Mr. E. A. Willis and Dr. Eric Caro—all people who, in their own sphere, are taking a prominent part in a crusade for wiser living.

