



Days in the Sun

How the Sunlight League is keeping New Zealand Healthy

THE Sunlight League was founded in Christchurch two and a half years ago, with the object of working for a healthier New Zealand. The month of May was chosen in which to hold the inaugural meeting, in memory of Anthony Wilding, who fell in action in Flanders in May, 1915. This New Zealander, World's tennis champion at Wimbledon for four years, regarded physical fitness as of supreme importance, and it was largely through his enduring influence and that of his mother that the Sunlight League came into existence. Physical fitness is undoubtedly the foundation of health, physical, mental and spiritual; and of strong character.

STEADY progress has been made by the Sunlight League, in spite of the past difficult years. This success is due in no small measure to the Council of the Sunlight League. The three oldest members of the Council are men of whom any country in the world might be justly proud, and in themselves they exemplify what the League is striving for, and give inspiration to all.

Archbishop Julius, who, in spite of his 86 summers, has encouraged and helped the League from its beginning, occupied the chair in his genial inimitable manner at the inaugural meeting, and has done so at each successive annual meeting. Professor J. Macmillan Brown, Vice-Chancellor of the University of New Zealand, a little senior to the Archbishop, has written newspaper articles for the League on "Exercise" and "Race Improvement," besides taking the chair at Council meetings.

Sir Arthur Dudley Dobson, although his years number 94, is certainly not old in spirit. Under his chairmanship the Sunlight League Tramping Committee, whose aim is to encourage tramping and love of open spaces, arranged a chain of Hostels on Banks Peninsula. Sir Arthur then called a meeting of the delegates of all Tramping Clubs in Christchurch, and this Sunlight League meeting resulted in the formation of the Youth Hostel Association of New Zealand.

By radio and by newspaper, the League endeavours to spread the more recent discoveries about food and knowledge of mental health and encourages more use of fresh air and sunlight. The latest literature on these subjects is received from England, America, and other countries. The League co-operates with all agencies with similar aims, such as the Plunket Society, Open Air Schools' League and others.

The first Monday of each month at 7.15 p.m. a radio talk from 3YA is given under the auspices of the Sunlight League, usually by some recognised authority in the medical, dental or educational world. Newspaper articles appear from time to time, some of these appearing later in booklet or leaflet form. One pamphlet dealing with sunbathing, diet, dental hygiene and mental health, was

distributed to the headmasters of all schools throughout New Zealand.

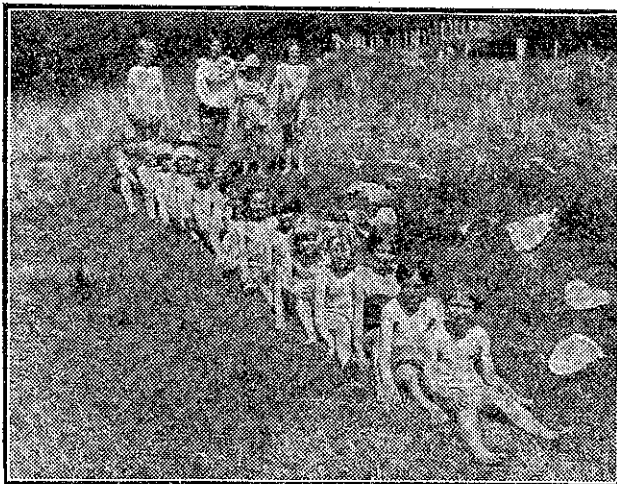
The first humble attempt to hold a Children's Health Camp was made by the Sunlight League when it had been in existence only a few months. Four little girls who badly needed a holiday and whose parents could not afford to give them one, were taken to Geraldine in September, 1931. Mrs. J. Morbray Tripp, member of the Council, generously assisted by the Geraldine people, provided the entire commissariat. This camp proved so successful that the following Christmas holiday fifteen little girls were taken to Charteris Bay, and the following year twenty-five to Okains Bay on Banks Peninsula. On principle, each child is expected to pay 2/6 for her month at the seaside. They are chosen from self-respecting, hard-working families. With so many children to choose from, no child is taken into camp who is incapable of becoming a good, useful citizen in the future, whether it be the result of hereditary or mental defect.

The children have been chosen on request, by the school medical officers and school nurses, and their selection so far has been admirable.

Sir Truby King, a distinguished member of the Council, has said "Decay of the teeth is not a mere chance unfortunate disability of the day—it is the most urgent and

grave of all diseases of our time. The remedy lies in our own hands." The remedy referred to is, of course, correct diet. Lord Bledisloe has recently pointed out the great importance of milk, containing lime and phosphorus, and urging that more milk should be consumed. Sir Truby King believes also that wholemeal bread should be eaten far more widely and all food which necessitates crunching and chewing.

The A.I. Dental Scheme for school children strives to stimulate interest and increase knowledge on the part of both children and their parents in the state of their teeth, and is at present being tried in several primary schools. The secretary would gladly furnish full particulars of the A.I. Scheme to any headmasters of schools who wish to assist in improving (Turn to Front Cover)



ENJOYING THE SUNSHINE, some of the children at the last camp, held at O'Kain's Bay, Lyttelton harbour. (Above) His stories seem worth listening to, another photo of the same camp.