

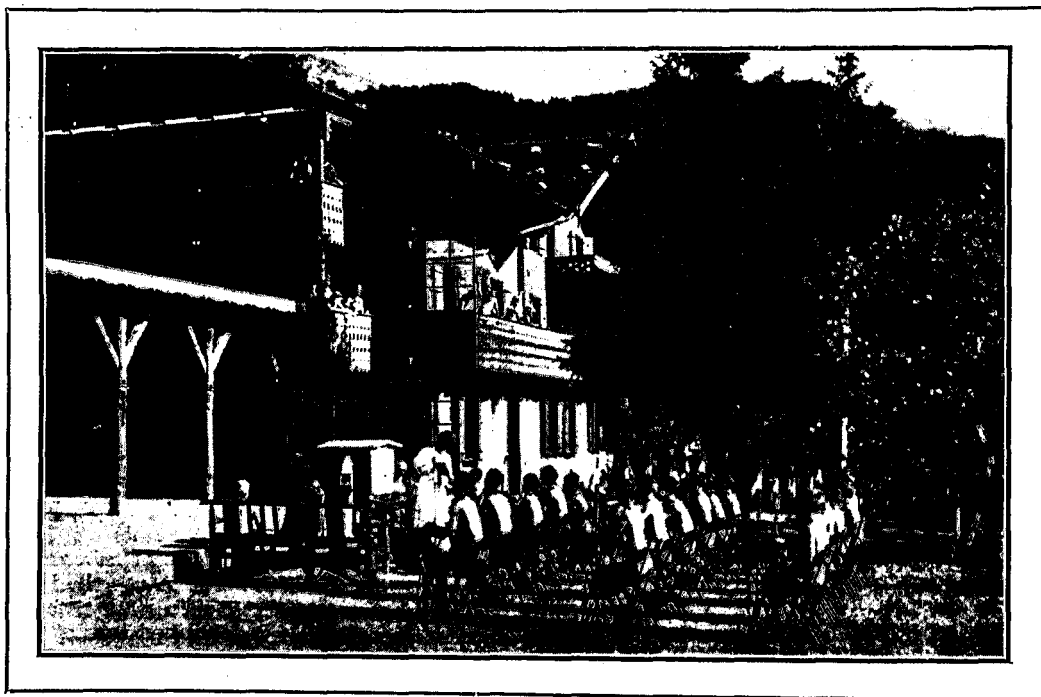
The pursuit of a regular life of discipline and work, in the open air and sun, frees the child's spirit from many harmful pre-occupations. In the School in the Sun he learns to read in the sublime book of Nature. As the body becomes stronger, the intelligence blossoms, the character is moulded, and the soul awakes. The simple and hygienic existence, which we recommend, develops in our children nobler and more virile aspirations.

#### The Social Importance of Heliotherapy.

Thus, when we reckon up the results that heliotherapy has achieved in so many different domains, when we reflect on the blessing it could confer on humanity if it were better understood and more widely applied, we are compelled to admit that this method of treatment has a considerable social importance, at least one that is equal to its therapeutic value. For, as we have seen, it not only enables society to recover that human capital of which

looking children—albeit with grave disabilities in many instances, necessitating immobilisation of limbs though with the maximum amount of exposure to sun and air—were resting in cots and beds. The various cases were described by doctors or sisters, and the atmosphere of hope, engendered by a profound belief in the curative power of these beneficent agents, on the part of those responsible for applying them, and the consequent contentment and happiness of their charges, was delightful to see.

The time for departure came all too soon. But as we were packing ourselves into the various conveyances for the return journey Dr. Rollier hospitably insisted that we must not leave without tea, which had been prepared at Les Noisetiers, the School in the Sun a little farther down the mountainside. Sorry indeed we should have been had we missed this delightful entertainment. The picturesque chalet with green shutters and overhanging



A SCHOOL IN THE SUN.

tuberculosis had deprived it, but it prevents the onset of the disease in the young, thereby contributing to the formation of new generations, healthier and more resistant both morally and physically. This claim alone justifies us, I feel, in considering heliotherapy as one of the most fertile acquisitions of modern medicine.

#### Hospitality.

At the conclusion of this most interesting and instructive Lecture, those present were divided into parties, and conducted to various clinics, where a delicious lunch was in each case provided, presided over by a member of the resident staff; and the conclusion of all, in whatever house they were entertained, was that the patients residing in these clinics, where food is so well cooked, so appetisingly served, and where the importance of nutritive value is evidently realised and studied, are fortunate indeed, for treatment, however expert, is deprived of half its value if dietary is inferior or deficient. No such mistake is made at Leysin.

The time after lunch was occupied by visits to the various clinics, or the sun galleries on which happy, healthy-

balconies decorated with the national Flag, as well as those of other countries, and with greenery, was gay and picturesque; the grey gravel and the flower-beds with gay borders filled with vivid red geraniums and green ferns were a pleasant contrast. But most attractive and interesting of all were the human flowers, those delicate children whom this School in the Sun is caring for, and so developing that they have every prospect of becoming healthy, happy and useful citizens instead of a burden on the State.

An ample tea of buttered rolls and delectable cakes was served on tables in the open air, and from our vantage point we watched the children as they marched past, active and full of life, their lithe bronzed bodies showing every muscle as they entertained us with music, songs and games.

Most attractive of all were the little ones playing "drop the handkerchief," and though in some instances the bones showed perhaps too sharply under the covering skin, life and happiness characterised all their movements.

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