

mount looked as happy as she, and it would seem proudly conscious of his rider's inimitable control and grace, as he stepped in exact time to the music, or stood motionless as the Guard's bands, drums and pipes played and the orders re-echoed. It is remembered that, as long ago as the 16th century, the origin of this most impressive ceremony springs from the spirit of the regiment's veneration when performing the simple duty of taking the colour to safe keeping, before and after parades or operations.

We realise how splendid is our democratic genius for and love of pageantry—which brought thousands of our people to witness the courage and perfect interpretation of the spirit of a great tradition shown in the fearless bearing of our Sovereign's deputy. On this most impressive of our ceremonies, Princess Elizabeth has stirred beyond words the affectionate gratitude of the Nation.

“Sunbathing for Health.”

By A. E. Hopkins.

AS SOON AS THE POWER of the sun becomes evident there is natural desire to discard clothing in order to expose for as long as possible the maximum amount of the body surface to its beneficent warmth.

This is not a modern whim, for the sun has been acknowledged as the supreme giver of life and health from time immemorial. Religious practices have centralised the sun as their focal point for their worship, acknowledging its vital power in transmitting health and vitality to the human body.

Excavations have, on many occasions, provided the evidence proving that the Romans and Greeks knew the value of sun bathing. They even provided sun parlours on the roofs of their dwellings in order to carry out this vitally healthy practice, and who can deny that these races possessed a health standard second to none.

It may be said that the sun is man's greatest physician and for this reason alone the benefits to be derived from such a source should have serious consideration.

However, to ensure that the best results are obtained from sun bathing, it is essential to understand certain physiological facts. As the skin plays such an important part in using the rays from the sun some knowledge of its function is indispensable.

The sun's rays or light vibrations have to pass through the skin in order to affect the physiological structure of the body. This surface covering consists of two principal layers, the outer, called the epidermis, and the inner, the dermis or real skin.

The outer skin is the protective cover and is often styled as the “corny layer” because of its toughness, but in reality it has a depth of five layers incorporating a netlike formation.

It is in this epidermis that the colour of the skin is developed, known as pigmentation and likewise, under the influence of the sun's rays certain chemical changes also take place.

These changes influence the growth and development of the glands, and therefore it is not difficult to understand that lack of sunshine can cause deficiency complaints and encourage a state of ill health, together with retardment of body growth.

The entire surface of the human body is covered with pores which in reality are the external outlets for the two and a half million perspiration ducts or canals it possesses. Apart from controlling the body temperature, which in normal health only varies a shade or so from 98.4 degrees, they eliminate great quantities of waste and poisonous matter from the body mechanism.

Increase in temperature, inside or outside the body, causes the pores to open, whilst cold causes them to close and by this wonderful method protects the whole structure of the body, enabling it to withstand great extremes of heat and cold without ill effect.

One of the important effects of sun bathing is the tendency to lower the blood pressure a degree or two by dilating the surface vessels, giving the skin a shiny appearance. This shiny appearance does not denote poor circulation, as is so commonly supposed, but is purely a natural result of lowered blood pressure caused by certain stimulants, one being the sun's rays.

Self-poisoning—auto-intoxication—can be induced by restricting the activity of the pores, so it is obvious that skin activity should be encouraged at all times. Exposure of the body surface to the sun and air stimulates this activity in a natural way.

Although so directly beneficial the medicine prescribed by the great healer, the Sun, must be taken in graduated doses, and at the commencement fifteen minutes of exposure are ample. There are two areas of the body which, when stimulated by the sun's rays, affect the body as a whole. These are the base of the spinal column at the back, and that great nerve centre, the solar plexus, in the front.

The areas to be treated with care and discretion are those of the neck, and the back of the head, for it is in these parts that the motor nerves are very close to the surface, and over-stimulation can cause unpleasant results.

The sensitive underlying tissues are protected from the intense light rays by the colouring of the skin, which varies in every person, but Nature, in her own wonderful way, makes provision against over-stimulation by creating the tan which follows sun bathing. As this tan increases so greater indulgence in exposure to the sun can be taken with beneficial results.

By carefully graduating the time of exposure, increasing the doses by, say, five minutes each time, it is possible to become almost immune from harm due to sunbathing, and eventually several hours can be spent unclothed in the direct rays of the sun. It is always wise to cover the head unless a very thick crop of hair is grown, and the neck, the latter particularly.

If a sensation of intense heat is experienced at any time whilst sunbathing break off the treatment immediately, for this is Nature's warning that the immediate limit of tolerance has been reached.

Severe sun burning negatives the safety effects of the sweat pores, and can become dangerous, causing internal disruptions of a very unpleasant nature and strange to relate, a severe chill can also be caused.

Carefully regulated sunbathing has a vitalising effect on the body and a very destructive action on disease germs.

It is easier and safer to withstand long periods of sun heat if the body is cooled down occasionally from the

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