

Letters From the People

Editor Advertiser:—I wish to say that I am surprised, considering that we have one of the finest beaches in the world, that, as a general thing, so few people patronize it. Here we have the finest facilities for swimming and surfing that it is possible to find; while the temperature of the water is perfect. Here, too, is one of the most beautiful pleasure resorts that can be found, and which one would think would attract thousands of people. But to leave out the sports and the pleasure and beauty of the place, I would like to speak more particularly of the healthfulness of the beach and of sea-bathing.

In the first place I would like to mention a few instances that have come under my own observation where some persons have derived great benefit from it. For instance, I know one young man who, so he believes, was cured of consumption by bathing every day in the sea for six months; and I know a poor, sickly little girl that was brought from away back in the States somewhere, that went away, after a few months' residence at the seaside, as rosy and strong and healthy as anyone could wish. There is said to have been a man cured of rheumatism by taking sand and sun and sea baths for a few months, but I did not see him. I will say that I know of a lot of pale, sickly-looking people, and a great many such children living right here, who are deprived of this health-giving pleasure. For instance, I know one poor little mite who is the sweetest, loveliest little child I ever saw. She is like some rare and beautiful hot-house plant, shielded from every wind that blows, and from everything else that its parents think harmful; but, sad to say, she seems to be slowly wasting away.

And it is the more sad because if it were allowed to go to the beach every day and play in the sand and in the sea, and with other children, it would, I feel sure, soon be quite well. Few people have any idea of the beneficent effects of the salt sea and sand, and of the sun and fresh air, or of the beneficial effect of some joyful exercise; and all of which can be had at the beach.

I will say that it were a thousand times better if the parents, or the mothers of those children, would more often take their little ones along and see to it that they are not neglected or deprived of so pleasant a pastime and such healthful exercise.

The members of the Woman's Auxiliary of the Outrigger Club are setting a good example in this respect, and troops of their children can be seen disporting themselves in the waves or in the sand and playing and enjoying themselves to their heart's content.

Very truly,

GEO. OSBORN.

Honolulu, June 1, 1909.