

**Zeitschrift:** Helvetia : magazine of the Swiss Society of New Zealand  
**Herausgeber:** Swiss Society of New Zealand  
**Band:** 38 (1974)  
**Heft:** [2]  
  
**Artikel:** A holiday in a lifetime  
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**DOI:** <https://doi.org/10.5169/seals-942053>

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## A HOLIDAY IN A LIFETIME

Coming back from a holiday a person sometimes starts to wonder: Is a holiday really essential or is it extravagant? As it inevitably must affect a person's bank balance, a number of people are posing this question to themselves and critically turning it around in their minds.

If we want a holiday to be compatible with our conscience we must realise that a holiday is a period of recreation and not a vacation. Vacations are taken for a change, not a rest—a change in our thinking and in our doing. The word vacation is seldom fully understood by most people; we think of the word as bringing pleasure and entertainment. It is from the word recreate, which means to give fresh life to; to create anew. The purpose, therefore, is to think of a holiday as a period of recreation rather than a period of vacation as recreation would provide Nature with the opportunity of refreshing one mentally and physically.

Nature requires periods for the restoration of used energies; knowing this, we will understand that intervals for rest are not mere indulgences; we are working with nature to keep our bodies fit. For a well balanced life, play is essential. Play, to our days of rest offers a change in thinking and doing and is as essential to the mind as rest is to the body.

There are many sports which stimulate both body and mind, such as swimming, rowing, hiking, fishing, golf, bowls, tennis etc. These, if enjoyed, will prove to be beneficial and keep one alert mentally. Learn to relax while resting. This is necessary because when you are tense you are using up energy—when relaxed you are storing energy. The philosopher Mackay put it this way: "Under the leaves, amid the grass, lazily the day shall pass, yet not wasted. From my drowsy ease I borrow health and strength to bear my boat through the great ocean of life."

What about costs? In my opinion it is essential that every one of us keeps a budget on our time and time off. Keeping a separate bank account would be of help too. Not all of us are as lucky as some and most of us are not in a position to make accurate predictions as to when and how we are going to go for the big time off. However, we should definitely take off some time and should not regard it as extravagant.

—W.R.