

**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  
**Autor:** W.R.  
**DOI:** <https://doi.org/10.5169/seals-942053>

### **Nutzungsbedingungen**

Die ETH-Bibliothek ist die Anbieterin der digitalisierten Zeitschriften auf E-Periodica. Sie besitzt keine Urheberrechte an den Zeitschriften und ist nicht verantwortlich für deren Inhalte. Die Rechte liegen in der Regel bei den Herausgebern beziehungsweise den externen Rechteinhabern. Das Veröffentlichen von Bildern in Print- und Online-Publikationen sowie auf Social Media-Kanälen oder Webseiten ist nur mit vorheriger Genehmigung der Rechteinhaber erlaubt. [Mehr erfahren](#)

### **Conditions d'utilisation**

L'ETH Library est le fournisseur des revues numérisées. Elle ne détient aucun droit d'auteur sur les revues et n'est pas responsable de leur contenu. En règle générale, les droits sont détenus par les éditeurs ou les détenteurs de droits externes. La reproduction d'images dans des publications imprimées ou en ligne ainsi que sur des canaux de médias sociaux ou des sites web n'est autorisée qu'avec l'accord préalable des détenteurs des droits. [En savoir plus](#)

### **Terms of use**

The ETH Library is the provider of the digitised journals. It does not own any copyrights to the journals and is not responsible for their content. The rights usually lie with the publishers or the external rights holders. Publishing images in print and online publications, as well as on social media channels or websites, is only permitted with the prior consent of the rights holders. [Find out more](#)

**Download PDF:** 09.08.2025

**ETH-Bibliothek Zürich, E-Periodica, <https://www.e-periodica.ch>**

## 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.