

# Health news

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**HEALTH NEWS.**

The introduction of the winter air service to Switzerland has already proved highly successful, judging from reports of the heavy bookings well in advance. This ever-more-becoming-popular mode of travel, overcoming the tediousness of long rail journeys, changing from train to boat and vice-versa and often non too pleasant channel crossings in mid-winter, will be a boon to winter sports enthusiasts quite apart from the fact, that now most of the famous Swiss resorts, whether in the Grisons, Bernese Oberland or Western Switzerland, can now comfortably be reached the same day. These greatly improved travelling facilities undoubtedly will induce a larger number of enthusiasts to consider the question of a short respite during the long winter months in order to regain that energy, vigour and health required to fight the constant attacks of the winter chills and fogs, etc. A winter sports holiday needs only one trial to make one really appreciate its full value, for the benefit derived therefrom more than compensates the cost of the experiment. It is true, however, that the winter tariffs of the famous hotels, where your arrival is registered in the "Fremdenliste," are in many instances beyond the means of a would-be-visitor, but there are plenty of smaller hotels, equally as modern and comfortable as the "palaces," whose rates compare very favourably with English seaside resorts! The writer has had the opportunity to sample an hotel not advertised in the foreign press or tourist agencies and was so much impressed by the up-to-date comfort, attention, service and the much more homely atmosphere than in larger hotels, that he is eagerly looking forward to the next visit.

For the benefit of prospective winter sports enthusiasts as well as those, who for reasons of health need a change of climate, I can highly recommend the



Eden Hotel, Lenzerheide (Grisons).

I am giving this unbiased opinion with the greatest of confidence, that anyone fortunate enough to make the experience, will gladly endorse my recommendation. Lenzerheide is one of the famous resorts in the Grisons, some 5,000ft. above sea-level, and apart from being a skiers' paradise, offers every facility for skating, tobogganing, sleigh excursions and alpine flights. The Eden Hotel occupies an excellent position off the main road, adjoining ski-terrain and within 5 minutes' walk of the large open-air skating rink. Central heating, hot and cold water in every room, private bathrooms and light signals instead of bells all add to the comfort of the guests, whereas the flat roof-top and the balconies facing south afford ample facilities for sun-bathing. The "cuisine" enjoys a reputation of its own unequalled by some of the larger rivals, whilst attention and service take top notes in promptness and efficiency. The very fact that the Hotel has some 30 rooms only, is responsible for the homely atmosphere which is so much in evidence among the guests. A postcard to the Manageress will bring you by return an illustrated booklet containing all the information required. A comparison of the tariff alone with other prospectus will prove that the "EDEN HOTEL" rates are second to none.

E.A.N.



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**CITY SWISS CLUB.**

Messieurs les membres sont avisés que  
**L'ASSEMBLEE MENSUELLE**  
aura lieu mardi 7 Janvier au Restaurant PAGANI,  
42, Great Portland Street, W.1. et sera précédée  
d'un souper à 7h 15 précises (prix 5/-).  
**ORDRE DU JOUR:**  
Procès-verbal. Admissions. Divers.  
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Pour faciliter les arrangements, les participants sont priés de bien vouloir s'inscrire au plus tôt auprès de Monsieur P. F. Boehringer, 23, Leonard Street, E.C.2. (Téléphone: Clerkenwell 9595).  
Le Comité.

placid way of filling in time that I know. After sighting Samaden, Zernetz and the Ofen Pass, I note that we are at about 14,250ft. and apparently travelling at perambulator rate — but the air speed indicator notifies its dissent!

All the Italian frontier on our far right is prohibited area up to the Brenner Pass which, over the innumerable peaks and snowfields, we reach at long last, enjoying a good look as this much discussed gap, about 5,000ft. high, in the Alps. On our left, thousands of feet below in the Inn Valley, I descry Innsbruck. The picture is magnificent. Innsbruck has an aerodrome and this offers us what is probably the only inviting landing-place noted during our flight. But we are much too interested in the scenery of the High Alps to land.

We return to Belp by the route of the Engadine, Arlberg Pass and Lichtenstein, crossing then the Rhine Valley to the left of Coire and the Linthal over Glarus, leaving the great Glärnisch mountain on our left. The lakes of Constance and Zurich are cloud-roofed and we cannot land, as had been arranged, at St. Gall. Passing over the canton of Schwyz, we reach the Lake of Lucerne, nearly above Brunnen. The arm of the lake towards Fluelen ("Lake of Uri") is clear, but the rest cloud-roofed; the peak of the Rigi emerging from the smother like an island.

We leave Pilatus on our right and, crossing the Emmenthal, find the Aar valley and our home-aerodrome devoid of mist; and so our luck still holds.

In 3 hrs. 55mins. we have covered 406 miles — an excellent average for our Leopard Moth when the climbing is taken into account.

*Flight.*

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Stocks at Swiss Mercantile Society, 34, Fitzroy Square, Swiss Observer, and A. F. Suter, 133, Fenchurch Street, E.C.3

**FORTHCOMING EVENTS.**

Tuesday, January 7th, 1936 — City Swiss Club — Monthly Meeting — (preceded by dinner 7.15 sharp) at Pagani's Restaurant, Great Portland Street, W.

Friday, January 17th—Nouvelle Société Helvétique — Annual General Meeting, (Supper at 3/- to be served at 8 o'clock) at "Foyer Suisse," 15, Upper Bedford Place, W.C.1.

Saturday, February 22nd, 1936 — Annual Banquet and Ball — Swiss Mercantile Society — at the Trocadero Restaurant, Piccadilly, W.

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(Near New Oxford Street).

Dimanche 5 Janvier. 11h. — J. Per. 6. v. 16.  
"Vous trouverez le repos" — M. R. Hoffmann-de Visme.

3h. Réunion de l'Alliance Evangélique — Invitation à chacun.

6h.30 — M. R. Santy. —

L'Ecole du Dimanche reprendra le 12 Janvier à 11h.

Un chaud merci à tous ceux qui m'ont aidé pour Noël — Bonne année à chacun!

M. R. Hoffmann-de Visme reçoit à l'église, 79, Endell Street, W.C.2, le mercredi de 11h. à 12h.30 et sur rendez-vous à son domicile, 102, Hornsey Lane, Highgate, N.6. S'adresser à lui (téléphone: ARCHway 1798) pour tous renseignements concernant les instructions religieuses, les mariages et autres actes ecclésiastiques.

**SCHWEIZERKIRCHE**

(Deutschsprachige Gemeinde).

St. Anne's Church, 9, Gresham Street, E.C.2.  
(near General Post Office.)

Sonntag, den 5. Jänner 1936.

11 Uhr morgens, Gottesdienst und Sonntagsschule.

7 Uhr abends, Gottesdienst.

8 Uhr, Chorprobe.

Anfragen wegen Religions-bezw. Confirmandenstunden und Amtshandlungen sind erbeten an den Pfarrer der Gemeinde: C. Th. Hahn, 43, Priory Road, Bedford Park, W.4 (Telephon: Chiswick 4156). Sprechstunden: Dienstag 12-2 Uhr in der Kirche; Mittwoch