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the Swiss established in Italy are numerous, the Italians living in Switzerland are not less so. Especially for the cantons of the Italian language, such as the Tessin and the Grisons, the strict application of sanctions would mean a crushing sacrifice. Switzerland has, however, rallied to financial sanctions, in the sense that, by decision of the Federal Council, she forbids the granting of credits or the issue of loans to the Italian Government, the subscribing to the Italian State loans, or the granting of any credits to corporations, public bodies, companies or persons. It is also forbidden to deliver raw material which is necessary for the armament industry.

The second financial plan presented to Parliament by the Federal Council foresees economies and new receipts. It has created a good impression, inasmuch as it expresses the firm will of the Government to carry forward to success the effort of rendering wholesome the Federal finances.

The Swiss postal traffic developed in a pleasing manner during the first nine months of the year. At the end of September, the postal auto-cars had transported 4,211,000 passengers, this being 329,000 persons more than during the same period in 1934. If the telegraphic communications show a slight backward trend, the telephonic communications, on the other hand, mark a decided increase. Air transports have also, on their part, shown a great upward movement, both in reference to the number of kilometers flown and to the number of passengers and postal expeditions.

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THE EMENTHAL CHEESE INDUSTRY.

Switzerland, in addition to being an ideal holiday resort, possesses many busy industries, among which - being as she is, a land of milk and honey - the Dairy Industry plays a very important part.

I wonder how many of the thousands of tourists who visit this country yearly and enjoy the excellent Swiss cheese in the hotels, the "wagon-restaurants" and on their manifold excursions, have the vaguest idea as to how the big "cart-wheels" (loaves is the technical name of the enormous Emmental cheeses) or the dainty little wedges, in their attractive cartons, are produced.

As regards the former, these loaves are manufactured in rural cheese factories which exist in nearly every Emmental village and are run by a certified cheese-maker and an assistant, both of whom have usually been trained in the Federal School of Agriculture. These factories are, as a matter of fact, merely small houses, with well-scrubbed tiled floors, spotless deal tables, and enormous polished brass vats. Contrary to what occurs in the Gruyère, the Emmental farmers hardly ever make the cheese themselves, but content themselves by selling all their milk to the factories, where the cheese can be produced under the most approved conditions of modern hygienic requirements. As a general rule, only two cheeses are made each day - one from the morning and the other from the evening milk. The milk is usually carried in flat, wooden receptacles, on the backs of men and youths, or else is transported in large tin cans, to the accompaniment of much barking and tail-wagging, on small wooden carts, drawn by big, shaggy dogs.

It is a wonderful and fascinating sight to see the cheesemaker and his assistant catch and imprison the boiling, floating curds, within the folds of enormous, white cheese-cloths, and then, with a dextrous movement, lift the heavy load of some 100 kilos and place it within a wooden "cart-wheel" frame, under the huge press, in order that all the whey may be squeezed out. This achieved, the "loaf" is placed in a store-room where the temperature can be regulated to any desired degree, and there left to mature for several months, before being placed on the market.

The process employed for the manufacture of carton cheeses, is much more complicated. First of all, the big loaves are taken from the village cheese-making centres to the very modern factory, equipped with all the most perfect hygienic and labour-saving devices, which specializes in the manufacture of carton cheeses. There the loaves are placed in cool cellars and arranged on tiers of shelves. It may easily be imagined what a powerful "cheesy" odour is produced by this accumulated mass of several thousand cheeses, each one weighing approximately 100 kilos! These cheeses are left

for a determined period in a determined temperature and are moved and treated every so many days. Having attained the requisite degree of ripeness, they are transferred into a light and airy room where they are divested of their hard rind (which goes, together with the whey and sour milk, to feeding the numerous pigs which are always bred in cheese-making districts), "planed", and then cut up into chunks, considerable skill being exercised in the blending of various degrees of ripeness. This having been done, the chunks are then placed in a special machine for chopping and beating, from whence they emerge in a curdlike form and are then cooked until they reach the consistency of a thick, smooth liquid. The melted cheese is then poured into little forms, and when sufficiently set is enveloped in tinfoil. Nimble fingered packers provide these small wedges with the necessary labels and then pack them into the well-known circular cartons, from where they emerge fresh, dainty and delicious, whenever required, whether this be in the home, on the mountains, in the train, or when picnicking by car.

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In the picturesque village of Savièse, above Sion in the Valais, where the peasants have to eat dark bread all the year round, a time-honoured custom provides that every man, woman and child receive a generous slice of white bread on Easter Sunday. The bread is known as Easter bread and with it a glass of home-grown wine is served to the grown-ups.

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SWISS WATCHMAKING.

A phenomenon predominates the latest results (1935) of watch-making exports: the return to quality noticeable in many countries, for it is not the manufacturer who has, of his own free-will, renounced the reliable watch, at the time when foreign clients sought only that which was cheap. At the time when the best factories - which are now to be recompensed - did not sacrifice anything to the passing vogue, several, which were less particular, thought it their duty to submit. Not only is this giving-way not on the increase but it is falling back, according to the latest export statistics. Whereas in past years the most clear-sighted were grieved to note the average value of watches continually becoming lower, it appears, this year, that the export progress, in quantity, is not superior to the progress shown in the value of the watches. This proves the dislike for the poor quality article, which is obvious in various European and overseas markets, and is confirmed by many reports which, it is needless to say, have delighted the manufacturers who give thought to the future.

A return to quality, parallel with a notable increase in sales, is what characterises the watchmaking year of 1935; the first eleven months of the year (the exact figures for December are not yet to hand) have been marked by a total exportation of 14,823,000 watches, which is 2,386,000 more than in the corresponding period of 1934.

Several of the manufacturers have returned to pre-war activity. Unemployment, even if it still remains a serious plague, has diminished. There is no doubt that Swiss watchmaking will, in several years, find itself exposed to problems of international competition which it did not have to face before the latest crisis. It is no less certain that it finds itself better prepared, at the end of 1935, to hold its own against any rivalry which may assert itself. At equal price, the Swiss watch remains the most exact and the most reliable; those who predicted a victory for quality are assured, more than ever, that they were right.

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HOW HELIOTHERAPY WAS DISCOVERED.

Heliotherapy, healing by exposure to sunlight, was discovered in a most extraordinary manner. The Swiss physician, Dr. Bernhard, when practising at Samaden (Grisons), observed with curiosity the method in which the peasants dried their meat in the open air - every visitor to Switzerland knows the delicious "Bindenfleisch" of the Grisons. The sterilising properties of the sunlight awakened his interest, and he hit upon the idea of using this, the most natural of all remedies, to cure open wounds and sores. His treatises