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as well as the Camping Weekend in Riversdale, were all well attended. The walks and the Christmas Social on the other hand were not so popular, but those who took part enjoyed themselves very much. The treasurer's report showed a satisfactory rise in Club funds, thanks mainly to generous donations and the hard work put in by the Committee and other members.

The meeting decided to submit to the Annual General Meeting of the Swiss Society the following suggestions:

1. Group Travels: All inquiries to be handled by the Committee of the Swiss Society.
2. Abolition of Proxi-Votes: All voting to be done by two delegates per Club with one vote each.

Mr Erb was in the chair for the elections. Elected were: President: Mr F. Wehrli. Vice-President: Mr H. R. Zulauf. Treasurer: Mrs R. Messmer. Secretary: Mr E. Homberger. Members: Mrs R. Katz, Mrs T. Scherrer, Mr M. Jaeggi, Mr R. Schubauer, Mr H. Steiner. Auditor: Mr H. Ittensohn.

Mr Erb proposed that Mr Frick be made an Honorary Member and the meeting accepted this proposal unanimously.

Hedy's Corner

1. If you are a new arrival here and need a doctor, ask around the neighbourhood or pick the one nearest you from the list at beginning of phone book.
2. You should not go to a doctor who is called "physician", "surgeon", or by any other prefix. These are specialists and only your family doctor, called a G.P., should refer you to a specialist.
3. The patient is at liberty to ask G.P. for a 'second opinion'. Similarly the family doctor may refer his patient for a second opinion, if he feels this advisable.
4. If at Home you were looked after by a homoeopath or someone specialising in natural healing treatment, you should know that these are unobtainable here from a qualified doctor. These branches of medicine are not normal practice in N.Z. medical schools, nor taught at post-graduate courses.
5. You cannot take a "cure" at a spa, such as at Rheinfelden or Baden, they do not exist as such, except in Rotorua for rheumatic and arthritic conditions.
6. G.P.'s fees vary somewhat, depending on the service given. Specialists fees are considerably higher and also vary for service given.

7. If hospital is necessary, what is better: private or public hospital? For many non-urgent complaints there is a long waiting list at public hospitals; in private hospitals one can choose one's surgeon and have treatment at one's convenience. Assist-with private hospital costs there is a special insurance available.
8. What will St. John's Ambulance do for you? If you become a member of this society (\$2 per annum) you get free transport to hospital if required for medical reasons. Non-members pay according to mileage. St. John is New Zealand's equivalent to 'Samariterdienst' at Home, in most aspects.

Who is a Good Patient?

At the surgery: punctuality for appointments. Find out if doctor prefers fee settlement after each consultation or payment after receiving an account. Visit your doctor during surgery hours whenever possible. If you need to speak to your doctor ask receptionist at surgery for convenient time to phone. If urgent home call is required ring doctor before 10 a.m. if at all possible. When calling your doctor at surgery or residence be brief and specific as to the nature of complaint as you see it. It is not customary in New Zealand to greet other patients in waiting room when entering.

Be truthful when asked about symptoms during examination, also speak up about any stresses in the mind as your physical and mental candidness give valuable leads to your doctor for investigation and diagnosis. Unless valid reasons exist do not change your doctor every few weeks. He can assess complaint and treatment better if he gets to know you and your background. A freshly bathed patient is preferred to a heavily scented one. Garments which can be taken off and put on quickly are an advantage. When taking a small child to the surgery explain beforehand: doctor wears white coat, stethoscope, looking into ears, nose, mouth with torch, spatula, respectively, a possible needle prick, etc. Finally: voice appreciation when feeling better, after all the doctor is not only an index of medical knowledge, but a human being as well. —'Medico'

Special Announcement: Swiss Society of N.Z.

TRAVEL AROUND THE WORLD, 5th JUNE 1969

A definite Group has now been formed for this exciting tour "Around the World" with a stay of 10 weeks in Switzerland.

For **last-minute bookings** please apply direct to Mrs U. Boeckli.

PS: What an opportunity to see Papeete, Honolulu, Vancouver, Montreal, Moscow, Tokyo and Hong Kong, besides Switzerland!
—Arnold Biland