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## Editorial..

### **Sunlight and shadow - living with less**

People say the world will never be the same after the events of terrorism in America of the 11th September 2001. Now, at the time of writing these lines, the time of retribution has arrived and more misery, death and hatred is added by "man against man".

Little wonder there is the temptation for some of us to 'switch off' from world events and pretend that all the trouble on the world's stage does not apply to us lucky people in remote New Zealand. But being part of 'the western world' with its wasteful life style and the need to trade with the world at large we can hardly do so, I think.

We might as well accept the fact that there is great hatred between some

nations, and some religions, with fundamentalists at the base of it.

We here in New Zealand as well as elsewhere in the 'western world' perhaps should accept the outlook to live with less if necessary, in order to bring more justice to all mankind.

However, to live with less is 'easier said than done', I hear you say and you are quite right. But I think we have only two options; we can decline to accept it and live miserably or we can accept it gracefully and live in contentment.

One thing we will realise by accepting to live with less is that we never really appreciate the things we take for granted. And usually it is the 'little things' that are missed most. To qualify this statement I can just now speak from my own experience since I lost all sense of taste and smell recently, thanks to a bad flu with viral infection. As I was told by

one well meaning member of my family that this loss may extend to a very long time (up to one year) as it was in her case, I should carry on without looking for sympathy and accept the loss gracefully as she managed to do.

So please no sympathy, but believe you me it is not easy to sit down to a lovely meal and having to imagine the familiar smell and taste of the food. So this is to eat with your eyes, I say to myself. Look at the flowers and shrubs but don't expect to smell a thing. Might as well eat ordinary chocolate, hardly worth the extra expense to eat "Toblerone", no extra taste to be expected... What about that specialty cheese; forget it, cheddar will do just as well. Wasn't I looking forward to seeing the lilac tree flowering once again? O yes, but remember, for me it has no scent this year.

Should I expect an answer asking God why this impediment has come my way? Is there not much more missing in the lives of some of my friends with glaring disabilities?

Should I not be grateful that I have good eyesight to see the beauty in flowers and plants, that I can enjoy the colour and texture of differing food items on my plate.

Isn't my good health overall much more reason for me to be happy than to dwell on the loss of taste and smell?

Of course I know it to be so, but really; a bit of sympathy would go a long way....

In return I promise, if and when my sense of taste and smell returns, I will never again complain about the burnt taste of porridge, the smell of toilet odours left behind by Grand children, or the inevitable ammonium scent when cleaning the cat litter box...

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### **Corrigenda...**

On front page of October issue of HELVETIA it should read: Correct answer to September issue was St. Saphorin, instead of May....

on back page of October issue the two colour photos of "Schwingerkönig"-Arnold Forrer and second placed Martin Grab were placed incorrectly.

no complaints received; your tolerance is appreciated - Editor.