

Zeitschrift: Helvetia : magazine of the Swiss Society of New Zealand
Herausgeber: Swiss Society of New Zealand
Band: 75 (2009)
Heft: [4]

Artikel: Gefüllte Äpfel
Autor: [s.n.]
DOI: <https://doi.org/10.5169/seals-944454>

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: 20.08.2025

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

New research on altitude sickness

Children are less susceptible to mountain sickness - a common and unpleasant effect of high altitude exposure - than previously thought, a study by scientists of the University Hospital of Bern and Basel University has found. Researchers came to this conclusion following an assessment made on top of the 3,450-metre-high Jungfraujoch in the Bernese Alps.

Acute mountain sickness is by far the most frequent problem in people who go to high altitudes and rather surprisingly there is very little information about its prevalence and its outcome. The study was particularly concerned with the effects of the condition in children.

In all, 48 children and adolescents - 20 girls and 28 boys aged ten to 17 - were taken to the Jungfraujoch high-altitude research station in the Bernese Oberland.

The young people, all with no previous high altitude experience, were assessed at six, 18 and 42 hours after their arrival. Prevalence of acute mountain sickness during the first three days was 37.5 per cent.

It evolved favourably in the vast majority of these children and most of them didn't even need drugs to treat symptoms associated with acute mountain sickness. Two thirds of the children with the condition developed symptoms during the first few hours at high altitude. These symptoms decreased progressively during the next two days as



Jungfraujoch 3454m, Europe's highest altitude railway station

they became acclimatized. Rates were similar for both sexes and nobody was evacuated to a lower altitude. Five needed treatment for their symptoms and responded well. Overall, the findings suggest that for the majority of healthy non-acclimatized children and adolescents, travel to 3,500m is safe, and preventative treatment for acute mountain sickness is not needed.

Studies looked at acute mountain sickness in adults, after arriving by airplane in Nepal (same altitude as Jungfraujoch) and there the prevalence of acute mountain sickness was between 80 and 90 per cent.

However, a study carried out by Zurich University at the top of the Jungfraujoch in 2006, testing parents and children, came to the opposite conclusion - i.e. that children were more prone to acute mountain sickness...

Acute mountain sickness

Acute mountain sickness is caused by a shortage of oxygen after ascending to high altitudes, normally of more than 2,400 metres. It can result in hyperventilation, nausea and exhaustion. In extreme cases, it can progress into high altitude cerebral or pulmonary edema - swelling of the brain or lungs - which can be fatal. The condition is often associated with mountaineers but anyone spending time at elevation can suffer from it.

It occurs because the body is not getting enough oxygen. The percentage of oxygen in the air remains constant, but since air pressure decreases with altitude, fewer oxygen molecules are breathed in. Oxygen is essential for muscles and organs to function properly.

from swissinfo

Gefüllte Äpfel



4 mittelgrosse Äpfel

Kerngehäuse ausstechen, Schale mit einem Messer mehrmals längs einschneiden

Füllung

100 g gemahlene Mandeln

2 Esslöffel Zucker

Saft und Schale einer halben ungespritzten Zitrone

ca 3 Esslöffel Milch

Alles gut mischen und die Mischung sorgfältig in die Äpfel und ca 1cm über den Rand hinaus füllen.

2 Esslöffel Butter flüssig

Aepfel damit bestreichen, in eine ofenfeste Form stellen darüber streuen

1 Esslöffel Zucker

knapp 100ml Apfelsaft

oder Wasser

in die Form giessen, sodass die Aepfel ca einen halben Zentimeter tief in der Flüssigkeit stehen

ca 20 Minuten in der Mitte des auf 220 Grad vorgeheizten Ofens backen, heiß servieren

Tip: evtl eine Kugel Vanilleglace auf die heißen Äpfel geben, sofort servieren

En guete!