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# The Swiss Observer

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## HOME NEWS

In order to mitigate to some extent the losses incurred by farmers in the canton of Grisons through cattle disease, the Federal Council has allocated an amount of Frs. 200,000 for that purpose.

In the by-elections last Sunday at Schaffhausen, the communists succeeded in getting their candidates returned for the two vacant seats on the Grosse Rat and the Stadtrat; the seats were previously held by the farmers' party.

In consequence of a wages dispute, the staff of the "Ferrovie Regionali Ticinesi" consisting of 54 employees have gone out on strike. The Company, whose seat is in Domodossola, maintains a regular rail and tramway service along the Italo-Swiss frontier; the strikers' organisation has already arranged a temporary automobile service of its own.

Under the will of the late M. Jean Deposieux, who died recently at Villaz-St. Pierre (Fribourg), a number of local charitable institutions were left considerable sums, notably the "Fondation des Orphelins" which benefits to the amount of Frs. 100,000.

Supposed to have fallen asleep while driving his lorry home late in the evening, from Zurich, a foundry manager named Lohmüller from Marthalen, was found dead in the forest between Andelfingen and Flach, the lorry having turned over sideways into the road ditch, death being caused through the body crushing between the edge of the ditch and the driver's seat.

Through the premature discharge of a gun which was fired to celebrate a recent wedding, a farmer, Jacob Wullschlegler, from Rothrist (Aargau), was seriously injured; he has now died in the hospital at Zofingen.

The Moesa railway bridge between Castione and Bellinzona was the scene of a fatal accident last Friday afternoon (October 22nd), when, through a yet unexplained cause, the last two carriages of a passenger train were derailed, and dashed against the protective wall of the bridge. Two ladies from Lugano, Mrs. Maffei (the wife of a Ticinese aviator), and her sister, Miss Gianini, were killed on the spot, while a local business man, Mr. Colli, suffers from an injured shoulder.

Robbery is said to be the motive of a young labourer, Robert Waldvogel, who shot and seriously wounded Mr. L. Bloch Hild, a retired silk manufacturer, in his villa at Zurich. The assailant gained admission and an interview on the pretext of representing a detective agency which had discovered a plot on his life.

## NOTES AND GLEANINGS.

**How to Conquer Consumption.**—The following review of a book just published is from the pen of Dr. C. W. Saleeby, and appeared in the *Daily News* (October 20th):—

Avoid fatigue. The toxins of fatigue will kill guinea-pigs, and they will help to kill you, if you are not careful. . . . Never take more exercise than your doctor prescribes.

Always keep your lungs as still as possible. The quieter you keep your lungs, the quicker they will heal. . . . Do not practise deep breathing.

The specialists can only give advice. The intelligent patient will follow his advice and get well, the unintelligent patient will follow his old habits to an early grave.

Cod liver oil has saved many a consumptive from the grave. You may not like it, but the germs like it even less, because it rebuilds your body and gives your defences new energy to fight and overcome the invaders. [Let me add that clever chemists can now give us the essence of cod liver oil in pleasant concentrated form.]

Never spit anywhere but into a sputum flask.

Do not smoke. . . . The man who asks you to have a drink is not your friend, but your worst enemy.

The title of this article is that of a new book\* which I earnestly commend to all readers, those who have consumption, as many must have, those whose friends are afflicted, and those who wish to play their part in conquering this national scourge. This is not the place for a review in the ordinary sense, but I know that I cannot better use my space than in persuading the reader to study the most recent, simple, complete, practical, and useful book in existence on this subject, and so I begin this article with a few examples of the practical advice in the book.

The author is Mr. David Masters, who has studied the disease in many lands for many years, and he is introduced by a famous physician, Sir Bruce Bruce-Porter, who rightly assures us that the author is a master of his theme. For myself, I can only assure my readers that I have seen Mr. Masters at work studying the marvellous laboratories and results of M. Spahlinger, to which he devotes the best and most useful account yet published; and I have long first-hand knowledge of Leysin and of the pioneer work of my old teacher, Sir Robert Philip, of Edinburgh, the world-famous founder of the tuberculosis dispensary, and I know that Mr. Masters has, indeed, mastered these parts of his subject. Personally, I am indebted to him also for his valuable chapter on the new gold cure—a sad disappointment, I fear; and for much else which is new to me.

But here my concern is to point to this book as one which should be in the hands of patients and their friends. Not a day passes without my receiving inquiries, from all parts of the English-speaking world and often from the Continent, as to whether this or that treatment should be used, whether it is cheap or dear, where it is to be had, what prospects it offers, whether it can be carried out at home, and so on. The public ignorance is appalling. I can only answer that the doctor in charge is the responsible man who must be trusted, and then add such detailed answers as perchance I can.

In many instances busy doctors themselves cannot be fully informed about, say, sanocrysin and Leysin and M. Spahlinger and the various tuberculins (alas!) and so forth. Nowhere but in this book is the whole matter set forth for the immense service of hundreds of thousands of sufferers and their friends. If the public read it, as they must, and with intelligence, they will very soon be much better informed than any but the best experts in this disease—and I do not know one of those who has seen for himself so much as Mr. Masters.

Nowhere have I read (except perhaps in some American pamphlets) such clear, cogent, comprehensive advice to the consumptive, not only in respect of methods of treatment but in respect of his own personal way of life—an absolutely vital matter. Not even M. Spahlinger can avail—I have often heard him say so—if the patient persists, as many do, in playing the fool, and depriving himself of those "healing powers of Nature" which both Dr. Rollier and M. Spahlinger, by their vastly different methods, alike invoke. The old saying is true still, "No fool was ever cured of consumption." I plead with any reader concerned: Do not be a fool: read this book and act on it.

The cure of individuals is not the conquest of consumption. Mr. Masters sees beyond individual treatment. For instance, he wants us to tackle our tuberculous milk; he wants to control the spread of infection (see his chapter on the glorious work of Dr. Varrier-Jones at Papworth), and all who care for human life and happiness must thank him for his work, and wish it long service far and wide.

### Swiss Gold Vein.

Several correspondents have sent me the following cutting from English dailies; one of them wishes to know whether and when the S.O. will arrange a special party so as to afford members of the London colony an opportunity to participate in the coming gold rush:—

In the Grisons canton of Switzerland several professors of mineralogy have been examining the gold-bearing ground discovered on Mount Calanda.

It was announced that a vein rich in gold had been found, and that its working will soon be started.

This particular region, which is situate only a few hours from Chur, has always been known to be auriferous, and mining was started on several occasions during the last century; however, the commercial results were so disappointing that further exploitation was abandoned.

During the last century; however, the commercial results were so disappointing that further exploitation was abandoned.

### Swiss Flight to the Cape.

From the *Manchester Evening Chronicle* (October 11th):—

Three Swiss aviators are contemplating a scientific expedition by air to Capetown early next month. They intend to fly in a seaplane from Zurich across the Alps to Naples, Athens, Cairo, up the Nile to Khartoum and the Sudan to Lake Victoria, where they will make their headquarters for three months, during which time they intend to explore the Congo basin, the equatorial highlands of Kilimanjaro, and the Kenya Range.

Finally the aerial explorers will fly over the Tanganyika and Nyassa Lakes and via Zambesi to Capetown. The expedition is being carried out purely in the interests of science and was decided upon after Sir Alan Cobham's feat of flying to the Cape and back. The party will consist of a biologist, an author, and a pilot, who is a well-known Swiss scientist.

The pilot, who in the above article is described as a well-known Swiss scientist, is Lieut. Mittelholzer, our foremost aviator. Amongst the objects of the expedition is the photographing of little-known tribes in the interior of Africa and of animal life in the jungles, for which purpose a cinematographic apparatus is being carried capable of filming at a height of 1,000 metres. Thanks to the encouragement and help of the British Government, the expedition is enjoying practically the same facilities as Sir Alan Cobham in his epic flight through the Dark Continent.

### Hockey in Switzerland.

According to the *Daily Express* (October 15th) we may expect next spring a visit from the Zurich Grasshopper Club, who were, a few years ago, so singularly unlucky in their endeavours to obtain distinction at the Henley Regatta:—

Hockey is booming in Switzerland. The game has made great strides there during the past few years. The Swiss Hockey Federation was formed only eight years ago, and began with four clubs, but now more than twenty clubs are affiliated, the majority fielding two, and even three, teams.

The Swiss are very keen on the game, and have some excellent players, but they are desirous of studying the methods of prominent English exponents, whom they consider the best hockey players in the world. With this object in view, M. A. Bé Cavin, who has umpired several international games on the Continent, is making a prolonged visit to England.

M. Bé Cavin has been elected to the Southern Counties Umpires' Association, and will probably assist in the control of several important games, but he will, no doubt, have an easier task than at home. There are two umpires to each game here, whereas in Switzerland one man officiates in that capacity.

There is every probability of the Swiss champions, the Grasshopper Club, of Zurich, playing in the Folkstone tournament next Easter, and later it is hoped to make arrangements for an English team to visit Switzerland.

### The Swiss Federal Railways.

A very comprehensive and at the same time compact survey of the way in which our railways are managed is contained in the October issue of the *Railway Service Journal*. The article offers perhaps somewhat dry reading, but it deals with a subject with which we are not very familiar over here, though we ought to be. We do not, of course, subscribe to all the conclusions of the writer, especially when he singles out the "Socialists as caring, above all things, for efficiency":—

While many of the smaller railways in mountainous districts are privately owned, public authorities intervene in various ways. Thus, the Canton of the Grisons and the Swiss Confederation, are now the principal shareholders and exercise a preponderating influence in the Rhaetian Railway; the chief shareholders in the Coire-Arosa Railway are the Canton of the Grisons and the communes of Coire and Arosa; and public authorities have participated in the construction of the new mountain railway, Furka-Oberalp.

Please reserve FRIDAY, NOVEMBER 26th,  
for the BANQUET and BALL of the  
CITY SWISS CLUB.

\* "How to Conquer Consumption," by David Masters, with introduction by Sir Bruce Bruce-Porter, K.B.E., C.M.G. John Lane. The Bodley Head, Ltd. 5s.