

Notes and Gleanings

Objekttyp: **Group**

Zeitschrift: **The Swiss observer : the journal of the Federation of Swiss Societies in the UK**

Band (Jahr): **- (1933)**

Heft 615

PDF erstellt am: **28.04.2024**

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harmful elements contained in sunshine. Once a good, smooth tan has been acquired, the skin can resist these elements and allow the penetration of the beneficial qualities without harm.

For a number of years I have had the opportunity of studying scientific sun-cure as practised in the Swiss Alps by the world's most renowned sun-specialist, Dr. Auguste Rollier. Here, in a mountain village, some 5,000 feet above sea level, one sees sunshine applied scientifically to cure a multitude of complaints ranging from tuberculosis in all its forms to that terrible malady, rheumatoid arthritis. On the beaches in England you will see sun-bathers anointing their limbs with oils as a protection against blistering. In Switzerland you will see neither oils nor blisters. The Alpine sun specialists treat their medium with too much respect.

The sun-bather starts his treatment modestly. He exposes first his foot, then his ankle, then up to his knees, and so on, by steadily increasing periods of time, which commence with a mere five minutes. The skin begins to show signs of pigmentation, and slowly the patient acquires a deep mahogany shade of tan which allows him to take the full dose of sunshine. All the time he is watched by qualified nurses, his temperature is taken and his pulse observed. If any ill effects are noticed, he is withdrawn from the sunshine immediately.

What is the result of all these precautions? I have seen poor, emaciated people, riddled with tuberculosis — spine, hip and limbs eaten up with this disease. I have seen these unhappy folk brought to Switzerland, their bodies encased in wicked plaster-of-paris "collars." I have seen these casts broken and taken away from the bodies of these living skeletons, so that the carefully applied rays of sunshine can play round their sun-starved limbs. I have seen these people get up from their beds, cured, after one, two, three or more years in the sunshine.

One only needs to look at the limbs of these people to see what has been done for them. They look well-nourished, clean-limbed, muscled and content. Sunshine definitely feeds tissue and muscle, and the patient invariably grows too big for his clothes.

Drink Barley Water.

Few people in England realise the absolute necessity of drinking while taking the sun. The sun-bather perspires more than he realises; he must drink as much as possible to counter the effects of this perspiration. Sunshine will sometimes have a harmful effect on the heart and kidneys, so that it is a wise proceeding to cover these organs with a dark pad of cloth at first. Drinking helps the kidneys, whether there is any weakness there or not, therefore, when you wish to lie in the sunshine, drink. Barley water is a simple thing to make and is the most suitable beverage.

In mid-winter in the Swiss Alps, men and women lie out in the sunshine, clad only in loin-cloths. Snow lies thickly on the ground, and the shade temperature is well below freezing. Yet these people's bodies are burned almost black, and there is not a shiver amongst them. Sunshine and fresh air have rendered them impervious to cold. The climate of England will seldom allow this. But when the opportunity does occur — as it did on several occasions last winter — sun-bathing can be a great help to bodies which have become weakened by work in the darkness of our city offices and buildings.

One final word of warning. If you have auburn hair or fair colouring, be doubly careful how you take your sun-bath. The skin of fair people does not pigment easily; in some cases it does not tan at all; there is then nothing to give protection from the ray which burns the flesh. Fair people can often benefit as much by lying in the shade on a sunny day. They thus obtain the goodness contained in the indirect, reflected ray. Sunshine in moderation is the gift of God; in excess it is a curse.

J.D.S.

As we grow older and, perhaps, wiser or at least try to impress the younger generation of the fact, which, like most facts, is purely relative, we begin to realise, slowly and painfully, the justice of the concluding remark of the above article. We begin to experience that "a little bit of what you fancy does you good" or, in other words, as used by Mother when we were very young "it's best to get up from the table when you feel you could still eat some more."

It is not within the purposes of Nature that the young should believe this. Hence the eternal divergence of opinion between young and old, so aptly expressed in the words: "si jeunesse savait, si vieillesse pouvait."

Those delightful evenings spent in drinking beer when we were young students — fortunately,

I understand that Sport is now replacing much of that "Comment-drinking" we used to think so frightfully honorific — laid the foundations for much of our present-day rheumatism or "Zipperlein" and what seemed very funny to us then, is not half so funny now when we actually experience it! An early drink of hot water with a pinch of Kruschen taken over long periods and very regularly gradually ousts the enemy from our system, or, at least, keeps him down, but, the experience is there, all the same.

As with bodily experiences, so with those of the mind. Too much of anything is against Nature's laws. Too much freedom, for instance, develops into licentiousness. Too much Hitlerism creates discontent and sullen unrest, a damped down fire which, sooner or later, will burst into open flame.

These and similar thoughts are produced in my mind by reading the following article from "South Wales Argus" 17th July, entitled

Switzerland and Freedom:

At a time when Tyranny stalks unabashed through half Europe, — when Liberty is despised and democratic government is suppressed in many lands, — when in all countries there are some who give a new turn to the old persecuting spirit, it is good to know that Switzerland, one of the ancient homes of liberty, is resisting Hitlerism. The outcome of efforts to establish a Nazi supremacy and to imitate the methods of Germany has been a revival of political life.

In Switzerland an effort was made to place the Nazi organisation above the law — to ignore the police, and to set up a force capable of defying them. The Swiss Nazis tried to silence criticism and drive out opponents. It is to the honour of Switzerland that public opinion was strong enough to prevent the latter, and that the forces of law and order proved stronger than the forces of usurpation. As the result of the assault upon Liberty there has come a revival of political life, and expressions of renewed faith in the old democratic institutions. Everywhere Freedom is threatened; everywhere those who have faith in Democracy must recognise the danger.

Freedom is not a free gift to mankind. It has to be bought and paid for. It has to be defended. The price of freedom is sacrifice. When the strong, the wise, the gifted, the fortunate, the wealthy are willing to sacrifice their advantages, their pre-eminence, their riches to the common good; when they are prepared to recognise in practical ways the obligation to share with the weak, the poor, and the unintelligent the gifts of Nature, the material well-being, due to scientific advance and mechanical invention, and the political privileges which are the rights of men and women because of their humanity, — when all they are prepared to give to all what they claim for themselves, Freedom will be secure. But in a world so faulty as ours, the free working of democratic institutions, corrected and directed by an educated public opinion, is the only defence for Liberty, the only assurance of Justice.

The history of the World since 1918 will form a very complicated chapter to study for the rising generation and, in that respect I am glad my school days are over. On the other hand, it is possible that what seems almost impenetrably mixed up and dark to us, may seem much clearer to future generations.

I wonder whether that old slogan "too old at forty" will obtain a new lease of life on the strength of the middle and the frightful international upset which these last 15 years have brought forth. What I mean is, will future generations realise that it will be better to entrust Statesmanship to YOUNG PEOPLE likely to make big mistakes of judgment, but burning with the zest of youth to DO SOMETHING, rather than, as we have done, to ELDER STATESMEN, cautious, trained in all the wiles and ruses of Diplomacy with a Capital "D" and who, as experience seems to show, manage to disintegrate the economic and social fabric of the human family, because they are content to act as brakes to the pushers, rather than to lead?

Again, will the fact that in some countries the WOMEN HAVE THE VOTE be counted as progress by future historians or the reverse?

In Switzerland women have not got the vote, except for church and school and, I believe, in some Cantons, for poor law matters. The men manage the purely political and financial side of the Government. Is that not perhaps a proper way, seeing that Swiss women are co-educated with men and therefore, very much superior, in mental outlook and understanding to women in some other countries. I have talked to many women in Switzerland about this "votes for women" business and in most cases they have explained to me that they were not at all keen in being granted political votes. For anyone who knows Switzerland, its standard of education and

culture, this point of view of its women is perfectly understandable and if you read in the following article that Switzerland's "Liberalism is marred by the fact that women have not the vote and take no part in public life" then you know that Miss F. L. Josephy the author of that article is not quite fully informed of the state of things in our homeland. Having said this, I will now let you enjoy an otherwise very interesting article, published in the NEWS CHRONICLE on 24/7/33 under the title

Youth of Six Nations Talk Liberalism Amid the Alps:

Forty young people belonging to six different nations, all in bathing-suits; a grassy slope surrounded by pine-trees; a cool green swimming-pool and a hot afternoon.

But for two and a half hours, while the sun shone and the water tempted, those forty Young Liberals sprawled under the trees listening fascinated while a brave man from Germany, who had come on the very evening of his wedding-day and literally at the risk of his personal liberty (rumours are already current that he was arrested on his return home) told them of the march of events in Germany.

He had already lost his job because of his political convictions — "everyone who does not agree with the Government is a Marxist" he told us, and "a Marxist is someone whose job someone else wants" — and his future is more than uncertain; but he has no rancour against his country, only sorrow, and the conviction that not international boycott but universal friendliness can bring the government to their senses.

All Set for the Young.

It was a fascinating week. Seelisberg stands 2,500 feet above sea-level, and from the terrace of the hotel you look sheer down on to the jade-green Lake of Lucerne, with its toy steamers and model village, the nearer mountains mirrored in its shimmering surface, snow-capped giants towering in the distance.

With its swimming pool and its tennis court, its walks and its flowers, its bright sunshine and pungent, aromatic "Swiss" scent there could be no better setting for a conference of youth.

About twenty Swiss, ten Dutch (the exchange is all right for them), two Danes, a German, a Frenchman and a Briton, we talked and walked and played and danced together, and discussed Young Liberal organisation in our various countries. Culture and Nationalism in Europe, Disarmament, and Economics and the Modern State. The language of this year's conference was German, and such interpretation as was needed was provided by a versatile Dutchman, who can make a speech equally well in English, French, German or Dutch.

For the most part, however, the delegates found no difficulty in understanding one another, and for sheer insight into other people's point of view a week in such circumstances has no rival.

Where We Split.

On most subjects there was a fair amount of agreement. We deplored the disappearance of democracy in Europe; agreed that for European pacification there must be disarmament as completely and rapidly as possible and the abolition of the private manufacture and sale of arms — France, as usual, wanted "moral" disarmament, i.e., security, to come first; disagreed slightly on questions of Treaty revision; and parted company completely on the question of economics: France, Denmark, and Switzerland being for an "économie dirigée" (national planning), Holland and Great Britain standing firm for freedom from government interference.

There are 16,000 Young Liberals in Switzerland which claims the oldest Liberalism in Europe, marred, to the British and Dutch mind, by the fact that women have not the vote and take no part in public life. So finally we went back to Lucerne, where the Lucerne Young Liberals, 6,000 strong, gave a banquet to the delegates which lasted from one till four. The ten speeches included a vote of thanks to two Swiss Liberal M.P.s, who, evidently believing cleanliness to be next to Liberalism, had arranged for the free use of the swimming pool to the delegates.

At the very last Dr. Steinmann faintly reminiscent of Lord Snowdon in looks and Secretary of the Swiss Liberal Party, suggested that the way to achieve agreement and progress in world affairs was to send the young people as delegates to international conferences.

I have already dealt with that concluding sentence in the above article. So like a woman to put the most intriguing thought at the end, in the "p.s." as it were!

And now, let's see whether we can win that tombstone competition on Bank-Holiday morning!