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nects in Paris with the evening train for Switzerland. Through tickets to Switzerland are issued, and luggage can be registered direct.

The London — Dieppe — Paris service is tidal and, therefore, does not always get into Paris in time for passengers to proceed to Switzerland the same night.

No through tickets to Switzerland are for the time being issued by this route, nor can baggage be registered through. You will therefore have to buy tickets to Paris, and re-book there, paying in French francs. On the other hand — and this is a better plan — you can now obtain for sterling, tickets from Paris to the Swiss frontier and to certain Swiss inland stations from the London Office of the French National Railways, 179, Piccadilly, W.1, who will also undertake to reserve train accommodation ex Paris.

In Switzerland, you are sure of a friendly welcome, and will find conditions practically normal. Although food-rationing is still in force, there is plenty to eat, and the service is as good as ever.

Upon arrival at the Swiss Frontier or Air Terminal, you will be handed Meal Coupons for 3 days. Your Hotel will then see to those for the rest of your stay.

You can move about freely in Switzerland. Transportation facilities by rail or road are, if anything, better than pre-war. Textile and shoe-rationing is off, and you may spend as much as you like of your £75 0. 0. on purchases. Certain goods are subject to an Export License; the shops or your host will be able to give you particulars. You may also have to pay Import Duty and Purchase Tax upon returning to this Country."

#### Some Transportation Companies:

Southern Railway, Continental Department, Victoria Station, S.W.1; L.N.E.R., West End Office, 71, Regent Street, London, W.1; Swissair, c/o B.O.A.C., Airways Terminal, Buckingham Palace Road, S.W.1; British Overseas Airways Corporation, Airways Terminal, Buckingham Palace Road, S.W.1; Air France, 2B, Eccleston Street, London, S.W.1; Sabena, Belgian Air Lines, Airways Terminal, Buckingham Palace Road, S.W.1; K.L.M., Dutch Air Lines, 198/199, Sloane Street, London, S.W.1; French National Railways, 179, Piccadilly, London, S.W.1.

#### HOLIDAYS FOR SWISS CHILDREN IN SWITZERLAND.

A Commission has been formed under the auspices of the Council for the Study of Swiss Problems, in conjunction with the Pro Juventute scheme, with the object of arranging a holiday in Switzerland for children from this country.

The Pro Juventute make it a condition that the children (ages 8 - 14) be selected, in the first place, from amongst those who (a) as a consequence of the war are in need of having their health restored and (b) those whose parents are unable to meet the full cost of a journey to Switzerland and back.

The time of the holiday is foreseen from about the middle of July to the middle of September next.

Will parents, who are interested, please communicate at once with: The Secretary, Swiss Benevolent Society, 31, Conway Street, W.1, so that an official application form can be forwarded to them in due course.

#### SWISS HELP FOR POLAND.

A train consisting of 44 trucks left Switzerland last month, destined for Poland. This convoy of merchandise was exclusively reserved by the "Don Suisse" for Poland, and is the first organised consignment of its kind.


Eight trucks contained articles for current use, such as textiles, surgical instruments, bandages, medicaments, two fully equipped ambulances, etc., etc.

Thirty-four trucks were loaded with material for constructing twenty-nine huts. One carriage was reserved for lodging the staff accompanying the convoy, such as doctors, nurses and technicians, as well as railway personnel.

A further truck contained agricultural machines and tractors, representing a present from the Swiss Co-operative Society to their sister institution in Poland.

The "Don Suisse" consignment, which represents a value of Sw. Frs. 931,000, will be distributed by the "Don Suisse" Delegation in Warsaw, in collaboration with the Polish authorities.

The huts will be erected in the neighbourhood of Warsaw, and will be used as a holiday camp for deficient children. It is estimated that about 4,000 children will be accommodated in the course of one year, to receive medical aid of which they are so badly in need.



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