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generous ideas. He died at Pont-Farbel, near Gland, at the home of his son-in-law in 1920. To the farthest corners of Russia he had cast the good seed of culture and education in its widest sense.

[S.N.T.O.]

### "MANAGERS DISEASE" AND A HOLIDAY IN THE ENGADINE

The Swiss clergyman, Albert Bitzius, whose pen-name was Jeremias Gotthelf, described in his exciting book "The Black Spider", the unconsciousness of man towards an actually devilish scourge, the black spider, which suddenly attacked people and carried them off.

Nowadays there is another scourge, Managers Disease, which tears people away from Life in their best years. Managers Disease — an insidious conception, unpredictable; almost, it would seem, unavoidable; provoked by the rush with which we are whipped through time; provoked by the excessive demands we are required to fulfil, by the wearing of our physical, mental and spiritual strength, by the stimulants to which we resort in order to conquer our constant tiredness, namely by use of the "civilisation" poisons nicotine, caffeine and alcohol; and then by the imagined lack of time for necessary recuperation. He who finds his way to a health resort is a lucky person. That which is a direct inducement for a cure — a stay in a health resort — is at the same time a cure for Managers Disease, which is a consuming illness.

Now what can the visitor do in order to overcome Managers Disease? Actually there is nothing for him to do — or, to put it correctly, he should do nothing. Above all, everything that makes his life an unnatural one should be left undone. He should leave his car in the garage and not tear all over the place from force of habit. He should abide by his plans, in accordance with his doctor's orders, just as conscientiously as he regards them at home. He should inwardly relax, not think about his job, his cares and problems, but devote himself to glorious idleness, to doing sweet nothing, to enjoying his holiday; whereby it does no harm to hear the morning songs of the birds and take a walk, in order to achieve a favourable spiritual attitude towards successful recuperation.

It is well known how we lack oxygen where we live in the haze of our cities, and how particularly bad the air conditions are in cars because of excessive carbon dioxide. But oxygen is so very important to our lives — which is why we have to provide ourselves with as much oxygen as possible: "Fill up with oxygen"! What is of especial aid to those with Managers Disease is contact with nature; this can be obtained by roaming through woods and across meadows, giving oneself time to rest awhile to enjoy the quiet and to hear the whispering voice of nature. And then it has to be borne in mind what a blessing good sleep is. And how would it be to consider carefully whether the kind of life that causes Managers Disease must really be led, if it is really right. It would be worthwhile to think this over.

It is not surprising, and there is no reason to be suspicious when it is asserted that holidays are indicated in cases of consuming and debilitating illnesses. "Follow the laws of nature and your welfare is established".

(St. Moritz Courier.)

### AN AMUSING BOOKLET

*The Editor of the "Swiss Observer" received the following letter by "ck" thirty years ago, and it is reprinted from the issue of 10th June 1933.*

"I have received a little book entitled "Twenty Polyglot Rhymes" by E. A. Hopkins which is an attempt at versification in four languages. The result is curious, and considering the enormous difficulty there is in making the lines not only rhyme but also scan, I think the author is to be congratulated on his efforts.

"It is bad enough when one tries to write poetry in one language, but when four are mixed up together the difficulties are almost insurmountable, because the genius of each language is different and the rhythm is not the same.

"However, the result is distinctly amusing, and I think I cannot do better than quote two examples.

### MODERN EVE.

Dear "Mother Eve" was fond of fruit,  
Der Apfel schmeckte ihr recht gut,  
Mais elle, sans hésiter, donna  
A suo sposo la metà.

Our modern Eve "moves with the tide",  
Liebt Bubikopf und kurzes Kleid,  
Les bas à jour, les belles bottines,  
Gioielli anche, senza fin'!

\* \* \*  
But "Man" remains, please don't ignore,  
"Der alte Adam", nach wie vor!  
Ce pauvre doit gagner sa vie,  
Anch' io debbo far' cosi!

### THE GERMAN LANGUAGE.

When learning German, you must first  
Erraten vieles, was du hörst,  
Car bien des mots sont si bizarres  
Che non ci lasciano spiegar !

A Meat Safe (for your meat or grouse)  
Bekanntlich schliesst die Fliegen aus!  
Puisque les mouches n'y peuvent entrer,  
Si bagnano nel tuo caffè!

But tell me (mind, I'm not a crank):  
Warum heisst dies ein "Fliegenschrank"!  
C'est un des mots si nécessaires  
Per un tedesco di saper'!

One thing I love: The German Grammar,  
Denn sie vertreibt den "Katzenjammer"!  
Ce mot, en allemand, veut dire  
Che troppo birra fa soffrir'!"



# EXPO 1964

Well over five million visitors have been to the Swiss National Exhibition. On Saturday, 15th August, 101,371 entries were registered, double the number of the highest daily average for May. Surprisingly, Sundays are not specially crowded, in fact, they figure amongst the least well-attended days of the week. The Confederation has granted another loan of ten million francs to the EXPO to meet its present liabilities.

Since our last report, Appenzell held its Cantonal Day, a great success. The procession included not only folkloristic groups, but also the drums and fifes of the "Landsgemeinde", children from the Pestalozzi Children's Village, a group of Tibetans and a contingent of foreign workmen — to make the picture of the Appenzell of today complete. Indeed, "Short is not little" — the Appenzellers' witty answer to the fun made of their short and stocky figures.

There is no lack of entertainment at the EXPO. There are special days of winegrowers, conferences take place, sports contests are held, there are concerts, the national circus Knie, horse shows, plays and pageants, the famous art exhibition, weaving classes arranged by the "Heimatwerk", the Mesoscaphé is working overtime and dives to the depths of the Léman every day except Monday. In the beautiful Bourget Park, the show "Field and Forest" shows a model farm with fine cattle, pigs and poultry. There is a dairy centre and an experimental garden. Nature has produced some surprises: in order to demonstrate a weed killer, a bed was planted with weeds, but they refused to grow. Elsewhere a remedy for celery blight was to be shown. Celery plants were infected, but they refused to become sick, and the excellent remedy could not be used!

In the beauty salon, over 20,000 women have had their hair done, and Nestle's "Children's Paradise" looks after many hundreds of children every day. Half of the 1,200 essays chosen from a great many sent in by school children from all parts of the country, are exhibited at the Palais de Beaulieu; the competition was arranged by the organisers, and the theme was a description of the area in which each child lived.

"Vom Schifflibach zum Monorail" was the heading of a programme on Radio Zurich, in which 236 couples took part in a competition, all of whom first met at the "Landi" in 1939. Four of these couples visited the EXPO in July.

The EXPO visitor who wants to leave the exhibition grounds and return within a short time without paying again, gets an invisible mark stamped on his hand. This impression is checked by ultra-violet rays on his return. After five hours, the ink does not register any more, and the visitor has to pay again.

In the fisheries' pavilion one had to revert to cleaning with the old-fashioned broom — the vibrations of the cleaning machines disturbed the little fishes so much that they knocked against the walls of their aquarium and died. Incidentally, talking of cleaning, every day, one hundred men remove one hundred metric tons of rubbish with the help of twenty-five machines.

At the end of July, jewelry worth about £200,000 was stolen from the exhibition of "Montres et Bijoux" at the Palais de Beaulieu. The thief was found with all the

loot intact. Several large Cantonal flags — they measure 3 x 3 metres — have been stolen. Each flag costs Fr.350.—, and then people are surprised if there is a deficit . . .

On the whole, however, behaviour seems to be good — surprise has been expressed at the small number of drunks and the absence of "ladies of easy virtue".

Many famous personalities have already visited the exhibition. These include the only woman Prime Minister in the world, Mrs. Bandaranaike of Ceylon, the Premiers of Belgium and of Trinidad and Tobago, Bundeskanzler Klaus of Austria, the Commander-in-Chief of the Indian Army, the Mayor and Corporation of Munich, diplomats, journalists, thirty EFTA representatives and 1,100 members of the International Labour Office. Ex-Queen Victoria Eugenie of Spain and Lord Snowdon (I'd love to see the photos he took), the American Cotton Queen, Anita Ekberg, Walt Disney and Petula Clark — just to mention a few celebrities who have been to the EXPO.

Six hundred Paris school children did the trip to Lausanne and back in a day, and from many parts groups and individuals arrived on foot. The Cycling Club "Schoenau", Oeschgen (AG) travelled in period costumes on ancient bikes — the oldest dating back to 1868!

Swiss from abroad have come in very large numbers — whole clubs and societies have travelled by charter plane from U.S.A. and South America.

Julius Binz, aged 92, from Winznau, visited his fifth National Exhibition — 1883 Zurich, 1896 Geneva, 1914 Berne, 1939 Zurich and now Lausanne.

One of the quaintest visits was "The Old Lady", viz. the "Landi" 1939. In three carriages, members of the organising committee of 1939 arrived, bringing with them "Landi" fanfares and a giant photo-album mounted on one of the carriages.

Members of the EXPO travel on good-will trips to many parts of Switzerland, and their visits as well as new and better posters should induce many more Swiss to make the journey to the Léman. Even at peak periods there is no need to worry about accommodation — there is plenty of room in hotels, hostels, tents and private houses. Accommodation should, however, be booked in advance. And finally, forty-eight establishments with 20,000 seats are available for a great variety of food and drink . . .

(Compiled from news received by courtesy of Agence Télégraphique Suisse.)

## Nouvelle Société Helvétique London Group

Tuesday, 22nd September, at 7.45 p.m.

Swiss Hostel for Girls,  
9/11, Belsize Grove, N.W.3

### OPEN MEETING

Monsieur W. ROCH, First Secretary, Swiss Embassy, on the eve of his departure from London, a talk on  
"PICTURESQUE EGYPT"  
with his own slides.

All Swiss and Friends are Welcome