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NEWS OF AND FROM READERS

In the recent changes in the Federal Consular Service, no fewer than three of our subscribers were affected.

The Consul-General in Sydney, Australia, **Mr. J. J. Huber**, is retiring after many years of devoted service, 18 years of which in Great Britain. He left London for New York in 1957 and took up his post in Sydney in 1961. We wish him a happy retirement.

The Consul in Zagreb, Jugoslavia, **Mr. Ernst Ribi**, has been appointed Swiss Consul in Casablanca in succession to another old and faithful subscriber, **Mr. A. Spargnapani** who has been promoted Consul-General in Duesseldorf. We wish them both success and satisfaction in their new assignments.

From the "Salisbury Times and South Wilts Gazette" we learn that another of our subscribers holds an important post as President of the Salisbury Chamber of Commerce. He had the honour of receiving distinguished guests such as the President of the National Chamber of Trade and Mrs. C. L. Dodd at the Annual Dinner in November. It is **Mr. A. F. Rigiani**, whose wife is the daughter of Mr. and Mrs. Raymond Chappuis of Cheam in Surrey. Congratulations! Incidentally, the menu and toast list of the elaborate function carried a picture of Bluemlisalp and Oeschinensee.

A number of readers have special matters at heart and are always anxious to let others know of the success of their particular hobby or interest.

Mrs. H. Blessley of Torquay is a firm believer in natural foods, and her excellent state of health proves the value of the theory that synthetic fertilisers, spraying and any tampering with foodstuffs are detrimental to the human body. The first report she sent us concerned the "Lazy Gardener's Best Friend", Dr. W. E. Shewell-Cooper, M.B.E., whose stupendous success in reclaiming near-barren land by the *sedge peat* method have brought him honours and fame. Even Mrs. Blessley's beautiful garden has benefited from the use of this organic matter.

The second piece of information Mrs. Blessley sent us concerned the foot-and-mouth disease and the amazing immunity of the Lea Hall cattle in Shropshire, which are *fed entirely on compost-grown food* and in a district where the disease is at its worst. She points out the late **Sir Albert Howard's** "Agricultural Testament" which should be read by anyone interested in keeping the soil healthy. We are completely in agreement with Mrs. Blessley and are very happy to count Lady Howard amongst our faithful subscribers.

This reminds us that it was 70 years in November that the *Privatklinik Bircher-Benner* was founded in Zurich by Dr. med Max Bircher (born 17.11.1867), whose advocacy of unadulterated foods grown on naturally healthy soil and consumed raw has proved revolutionary not only in curing sickness, but also in preventing ailments and in keeping the body truly healthy. (Now you know where the *Editor gets her energy from . . .*).

Also concerned with health is **Mr. G. Friberg** who sent us a cutting from the "Union Helvetia" periodical (Federation of Swiss Hotel and Catering Employees). This deals with the correct way of breathing in which the diaphragm plays its vital part. This method can easily be learnt and will prevent getting colds.

Finally, we also wish to thank the many readers who send us poems. We should like to publish them

all, but unfortunately, we have to make a selection to suit the taste of a variety of readers. We hope to publish a few again in the course of the year and should like to thank particularly two lady subscribers whose poetry we have often published in the past, i.e. **Mrs. H. Ellison** and **Miss E. F. Irvine**.

ACKNOWLEDGMENT

We wish to thank the following subscribers for sending donations in addition to their subscriptions and/or for taking out or renewing gift subscriptions for friends or old-age pensioners:

Mrs. H. A. Clarke, Mrs. M. Hodge, Miss E. F. Irvine, Mrs. E. D. Lyons, Mrs. E. L. Tschannen, Monsieur l'Am-bassadeur P. H. Aubaret (Oslo), Father J. Scherer (Ruswil/Lucerne) and Messrs. V. E. Abate, W. Allenspach, J. Bonjour, R. W. Bosshard, G. Bouverat, F. P. Bovet, M. G. Bozzini, J. P. Christen (Arlesheim/Basel Land), C. L. Coulet, W. Diener (Nyeri/Kenya), A. M. Duc, E. C. Enz, W. Flory, R. Friedrich (Ebikon/Lucerne), H. Furger (Zurich), W. Goldmann, E. P. J. Gruhn, Th. Haller, A. A. Haslimann, G. Hediger, A. Marschall (Zurich), A. W. Mueller, A. L. Neyroud, A. Obrist (Basle), J. A. Reiber, E. Ritzmann (Arlesheim), E. Rupp, G. T. Schlaefli, W. B. Sigerist (Territet/Vaud).

We are most grateful for their kind and welcome support.

The Editor would also like to thank all the kind readers who sent her greetings for Christmas and the New Year. She was touched by their messages and regrets that lack of time prevents her from answering individually. She is, however, most grateful for all the encouraging appreciation and sympathetic thoughts expressed.

As regards the Editor's appeal for prompt payment of subscriptions, the response has been no more than fair. There are still a great many subscriptions outstanding, and unless paid up without delay, mailing will have to be suspended, however reluctantly.

"SWISS OBSERVER" PUBLISHING DATES

The "Swiss Observer" is published every second and fourth Friday of the month. Our next issue will appear on 26th January. We shall be glad to receive articles and reports not later than Tuesday, 16th January. Only short news items can be accepted later.

Our next issue but one will be published on Friday, 9th February. We shall be grateful to receive all contributions by Friday, 26th January, exceptionally early for that particular issue.

WELFARE OFFICE FOR SWISS GIRLS IN GREAT BRITAIN

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