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understood in Switzerland, although it is possible to get it in any of the big hotels. In the ordinary home or small pension, tea is still served only as a great favour to English visitors. And how badly it is made! I once watched a Swiss woman make it. First she boiled water in a saucepan and then threw in a very small spoonful of tea. After she had let it boil vigorously for some minutes, she strained off the leaves and, for form's sake, poured the liquid into a teapot.

"The Swiss have not yet learned to spend half the night in a feverish search for amusement. They are generally satisfied with an occasional concert or an evening at the picture show, which is usually poor. There is one institution however, dear to the Swiss -- the Kursaal. This is a sort of mild casino with a dance floor and supper room attached. But for the most part the women like nothing better than an evening at their embroidery while the men play cards, sometimes bridge, but more often Yass, a very complicated game in which the rules seem to vary with each **hand**. "

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HERBS : Swiss people are great believers in Herbal remedies, and many of us have much cause for gratefulness to mother nature for the great variety of healing herbs. I have just come across a remedy for gall trouble: the juice of radishes taken regularly has a wonderful effect on such ailments. It also helps your digestion.- Another proof of the manifold effects of our fruit and vegetables as well as herbs. Time and again present-day experiences confirm the consistency of old time remedies.

Father Kuenzle in Zizers, near Chur, the greatest herbalist in Switzerland, says that there is a herb growing for every kind of ailment; but of course we do not know enough of them, - we may see a weed day after day without knowing its healing propensities.

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NEWS IN BRIEF.

The Canton Schwyz has always been free of income tax, but at last changed its opinion. A referendum carried its introduction with a majority of 500 votes, after it had been turned down on 5 previous occasions.

Since New Year the Government has introduced the so-called "Peoples Bread," which is to contain 80% wholemeal and 20% ryemeal. The kilogram is sold at 23 cts. against 32 cts. the ordinary bread.

The association for Rural home industries has introduced a weaving loom, which will be lent against a very small rent to girls intending to become wives of peasants. It will enable them to make their trousseau in a very inexpensive way. The future wife pledges herself to use the loom for her trousseau only, and to engage a weaver recommended by the association.

Foreign trade during November 1936, the second month since the devaluation of the franc, shows a marked increase. Imports of 141,2 Million Francs show an increase of 13,2 Mill. compared with the previous month; while export increased by 6,9 Millions to a total of 91,5 Millions. The following table shows the more important items :

