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HEALTH NEWS

The introduction of the winter air service to Switzerland has already proved highly success-ful, judging from reports of the heavy bookings well in advance. This ever-more-becoming-popu-lar mode of travel, overcoming the tediousness of long rail journeys, changing from train to boat and vice-versa and often non too pleasant channel crossings in mid-winter, will be a boon to winter sports enthusiasts quite apart from the fact, that now most of the famous Swiss resorts, whether in the Grisons, Bernese Oberland or Western Switzerland, can now comfortably be reached the same day. These greatly improved travelling facilities undoubtedly will induce a larger number of enthusiasts to consider the question of a short respite during the long winter months in order to regain that energy, vigour and health required to fight the constant attacks of the winter chills and fogs, etc. A winter sports The introduction of the winter air service health required to fight the constant attacks of the winter chills and fogs, etc. A winter sports holiday needs only one trial to make one really appreciate its full value, for the benefit derived therefrom more than compensates the cost of the experiment. It is true, however, that the winter tariffs of the famous hotels, where your arrival instances beyond the means of a would-be-visitor, but there are plenty of smaller hotels, equally as modern and comfortable as the "palaces," whose rates compare very favourably with English sea-side resorts! The writer has had the opportunity to sample an hotel not advertised in the foreign press or tourist agencies and was so much im to sample an hotel not advertised in the foreign press or tourist agencies and was so much im-pressed by the up-to-date comfort, attention, ser-vice and the much more homely atmosphere than in larger hotels, that he is eagerly looking forward to the next visit.

For the benefit of prespective winter sports enthusiasts as well as those, who for reasons of health need a change of climate, I can highly recommend the

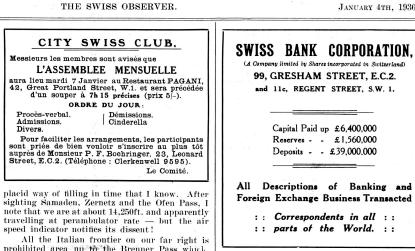


Eden Hotel, Lenzerheide (Grisons).

I am giving this unbiassed opinion with the greatest of confidence, that anyone fortunate enough to make the experience, will gladly endorse my recommendation. Lenzerheide is one of the famous resorts in the Grisons, some 5,000ft. above sea-level, and apart from being a ski-ers' paradise, offers every facility for skating, tobog-ganing, sleigh excursions and alpine flights. The Eden Hotel occupies an excellent position off the main road, adjoining ski-terrain and within 5 minutes' walk of the large open-air skating rink. Central heating, hot and cold water in every room, private bathrooms and light signals instead of bells all add to the comfort of the guests, whereas the flat roof-top and the balconies facing south afford ample facilities for sun-bathing. The "cuisine" enjoys a reputation of its own unequalled by some of the larger rivals, whilst attention and service take top notes in promptness and efficiency. The very fact that the Hotel has some 30 rooms only, is responsible for the homely atmosphere which is so much in evidence among the guests. A postcard to the Manageress will bring you by return an illustrated booklet containing all the information required. A comparison of the tariff alone with other prospectus will prove that the "EDEN HOTEL" rates are second to none.



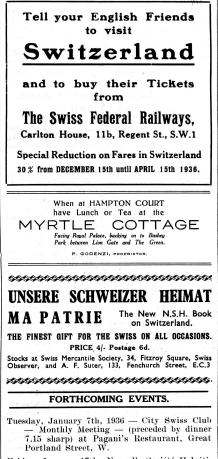
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speed indicator notifies its dissent! All the Italian frontier on our far right is prohibited area up to the Brenner Pass which, over the innumerable peaks and snowfields, we reach at long last, enjoying a good look as this much discussed gap, about 5,000ft. high, in the Alps. On our left, thousands of feet below in the Inn Valley, I descry Innsbruck. The picture is magnificent. Innsbruck has an aerodrome and thus offers us what is probably the only inviting landing-place noted during our flight. But we are much too interested in the scenery of the High Alps to land. Alps to land.

Alps to land. We return to Belp by the route of the Enga-dine, Arlberg Pass and Lichtenstein, crossing then the Rhine Valley to the left of Coire and the Linthal over Glarus, leaving the great Glärnisch mountain on our left. The lakes of Constance and Zurich are cloud-roofed and we cannot land, as had been arranged, at St. Gall. Passing over the canton of Schwyz, we reach the Lake of Lucerne, nearly above Brunnen. The arm of the lake towards Fluelen ("Lake of Uri ') is clear, but the rest cloud-roofed; the peak of the Rigi emerging from the smother like an island. We leave Pilatus on our right and crossing

We leave Pilatus on our right and, crossing the Emmenthal, find the Aar valley and our home aerodrome devoid of mist; and so our luck still



Friday, January 17th—Nouvelle Société Helvéti-que — Annual General Meeting, (Supper at 3/- to be served at 8 o'clock) at "Foyer Suisse," 15, Upper Bedford Place, W.C.1.

Saturday, February 22nd, 1936 — Annual Ban-quet and Ball — Swiss Mercantile Society at the Trocadero Restaurant, Piccadilly, W.

