



TRAVEL

- Razor
- (1) Stahly should be kept protected in its own hard box for travel use, or it will be impaired.
 - (2) Fluid Ink: Carry two pens on all travels.
 - (a) for blue ink (b) for red ink. The latter is indispensable. (test green as an alternative color)
 - (2) European Visit: It is necessary to take a "Transformer to England for the purpose of stepping down the London 220 voltage to 110, if Voicewriter is to be used there. Such a transformer is sold for \$7.00 by retail stores, including Harvey's Radio Electrics, West St. ~~2 6th Ave.~~, near Radio City. Both London and Paris have AC current. The weight of this transformer is about 3 lbs. 43 lbs.
 - (3) A full set of writing implements on all journeys is indispensable. 1 fountain pen for black ink and 1 fountain pen for red ink, 1 mechanical pencil & 1 ball-point pen for plane use. Experiment with red lead pencil. *lao.*
 - (4) Very Important: (England) Surplus British currency can be exchanged without difficulty at Thos. Cook & Sons "Bureau de Change" Victoria Station in Cooks. Travellers Cheques valid for use in Europe, Near East and India and sterling area only.
 - (5) (When returning from travel abroad, if I was absent in January, report at once on return to "Aliens Immigration" the usual annual address card.
 - (6) Warning: All keys for current and travel use should be taken from triplicates first, and then from duplicates, and not from originals. This will insure uniformity.
 - (7) Use the gilt fountain pen cap ordinarily used as a gumbrush, for protecting desk pen nib when travel-packing.
 - (8) The Italian double voltage water heater and toaster: for both 120 volts and 220 volts use both the black and white taped cords with white taped ends. But for 120 volts only it is to be plugged into the center pin of the appliance.

(9) I no longer plot out the itinerary of a journey, for I know it will most likely be broken. I do not assign a date for Return, for it is hardly possible that I shall be able to keep it.

(10) Correct trade-name is "Tea Infuser" not "Tea Ball."

(11) Carry the makers own razor case as being the only effectual way of protecting the razor and the blades together.

(12) Travel with cups, forks, spoons with napkin to counteract V D germs.

(13) National City Bank, London: Said (a) I can get dollar funds from their NYC HQ while traveling abroad by asking Grindlays London, or Nat. Cit. Bank to arrange it for me. They will write by air (or cable) and will then be authorized to issue me either Travelers Checks or Cash, as I desire.

(14) Plugging the ears with cotton-wool might prevent or alleviate Sea-sickness; There is some method in the idea, because it is the centres of balance which are affected by the motion of the ship, and these centres are located in the ears.

(15) The Internal U.S.A. domestic free baggage allowance is only 40 lbs.

(16) I must allow intuitive feeling to lead me on my travels, whether across continents or through life, without any intellect-planned itinerary.

(17) Typewriter Skywriter scale must stand at 48 to be perfectly centered for closing with case.

(18) To prevent seasickness and air sickness take one teaspoon of bicarbonate of soda in a tumbler of warm water on arising in the morning. It alkilizes the body. Sickness is due to hyper-acidity. *Travel*

(19) If you plan to use an electric razor and other appliances in foreign countries, you can get a U.S. Department of Commerce pamphlet that will be mightly helpful. It is "World Electrical Current Characteristics," Industrial Series

No. 83, 15 cents. Gives the current and voltage of any place you might visit.

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(1) AIRPLANE TRAVEL WITH FOUNTAIN PENS: Leak in airplanes. Leakage is caused by expansion of air in pen which forces ink out at altitude. Empty pen entirely and use a ballpoint pen or propelling pencil only.

(2) CHANGE OF ADDRESS: When notifying change of address to Agents or Postmasters say: "Change of Address: After this date please redirect all mail addressed to me to my next address, Hotel Scribe, Paris, France until the following dateSignature....." VACCINATION-ANTIDOTE

(3) (a) If vaccination cannot be evaded by any means, safety from the effects of the filthy poison can be secured by washing it off immediately and applying an extensive pack of wet earth or cloth; this should be laid on about half an inch thick and kept cool and wet for three hours and renewed until the wound heals. (b) The vaccine should at once be thoroughly washed off with plain cold water and an earth-bandage or wet cloth bandage should be applied. The bowels should be cleared out and a fast begun or the food should be confined to fruit juice, cocanut water or buttermilk. In some cases a steam bath would do good. It seems that vaccinator has power to force a second and even a third vaccination. In each case the same course should be followed. After third vaccination the law becomes exhausted. It is far better to eliminate the foul stuff in the natural way, even thrice, than to let it remain and be absorbed on the first occasion, as we do not know how serious the consequences may be. (c) Immediately after injection of small pox vaccine rub lemon on the wound and take hot bath.

(4) TRUNKS: All trunk locks and padlocks should be oiled every four months otherwise the springs become hard and unworkable and even get out of order. Oil the keys too to prevent rust.

(5) LEATHER DOCUMENT CASE: The small buttoned pocket inside it is intended to carry small stationery requisites such as pen, pencil etc.

(6) When labelling suitcases, always paste labels on narrow width, top next to handle, as this is the side usually uppermost in luggage vans.

(7) When typewriters cannot be taken and copies of letters are needed, use Ballpoint pen with carbon paper of the kind intended for use with pencil writing. Fair copies are thus produced.

(8) MONGOL HIGH LAMA TO P.B.: "Whenever possible never buy steamer and plane tickets or make rail-road arrangements more than three days in advance. At any time you may come across a place or person of spiritual or worldly importance to you; work to be done thru you and you should be free to follow it immediately." OK

(9) TRAIN JOURNEYS: Always pack the following items in handy valise: (a) Colorless chlorine disinfectant. (b) Folding coathanger. (c) Cloth seat mat. (d) Gummed address labels. (e) Tie-on labels.

(10) EXCHANGE RESTRICTIONS: To avoid complications foreign travellers are cautioned always to make advance enquiries about the requirements for declaring Travellers' Checks and other funds in their possession when crossing the border into another country or returning therefrom. If you have any articles liable for Customs Duty allowance should be made for this when considering your cash requirements.

(11) AIRPLANE TRAVEL: Cotton wool in ears will deaden noise of engine when flying. Write notes instead of bawling. Airsickness may be relieved by shutting your eyes.

(12) BUS MOTORING: When booking seats for motor buses, get as near the front as possible as there is less swinging of the bus there at each hairpin bend and so less nausea is caused. Also avoid seats over back wheels as they bump.

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LONG AUTOCAR JOURNEYS and

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(13) HAIRPIN BEND HILL, ROAD MOTORING: Take the precaution of cleaning out all the bile, by taking Carters liver pills the previous day (twice) and liver salts the morning of the journey. Result will be to prevent attack of nausea.

(14) Keep a written list of all articles and bags carried, e.g. umbrella. Check this at every junction, move into and out of taxi, house, station or airport. by missing previous heavy meal and

(15) PLASTIC INK BOTTLE: Use for disinfectant or gum.

(16) RUBBER LINED ZIP CASE: Use as container for damp face towel and damp hand towels

(17) AMERICAN BLACK WATERPROOF SNAPBUTTON HOLDALL: Use for containing two toothbrushes, shavecup, 2 facetowels, shave brush, tongue wiper, nailbrush, toothpaste, disinfectant bottle, soap box.

(18) Always take at least half dozen rubber bands; useful for soapbox, razorbox, scissors box, cash box. extension electric cord.

(19) Use the lucite plastic hair brush and not brown wood, as being considerably lighter weight.

(20) Don't forget to remove my pillow or slip for packing, when leaving hotels.

(21) It is not necessary to carry an electric juicer for fruit. Simply grate it on a 10 cent grater, add water and stir thoroughly.

(22) On journeys away from home, take extension cord for use with razor or bed-warmer.

(23) Do not forget (as did last time) to take with you the list of books to buy - also library list.

(24) When ordering Salads, don't fail to specify that you do not want dressing on them.

(25) Carry sealing wax seal and legal envelopes and place sealed packets in hotel safes upon arrival.

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- (26) The tooth picks make excellent emergency tongue wipers. Use them as substitutes if regular kind are not at hand.
- (27) Oat meal postum can be got in most restaurants and trains. Tasty, satisfactory for breakfast or supper.
- (28) As the best restaurants may give good vegetables, but smother them in butter, ask them not to put butter on.
- (29) When ordering cold fruit drinks, in U.S.A. warn waiter not to put ice in it.
- (30) If copper cased portable travel alarm clock hands are turned in wrong direction, the alarm will not operate, (state correct direction). The alarm hand moves counter-clock wise, but the time hand moves clock-wise.
- (31) On day train journeys always reserve seat in the Parlour car. It is superior in seating, furnishing, decoration and is air-conditioned in summer.
- (32) Use the red celluloid larger boxes to hold collapsible tube creams.
- (33) Whenever leaving a hotel, don't forget to give directions to forward or hold mail, or to hold, repeat or forward telegrams.
- (34) To avoid cutting skin with Stahly take these precautions: 1. Hold razor as flat against the face as possible. If held at an angle, like Gillette, it is sure to cut face. 2. Grasp razor very lightly.

AIR TRAVEL

- (35) Make it a firm rule never to eat on a plane journey. This is not only to avoid air-sickness, but also to take advantage of the finest possible opportunity, and conditions suitable for fasting. There is no output of physical energy to recuperate and little mental. Benefits of a fast are too great to miss the chance.
- (36) SINGLE HANDLED AIR BAG PACK
Trousers to be laid at right angle to jacket. Waist of trouser to start at edge overlapping leg to fold and rest on flap. Second trouser to be laid with waist at opposite end of sack jacket to be folded over individually.
- (37) It is not only possible to pay for excess baggage at the airport of destination in English money e.g., at London on arrival from continent, but also if you have no check book to pay C.O.D. It will be kept there until you return for it.
- (38) For Airflight and train journeys starting early morning, you can be waked by the Post Telephone Service if you dial "0" previous evening and state time in early morning when telephone bell is to wake you.
- (39) An air passenger with a liking for the same seat is Sir Montague Eddy, who left London airport this week for Buenos Aires. In the past 18 months Sir Montague has flown to South America 10 times. He has always occupied the same seat in the rear of the airliner.

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~~I hear that~~ Air passengers are becoming more choosy about where they sit. Seats in the rear of the plane are now preferred. Many maintain they have a better chance of getting clear in a crash, the plane's doors being in almost every case towards the rear of the aircraft. The back portion is also quieter and gives a better view. If the back seat trend continues, it will be embarrassing to air companies.

- (40) THINGS IN BOTTLES. If you are carrying medicines, a flask of perfume or any other bottled liquids, be sure that the caps are screwed on tight. All bottles have a tendency to leak at flight altitudes where the air pressure is lower than when they were filled on earth.
- (41) EFFECT OF AIR PRESSURE CHANGES ON THE EARS. When the aircraft gains height the change of pressure within the ears does not correspond with that of the surrounding air. When therefore, the plane gains or loses height, travellers should swallow repeatedly. In spite of this precaution, however, an unpleasant feeling may sometimes be experienced in the ears, and the sound of the engines becomes less distinct. This sensation should not be ignored, especially when descending. Close the nostrils with the fingers, keep the mouth shut, and blow outwards as if blowing the nose, or else yawn slowly 4 or 5 times. After this procedure, further discomfort will rarely be experienced.

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(42) There is such a thing as motion sickness; some few people do get sick when they're moving for several hours, whether it's in a car, a train, a boat or an airplane. Doctors tell us motion sickness is caused by discomfort and apprehension. Particularly apprehension.

(43) INDIA AIR VISIT. It is possible to do this without having to undergo the 4 or 5 different inoculations including yellow fever, which travel by most American Airlines entails. Go via Europe and on some air lines, depending on route taken, no vaccination is required.

(44) INFORMATION ABOUT AIR RESERVATION. If you hold a return reservation or a reservation from any point other than where your ticket was purchased, be sure to contact our office at your point of departure time. If you do not, your reservation may be cancelled.

(45) 2. Unless you cancel your reservation prior to the departure time of your Silverliner, you will be subject to 25% service charge.

(45) AIR TRAVEL TO INDIA. L. St. John Ives found that on arrival in Karachi, only two certificates were needed. (a) vaccination, (b) cholera. But the latter had to be not more than three months old and was required to leave India. Moreover, certificates from private doctors are not accepted but must be from institutions. (K.L.M. Secured the

(AIR TRAVEL)

- correct certificate for her on payment of 45 rupees in one hour.
- (46) Christmas Humphreys used as anti-dote to cholera and typhoid inoculation, herbal iodine which he took outside the door of the inoculating room. It was supplied by the Society of Herbalists (Mrs. Leyel) London.

OVERSEAS TRAVEL

- (47) Always take both original and duplicate keys; not one set only. Otherwise the safeguard is of little use, if a key is lost it would be impossible to replace prior to my return. Mail one lot by insured package, take other on ship.
- (48) A NYC British Consular Officer advises me not to renew my passport on the expiry of five years. Because if I do I will have to announce my first papers for U.S. citizenship being taken out and will then be required to register every six months thereafter for a revalidation of passport which will be valid only for six months at a time. He suggested renewing the passport about two months before I want to travel abroad.
- (49) DEPARTURE FROM AMERICA * U.S. SAILING PERMIT. All passengers other than U.S. Citizens require to obtain a sailing permit or Income Tax Clearance prior to departure from the United States. This document can be obtained within 10 days of sailing from the

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- Collector of Internal Revenue in each district, or at the Collectors Office, Room 400, 17 East 42nd St., New York, N. Y. When applying for sailing permit passengers must present their passport and steamer ticket.

(50) CUSTOMS REGULATIONS.

- HOLLAND - Amsterdam Customs say: May bring typewriter in free of duty and without deposit, and take out just as freely.

- BRITAIN - Typewriter and dictaphone may be brought into country and taken out again free of Duty or deposit if proof (in the form of invoices or other papers) can be produced indicating that the machine belonged to traveller for some time. Otherwise a returnable deposit must be given which can be collected on leaving the country.

(51) INTERNAL REVENUE OFFICER. Rules for Resident Aliens.

(1) All border crossings to Canada and Mexico not permissible unless you bring with you: (a) Last three years returns. (b) Statement of Earnings for the current year up to the day previous to leaving U. S. A.

(2) On East Coast, apply at Alien Tax Division, 17 East 42nd St., New York City, Room 400, for a Tax Clearance, bringing all the above documents.

(3) At places like tjuana you may go across for a couple of hours provided you show a Border Crossing card that is up to date.

RAILWAY EXPRESS

(52) The rate for excess personal baggage accompanying passengers on railroads is about 50% higher than the rate for same baggage by Railway Express. Therefore, send it by R. E. using only the free allowance of 150 lbs.

If desirous of ensuing greater Security on Railway Express packages or baggage, it can be sent marked "Under Signature". This makes the official who signs for it at every change responsible for its protection until he turns it over to the next official. There is no extra charge for this service.

Railroad packages and Baggage can be insured. This does not give extra protection but only recompenses loss. The charge is the same for Railroad Freight or for Railway Express transport -- 10 cents. When sending valuable papers by Railway express parcels, superscribe them "Request for Signer."

(53) BRITISH CUSTOMS RULES. July 1948 Temporary Importations. In case of persons making only temporary stay (i.e. up to six months) personal effects which are liable to duty and tax, will be admitted free, subject to Customs Officers being satisfied, if necessary by returnable deposit, that the articles will be re-exported. Portable tools of trade and articles of professional use which are in actual ownership and intended to be used in the course

of the passenger's occupation or possession are admitted free of duty and tax, provided they are shown to have been in his possession for an appreciable time.

Antique articles. Duty is not charged on goods proved to be more than 100 years.

Gifts. Gifts are not exempted and duty and tax are chargeable on articles acquired by way of gifts unless admissible free under foregoing paragraphs.

- (54) The Travel Resistance cord steps down the current from 230 volt to 110 volt. (London is A.C. and 230 volt.) This cord is for use with my appliances, such as razor kettle and audograph, all 110 volts A. C. To identify it: It is dark brown with red cross-stripes every quarter-inch. It is about 2 yards long. There is a thin chocolate coloured American type male plug at one end and a thick female one at the other side.

(55) VACCINATION AGAINST SMALLPOX

The United States Public Health Authorities require that all passengers and crew not in possession of Medical Certificates showing successful vaccination or Immune reaction within three years be vaccinated before landing.

A certificate of vaccination without certified result may not be accepted.

Any who decline inoculation may be immobilized until the usual 14 days' period expires. Passengers are strongly advised to avail themselves of the facilities of vaccination on board in order to eliminate their delay on arrival. It will, therefore, be necessary for all passengers not in possession of a valid certificate to call and see the Medical Officer

DOCUMENTS REQUIRED FOR PASSENGERS TO U.S.A.

1. Certificate of inoculation against smallpox at least 14 days and at the most 3 years old.

USA CITIZENS: Valid passport or proof of citizenship.

Non USA citizens residing in the USA: Valid passport. Valid re-entry permit or valid visa for USA.

~~Travel Funds for non USA citizens:~~

a) All passengers should have enough money to pay for immediate expenses. Customs duty, Head Tax (collected from every alien admitted to the USA), transportation from the airport to the place of destination, etc.

b) Temporary Visitors should have enough funds to maintain themselves while in the USA, or proof of funds available for their use while in the USA. Temporary visitors should also have a return ticket or proof that they will obtain a return ticket.

c) Permanent residents should have proof of funds or family funds to support them while in the United States.

d) Passengers entering the USA on a transit-visa should be in possession of a ticket or visa to the country of destination.

DOCUMENTS REQUIRED FOR TRAVELLERS FROM USA.

USA citizens: Valid passport. Valid visa for country of destination.

Non USA citizens: Valid passport. Valid visa for country of destination. Treasury Sailing Permit- Form 1040D. Re-entry Permit (for USA residents).

(57) When booking in advance hotel Rooms on the Continent, it is often needful to specify "with Bathroom" or only bedroom may be supplied.

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- (58) To avoid the A.A. Airlines Chicago Mistake, When check was refused, keep the Nat. Cit. Bank letter of Identification-book rubber-band fastened to the Nat Cit. check book.
- (59) There are still years of travelling ahead of me. It is needful to store and find awaiting me in New York, Los Angeles and London a complete Wardrobe of clothes and a skeleton set of office equipment files and stationary.
- (59) Plastic Bottles must be completely screwed or cap will leak.
- (60) **ELECTRICIAN SAID:** The Resistance Cord you have should not be used with The Baby Kettle in England. It will burn out as the wattage of the kettle is too high. Either buy a transformer (which is large & heavy) or don't use the kettle at all. (A portable immersion heater and tumbler is sold at Robert Dyas Shops London for 1 pound.
- (61) **TRAVEL PEN SOLUTION:** When traveling, carry the Eversharp desk pen set plus the Gilt cap pocket pen. Latter fits perfectly on Eversharp and thus converts it into a pocket pen for outside use & when traveling acts (as Protector to ~~N&B~~)
- (62) Use Of ValPak Airtravel Valise: (1) to detach or insert coathooks, slide them first to the extreme left. (2) the ends of coathooks should be inserted face downwards, and then locked in position.
- (63) To avoid carrying two pens when traveling, the red pen can be temporarily replaced by the Postal red lead pencil. But press very lightly or it breaks.
- (64) ~~To transfer LA TOJA AFTER SHAVE LOTION from large storage bottle to small portable one, use the rubber bulbed glass syringe from Iodine bottle.~~

(65) Always travel by **CUNARD LINE** because Colonel _____ at Liverpool Head office can put me in on 1st offer of all cancellations at Head Office Liverpool, at once, on General Beach's request.

(66) On air train journeys, or in cheap restaurants where the tea cannot be selfmade and is too strong or bad, do not order it. Order coffee instead.

(67) **Financial:** The great lesson of each European voyage is that I do not take enough Grindlay's Travelers checks in Sterling with me to the Continent. Always budget for at least 25% more than seeming probable expenses.

(68) **ZIPBAGS:** Use only the Brass Padlox Stamped "Made in England" as they are handmade and thief-proof. Those not stamped are Woolworth Mass-produced.

(69) **Financial:** Small coins cannot be exchanged at Foreign Exchange Merchants, only paper money. So get rid of them before leaving country.

(70) My Electric Portable Small Kettle is 115 volt AC/DC. Do NOT bring it to Europe again. Its wattage is too high to permit use without a transformer. A resistance cord is not enough

(71) Reserve pigskin holdall for all bottles, tumbler and fragile

(72) Sanford's Lelray Paste costs only 10¢ so buy fresh when traveling and do not carry liquid gum.

(73) There is a definite loss, because of the unfavorable Buyers' Exchange Rate, in buying foreign money outside the country of issue. So buy very little until you arrive there.

(74) **When ordering hotel room specify it should be as high as possible; also on the sunnyside.**

(75) On steamship journey do NOT label trunks with "HOLD". Instead ask for "Baggage Room" labels. This is semi-hold and gives access during voyage, whereas other does not.

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() Nat. City Bank, New York have Travel Agency dept. on 3rd. floor. Tell them I am a customer.

() Airflight: Pack and mail by parcel post (cheaper) one or two cartons containing warm weather clothes, underwear and sundries to destination. This will enable me to bring all necessities without paying costly excess for air travel. Send them some days in advance.

() You can send a telegram from a train or plane without nuisance of prepaying charges. Just hand message to attendant. Telegrams can be billed to your home or office; or sent collect.

() When writing for hotel reservations always ask for (a) Studio-type bed, for interviews in room, (b) and for AC current for electric kettle and dictating machine.

() Hotel Rooms should not only be chosen for their height above street traffic but also for their large expanse of view from window.

() The cartons used by publishers to send books to bookstores are the strongest of all for use in expressing my goods. Ask bookstore for some. The larger the store, the better and more numerous the cartons.

() The plastic bottles on 1954 test leak when sides are pressed in. Never again use them for liquids. They are however OK for powders-- herb seasoning.

() French errors: Salade melee is OK. Salade mixte is wrong. Waiter, the meal is not cest tout. ^{termine}

() Instead of soiling my own rubber-pillow linen case (which reserve for special use) utilize one of the hotel or train pillows, which fold in half.

() Most USA department stores large will (a) accept personal checks in payment even if our out town on production of identification. So take passport. (b) Checks payable to me can be cashed locally at currency exchanges or by my hotel.

() The Val-A-Pak plastic coat hangers fit both the brown Wings suitcase and the blue valapak canvas air suit case.

() Anti-Seasick Remedies: (a) Take from two to four tablets of milk of magnesia, the last two being taken only in severe cases and after an interval of ten minutes or so. (b) An old Hawaiian sea captain imparted this folklore handed down from his native ancestors. During and for 24 hours prior to a voyage, eat no sugar or any sweetened food whatever, the diet must be 100% salted. It works...

() Electric Current Characteristics: 120

Type	Phase	Cycle	Voltage
Bombay....AC	- 3 Phase ..	50 cycle	120/
DC			150/150
Madras ...AC	-1.3	50	250/440
DC			225/450
Paris ...AC	* 3	50.....	110/190
		(suburbs)	115/230
RomeAC	...1	45	105
DC	...3	45	115/200
			120/210
London: AC	...3	50	230/400
DC			110
New York.AC	...3	60	110/130
Los Angeles AC	Single	60	120

() A useful temporary pen or pencil holder for a few days or week's use in hotels etc. can be made by affixing a spare large fountain-pen cap with scotch tape to bedside tables for this purpose.

TRAVEL
TRAVEL ADVICE

() When booking hotel rooms always ask first for (a) Studio rooms (this makes interviews correct) (b) AC electric wiring.

() You can always get a Vegetarian meatless meal on US planes if you order at the time you make the reservation.

A special meal will then be put on the plane for you. But if you do not mention it until you are on the plane, it is too late.

() Roll Neck-Ties into small balls and pack in tightly around the clothes in suit-case. This will keep them from wrinkling. Bind them with a rubber band.

The reduced off-season rates offered by a number of lines for air and sea transportation to Latin-American points and the improved highways in Mexico make summer vacations south of the border worth considering this year. If you plan a trip to Latin America at any season the Pan American Union is a good source of information. Its Travel Division will answer specific questions and supply free brochures on climate, prices, hotel accommodations, and entry requirements for the countries you intend to visit.

Automobile travel to Mexico has been increasing steadily. Mexico City can now be reached over paved roads by several routes, the principal points of entry being El Paso and Laredo, Texas. The Travel Division's 52-page booklet *Motoring to Mexico*, which is now in its thirteenth edition, contains maps showing distances and altitudes, as well as information on travel conditions, reg-

Government agencies in Washington 25, D.C., unless otherwise stated.

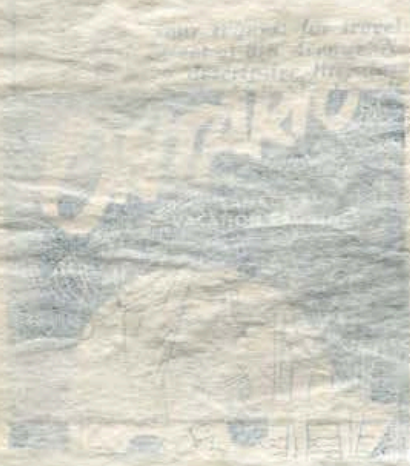
ulations, and points of interest. Copies are 25 cents. A "Travel in the Americas" series of booklets is also being published, each describing a Latin-American country. They're 15 cents apiece. A catalogue of all Pan American Union publications will be sent on request. Address inquiries to Travel Division, Pan American Union, Washington 6, D.C.

TRAVEL

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When booking
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ask first for (a)
studio rooms (this
makes interviews
correct) (b) AC elect
ric wiring.

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You can si-
ways get a Vegetar-
ian meatless meat or
the plates if you
order at the time
you make the reser-
vation. A
special meal will
then be put on the
plate for you. But
if you do not men-
tion it until you
are on the plate, it
is too late.

() Roll Neck-
ties into small rolls
and pack in tightly
around the clothes
in suit-cases. This
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wrinkling. Bind them
with a rubber band.



() On steamer sailings, make early (TRAVEL) dining room reservations. Ask for table for one person, any sitting where it can be got. If unavailable then table for two. It should be against the wall. Where possible, take the 1st sitting as air of room is cleaner, tablecloths cleaner, and meat smell less, while food is better. Note that, with Cunard at least, possession of an actual dated reservation for sailing gives priority of accomodation over others on waiting list. Note that if no date can be given you can buy an "Open Order" passage order valid for one, 1½ or 2 years but this gives no priority. Note that Cunard liners Caronia and "Auretani" follow the souther warmer route but take 2 more days than the Queen ships, which follow northern colder route.

() Always keep the Inside Back Cover Last Page of Airline Tickets as a record of the journey for Tax Purposes.

() Carry soft moccasins on plane trips, or long train journeys as they slip easily into briefcase.

() The Chromium Plated Baby Padlock has been filed down to fit (a) Danish Briefcase (b) Chocolate Brown Canvas Zipbag since both of these have smaller hasps than the other cases. Hence, reserve this padlock soley for such use. The brass and red baby padlocks are also smaller and will fit these two cases but are more easily opened by burglars.

() ELECTRIC: Always carry (a) an adaptor for American into continental European plugs. (b) an adaptor for connections to light fittings (c) An adaptor for American into British; (d) ~~an~~ a two way plug with screw-in socket. (e) An extension cord.

() ELECTRIC: (Information) Spain, France and Italy are on 110-125 voltage and use "screw in" type bulbs. England is on 230 voltage and uses bayonet type bulbs.

() OFFICE: (a) Two fountain pens; One for red and one for blue ink use and both with

convertible ends for desk stand use; (b) One desk stand (c) one mechanical pencil (d) one ball-point pen with refills.

() TOILET: (a) one electric and one gillette razor (b) one small size shaving brush; (c) one collapsible tube shaving creme or solid stick shaving soap. (d) Extra reserve toilet cloth.

() Before Leaving Hotel Rooms always double check for left behind articles; under-beds, behind furniture; in drawers; inside closets.

() Condense baggage to two bags.

() Brahmins consider restaurant drinking vessels and eating plates to be magnetically polluting and contaminating, besides being odorous from meat-eating. They carry their own.

() When packing Chinese silk robes, use tissue paper.

() Travelling Teemaker: In view of the poisonous nature of aluminium, reserve the aluminium tea infusers for restaurant or hotel use, where they may get lost. But at home or in one's own private hotel room, use only the silver balls. Or use filter tea pot or the more artistic or Chinese teapots can be used by pouring the strained liquid from a jug into them.

() In India spiritually-minded castes when travelling carry their own drinking vessels to avoid the polluting magnetism of lower meat-eating castes. If they can get no suitable person to cook for them, they cook their own food.

() To get imitation vaccination scar, tell doctor to use Nitric Acid.

() To Cure Car Sickness Dr. Franklin Leavitt psychologist, suggests the firm belief nothing will happen, strive to keep your mind on other things, get your mind away from car sickness.

Give suggestions that nothing will happen before you board the car.

(TRAVEL)

() Whenever you go to hotels or private homes, do not sleep on the large feather pillows provided. Use them only as a back support if reading or writing. Sleep instead on your junior rubber pillow, which should be taken everywhere.

() Sewer gas Danger: When traveling keep the bathroom windows open all night.

() Voltages (personally checked in 1952)

London is 200/250 Volts

USA " 110 "

France " 110 "

Denmark and Italy are 220 volts

India is 220 volts

() (a) For ^{TOKYO} plane journeys overland LA-New York, ask for ~~an~~ coach, which is cheaper because carrying more seats; (b) choose a sunshine route above the weather clouds line in winter, such as United. (c) Constellation plane available, including all above advantages, on TWA-line.

() Never travel without "Nods" Ear-plugs. One is exposed to hazards of noise in different places, disturbing meditation.

() Airplane Travel: When ordering meal 48 hours in advance, it is not enough to ask for a vegetarian one. Be more specific or you will get butter on ~~the~~ vegetables. ^{and legs on salad} Say "no fat". Take your own fruit and ~~spec crackers~~ ^{spec crackers}

() A cabin deep in the centre of the ship helps to avoid the seasickness caused by rolling. But the advantage of light and air from the portholes is then forfeited.

()

1947

The following is a list of the
 names of the persons who were
 present at the meeting held on
 the 11th day of June, 1947.
 The names are listed in the
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VENICE:

(TRAVEL)

(1) I thought idly of some of the famous figures who had walked these same Plazzas in their lifetimes. I thought of the mysterious Count Cagliostro, whose character has been so unjustly defamed by Carlyle.... My eyes wandered across to the great State Prison, of the Venetian Republic, and in imagination I saw Giacomo Casanova, eluding his guards and escaping over the leaden roofs. He was one of the most picturesque adventurers of his century. Eighteen years after the penniless student left Padua, he was living in Holland and was in possession of a great fortune—350,000 florins—won solely by his wits. Lastly I beheld the stocky figure of brilliant young French General, Napoleon Bonaparte by name, whose exploits were beginning to set all Europe by the ear. He was riding triumphantly into the Piazza, his entry signalling the downfall of the Doges and the end of several hundred years independence for Venice...

(2) It is the past that enthral's one in Venice: I find the present unattractive. This street is wholly fifteenth century, that Piazza is thirteenth century; this Campo is late sixteenth and those canal-bordering fondamenta are 18th. Venice is a mass of narrow winding valleys and idle canals.

(3) I slipped across the wide front of St. Marks and into Florians, that rococo-fronted cafe-restaurant. The cafe section was filled with its usual medley of types from elegant fashionables to obvious summer-time tourists. In a far corner, sitting alone at a table, I espied an journalistic acquaintance. He was a sprucely dressed, white, spotted little Italian, who had edited an Italian colony newspaper abroad when I last saw him. I went over and sat at his table. He rose instantly on recognition, and made a sweeping bow of greeting. We decided to dine together under the tall colonnade of the Plaza. Outside its inviting doors passed and repassed the evening procession of dark faced Venetians which has walked the great Square since the Middle Ages. Seated at a gleaming table, one catches a glimpse of self in a large wall mirror which, perchance, reflected the face of Lord Byron, who rather favoured Florians when he sojourned in Venice. After dinner we drank coffee at one of the outside tables, whence we could watch the picturesque pageant of motley humanity, and occasional vistas of moonlight decorating the coloured minarets of St. Marks. We flicked the last ash from our cigarettes and rose, conscious of the

(TRAVEL)

VENICE

(1) I thought of some of the famous figures who had
 walked these same streets in their lifetimes. I thought of
 the Venetian Count (Gastone), whose character has been so
 unjustly belated by history... My eyes wandered across to the
 great State Prison, of the Venetian Republic, and in the
 imagination I saw Giacomo Casanova, signing his name and
 escaping over the leaden roofs. He was one of the last pic-
 turesque adventurers of his century. Fifteen years after
 the Venetian Republic fell, he was living in Holland
 and was in possession of a great fortune—100,000 florins—
 and was loved by his wife. I heard the story of the
 brilliant young French General, Napoleon Bonaparte, by name,
 those events were destined to set all Europe by the ear.
 He was riding triumphantly into the Piazza, his entry signi-
 fying the downfall of the doges and the end of several hun-
 dred years independence for Venice...

(2) It is the fact that entrance into Venice; I find
 the present unattractive. This street in which I stood
 country, the streets in this century; this street is
 late in the night and those capital-borne landmarks are 18th.
 Venice is a maze of narrow winding alleys and late can-
 als.

(3) I walked across the wide front of St. Mark's and into
 the Piazza, that famous-fronted cafe-restaurant. The cafe sec-
 tion was filled with the usual medley of types from elegant
 Venetians to obvious summer-time tourists. In a far cor-
 ner, sitting alone at a table, I noted a remarkable ac-
 countenance. He was a sprucely dressed, white, dotted little
 fellow, who had sat in Italian cafe, gentleman across
 when I last saw him. I went over and sat at his table. He
 was instantly on reception, and made a sweeting box of
 coffee. We talked to him together under the bell colon-
 nade of the Piazza. Out side the building doors passed and
 passed the evening procession of black faced Venetians which
 has walked the great square since the middle ages. Seated
 at a gleaming table, one catches a glimpse of self in a
 large wall mirror which, perchance, reflected the face of J.
 Lord Byron, the rather favoured Florentine when he sojourn-
 ed in Venice. After dinner we drank coffee at one of the
 outside tables, whence we could watch the picturesque pageant
 of motley humanity, and occasional vistas of moonlight decor-
 ating the coloured windows of St. Mark's. We flicked the
 last ash from our cigarettes and rose, conscious of the

feeling of well-being which comes from a good dinner taken amid charming surroundings. We passed through the lounges and crossed the great square and mounted the long rows of stone steps which lead to the sacred building, where we paused to survey the romantic scene. There I bade the editor farewell and made my way to a little quay where a lantern-hung gondola picked me up and carried me back along the silent canal to the hotel.

(4) The train rumbled over the lengthy bridge which crosses the lagoon. The mainland was behind us, the pearl of the Adriatic before us. Romantically lit, Venice gleamed on the waters.--A number of noisy gondoliers hailed me: I selected a one in a couple of minutes our gondola was sweeping and swishing its way down the Grand Canal. We passed the great Palaces, superb Byzantine facades, magnificent Gothic mansions. A municipal steamer crossed our path, hooting raucously....

(5) In Venice the city of lagoons, I wandered idly through the narrow, winding "Calli", those alley-like streets, impressed by the romantic beauty of the night. Thoughts of the gallant philandering eighteenth-century Venetians, drifted out of the well of memory.

(6) The old paving-stones of its narrow twisted alleys were slippery with mud as rain drizzled steadily down.

(7) Tall straight houses revealed barred windows. I emerged from sinister streets into little squares of ancient but forbidding aspect.

(8) I wandered along a cobbled quay and listened to the quiet lappings of the canal water.

(9) I walked up the century-worn steps of a high bridge which spanned the canal.

(10) The long slim gondola glided away from the quay and moved down mid-stream. The gondolier stood up to his full height in the stern, a picturesque figure, and rhythmically propelled the boat with a single oar which he moved dexterously to and fro.

(11) A black gondola came gliding past my window, its curved prow gracefully rising to survey the water. This picturesque remnant of an artistic past complete even to the antiquated costume of the swarthy gondolier, reminded me that I was in the city of the departed Doges. Nowhere else have boats been made more shapely than in Venice.

(12) Venice rests on an exaggerated tradition of beauty which seems as unshakeable as its hidden wooden piles. It rises out of a malarious marsh, this city of alleys, and has packed itself

feeling of well-being which comes from a good dinner taken
and said charming surroundings. We passed through the long rows of
and crossed the great square and mounted the long rows of
stone steps which lead to the sacred building, where we passed
to survey the romantic scene. There I had the editor take
well and made my way to a little quay where a lantern-
gondola picked me up and carried me back along the
allent canal to the hotel.

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ing its way down the Grand Canal. We passed the great Palazzo
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(2) In Venice the city of lagoons, I wandered idly through
the narrow, winding "calli", those alley-like streets, impre-
sioned by the romantic beauty of the night. Thoughts of the ear-
ly and ill-fated eighteenth-century Venetians, drifted out
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(9) Venice rests on an exaggerated tradition of beauty which
seems as unshakable as its hidden wooden piles. It rises out
of a mysterious marsh, this city of alleys, and has packed itself

(TRAVEL)

together like a box of sardines, with two honourable exceptions. These two are the Grand Canal and the Piazza San Marco.

(13) In some old palazzo with great glass chandeliers pendant from the ceiling, hung with frayed tapestries and faded silks, carrying dim memories of a time when red-hatted cardinals and rich fashionables walked its mosaic floor the gondola skimmed the water under the old Rialto, where Shylock drove his hard bargains.

(14) Venice is a great sprawling slum by the Adriatic! Full of plebians. There is only one refined street--the Grand Canal.

15 BOLOGNA:----The birthplace of the wireless wizard Marconi and city of colonnades. Its University is the oldest in Europe. It was pleasant to walk in the cool of its deep arcades.

16 VERONA:-----I walked slowly around the giant ampli-theatre, musing the while on the sights it had seen since the first Roman sat on its tiered seats. Perhaps Napoleon had taken the same walk, for did he too not notice its fallen state, and issue the command for its repair?

17 PADUA:-----Anon I wandered into the ancient university of Padua, and trod the floors where Albertus Magnus had been educated. This noble and learned light of the 13th century is famed as an Aristotelian philosopher, but among those who study recondite matters he is held in high esteem as an eminent alchemist. He spent his last years in a Dominican cloister, where he delved into the deeper mysteries of life and matter. This University is one of the oldest in Europe. It has played its part in making history...Here came young Giacomo Casanova, a stripling lad of fifteen who entered his name on its books in the year 1737. He learnt more in the peopled streets and idlers' cafes than in the studious classrooms, and his profligate friends soon ran him into debt as he tried to keep pace with them. In three years all his possessions were pawned or sold, and he had to leave the place. His apprenticeship was not wasted, though. Did he not become one of the cleverest and most successful of Europe's adventurers?

18 FLORENCE: (a) ~~Florence~~, the charming! A city of palaces built by artists for their cultured patrons. A happy and pleasant people; a warm and sunny city.

(b)----Florence is a charming city even today, but its gracious appeal must have been still more delightful in the days when Dante walked its colorful streets and warm piazzas. (c)-----The biglietto which I had taken for Florence took me also to joy, sunshine, beauty, and antiquity.

joy, admiration, beauty, and antiquity.

The picture which I had taken for Florence took me also to late walks the colorful streets and wide piazzas. (c) -----

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Gregorio Garsano, a striking lad of fifteen who entered his

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VIKINGA:-----I walked slowly around the giant Amphitheatre, was
ous. It was pleasant to walk in the cool of the deep shadows.
city of colonnades. The University is the oldest in Eur-
PHOENICIA:-----The picturesque of the wireless wizard Marcel and
Grand Canal.

Full of wisdom. There is only one refined street--the
(14) Venice is a great sprawling slum by the Adriatic
Black drove his hand backwards.
the gondola skinned the water under the old Rialto, where
cardinals and rich ladies walked its mosaic floor
bed like, carrying the memories of a time when red-dusted
pendant from the ceiling, hung with frayed tapestries and fa-
(13) In some old palaces with great glass chandeliers
ions. These two are the Grand Canal and the Piazza San Marco
together like a box of pardons, with two honorables except-

(TRAVEL)

(d)-----I wandered into a Florentine monastery ^(TRAVEL) wherein the one with tiny stone cells and Fra Angelico frescoes, the one where Savonarola found his strength in fasting and prayer and fed his mind with books. This same Savonarola, whom one admires for his burning zeal for holiness but whom one pities for superstitiously proclaiming that Plato and Aristotle were in Hell, was no weak ling-scholar, however. At his voice cold speech kindled into fire, glowing with the red flame of what he believed to be truth, and blinding his enemies with the white heat of passionate convictions. His boldness of necessity outraged convention.

(19) I wandered through Italy treading among the mediaeval relics of saints and the colourful rites of churches.

(20) I stayed at an uncomfortable hotel where there were more servants than patrons, and though the announcement "Running Hot and Cold Water" had tempted me there, apparently the hot water began to run only after I left.

(21) The steamer is now somewhere off the coast of Southern Italy. We pass about an hour before midnight the eerie spectacle of Mount Stromboli in eruption. I am propped up on the pillows, staring through the porthole at this nocturne in black and red, watching the streams of fiery lava trickle down the mountain side.

(22) BALE:

Bale has thrown the modern and the mediaeval together in quaint mixture. As I read the mystical motives inscribed over many of the doors of its beautiful and ancient Rat Haus (Town Hall), I understood why Rosicrucians chose the city as their headquarters; its sturdy old burghers were God-inclined even in the midst of financial and administrative affairs...As I wandered through the low-ceilinged class-rooms and lecture-halls of its old Universitat ⁺ seemed to hear the tread of one who walked by my side, and who whispered into my ears with abrupt voice. Here he had studied in his eager youth, he told me, but he learnt infinitely more in later years when he attended the University of Nature! I looked into his face and recognised the rugged features. Had I not seen them adorning the frontispiece of an old volume of alchemical lore, mute witness of the author, one Bombast von Hohenheim, otherwise Theophrastus Paracelsus?....

(23) LUCERNE: A pale blue haze hung over the lake. If the details were blurred, nevertheless the general scene was enchanting.

(4) I wandered into a Laurentine monastery, where the
one with tiny stone cells and the angelic fresco, the one
where Savonarola found his strength in fasting and prayer and
led his mind with books. This same Savonarola, whom one ad-
mires for his burning zeal for holiness but whom one critic
for operationally proclaiming that Plato and Aristotle were
in Hell, was no weak lay-scholar, however. At his voice
cold speech kindled into fire, glowing with the red flames of
what he believed to be truth, and binding his enemies with
his white heat of passionate convictions. His boldness of
necessity outraged convention.

(5) I wandered through Italy breathing among the medieval
scenes of saints and the colorful rites of churches.
(6) I stayed at an uncomfortable hotel where there were
more servants than patrons, and through the announcement
"Sizzling Hot and Cold Water" had tempted me there, apparently
the hot water began to run only after I left.

(7) The steamer is now compassed off the coast of Southern
Italy. We pass about an hour before midnight the eerie spec-
tacle of Mount Stromboli in eruption. I am propped up on the
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ITALY

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many of the doors of the beautiful and ancient San Marco (St. Mark's)
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pieces of an old volume of alchemical lore, mute witness
of the author, one Bombast von Hohenheim, otherwise Theophrastus
the Paracelsus?

THE LAKES

(8) A pale pine haze hung over the lake. If the
details were blurred, nevertheless the general scene was enchan-
ting.

(24) TROYES:

I have walked the worn cobbles of Troyes, and learnt to love it for its faithful keeping of medieval life. While the rest of the world is transforming its olden beauty into reinforced concrete, Troyes refuses to part with its wooden fronts and beams. The unhurried citizens of its far-off past might still recognize every lane and street could they but return.

(25) CHELTENHAM:

One thinks kindly of Cheltenham for it is a charming elegant town, a souvenir of the leisurely days of the Regency. How pleasant to walk down its broad boulevards under the branches of lime and chestnut trees! How nice to promenade by dignified terraces and imposing mansions modelled on classical lines, onetime residences of the aristocracy but now hotels. The Greek note sounds throughout the city's architecture. For seven hundred years the quaint spiked tower of this church has pointed to the sky. 'Perchance it will continue to point for another seven hundred? And then one steps out again into the pleasant streets where thronged the fashionables of the Georgian period. Cheltenham has the refined distinguished atmosphere in its streets, its buildings and its people which is attractive

(26) IN A SWISS TRAIN: The Alps sloped down toward the train passengers cricked their necks upward to get a better glimpse of those now-tapestried heights. Inside the carriages the air was beautifully warm, but outside one saw the cold atmosphere condensing on the window panes like drops of rain.

(27) ZURICH:

I set off in the sunny morning to wander through the incredibly narrow streets which hide themselves in the older part of the town. The air was crisp and tonic; it was good to breathe. I blessed the god in charge for having produced such element weather. And when I found myself passing through a small trimly kept park my joy waxed wider. A college girl sitting on one of the green benches in front of the shrubberies reading a brightly covered book. Surely it was a novel and surely it could be not other than a sweet romance, in this shining morn. She looked up for a moment, caught my gaze, smiled involuntarily at me, then, blushing guiltily, she hastily resumed her reading. I took off my hat and walked on, the cold air striking my unthatched poll. I walked on to span the old river. I leaned against the wooden hand-rail and watched the

I have walked the worn cobbles of Troyes, and learnt to love its faithful keeping of medieval life. While the rest of the world is transferring its own beauty into reinforced concrete, Troyes refuses to part with its wooden fronts and beams. The unpurged citizens of its far-off east might still regard every lane and street could they but return.

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The Alps sloped down toward the train passengers cricked their necks now to get a better glimpse of those now-gaunt heights. Inside the carriages the air was beautifully warm, but outside one saw the cold atmosphere condense on the window panes like drops of rain.

I set off in the sunny morning to wander through the indubitably narrow streets which hide themselves in the other part of town. The air was crisp and tonic; it was good to breathe. I blessed the god in charge for having produced such element weather. And when I found myself peering through small trimly kept back my joy waxed wider. A college girl sitting on one of the green benches in front of the shrubbery reading a brightly covered book. Surely it was a novel and surely it could be not other than a sweet romance, in this thing. She looked up for a moment, caught my gaze, smiled involuntarily at me, then, blushing faintly, she hastily resumed her reading. I took off my hat and walked on, the cold air striking my unattached gill. I walked on to open the old river. I leaned against the wooden hand-rail and watched the

(TRAVEL)

water swirl white against the stone piers of the bridge, and then flow rapidly onward. A motor-boat came shooting along, churning a white furrow upon the grey surface.

(28) LANGRES:

I took the steep way to Langres--this walled city grown upon a high hill--and found an entire city lifted out of the middle ages and set down amid this crude century of ours. In its dim Cathedral I lingered awhile remembering how I had set out--a twentieth century pilgrim--to go on sacred pilgrimage to my modern Mecca. Memory wandered back to the forgotten bodies that were linked with the present one. In former existences this being had braved bitter enemies and harsh circumstances to reach the distant Meccas of its past. Those dangers are far less to-day, but perhaps the dangers to the soul are far more. Pilgrimage! How the wheel turns! So I opened the heavy old Cathedral doors and went out, with a new urge to gain the mystic Grail which lured me on... ←

PICCADILLY:

(28a) I see the bright signs of Piccadilly gleaming in the night. ~~Neon lights flare a dozen different sales messages through the night. Their reflections light the pavements, and the gay, gaudy and noisy life which swirls around Piccadilly, and the jostling crowds who pack its pavements;~~ the strident din of its motor traffic. The pavements are crowded. Endless rows of men and women saunter leisurely or hurry eagerly past me. A painted Circe approaches and whispers the age-old invitation to man. The wild bush-land of the primitive Briton has been transformed into Piccadilly! ~~Here are Progress! Civilisation! Modernity!~~

My companion, a luminary of the Journalistic firmament, listens with screwed-up eyes to my tale of mystical adventures. Dinner is over. We saunter forth into the night. As he strikes a match to light a cigarette, he pauses and observes: "Well--what's the use of it all. How has it helped you? I fail to see."

----I met this mystic in the toy railway-train which climbs the steep hill upon which the ancient city fortress of Langres lies perched, high up in the clouds. There are many enchanting old towns tucked away in provincial France, but I think Langres is one of the sweetest and quaintest I know.

(TRAVEL)

water swirls wide against the stone pier of the bridge, and then flow rapidly onward. A motor-boat came shooting along, churning a white furrow upon the grey surface.

(28) (LANDSCAPE)

I took the steep way to Langres--this walled city grows upon a high hill--and found an entire city lifted out of the middle ages and set down amid this cruda century of ours. In the dim Cathedral I lingered awhile remembering how I had set out--a twelfth century pilgrim--to go on sacred pilgrimages to my modern haec. Memory wandered back to the forgotten bodies that were linked with the present one. In former times this being had proved bitter enemies and harsh citizens--to reach the distant recess of its past. Those days are far less to-day, but perhaps the dangers to the soul are far more. Pity--megal how the wheel turns! So I opened the heavy old Cathedral doors and went out, with a new urge to gain the waste trail which lured me on...

PROBABLY:

(29) I see the bright signs of Piccadilly gleaming in the night. ~~When I look down the street I see the lights of the motor cars and the lights of the buildings and the lights of the shops and the lights of the houses and the lights of the streets and the lights of the sky.~~ ~~around Piccadilly, and the lights of the street and the lights of the houses and the lights of the streets and the lights of the sky.~~ ~~the wild island of the primitive Briton has been transformed into Piccadilly! Here are great buildings!~~

My companion, a lusty of the journalistic firm, stands with crossed arms to my tale of mystical adventures. Dinner is over. The waiter forth into the night. As he strikes a match to light a cigarette, he pauses and observes: "Well--what's the use of it all. How has it helped you? I fail to see."

I met this rustic in the toy railway-train which climbs the steep hill upon which the ancient city fortifies as of Langres lies perched, high up in the clouds. There are many enchanting old towns tucked away in provincial France, but I think Langres is one of the sweetest and quaintest I know.

(28) SHIPBOARD:

(29) The passengers were gradually dissolving out of the smoke-room until only a few of us were left there. I went out on the after-end of the promenade deck, to watch the mysterious play of the moonlight upon the heaving waves.

(30) The ship drew nearer. Green Europe shaped itself out of the sea. My tropic-tired eyes rested eagerly on the land.

(31) I leaned on the broad teakwood rail. Apart from this backwash the sea was as smooth as a ballroom floor.

(32) The purser wore a worried look, as befits the business manager of a ship. He was a short squat man who peered at you through heavy spectacles.

(33) I strolled past the lounge and looked inside through the brass-rimmed portholes. A few of the passengers were lolling about, their faces betraying an inward ennui. Plenty of games, dances, sports and parties had been arranged during the voyage for the express benefit of the bored, that is to say for almost all the passengers. They could not keep on gazing at the sea all the time, and their minds being empty (except of cares past and coming) life at sea was a distinct trial.

(34) An exhilarating emotion came over me as our ship stole into port. The prospect of landing on European soil once more nearly overpowered me. Within a few days I would be wandering through primrose-spotted woods and down lovely lanes. I have no home, for I am a world-wanderer. I am afraid I am like the old philosopher whom Addison recalls and who, upon being asked what countryman he was, replied that he was a citizen of the world. Yet the closeness of the European countryside gave me this strong nostalgia so that I regretted there was no pleasant, ~~inexpensive~~, cottage waiting to receive me. My imagination flew to a little low-roofed cottage with cream-coloured walls, green painted woodwork, and tall hollyhocks standing guard at the gate.

(35) We walked completely around the promenade deck several times. The moon played its pale light upon a long stretch of waves.

(36) Our first dinner on the ship, proved to be a time of nervous scrutiny, of general "sizing-up". I was lucky enough to have a gracious and courteous old lady sitting opposite me, The smile of welcome which she gave me as our eyes met was genuine.

(37) No breeze ruffles the serene surface.

SHIPBOARD.

(TRAVEL)

38) ~~I~~ I watched the play of foam which marked the ship's track astern.

39) ~~I~~ I stood alone upon the promenade deck as our steamer pushed its way out of port...I descended to my cabin and got out a worn volume to read, and took it up to my deck chair.

40) ~~I~~ Early in the mornings we went for a vigorous tramp along the smooth planks of the decks.

41) ~~I~~ The ship slowly turned its nose towards the northwest.

42) I revived in the little ship's hospital and saw the kindly face of a doctor bent over me.

43) ~~I~~ I listened to the pulsating throb of the screw as it rumbled our ship through the waves.

44) ~~I~~ The water dashed against the ship's steel plates and fell away in foam.

(45) After our steamer had passed the Bay Of Biscay, a magnificent rainbow curved across the ocean sky all the way to the Spanish Coast. Just before it appeared, I had been lolling in a deck-chair and casually remarked to my travelling companion that I had now finally clinched my determination. So when the glorious rainbow coloured the view beyond the deck-rails, I at once rose and greeted it gladly, taking it as an omen of success in having the difficulties cleared away.

(TRAVEL)

(36) I watched the play of foam which marked the ship's track ahead.

(37) I stood alone upon the promenade deck as our steamer gained its way out of port... I descended to my cabin and got out a worn volume to read, and took it up to my deck chair.

(38) Early in the morning we went for a vigorous tramp along the smooth planks of the decks.

(39) The ship slowly turned its nose towards the northeast. I revivied in the little ship's hospital and saw the kindly face of a doctor bent over me.

(40) I listened to the quivering throop of the screw as it pulled our ship through the waves.

(41) The water dashed against the ship's steel plates and fell away in foam.

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(43) Taking it as an omen of success in having the difficulties cleared away.

() TRAVEL:

(45) In the end all our travelling pursues only the path of a circle for wherever we go we succeed only in arriving at our own selves.

(46) Travel can be put to some purpose or it can be almost worthless. I go abroad to visit great men and to gather a few thoughts of worth from their minds; I take ship and stop at a port where I know one man resides who can provide my apathetic soul with a fine new impetus, a fresh inspiration upon life's dusty path. I do not go to explore the wilderness of crowded cities or to ache my head over a bewildering variety of museumed objects.

(47) The need for periodic escape from state over-familiar surroundings is both a mental and a physical one. When conversation and observation move into new fields, when travel brings fresh events and unfamiliar places, thinking may be stimulated and the mind fertilized. But for this to happen, there must be a receptive attitude, a discerning intellect and a sympathetic temperament. Then, and then only does the harvest show itself in the shape of new ideas and better ideals.

(48) In all my foreign travels I go not to meet men, but a man.

(49) SOMERSET MAUGHAM:

"I have known writers who made adventurous journeys, but took along with them their house in London, their circle of friends, their English interests and their reputation; and were surprised on getting home to find that they were exactly as when they went. Not thus can a writer profit by a journey. When he sets out on his travels the one person he must leave behind is himself."

(50) SOMERSET MAUGHAM:

"I travel because I like to move from place to place, I enjoy the sense of freedom it gives me, it pleases me to be rid of ties, responsibilities, duties, I like the unknown; I meet odd people who amuse me for a moment and sometimes suggest a theme for a composition; I am often tired of myself and I have a notion that by travel I can add to my personality and so change myself a little. I do not bring back from a journey the same self that I took."

(51) I travel to meet men, not places. No long journey is worth my undertaking for its own sake, but for the sake of its fruit. Pleasure is but the incidental of true travel: purpose seeks for some enrichment.

TRAVEL:

(18) In the end all our travelling pursues only the path of a circle for wherever we go we succeed only in arriving at our own selves.

(19) Travel can be put to some purpose or it can be almost worthless. I go abroad to visit great men and to gather a few thoughts of worth from their minds; I take this and then at a certain point I know one man resides who can provide my aesthetic soul with a fine new impulse, a fresh inspiration from life's dusty path. I do not go to explore the wilderness of crowded cities or to seek my head over a bewildering variety of unassumed objects.

(20) The need for periodic escape from state over-familiar surroundings is both a mental and a physical one. When conversation and observation move into new fields, when travel brings fresh events and unfamiliar places, thinking may be stimulated and the mind fertilized. But for this to happen, there must be a receptive attitude, a discerning intellect and a sympathetic temperament. Then, and then only does the harvest show itself in the shape of new ideas and better ideals.

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COMERSET MAUGHAM:

(23) Travel teaches I like to move from place to place, I enjoy the sense of freedom it gives me, it liberates me to be rid of ties, responsibilities, duties, I like the unknown; I meet old people who amuse me for a moment and sometimes suggest themes for a composition; I am often tired of myself and I have a notion that by travel I can add to my personality and so change myself a little. I do not bring back from a journey

(24) the same self that I took. I travel to meet men, not places. No long journey is worth my undertaking for its own sake, but for the sake of its fruit. Pleasure is but the incidental of true travel; we seek for some enrichment.

--spiritual, mental or material. A country is but the setting for its great men--what is the setting worth without its jewels? I go to greet greatness in whatever land it may abide, to sit at the feet of the Wise and learn their special lore; without their presence the land is empty & desolate, full of frivolous men though it can be.

(52) Any fool who has the money can cross the seven seas, tour through Asia or perambulate the Piazzas of Italy, but he will get nothing of the treasures which the discriminating seeker can bring back.

(53) You may travel unobservantly and unreflectively like a drunk, thus getting little for your effort. Or you may travel with perception and intelligence, thus getting much.

(54) After all these travels I could not help seeing how largely temperature conditions and influences humanity's temperament, geography its religion, history its emotions, heredity its reactions and suggestion its mentality.

How much for instance has climate to do with character? Who that has travelled the world can doubt its over-powering effect? If we in the West possess initiative and practicality, we may well be grateful to the tonic action of cold months and biting winds. We are materialistic because our early material conditions called for so much of our energy and effort to overcome them, lest they overcome us. So, in the Eastern climatic zone, people live in opposite polarity. The scorching sun brings lassitude to their bodies, and benumbs activity. The effort to exist is far less exacting than it is in the West. Shelter and clothing are hardly needed, and where action is less less food need be eaten. Hence we find a country like India turns to thought where we turn to work. It is characteristically contemplative. JOHNSON

"Those whose lot it is to ramble can seldom write, and those who know how to write very seldom ramble." The worthy Doctor wrote this in 1775 in a letter to Mrs. Thrale, but times change and there are several authors today who approved and disproved his assertion and who combine gracefully & successfully the two occupations of globetrotting and paper scribbling.

(56) I was now traversing a region teeming with historical references, wher in my mind's eye I saw reliving the incidents of the past.

(57) I sat on the crumbling stone base of an ancient column in Windsor Great Park, once an item among the desolate mines of Roman Tripoli, but brought here a century ago.

TRAVEL

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scribbling.

(25) I was now traversing a region teeming with histor-
ical references, when in my mind's eye I saw reliving the in-
cidents of the past.

(26) I sat on the crumbling stone base of an ancient column
in Windsor Great Park, once an item among the desolate mines
of Roman Britain, but brought here a century ago.

(58) I sought in my mind for some fitting words that might match this lovely scene, and memory immediately handed me the poet's charming lines!

(59) Bougainvillea grows in this desert garden, its wine-red face contrasting joyfully with the ashen-grey sand which everywhere surrounds me and glitters blindingly. Oleander bushes form a pleasant border around the garden. But in the region around, palm trees are not plentiful, which makes everyone of their skeleton-like appearances gratefully welcome. Farther off the lonely sheltered canyons--rare and lovely--are the gems of the American desert. The hills surrounding it and towering as its skyline, are brown and very old looking. But, the desert is constantly changing the colors of its face, with the day's shifts of the sun.

(59) Have you ever reflected why a mountain is traditionally associated with initiation? A mountain knows how to remain quiet, it is a perfect symbol of stillness, better than a tree which might vibrate in heavy winds. To go up a mountain is symbolically to enter that condition of complete inner silence stillness, wherein initiation becomes possible.

(60) He is of moody temperament, a brilliant talker and a taciturn man by turns. I have never met a man who could converse so well as he.

(61) The delusion that travel can free a man from his trouble arises from the fact that it may temporarily relieve the pain of it. But wherever he goes his mental habits and besetting complexes, the very elements of his character, go with him. Consequently his trouble pursues him. There is no real flight from inner guilt.

(62) Of what use is it to travel oftener, as moderns do, if they still take their defects and shortcomings to every place they visit, or to travel faster if they still return not having seen the one thing worth seeing - Truth?

TRAVEL

(58) I sought in my mind for some fitting words that might match this lovely scene, and memory immediately handed me the poet's charming lines:

(59) Bonanza fields grow in this desert garden, its wine-red face contrasting joyfully with the ashen-grey sand which everywhere surrounds me and glitters blindingly. Clean-

ber bushes form a pleasant border around the garden. But in the region around, palm trees are not plentiful, which makes everyone of their chisel-like spines

extremely welcome. Farther off the lonely sheltered canyons--are and lovely--are the fangs of the American desert. The hills surrounding it and towering as its skyline are brown and very old looking. But, the desert is constant--changing the colors of its face, with the day's white

of the sun. (60) Have you ever reflected why a mountain is traditionally associated with initiation? A mountain knows how to remain quiet, it is a perfect symbol of stillness, better than a tree which might vibrate in heavy winds. To go up a mountain is symbolically to enter that condition of complete inner silence

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(62) The delusion that travel can free a man from his troubles arises from the fact that it may temporarily relieve the pain of it. But wherever he goes his mental habits and besetting complexes, the very elements of his character, go with him. Consequently his trouble pursues him. There is no real flight from these evils.

(63) Of what use is it to travel often, as moderns do, if they still take their defects and shortcomings to every place they visit, or to travel later if they still return not having seen the one thing worth seeing - Truth?

R-R (12)

TRAVEL

() When travelling never forget a Non-Smoker
compartment and a Window-Seat - Reservation.

TRAVEL

() When travelling never forget a Non-Smoker
compartment and a Window-Seat - Reservation.

(-) Before seavoyage or airflight to avoid sea or air sickness put 3 drops "essence de menthe" on a lump of sugar ^hwich chew. Do not eat too much before leaving but also not on empty stomach either. Sustain yourself lightly on a salad or a fruit.

() Is it correct that old people do not suffer from sea or air sickness?

() Before sea voyage or air flight to avoid sea or air sickness put 3 drops "essence de menthe" on a lump of sugar which chew. Do not eat too much before leaving but also not on empty stomach either. Maintain yourself lightly on a salad or a fruit.

() Is it correct that old people do not suffer from sea or air sickness?

() On outward voyage from U.K. is "Port" side (owing sun and winds) whereas on inward voyage it is "Starboard".

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Sustain yourself lightly on a salad or a fruit.

() Is it correct that old people do not
suffer from sea or air sickness?

() R.R. Bahnhof Coin Lockers. If the money (2x20 rap) is puttin first (i.e. at start of operation) the machine will not operate, the door can't be locked, and the cash is lost. No compensation is given. So -- the coins must be inserted at end of the operation to do it correctly.

) R. H. Estabrook Coin Lockers. If the money
 (X250 rag) is put in first (i.e. at start of oper-
 ation) the machine will not operate, the door
 can't be locked, and the cash is lost. No compensa-
 tion is given. So -- the coins must be inserted
 at end of the operation to do it correctly.

() Pronun.: Subbud = Soo -bood'
Sahara = arabic for desert
Sah'-hahra

() The Arabic word for "Dawn" appears in its Javanese variantas "Subuh" - Majuba derivation?

() Sanskrit : Antar = internal, interior;
Antar-janman = inner birth; Antar-jyoti = having
soul, enlightened; Antar-dusliti = looking into
one's soul.

Ad iti = the Unbounded.

() Pronun.: Isvara = Issvah'-ra

() " jiu jitsu = You Zhitsu

() Advaitam = the Undivided.

() Madjhub is the term used by Persian Sufis for "Divine Grace". It is the power which attracts a person to God, and induces him to travel the progressive stations of the Quest until realization. The living Master or Shakh, is one channel for this power; the Overself, or Hidden Zinam, is another.

() Mantram : Su-Asti" (well-is) combined as "Svasti" meaning : "It is well" joined with Svastika med. posture.

() Pronun.: Laos = Lowoss - Tao = Tow

() " : Mao Tse-tung = Mao as in 'how'

() " " ancient capital of Siam:
IYOODHIYAH but spelled AYODHIA

() Promna : Suddh = Good - good
() Bahara = arabic for desert
() Bah-harra

() The Arabic word for "Dawn" appears in the
() Javanese variants "Suduh" - - Matjaba derivations?

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() " " ancient capital of Siam:
() TAYODHAYAH but spelled AYODHIA

() French Pronunciation: (1) Accent is only on last syllable of last word in a phrase or a sentence. It is not on every other word in the sentence. (2) Also it is on last syllable when saying only a single word. (3) In a phrase or sentence accent is not even on last word, should you wish to emphasize a different one. Example "Estce loin d'ici?" (emphasis here is not at end but on "loin").

() How much is postage on this? = A combien doit-on affranchir ceci?

Give me...worth of stamps = Donnez-moi des timbres a

Please send this letter = Voulez-vous bien envoyer cette lettre ..

Parcel Post = Colis postal

One Way Street = Sens Unique

() Don't say "pas de mayonnaise" but say: "pas de sauce"

() Do not ask for "chicoree" as not called so here. Say "Endive".

() Do not ask for "Laitue" -it = Romain Long Lettuce. Instead say "Salade Pommée" for Round Lettuce.

() gerant = gerrant (hard g as in gone)

() siegle = sehgler Not = see' - ehgler

() Pronun. of Camomile: wrong = Kam-o-mile
Right = Kam-o-meel.

() Pron. Clarens (1) wrong: Clarrenn
Correct = Clarronn. ~~(2) Bus to Clarens = 50~~
~~Bus to Vevey = Fr. one~~

() locataire = tenant

bailleur = he who lets out

sis = situated at

cumin = Kumahn (small round rye loaves ,
at Place de Paix have this)

() Bedsheet = Drap

Pillow Cover = Taie d'Oreiller

shirt = Chemise d'homme

() ()
 on last syllable of last word in a phrase or a sentence. It is not on every other word in the sentence. (2) Also it is on last syllable when saying only a single word. (3) In a phrase or sentence accent is not even on last word, should you wish to emphasize a different one. Example "Ratez John d'icif" (emphasis here is not at end but on "John").

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 How much is postage on this? = A combien doit-on affranchir ceci?
 Give me...worth of stamps = Donnez-moi des timbres à ...
 Please send this letter = Veuillez-vous bien envoyer cette lettre ...
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 Don't say "pas de mayonnaise" but say: "pas de sauce"

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 Garant = garant (hard g as in gone)
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 Pronna. of Gammitia: wrong = Kam-c-mife
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() ()
 Pron. Claren (1) wrong: Clarrann
 Correct = Clarron. (2) ~~pron. Clarrann~~
~~Pis de Vercy = ...~~

() ()
 locataire = tenant
 bailleur = he who lets out
 site = situated at
 cumin = kummin (small round the leaves, at Place de Paix have this)

() ()
 Bedabest = drag
 Billow Cover = Tapis d'Oriller
 shirt = Chemise d'homme

() Molinos was lodged in the Vatican as the Pope's (Innocent XI) personal guest for a number of years. He moved in the highest ecclesiastical and lay circles of Rome, whither he came in 1670 and remained thereafter. In his treatise "The Spiritual Guide" he led readers into latent dangers connected with the mystical path, such as contempt for schools of theological thought; lukewarmness or outright indifference to the public observances, public worship and public prayers of religion. Bossuet criticised Molinos teaching as leading to a pernicious relaxation of morals. The Pope was hostile to Jesuits. One of the latter Paul Signori, was the first to attack M., who was arrested by Inquisition along with his friend Bishop P.M. Petrucci, author of "La Contemplazione Mistica acquistata", of E. Stern "L'Encyclopedie des sciences religieuses 1880" Vol. IX under "Molinos". Such was the Inquisition's power that it forced the Pope, Molinos' friend, to submit to examination of his own orthodoxy!

() Japanese Hōse: There are no doors in the usual meaning of the word. You get in and out by sliding the panels on either side.

() Föhn is the ardent warm wayward but caressing wind under whose touch everything grows brittle and inflammable. In olden days, whole villages were burnt down, domestic fires had to be extinguished. In winter it may sometimes become a cold wind.

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() Tell Restaurants in Riviera, France:
No egg, no fish, no meat on salad.

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() Beware of Pick Pockets! (1) They brush against the victim (2) They prefer inside coat pockets as the likebest places for money, but they particularly note any bulge or sag in a pocket (3) The elite use a fine lightweight raincoat to cover a victim's pocket while they work inside (4) The coarser type bump up against victims brusquely. (5) Button your wallet pocket. In crowds fold your arms. Beware of interested bystanders when drawing cash from bank. Look alert and aggressive.

() (a) Swiss hotels give pension rates only for stays of not less than three days. (b) Swiss taxis of the klein or petit type are 25% cheaper up till 11 pm but full price later.

() WARNING: When packing electric appliances for Storage, experience shows that parts get misplaced unless: (1) Cords are packed in same bag as appliance, never separately. (2) Batteries are packed in same bag as appliance. (3) Microphones and earphones are packed with appliance.

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ON MOUNT SAN SALVATORE

by P.B.

Here, on the mountain top, the world of tumultuous cities and noisy roads seems far enough away to give an interlude of welcome quiet to the irritated ears, a stretch of green beauty to the fatigued eyes.

But there, in those cities and on those roads, what happens to the body's senses is only a part of man's story. What happens to his thoughts and feelings is another part, and not less meaningful, not less important.

Here, consciousness can be more easily brought under control and led toward its sacred source. For, guided back, away from the senses, turned within, little by little it becomes increasingly still, peace-filled and self-satisfied.

But there, the world's irruptions are unceasing, the demands for activity, movement, speech, unending, the body's restlessness unbridled.

Here, gently-rippling lake is mated with wooded mountain and both spread their tranquillising influence upon a man. If the sun joins and warms them, too, it is a glorious scene. If he responds lovingly to its total effect, perceives its beauty and feels its charm and lets the calm spread within him, he glows contentedly with the blessing.

But there, harried thoughts and easily disturbed emotions keep him busy inside a pathetically small circle, the ego's. This is his whole world.

More or less this picture is a correct one. Nature can be his friend if he heeds her whisper. Which is why the prophets and saints turned to her in their inner need until the time came when, satisfied, some of them descended the mountain again and told other men to pray, or to meditate, or to withdraw for a little while from what is nowadays called by the undignified name of "rat-race".

For those to whom religion makes no appeal, and mysticism no impression, a sound reason can

by F. D.

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For those to whom religion makes no appeal,
and mysticism no impression, a sound reason can

still be found for such cultivation of inner silence. The nuclear physicists are the 'avant-garde' of science. They have pushed research into the subtlest world and thought into the farthest border. Matter vanished on the way into, and through, the atom. The wave of energy, which replaced it, has become imponderable and immeasurable. The particle, which was also found to be matter's other form, has existence only in relation to another particle, never alone, so it too remains elusive. Moreover, the movement of both cannot be dealt with apart from the observer. He is always present, they are extensions of him, and thus their origin is in the end subjective, mental. The Reality, which science must postulate as anterior to wave and particle, atom and molecule, behind them and the essence of them, is undetectable. It itself shows no motion at all, even though all universal motion depends on it. For us it is the ever-unseen Power behind all power, Mind behind all minds, and stays hidden in a great silence, at rest in a great Stillness.

Now because we are, as everything else, manifestations linked with it, related to it, and in our own way expressive of it, somewhere within us there is Silence and Stillness too.

This is a logical plausible extension of a great scientific truth. But there are religious statements which come parallel to, or correspond with, it. "Be still, and know that I am God," says the Biblical Psalmist. "Look within: thou art Buddha," says an ancient Asiatic scripture. "The kingdom of heaven is within you," says Jesus.

It is possible to test the truth of these words, each man for himself. But he cannot do so at once, nor in a day; for most not in a week or a month. He will need patience. Without it he is unlikely to go far enough on this way. But with it, and with some correct information, he may arrive in time at satisfaction.

There are decisive times in a man's destiny when a choice wrongly made, a statement wrongly thought out or an action wrongly done brings him

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irretrievable loss or heaped-up trouble. There are similar times when an opportunity missed through excessive caution, fear and timidity or through failure to respond to intuition's whisper leaves a legacy of many years regret. We are human, we make errors; even the reputedly wise have been known to miss a step at some point in their lives. What is a philosophical reaction to our own blunders, when the consequences in after years shows them up for what they are?

The first, of course, should be the plain one of drawing mental profit or learning a moral lesson or beginning a labour on reshaping our selves.

The second follows in order of time after the first and entails the somewhat surprising decision to dismiss all thought of the blunder and its treatment, excellent though that be in its place. The simple reason for this is that we have to dismiss again and again our inherent fixation upon the ego itself and they are part of it. But this cannot be done unless we have previously cultivated some skill in the practice and also learnt to appeal to a higher power, the Overself, to refill the vacuum we have ourselves thus created. All this involves some faculty in the control of thoughts, not only in deliberate choice between them but also in dissolving them almost entirely. It is, in brief, a process of changing our identification. It succeeds in the measure that we learn to initiate it swiftly, heroically, with prompt decisiveness.

How wise was Athenian Socrates! 'Know Thyself!' he taught. Know the peak of your consciousness too! Do not stop merely on the low flatland of your ego. For life's greatest purpose is not only the enrichment and the refining, not even the mastery, of the ego, but its transcendence: the tremendous shift in identity to the Overself.

We may not at first expect to make this shift for longer than the shortest of periods, but we can repeat it again and again throughout the day. This can grow into a fixed habit, the periods can draw out and extend themselves more

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() Lesson of elec kettle failure. A travel outfit must include a META set. In most places in Europe there were no wall outlets to plug in, except weak ones; for razor kettle is not suitable for travel, exception USA; in Europe reserve it for home use.

() P.B.'s milk-white travel Bulb is 125 volts - must not be used on 220.

() It is better to take Bifocal Specs on outside trips alone, to inspect shops, street names etc.

() Grey (Milan) SE Key opens Black metal-edge (Zurich) SE.

() When making a train-seat reservation mention that you want a window-seat in a no-smoker compartment.

() I must carry shoelift on all trips and trains.

() Bus long Trips: Sit in back row, then you can squat on seat. Bring shoelift.

() In view of the crowded offices and low class patronage which has now entered American business, and spoilt visits there, TR my trade to Thos. Cook & Son. But - Make more use of "Postlagernd" - it is safe and costfree - for short periods. (1)

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() P. E. a mark-white travel B110 is 125
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() It is better to take Bifocal Specs on out-
side trips alone, to inspect shops,
street names etc.

() Grey (Milan) BE Key opens Black metal-
edge (Nureich) BE.

() When making a train-seat reservation men-
tion that you want a window-seat in a no-smoker
compartment.

() I must carry alcohol on all trips and
trains.

() Bus Loan Trips: Sit in back row, then you
can stand on seat. Bring alcohol.

() In view of the crowded offices and low
class patronage which has now entered American
business, and alcohol visits there, in my trade to
"Don. Cook & Son. But - Make more use of "Post-
lagernd" - it is safe and cost-free - for short
trips.

and more. It depends much on ourselves; what we
want to achieve in life.

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want to achieve in life.

() Packing Hats for travel keep brims always turned down.

() When packing suits on SE hangers, keep the hook shaped fastening lever nearest you, i.e. uppermost, so you can control it better. Also fasten middle, not top button; jacket lies flat better.

() It is a mistake to carry 95% Dacron Shirts. Let there be a better balance between Cotton and Dacron Shirts, at least $33 \frac{1}{3} \%$ Cotton: double this for Greece.

() Sydney Clark Travel Guide: Modern men take 2 shirts instead of 10 ordinary ones. I carry quick-drying Orlon shirts, pyjamas, pants and even undershirts (but these must be of ribbed kind) made of Orlon, which breathes in sultry hot weather, washes easily, dries smoothly. Nylon is suited only to winter days.

() Big hotels are as reliable as Cooks or Mexco for receiving and sending mail, and have not their disadvantages of (1) queues of waiting tourists (2) duplication of names causing confusion.

() Tips in Hotel - Switzerland :

(1) The following are usual for a long stay of some months. (2) The tip is to be given personally to the servant concerned, even though in most cases he has to return it into the staffpool.

(Only the Maid keeps her own tips, but shares it with the other maid). (3) The tip is to be given once a week and is in addition to Hotel's Billed.

(4) Service 15% Charge - Proportions Not percentage.

Maitre d Hotel = 10

Personal Waiter = 8

Personal Waiter Assistant = 6

Maid = 10

() Packing Hats for travel keep brims always turned down.

() When packing suits on 22 hangers, keep the hook spaced fastening lever nearest you, i.e. uppermost, so you can control it better. Also button middle, not top button; jacket ties first better.

() It is a mistake to carry 25% rayon shirts. Let there be a better balance between Cotton and Rayon shirts, at least 55 1/3% Cotton; double this for Greece.

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TRAVEL

(1) Future train travel: Include a penknife in the hand-travelkit, for cutting rolls and fruit bought at stations.

(2) Exit from street-trams - How to make it: Correct and safe way is to use LEFT hand; with it grasp the LEFT metal grip on side of door.

(3) Refuse the coin-operated gas fire and the chamber pot, instead of central heating and a private bathroom.

(4) Instructions for use of Electric appliances: On arriving in a new country ascertain voltage by examining the light bulb of any lamp.

(5) Electric appliances of 110 voltage. Warning. If these are used on a 220 current the element will burn out.

(6) Electric Bedwarmer Pad (a) It is intended to be used as a pre-warmer before going to bed, but if use continued afterwards the heater may be injured if kept for too long a period at full strength. The safest strength for longer periods is number 1; (b) if cover of heating pad is allowed to get damp it will be dangerous.

AIR TRAVEL BAGGAGE WEIGHTS' (1967)::

Red Nylon Zip SE = 25 kilos	Marcopolo Red SE = 23 kilos
Light Tan Nylon SE = 23	Red Leather Gladstone = 6½
Globetrot Choc SE = 25	Large Carton PP = 20
Light Tan SE = 25	
Dark Tan SE = 20	maximum because repaired
Seablue SE = 22	

RAIN (The rising of fog up a mountain, or a cuckoo in the woods, is a sign of impending rain.

(7) The drinking of water in tropical or Mediterranean lands may be dangerous, may lead to dysentery or even typhoid fever. The remedy is to boil it, or failing that, to drink wine or mineral water. Apollinaris is excellent mineral water.

(8) Whenever possible stay only at new or recently built hotels. The difference in psychic atmosphere can be enormous. Therefore, before booking reservation inquire whether it was built after the war or before the war!

TRAVEL

(1) Future train travel: includes a complete list of the hand-travel kit for cutting rolls and fruit bought at stations.

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AIR TRAVEL BAGGAGE WEIGHTS (1967):

Red Nylon 25 = 25 Kilos	25
Light Nylon 25 = 25	25
Light Tan 25 = 25	25
Dark Tan 25 = 25	25
20 maximum baggage required	20
20	20
20	20

RAIN: The riding of fog up a mountain or a creek in the woods is a sign of impending rain.

(7) The drinking of water in tropical or Mediterranean areas may be dangerous, may lead to vomiting or even cholera. The remedy is to boil it or to drink mineral water.

(8) Whenever possible stay only at a recently built hotels. The difference in psychic atmosphere can be enormous. Therefore, before booking reservation inquire whether it was built after the war or before the war!

LETTERS

