

Where the world ends : a description of Arosa as a centre for summer holidays or winter sport and as a health resort for convalescents and invalids / by A.A.H.

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Where the World Ends



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VIEW OF AROSA.

[Frontispiece.]

WHERE THE WORLD ENDS

A DESCRIPTION OF AROSA AS A CENTRE FOR
SUMMER HOLIDAYS OR WINTER SPORT AND
AS A HEALTH RESORT FOR CONVALESCENTS
AND INVALIDS

BY

A. A. Henley
HENLEY

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WHERE THE WORLD ENDS

THE HISTORY OF THE EAST INDIA COMPANY
FROM ITS BEGINNING TO THE PRESENT
BY JOHN SMITH, ESQ.
LONDON, 1725.

PRINTED AND BOUND BY
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P R E F A C E

THIS is not a guide book. Any one who, visiting Arosa, could not take a delight in discovering for himself the innumerable walks and their countless charms should not be invited to come or encouraged to remain. Do you ask what is the purpose of this book? It is to enable you, when you leave Arosa and are asked about the place, to save yourself futile explanations. The joys of a holiday here are not to be measured by words—they live in memory. Before you leave Arosa you ought to buy half a dozen copies of this book. Then the first time one of the right sort of people asks you to tell him "all about Arosa," you can say "All about Arosa! That is a large order. But a fellow once tried to write a book about the place. I don't agree with it all. Still, in some parts he is pretty right, and at any rate the pictures will give you an idea of what it is like." Then present him with a copy.

This is NOT a guide book. Unfortunately there are people who would think themselves defrauded if there were not some pages of wearisome statistics which they can quote in their letters home. So, if I must insert something of the sort, they shall be in compartments by

themselves. Thus the sensible reader can easily skip them as matters of no importance.

This is not a GUIDE BOOK. Hence no one has the least desire to alter or correct or improve it in any way whatever. If you should discover mistakes you are asked, nay, earnestly requested, nay, ordered, and if that is not strong enough, consider yourself authoritatively commanded not to mention the discovery to a single human being. Neither the printer, nor the publisher, and certainly not the author, nor indeed has any one else in the world the least curiosity to hear of your discovery.

I suppose there will be some mistakes. I hope so, I should loathe to find myself in that horrid state of self-conscious complacency—"the perfect parent of a perfect child." Indeed, if I were not morally certain there would be some blunders I should make a few on purpose. When, then, you find one, keep it to yourself. Think of the pleasure of some one else, with the joy which only a first discoverer can really feel, noticing that mistake. "Ah," says he, and a blush of delight mantles over his penetrative mind, "what an absurd mistake! How curious that I should be the first to spot it." You may say his pleasure is founded on an untruth. What of that? It is very real and does no one any harm. For one day at least the world and he go better together as the result of that ray of pure delight which has flashed across his life. Surely that is something to the good.

It would be impossible to acknowledge adequately all the kind help I have received. For the pictures I am

indebted to the Kur Verein, Mr. Bingley, Herr F. Goldschmidt, Herr Faehnle, Mr. Murphy, Mr. M. Furley, Dr. Morland, and Dr. Haastart, among others. Several doctors in Davos and Arosa, as well as in England, have helped me to form my opinions, but I scarcely like to mention their names, since I fear the opinions formed were not always the ones my friends intended to establish, so I alone am responsible, and it would be unfair to throw the onus of my beliefs on others. Last of all I would thank the hoteliers and tradesmen of Arosa for their kindness to me during the two years I was with them.

Indeed, it is only that I could not, after so much kindness shown me, refuse their request, or else this book would never have come into printed existence.

A. A. H.

I received the letter from the Hon. Secy. of the Navy, dated
at the Navy Dept. Wash. D. C. 25th Feb. 1891. In answer to
the letter of the 20th inst. I have the honor to acknowledge
the receipt of your letter of the 17th inst. and to inform you
that the same has been forwarded to the proper authorities
for their consideration. I am, Sir, very respectfully,
Dear Sir,
Yours very truly,
A. A. H.

A. A. H.

The Hon. Secy. of the Navy
Washington, D. C.

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WHERE THE WORLD ENDS

SECTION I

A VISIT TO AROSA

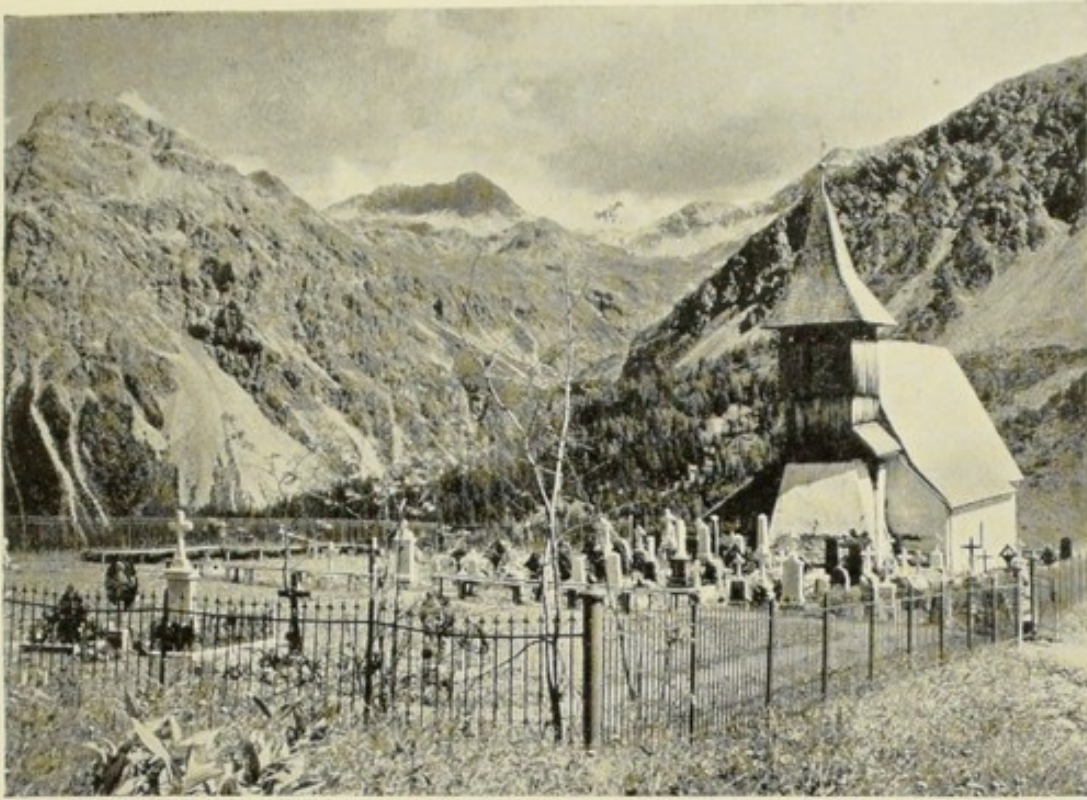
[A considerable part of this section is rewritten from an article of mine which appeared in the Continental Edition of the *Daily Mail* of February 19, 1911.]

No one can deny that Switzerland has a fascination peculiar to itself. All nations feel this attraction and yearly send their regiments of holiday makers or health seekers to this "playground of Europe." At one time summer was the only season recognised as suitable to tour in this country. Then, a few years ago, a winter in the High Alps was discovered to have a marvellous curative effect on those in ill health. These invalids induced their friends to visit them, and the outcome was a winter sport season. Now there is a season somewhere or the other in this tiny but wonderful country at any time of the year you may wish to visit it.

But, if you are intending to visit Switzerland, a great deal will depend on your choice of locality. You will always get enjoyment and pleasure; whether you get the greatest possible enjoyment and pleasure will depend on your natural or perhaps on your unnatural tastes, and consequently on your proper choice of place

to suit these tastes. If you want to show off Parisian costumes and play tennis in a picture hat, or if you want in winter to ascend in the same hotel lift as the Crown Prince of Brittany, and to exhibit on your return the lovely prizes presented at the fancy-dress ball by the Duchess of Sark—you can find your fashionable resort easily enough. So too, if you have only a week and want to enjoy yourself thoroughly, but must be within five minutes of the railway in case of sudden recall, it will not be a difficult matter, with the help of a Swiss railway guide, to find what you want. On the other hand, if you are of a leisurely disposition, and want a full month to six weeks' real rest, a few congenial spirits of your own nationality, and a place unfrequented by restless, hurrying tourists, then you will have to spend more time in your search for the much-to-be-desired spot. Years ago, when I first knew Switzerland, they were easy enough to find: country villages with one hotel, to which you had to climb for hours, and send ahead your meagre baggage on pack-mules, or else take a long diligence drive along a road that seemed to lead to the end of the world. But this has all been changed. The consuming desire of man to show his horrible ingenuity in constructing railways over impossible places has ruined many a valley and hillside that formerly was the perfection of delight to a true lover of nature. However, there are a few such places still to be found if you don't mind taking a little trouble to discover them. A year or two ago I made the acquaintance of one, up to then unknown to me—a little village in the Grisons, high up on the Rhætian Alps, Arosa by name.

No mere tourist ever goes there—it is too far from the beaten track. A long six-hours' mountain drive, at a walking pace almost the whole way, takes one too



SUMMER VIEW : THE OLD CHURCH, INNER AROSA.



WINTER VIEW : THE OLD CHURCH, INNER AROSA.



far out of the world for those who have only a few days "to rush round." Yet that six hours' drive! What a revelation it is of the magnificence of Swiss scenery! After clattering over the cobbled streets of Chur, you leave the Cathedral and Bishop's Palace on the right and slowly, at a walking pace, proceed to climb the steep hill to Maladers. Looking back at intervals, the little city of Chur, nestling in the valley beneath, becomes more and more like a picture from dreamland. Going on, still at a walking pace, you mount into the Schanfig Thal. Across the deep gulley on your right you can see the road on the opposite hill leading to Lenzerheide, while resting on the edge of the range which divides the two valleys, and almost at its foot, most picturesquely situated, is the Curhaus Pasugg, noted for its natural mineral waters. Then comes the village of Castiel, and after that, about three hours from Chur, St. Peter, where a welcome rest is made for refreshment while the horses are changed. Sometimes in winter the drive from Chur is made in sledges the whole way, but more frequently the change from wheels to runners is made at St. Peter. In old days one often had a rather comical experience. You started from Chur on wheels, then driving a short way through the snow after you came to it, suddenly the driver would unexpectedly halt. From what looked like a mound of snow he produced an antediluvian sledge, like a gigantic soap box on runners, which at some long distant date had been embellished with a coat of paint. You and your luggage were transferred to this primitive vehicle, your carriage was pushed carelessly to the side of the road and left there while you drove on. Things have been better arranged of late years.

It would be useless to attempt to describe adequately the scenery of that road to St. Peter and from there

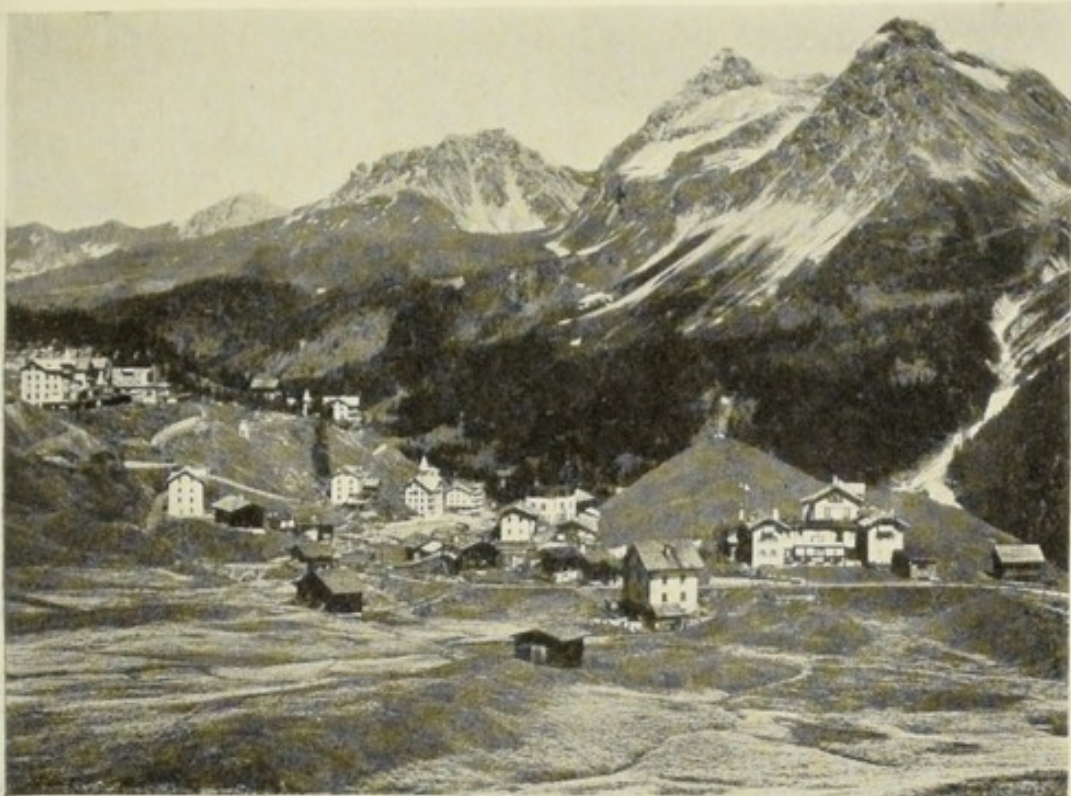
on to Languies, which lies at the foot of the Strela Pass. Every person that drives that road has his or her favourite bit of scenery that seems to each the most perfect bit in the world. No two agree exactly on the most striking point of view. But if the magnificent scenery of the drive affects each person differently, yet all are unanimous in their delight. At Languies the road turns sharp to the right, and crossing the Sapüner Bach you enter the Plessur valley and drive along a fairly level road to Rüti. Without doubt it is all very beautiful, but that last hour from Rüti to your destination seems interminable, and you begin to speculate *if* and *when* you will arrive at Arosa. Worn out by your long journey to Chur, and then, on top of that, the strain of excitement and the ever-changing emotions of the early part of that drive, you begin wearily before you reach the Post Platz to wonder what spirit of folly ever could have possessed you to come to such an out-of-the-way place. While you wait in the Post Platz for your luggage to be sorted out, your eye catches the ominous sanitary notices, and you remember that you were told in England, "Arosa! Oh, that is the place where the doctors send consumptives." (You cannot imagine how they ever survived that wearisome drive!) As you walk or drive to your hotel these same notices confront you in every conceivable public position. In the hotel they are posted up so as to catch at once the eye of the arriving guest. Finally your heart begins to sink when even in your bedroom you read about the charge for disinfection. You do not at first realise that those notices are your perfect guarantee against any possible danger from infection of any kind whatever. Probably your last thought, when that first night you lay your tired head on your pillow, is "Well! I shan't stay here long."

But the first impression of invalidism connected with Arosa soon receives a rude shock. There are no donkey-drawn bath chairs, no nurses taking their morning walks: indeed, you do not even come across pale faces as you take your first investigating morning promenade. On the contrary, you will be struck by the almost aggressive look of healthiness and cheerfulness of those you meet. You are probably feeling a little cheap, and as you are not yet accustomed to the height, you wisely decide to take matters quietly to begin with. A good way to do so will probably seem, if it be summer, to boat on one of the lakes in the morning and to try for a fish in the evening. You are very much astonished, when the lunch hour comes, to find the hotel comparatively empty. Looking round the night before had given you the impression that it was decidedly full, not to say crowded. However, at night you find it again full. As you begin to make acquaintances you learn that two ruddy, sunburnt, robust-looking invalids had their breakfast, made an early start with lunches and cameras, and returned in time for the orthodox glass of milk at four, so that they might put in an hour of "liegen-cure" before dressing for dinner. Are they tired? Oh dear no. They are just going to have a hundred up on the English billiard-table, and then they will get to bed early, not later than 9 p.m., as they are off on another excursion next day and want to be up betimes. Gradually you discover that Arosa is surrounded by excursions, and that even if you were here a whole month of fine days you could not possibly exhaust the resources of the place.

If, on the other hand, you should time your visit for the winter season, when naturally you would expect stronger evidence of invalidism, you are still more taken aback. As you saunter up to the ice rink, you come

across your last night's acquaintance (he assured you he was only out here because some stupid English doctor had insisted on his coming) just strolling up the two miles from Rüti after joining in a bob race. He chats away for ten minutes in a friendly fashion which suggests years of acquaintanceship, and then proceeds to skate for an hour or so preparatory, seemingly, to curling for a couple of hours in the afternoon. Little wonder if in a short time you begin to suspect that there are worse things in life than being an invalid at Arosa. There come times when a perfectly healthy man might reasonably feel that he would not mind being a "bit of an invalid" himself provided it were not more serious than most of the cases he meets here. I heard this suggestion once made by a visitor in the presence of a cynical friend. The reply came with surprising promptness, "Why don't you qualify for it, then? Just buy a temperature chart and a clinical thermometer and there you are." It is somewhat subversive of all one's former conceptions on the subject to discover that three-fourths of all the sport committees, the amateur actors, and the dancers at the fancy-dress balls and other impromptu entertainments are these so-called invalids. The fact is that when serious cases do come here, there are only two alternatives open to them—either speedily to make a rapid improvement or else to leave the place. It is no good serious cases staying unless they quickly give evidence that they are likely to benefit from their stay here. Most invalids can only be described as light cases, and the majority of visitors simply come for that thrice blessed reason "precaution." That is why I myself shall come out in the future.

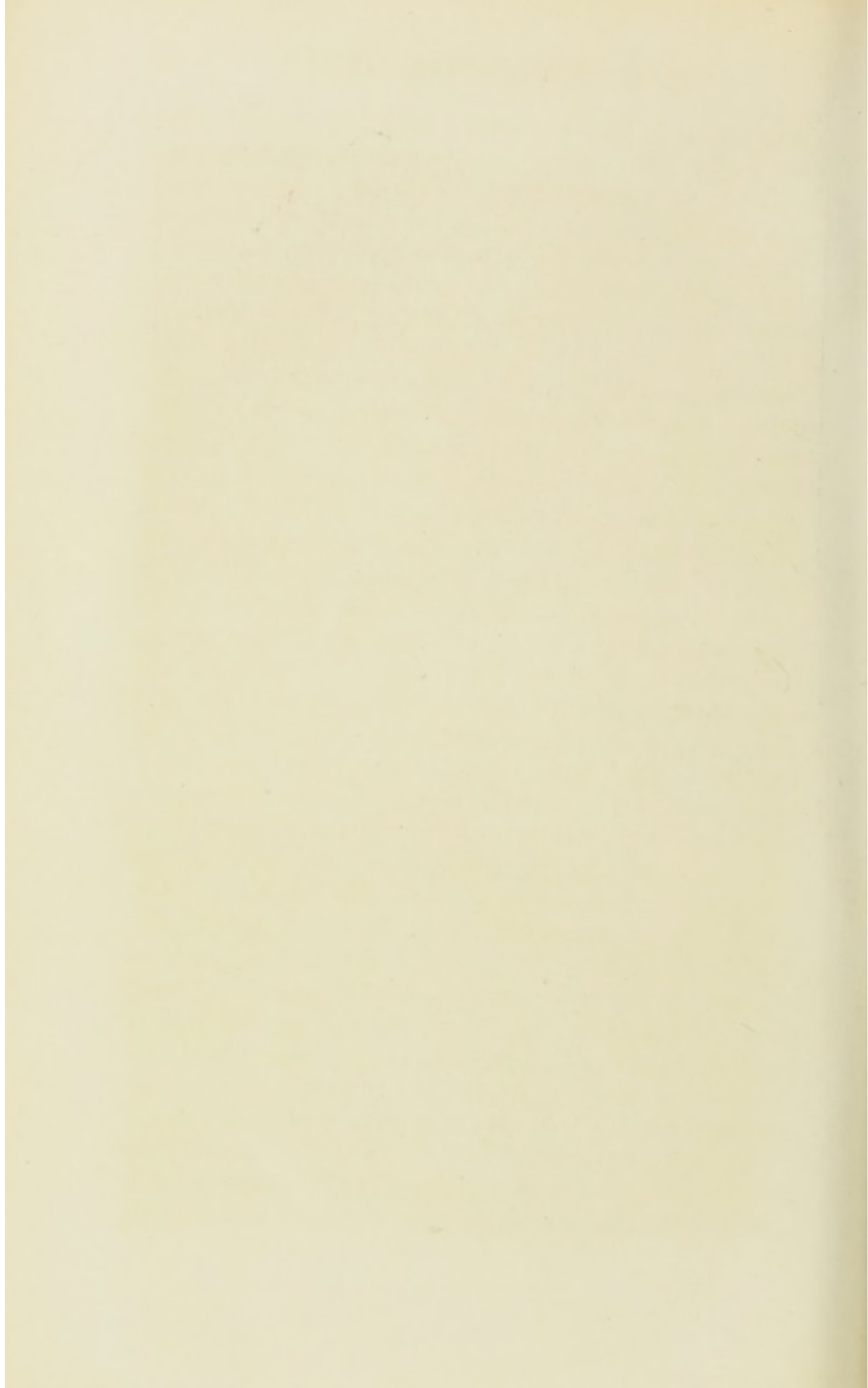
The possibilities of Arosa for summer excursions and for winter sport must be left to future sections. At present it will be sufficient to give a brief idea of the



SUMMER SCENE : INNER AROSA AS SEEN FROM THE OLD CHURCH.



SUMMER SCENE : THE OBER SEE.



village itself. The great charm of Arosa lies in its being built on ground so hilly and tortuous that there is no possibility of regular streets. You may seem to enter upon one in the main road, but suddenly you are met by great gaps, from which you look straight down into a deep valley beneath, and have the most perfect views of pine forests and distant mountains. At the entrance of the village, as you come up from Chur, is the Alexandra Hotel on your right, closely followed by the Valsana, while on the left is a pretty little private chalet. Just past this, on the left, and adjoining the road, is the skating rink which has lately been enlarged, and a little farther on on the right is the Ober See, a large mountain lake well stocked with fish and which, if one can believe the natives, is of an incredible depth. Directly after the Ober See is the new little English Church. So far the ground has been level, now you begin a slight ascent round the curves of the hill. Above on the right are hotels, private houses, and sanatoria dotted about in perfect confusion, while looking down the valley to the left is the Seehof Hotel on the shores of the Unter See—another lake which requires certain powers of imagination to realise its reputed depth. Gradually ascending, you come upon what looks as if it were meant to be the commencement of a street with houses and shops on both sides till you reach the Post Platz. From here the road goes on another mile and a half to Inner Arosa, the view on the left being continually broken by stray houses. Shops, private houses, hotels, pensions, and sanatoria appear on either side of the road, some just bordering it, others higher up on the hillside as if superciliously looking down on their more lowly neighbours. Wherever a spot could be found on which it was practicable to perch a house, no matter how inconvenient, there a house has been planted. A great advantage of

this promiscuous building is that there is not only no overcrowding, but that each house has its own unimpeded view of distant mountain scenery. The Post stops at the post office at Inner Arosa, but the road still goes on. Crossing a bridge to the left and winding round some low hills, you pass a large hotel and ascend to the small disused village church and then you have indeed reached the world's end.

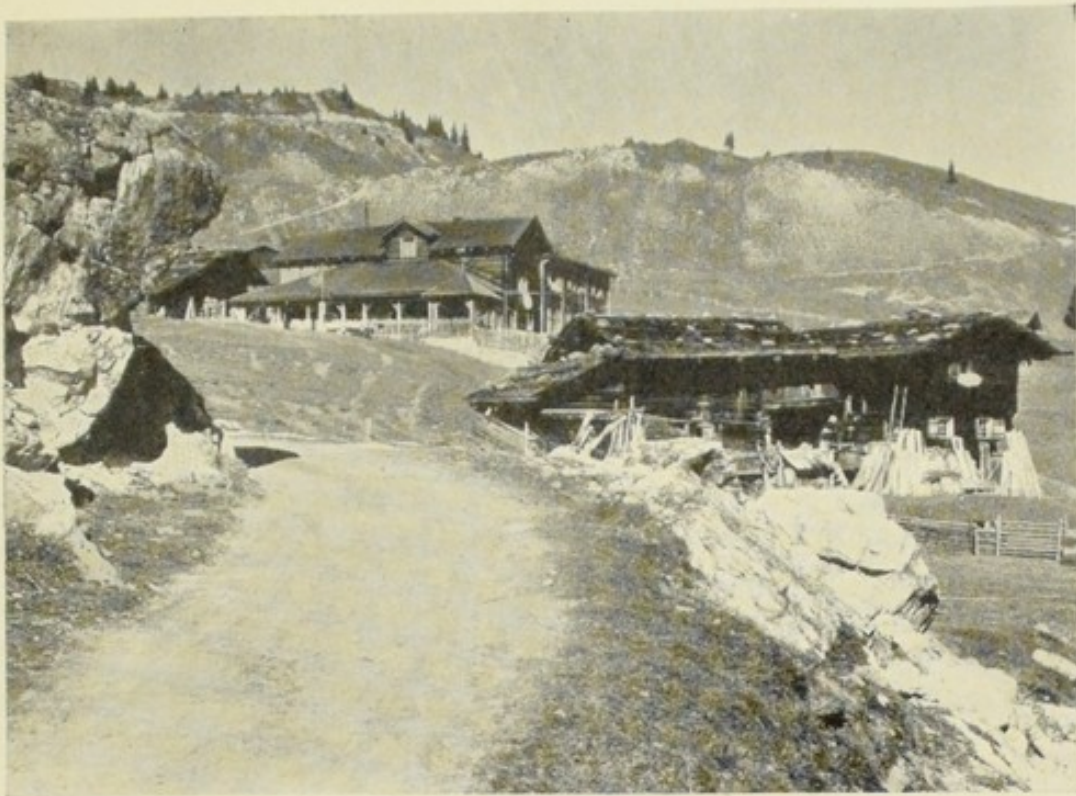
I have called the small village church "disused," but that is not quite true, since round it lies the village graveyard. It is still used on rare occasions when there is a funeral, but that does not affect the English much. I could not hear of half a dozen deaths among the English, though they have been visiting Arosa for the last twenty years, and many of them have stayed here for years. The new village church, in the lower village, is not only conveniently but splendidly situated. On the top of a small hill jutting off the main road, it dominates the view from the first entrance to the village. It has, I am told, a good organ and a good set of bells, but unfortunately the art of bell-ringing is not an accomplishment of the Swiss. At least I have never come across any evidence of it in the fifteen years or so that I have been paying more or less extended visits to the country. The main idea, so far as I can make out, that the Swiss have of ringing is—let each man ring his hardest and quickest and "Never mind the tune." Certainly if the old-fashioned popular superstition be correct that a jangling noise will drive away the devil, there ought not to be an evil spirit left in Switzerland.

The number of sanatoria and pensions for patients does compel one to give a certain amount of credence to the generally accepted opinion that Arosa is essentially a health resort. Still, I am by no means sure that this

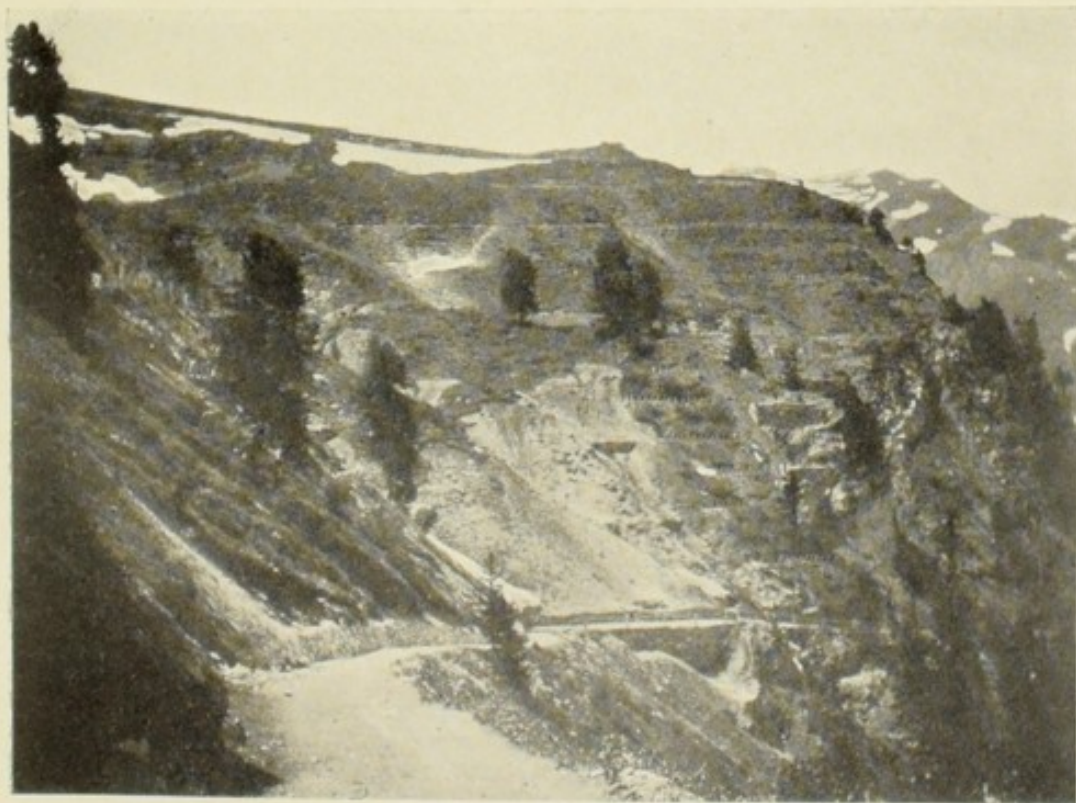
is not an advantage even to the healthy person who wants a good long summer holiday or a still longer enjoyment of winter sport. This reputation for invalidism, with one's preconceived ideas of the necessary accompaniment of melancholy surroundings, is not altogether a drawback. The rushing tourist who could only spend a few days in the place, and who might be tempted to come for the sake of the magnificence of the drive, is not to be found in Arosa—the suggestion of invalids makes him fight shy of the place. None of that tourist horde which worship at the shrine of Baedeker flaunt their red badge of membership in its sequestered nooks and along the fragrant pine woods. And so in consequence the place has not outgrown its primitive sociability. The few who know the truth come year after year, congenial spirits who settle down for a six weeks' restful holiday in summer, or two to three months' sport in winter, with the result that life-long friendships are formed. There is a pleasant social intercourse between the guests at the different hotels, and none of the isolation which is so frequently one's lot if you go to a popular resort without any introductions. No introduction is needed here. If you are a decently good companionable person you will soon make friends. Excursions will be arranged for you in the summer by those anxious to show off their favourite bits of scenery, or in winter you will be instructed in the mysteries of bobbing or ski-ing. And when you have learnt to ski the possibilities open for enjoyment are simply beyond the power of words to express. The slopes are perfect, the excursions are innumerable—long rambles over the mountains or moonlight parties to Maran and the Tschuggen.

The great charm of sport in Arosa lies in its impromptu character. Picnics and excursions are rarely arranged

earlier than the evening before. There is no public sports office, controlled by a secretary who draws up a programme a week beforehand of what is to be done. There is, in fact, no officialdom at all about it. The guests manage everything for themselves. Bob races and ski tests must of course be announced previously; so also the toboggan meetings on the Seehof and Grand runs. Apart from these necessary arrangements everything is left to the guests themselves, and they are not marshalled out to go to official ski trips or to practise bobbing or tobogganing by a fixed time table. The girl at the telephone bureau can scarcely call her life her own for the hour after dinner each evening in winter. The telephone system, which is a most excellent one, has one great drawback in Arosa—it is *not* particularly private, and scraps of a one-sided conversation leak through the hotel bureau door into the passage beyond. “Can you come to-morrow? . . . Good. . . . Will you ask Captain M. and Dr. and Mrs. T. and Miss K. to join us? . . . What? . . . You know they can come. I’m so glad. Tell them to bring their lunch and we’ll start at 10.30 from the Ober See. . . . There will be ten of us. . . . Yes. Oh, it’s certain to be fine. Good-bye. Somebody else is yelling for the telephone. Good-bye.” The ice rink is also a favourite rendezvous, and many a picnic lunch is enjoyed out on it in preference to taking the ten minutes’ walk back to the hotel. Panama hats sound incongruous, but in the still sunny air they do not seem so in spite of the snow. The curling club would also appear to be worked on the same friendly haphazard lines. One hotel will telephone to another: ‘We’ve got six who want to play. How many have you? I can get some more, but it depends on how many you are going to bring. If you can bring six we could easily muster two rinks.’ Often this message is



SUMMER SCENE : MARAN.



SUMMER SCENE : ROAD FROM MARAN TO THE OCHSEN ALP.

10

sent only just before lunch—from 2 to 4.30 in the afternoon is the recognised time for curling in Arosa.

In the evening, while their elders play bridge or billiards, or sit round the open fire and chat, from a neighbouring hotel comes a message to the younger ones. The band is going to play there from 8 to 9, and so if half a dozen or more like to come round the band shall play for an hour longer, and they can dance for a couple of hours. We are early bed-goers in Arosa, but then we lead healthy regular lives—every minute that is possible in the open air. These impromptu dances, which take place once or twice a week in winter, are very innocent affairs, generally not later than 10 or 10.30, so that every one may be up early for to-morrow's race or excursion. About twice in the season there is the more elaborate ball—generally fancy dress. As everybody knows every one else they are enjoyable, but after all nothing ever comes up to the unexpected, and it would be difficult to find an evening's amusement which gives more pleasure than these surprise dances. While the younger ones are enjoying themselves in this way, a half-hour with the elders round the fire will repay you. There seems to be no part of the world that one or another has not visited; there are few subjects on which one or another cannot speak with a certain amount of knowledge and authority. They will not always volunteer to talk of the past, but when they are once started then you are certain of personal reminiscences which will be far more interesting than nine-tenths of the memoirs and autobiographies that are printed.

The pleasure of a stay here is considerably increased by the extreme friendliness of all nationalities to each other. There would never be the least chance of another European war if the people who by their very fears are

likely to bring it about, were transported for a month to Arosa. The management of the sport is left for the most part in the hands of the English, since they are universally acknowledged to be past-masters in the art of organising outdoor sport. But all join in, irrespective of nationality, and all are welcomed as if the motto were "The more the merrier." The villagers are most sociably inclined—there is not the harrowing competition of an overcrowded resort. They may not all be rapidly making their fortunes, but they all look happy and contented. There is always a pleasant greeting on their lips and faces as if it were a real pleasure to meet you. Looking back at a paper on Arosa printed in 1887, I read, "Our hosts were full of genial courtesy." In that respect the place has not changed its character in the least. One quickly gets to know the hoteliers and tradesmen by their Christian names, and soon calls them by them, until greater intimacy gives one the right to use the more cordial nickname. All the villagers identify themselves with sport as with the other interests of the guests. The boys and girls join in the toboggan races or the ski competitions. The hoteliers and tradesmen help to make up a crew for a bob race when a man is needed, and often run a bob or two on their own account. It is difficult to describe the keenness with which they enter into it all—presenting challenge cups, giving prizes, themselves competing, and equally pleased to be congratulated if they win or to congratulate the others who have proved their victors. Oh, the blessing of it! There is no pot-hunting in Arosa. Sport is still a pastime and not that most hideous parody of sport—an amateurism which is a barely veiled professionalism.

Quoting once again from the pamphlet of 1887, when Arosa had only 116 inhabitants, and its winter guests numbered 6, the writer, after pointing out that the place

was badly off for proper paths, goes on to say: "A little wise and comparatively slight labour would enable it to outvie Davos in this respect, for there is an oppressive monotony about the latter which the charming varied outline of the hills around Arosa must ever prevent." This "wise" labour has been expended, and wisely expended. But the charm of Arosa does not lie only in its natural beauty and in the fact that each step along the road presents you with a new view. The main charm lies in the pleasant social life of the place. No one who has ever paid a visit to it will deny it this attraction. Year after year the same old friends return. Each year a few more are added to the number—those who know Arosa use a wise discrimination and only invite to join them there those congenial spirits who will appreciate the place. There is still room for a few more, but they **MUST BE** of the right sort. Not your hurried business man, who is worried all the time about his business at home. Not your blasé young lady, who cannot enter into simple joys. Laughter-loving, companionable people, who are ready to be easily interested, who come for enjoyment and intend to get it, who will enter into the social life of the place. Yes, there is still room for a few more, but not too many. The charm would be gone if ever the place became overcrowded.

At present there is no railway, but one is projected and will shortly be commenced. I know it is a real necessity; I know that it will be a magnificent thing for the landowners; I know that it will be the greatest boon to the enfeebled invalid; I know it will improve the winter sport by freeing the Rütli road of much of its present traffic; I know also that of the many suggestions certainly the wisest route has been chosen, so that the electric railway from Chur will interfere as little as possible with the present pleasantness of the village.

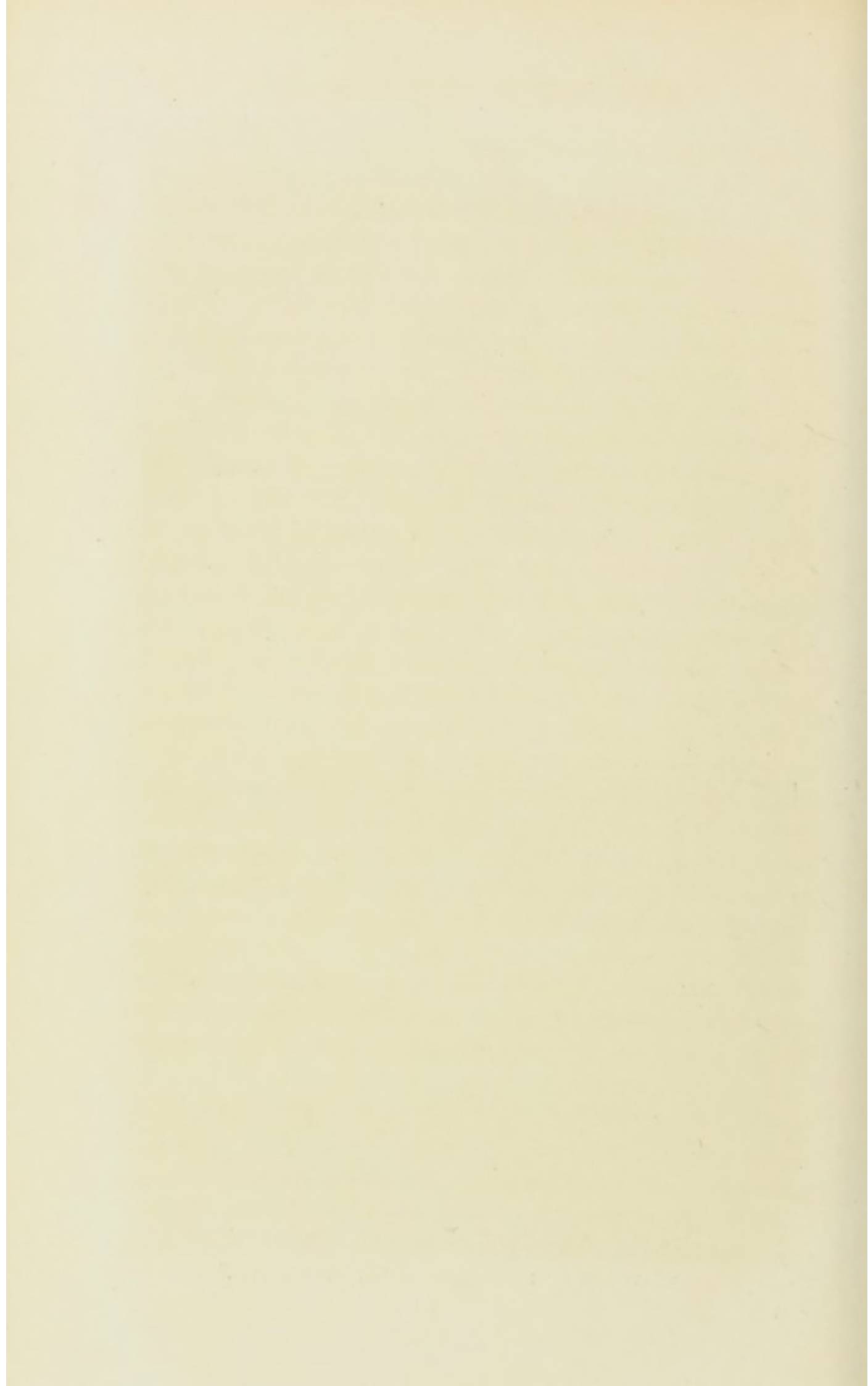
Still, I rather dread it. Railways nearly always have the unpleasant trick of completely changing the character of the neighbourhoods through which they run. It would be a thousand pities if this happened to Arosa. Who that has ever been here and grown to love the place would not remember with regret the village as we know it now? There springs to the eye at the very mention of its name the memory of countless excursions, the pleasant friendliness of the social life, the cheery greeting of the villager, and the glad smile of welcome on the faces of the hoteliers and tradesmen when you paid a second visit; it made you feel for the time that it was just your arrival which was needed to complete the happiness of them all. It was one of those perfect sensations of life which you will never experience in a greater degree until your next visit there. There is only one thing that holds me back from ever recommending any one, even if they are of the *right sort*, to go to Arosa. It is like taking to drink. The habit grows until the desire comes on each year with unconquerable force, and one finds oneself irresistibly drawn there again.



WINTER SPORT ; BOBSLEIGH—THE START.



WINTER SPORT : BOBSLEIGH—"AT FULL SPEED."



SECTION II

AROSA IN SUMMER

It is anything but an easy task for any one to attempt to describe the pleasures of a summer holiday in Switzerland. If a man gives free play to his feelings he knows all the time that he has expressed himself very imperfectly, and yet he is fully aware that any one who has not been there will promptly come to the conclusion that he is grossly exaggerating the delights of it. On the other hand every one who has been there will equally condemn him for giving an inadequate description. Probably the wisest plan is to content oneself with facts and a very moderate expression of feelings. For those who have once been there need no incentive to come again, while those who have not will be more inclined to give credence to one's statements and so are more likely to act on good advice.

Summer in the High Alps does not begin till rather late. July and August are the only two months which can really be called summer, though September and October are often extremely fine. Certainly the weather can never be depended on before the middle of June at the earliest. Yet to enjoy the most perfect revelation of nature one ought to come in June. I am no botanist, and can scarcely tell one flower from another, and so perhaps it is fancy, but it has always seemed to me that nature has her regular colour scheme. Of course

it may be all my imagination, for I certainly never thought of it until I came to visit the High Alps. Time is short there for her to carry it through, and so she has to do so very quickly; hence it is much more noticeable than in the lowlands. First come the white flowers, then yellow, after that dark blue and violet, followed by pale blues and mauves, to be replaced in turn by reds and pinks. Each few days in the High Alps gives you a different predominant colour on the pastures. And they are so crowded with flowers that it seems as if nature were saying, "You have flowers such a short time here, so at any rate you shall have them in profusion to make up for the briefness of their stay."

Now I do not pretend that Arosa is any better off in this respect than twenty other Swiss mountain places I know, but neither is it behind them. All the meadows are filled with these flowers, and any one who is fond of botany and who comes here had better invest in a good book on the subject ("Alpine Flora for Tourists and Amateur Botanists," by Hoffmann, is one of the best I know). This I am told adds very considerably to the enjoyment. For myself, I confess, the flowers themselves delight me, but I never could remember their names, nor, luckily, had I ever the least desire to do so.*

Arosa is an ideal centre for short excursions. Innumerable walks are laid out through the pine woods for those unable to go long distances. There are many

* I tried to get a list of flowers to be found at Arosa, but I could not find any one who had made an exhaustive study of them. A friend of mine at Davos, who is an ardent botanist, tells me he has gathered over 500 specimens at Davos, and he believes that there are about 600. If so the same would be true of Arosa.

places rather farther off which are interesting for the beautiful scenery, not only of the walk to them, but also of the places themselves when you get there. One favourite excursion is to go to the Roter Tritt, lunching at Maran on your way back. If you take the path to Maran either by the Alexandra Hotel or else by the Sanatorium at Inner Arosa, then the best way to return is to come back as if to the Alexandra, but branch off on your right above the lake and follow the path which brings you out through pine woods into the middle of the village just below the Post Platz. The Grüner See, the Schwellen See, and the Aelpi See are all mountain lakes which will well repay a visit.

Longer excursions include a two-days' trip to Davos, going over the Furka Pass the first day, and returning by the Strela Pass the second. Each way takes from five to six hours, according to your walking powers. Another trip is to Lenzerheide, over the Hörnli Pass, by the Urder See and Parpan. A favourite walk on the return journey to England is from the Alexandra by Maran, over the Ochsen Alp to Tschierstsch, and thence to Chur. It is a delightful end to a holiday if only the day be fine. You can post your luggage to Chur, and starting early in the morning, the walk will take about five hours. This will leave you time in Chur to look round the Cathedral, or, if you have already seen it, then to go on to Ragaz and spend an hour or two in making the acquaintance of the renowned Tamina Gorge, before catching your train back to England via Zurich and Basle.*

The experienced mountaineer will not find much attraction in Arosa. There are no very difficult peaks to be attempted, but there are some attractive hills going up to a height of 10,000 ft., and from which you

* For a list of excursions see Section VIII.

will get grand panoramic views of the neighbourhood. The easiest of these, but possibly giving the finest view, is the Wiesshorn. There is little danger in any of the climbs, but a guide is advisable for some of them. There is also the delightful prospect, when your guide leads you to the right place, of achieving the keenly desired end of picking the far-famed Edelweiss for yourself. It is a flower most difficult for the untrained eye to discover. I have walked over masses of it without its catching my eye until it was pointed out to me, and even then I had to look most carefully for it. It seems to be a part of the general colouring of the sward you walk on, so that it is easily missed until you have accustomed yourself to observe it.

It is unnecessary to dilate on the opportunities open to the amateur photographer. Wherever there is scenery there is scope for his artistic skill. But especially is this so in the High Alps, since the atmospheric conditions are exceptionally favourable for obtaining good effects. However, it is never necessary nowadays to suggest to any traveller the advantage of bringing a camera; it has been for a long time considered an indispensable part of a holiday equipment. (For myself, I prefer to trust to the memory plates of the human brain.) On the lakes boats are provided for the free use of visitors, and fishing is permitted on both lakes and in the streams. There is one restriction with regard to the fishing. You must give up all you catch to the water bailiff, having kept them alive in the water-carrier with which he supplies you, or else you must buy them from him by weight at the current market price. All fishing belongs to the township of Chur, and they insist on full value being received for their property if the fisherman wishes to keep his captures. There are two or three tennis courts, and your hotelier will always arrange for you to get a

game on them if you ask him. On wet cold days a visit to one of the skittle alleys will give you the needed exercise under cover—at any rate an hour's play will make you healthily warm. Rifle shooting can also be had. Permission can easily be obtained to visit the local butts.

There are some interesting things to be seen if you happen to come in the right months for them. About the last week in June the mountains are open for cattle-grazing, and hundreds are driven up from Chur about St. John's Day. I believe each burgess of Chur has a right to graze so many cattle on the mountains which belong to the commune. These cattle are all turned loose on the mountain sides, and they are all strangers to each other. It is one of the sights to go up and watch them the first few days, as they arrange affairs in their own peculiar but seemingly satisfactory way. Directly the leader of the herd has been properly chosen they settle down quietly to graze and get fat. About the end of September they are brought down again, and if you are coming up you will meet droves with their horns all decorated with garlands of the red Alpen Rose.

Each Canton has its own special laws, but all are governed by a Council that meets at Berne. On August 1 there is the national festival, which has been appropriated to commemorate the Union of the Cantons. Originally the day was fixed for the four Cantons round the Lake of Lucerne, but each Canton adopted the day when they joined the Union. The boats are all brought down to the lower lake and are decorated with lanterns and flags. At night these float round the lake. Fireworks are much in evidence, and so are the different bands. Bonfires are lit on the mountains. The effect of these illuminations, and the coloured fires burning against and lighting up the pine

woods, is like a picture scene from fairy-land. I have never seen anything to equal it elsewhere, either in Switzerland or in other countries.

There is another local festival on one of the Sundays in August called the Wald Fest. I have never yet been able to solve the mystery of its origin. It seemed to me at first that it was a children's festival, and that they were intended to show off drills and singing in the wood opposite the Valsana Hotel. But afterwards I came to the conclusion that it was a mere excuse for their elders to meet and enjoy themselves dancing in the open air. The young men of the village give an athletic display after the children have shown off their accomplishments. It is somewhat like an old English fair. Huge beefsteaks are roasted and then passed round on wooden skewers, which act as holders while the purchaser consumes them. All the time large heavy glasses full of beer circulate merrily. It was with some curiosity that I first went to see this *children's* festival, and I was a little disappointed to find so small a part was taken by the village youngsters. It reminded me forcibly of an incident in my life when I was in New Zealand. I was taking a small boy at Wellington to see a circus for the first time in his life. We were soon joined by others, until at last when we reached the tent I counted and found that it was taking fourteen grown-up persons to escort that boy of eight.

SECTION III

WINTER SPORT

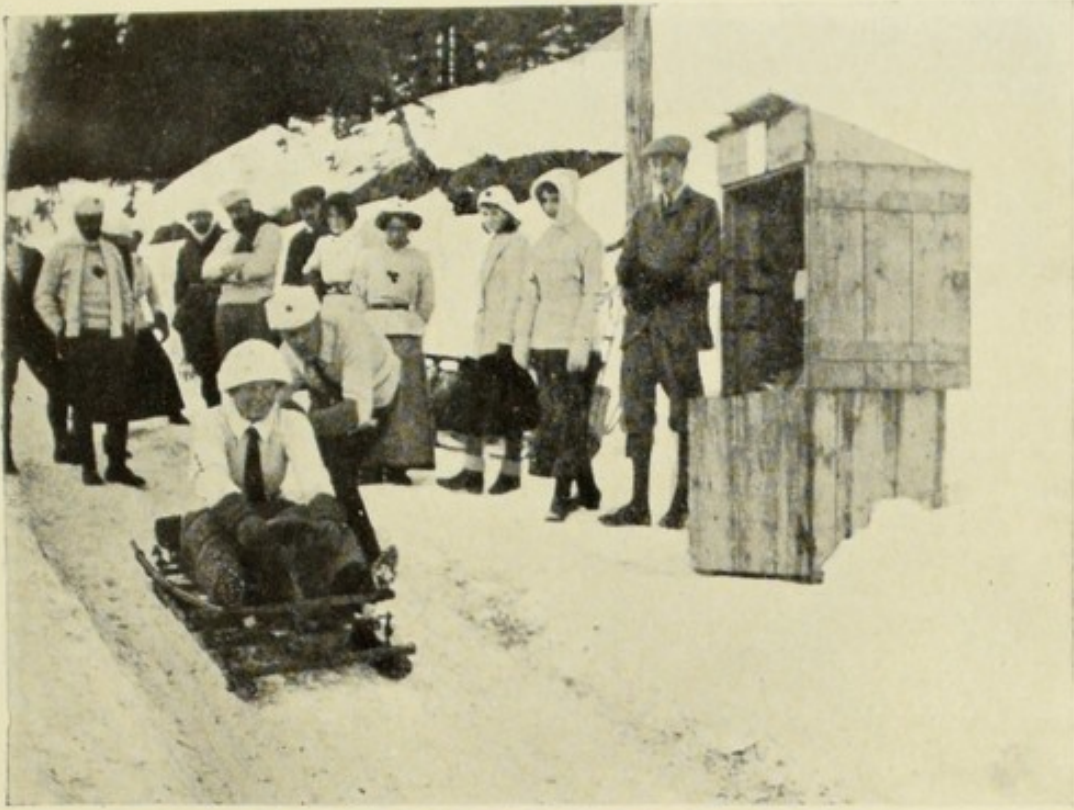
THERE can be no doubt that the best time of the year to come to Arosa, in order to see it under its happiest aspect, is the winter. By Christmas all the hotels are full, and sport and amusement are in full swing. The social life is then at its best. Young and old alike throw themselves into the spirit of the place. The cold dry air at nights and the warm sunny days seem made for exercise and enjoyment. Everything has been got ready beforehand by the energetic committees, with the help of the Verkehrrs Bureau, so that by the end of December, when the great body of guests arrive, every form of sport can be indulged in. What a sorting out there is of skates and skis! What visits there are to the village to hire toboggans or buy snowshoes! What a looking-over of bobs to see if they are in the proper condition to take the road! The hotelier is beset at the first arrival, almost before the first greetings are over, with innumerable questions. Are the roads in good condition for the races? Who are coming out this year? Will there be any difficulty in getting crews together? Has any one been practising as yet? These and a thousand and one other inquiries about some of the many sports are required to be answered on the spot. With each fresh arrival it is the same thing over and over again, until you would think he must get utterly tired of the same questions. But if so he does not show it. Indeed, I

don't think he minds it. He is probably as keen on the winter sport as any of his guests, and quite ready to talk about it at all times, but in the winter season it is the one absorbing topic. There are the new improvements to explain to his guests, the new alterations of the rules, the success or failure of the summer negotiations he has been asked to take for the bettering of some details connected with sport. We do not always get everything we want in Arosa, but no year goes by which cannot show its record of improvement in the conditions of one or the other forms of winter sport.

BOBBING

The great boast of Arosa is that it has the finest natural bob run in Switzerland. Starting from below the Alexandra Hotel, it runs right down to the bridge below Rüti, a distance of over two miles. There are two tremendous bends, one at what is known as the First Corner, where the road doubles back on itself, and the other just before the winning-post, where it plays the same trick. Besides these there is the S bend, and three or four fairly difficult corners to be negotiated. An inexperienced steersman has every opportunity for "running out," as it is called—running his bob into the snow bank, and probably turning the whole crew over into the same soft bed. The first bob which was seen in Arosa was a wooden one, now about to be deposited in the museum of antiquities at Zurich. It made its appearance in 1895, though the first race was not till 1899. Since then races have been without number, and the record is an exceedingly clean one as regards accidents.

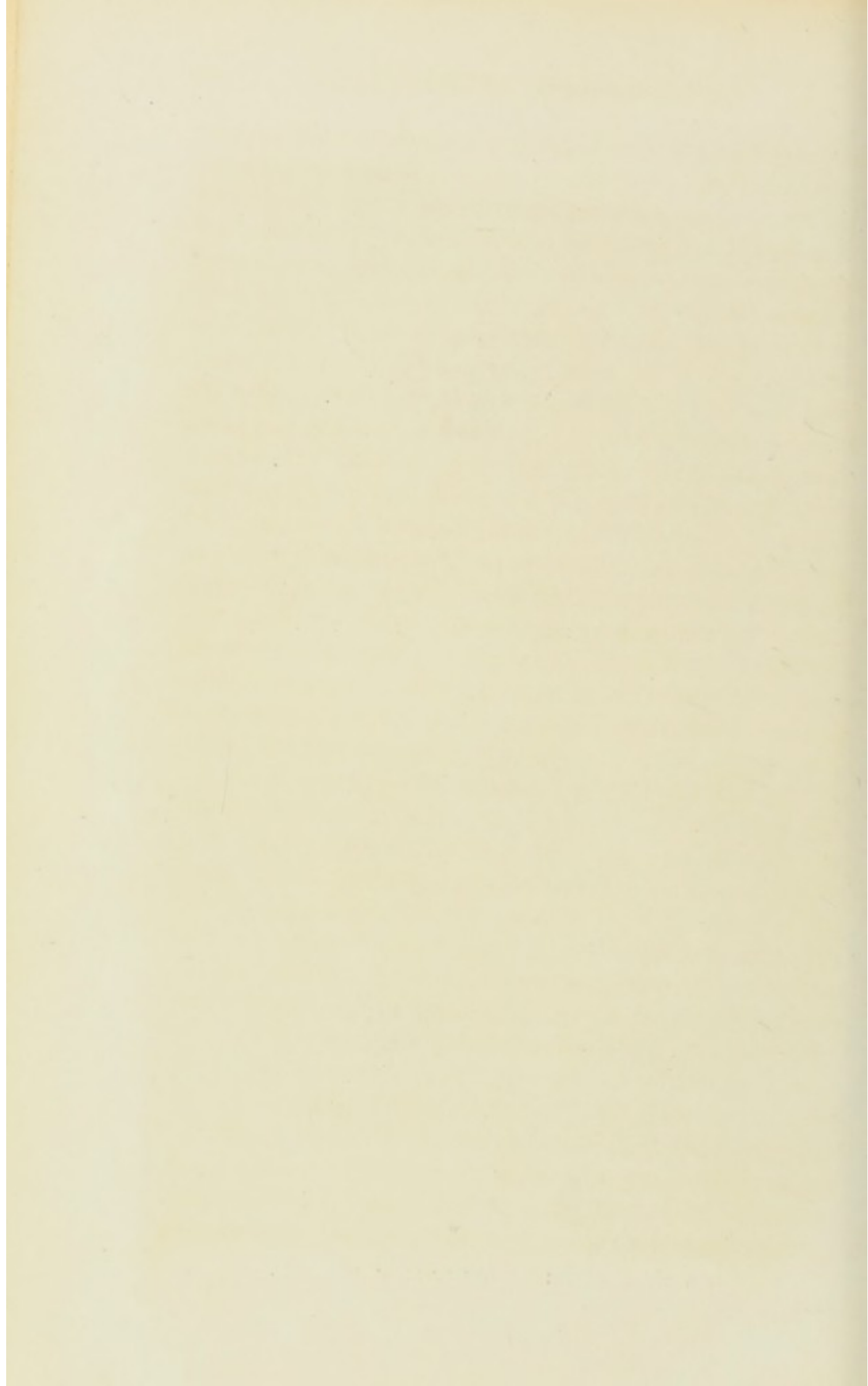
A bob consists of a long low seat about two feet to thirty inches wide, which will seat four or five persons sitting astride. It is mounted on two pairs of low runners; the hinder ones are fixed, but the front are



WINTER SPORT: BOBLET RACE—THE START.



WINTER SPORT: BOBLET RACE—A RUN OUT.



movable on a pivot, and are manipulated by the leading member of the crew, the steerer. The last man is the brakesman, and has charge of two iron levers with jagged teeth which act as brakes. The road is too tortuous for the tremendous speeds which are said to be achieved in some places, but a little over forty miles an hour must be the speed at one or two spots on the road. The record time for the race is for a lady 4 min. 47 secs., for a gentleman 4 min. 41 secs. An average time for a race is between five and six minutes, according to the state of the road. The variations in a race between the first bob and the last bob are often very great, but this is why the Rütli run is looked upon as such a sporting run. There are so many awkward corners and bends that the least error of judgment in putting on the brakes too soon or too late, taking the inside or the outside curve, and many other little things, each of which may make several seconds' difference to the run. The great objection to the Rütli run is that it is on the main road from Chur, and so there is never any certainty that the road will be free from traffic. All goods have to come up this road from Chur by carrier, or fourgon, as the term here is. A wise man who wants to secure a free road generally gets his hotelier to telephone down to the small public house at Rütli an hour before he intends to start and order free wine for all the drivers coming up. It is marvellous how long a couple of litres of wine take in the drinking when surrounded by boon companions, and a franc or two is well spent in getting a free road. On race days the Committee manage this, but all races have to be run fairly early in the morning, so as not to interfere with the Post. Since the start is generally made about 9.15, one must breakfast betimes if one wishes to be a spectator and get a good point of view for watching the race. The places usually patronised

are the First Corner (the scene of many a spill), at the Rüti Hof and at the Alpen Hof Hotels. At the former there is the distribution of prizes after the race is run. The rule for a spectator strictly to observe is that in taking your position to watch the race you must always take the INSIDE of the curve and not the OUTSIDE, unless you wish to be a source of danger to the bobs and in still greater danger yourself. Also, once having taken up your position you must not change it during a race. I am not going to attempt to describe the sensations of a bob race, the exhilarating rush through the crisp morning air. Some things are indescribable, and must be experienced to be understood.

Every year in January there is an International Week, when crews are invited over from Davos and St. Moritz and other sporting centres, to compete with the local clubs. About six challenge cups are run for in this week either by bobs or toboggans. Altogether the two clubs in Arosa at present possess eleven cups for bobs, viz. in order of seniority :

International Bobsleigh Challenge Cup.

Victoria Cup.

Phillips Cup.

Germania Challenge Bowl.

Rüti Challenge Cup.

Ladies' Challenge Cup.

Lucy Challenge Cup (two courses).

Alexandra Challenge Cup (handicap).

Marie-Margaretha Challenge Cup.

Hoteliers' Challenge Cup.

Bristol Challenge Cup.

But these cups seem to be merely an excuse for racing. There is no pot-hunting desire to win them. When won they are left in the hotel to grace the dining-room or the smoking-room for the next year. The main rivalry

seems to be between the hotels, which shall have the best display of trophies, rather than between the individual guests.

BOBBIES AND BOBLET

There is a miniature bob called a "bobby" which seats two persons. Originally what was called a boblet was manufactured by tying two toboggans together with a plank (the idea originated in Arosa), then some one saw the pleasure to be got out of the miniature bob ("baby bob" is the name in Davos), and straightway they came into being. At one time they were very popular, then, for about three seasons, they dropped out of favour. The cult of the bobby and boblet again revived last year (1910), and many races were privately arranged under official sanction and management. Should they prove to be a lasting pleasure, and not a mere passing craze, doubtless cups will be offered and races again regularly planned and run. The advantage of the bobby or boblet is that it only takes two people to man it, and so it is always easier to practise than bobbing, which requires four or five, since the fewer there are the easier it is to get them together. Also one can practise fairly safely on a moonlight night on these machines, but it is never safe to go down the Rütli run on a bob by night. One or two have found this out by painful experience both to limb and pocket. A fourgon's cart left carelessly half across the road, or a peasant carting wood or hay late at night, is not the easiest object to avoid when travelling at the rate of thirty to forty miles an hour. These smaller machines take about a minute longer to run the course than the larger bob, but are much handier to manipulate.

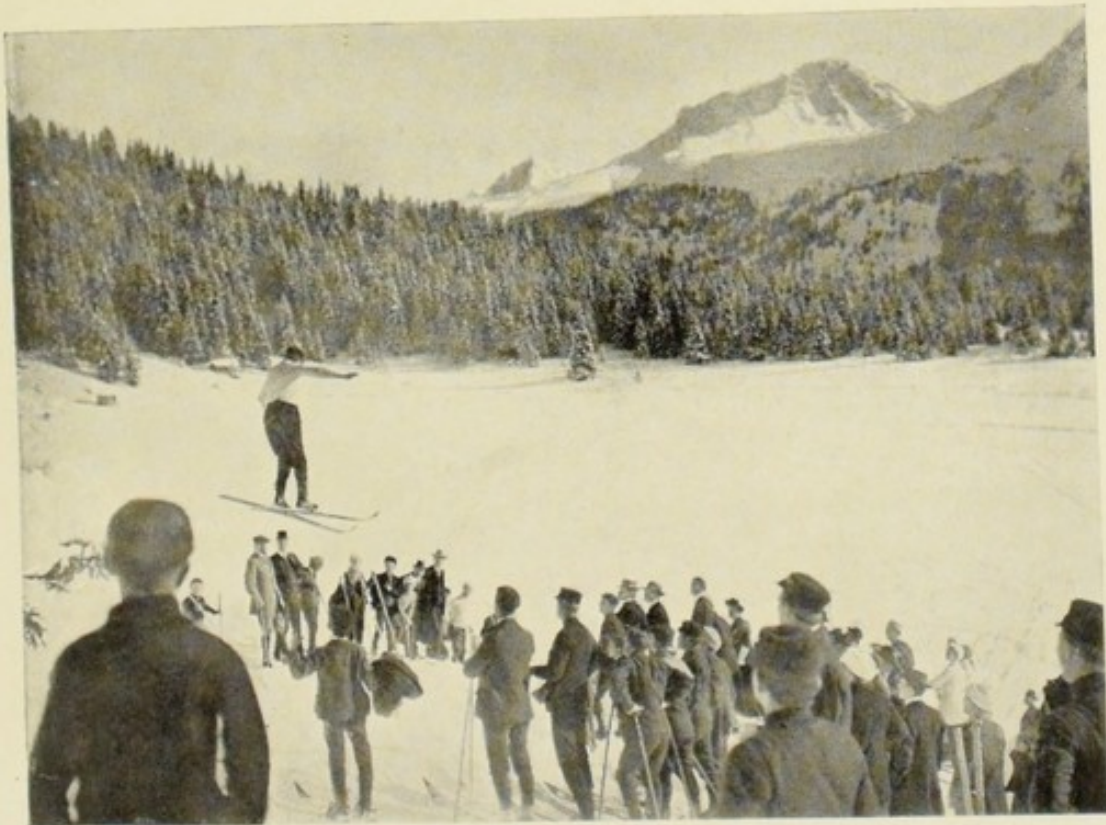
TOBOGGANING

If an English judge found that a bicycle, like clothing,

was part of the necessary equipment of an errand boy, how much more would he find himself compelled to say the same about a toboggan in Switzerland. It is the universal vehicle for carrying anything or going anywhere. The butcher, baker, grocer, chemist, all deliver their wares by toboggan; the baby is taken out and your washing brought home on the same machine. And when these are not being used for business purposes, they readily adapt themselves to the demands of sport. Tobogganing runs are to be found all over the place wherever there is a slope sufficiently steep to give an impetus to the rider. From the very nature of Arosa these slopes are multiplied beyond numbering. The chief runs used for this pastime are the Seehof run from the Post road down to the Seehof Hotel, and the Grand run. The former is the favourite from a spectator's point of view. Walking along the Post road above the Seehof, he has an uninterrupted view from start to finish. Once a year, early in January, there is a Seehof meeting lasting two days. Races for men, ladies, and children are organised. Besides this there is a meeting on the Grand run to wind up the sports season. This also is a two-days' affair, and is the annual Toboggan Gymkhana. It is unnecessary to describe the events, which vary a little year by year, but which give endless amusement to the spectator, and are responsible for the spoiling of more photographic plates than all the rest of the season. In 1910 a new toboggan run was laid out from the foot of the old church in Inner Arosa, past the Grand Hotel, to the banks of the Unter See close to the Seehof. This is a fast road, but has the one disadvantage that there is no place where a spectator can get a satisfactory view of any very great length of the run. From a tobogganer's point of view it was well laid out to include just that suspicion of risk and danger



WINTER SPORT: TRAINING THE YOUNG.



WINTER SPORT: SKI JUMPING.



which makes the sport pleasantly exciting. That a good run is needed, to be kept exclusively for tobogganers, is recognised, but whether the authorities will revive this Plessur run or try another place next year, which will be more convenient for the spectators, has not yet been definitely decided.

The Challenge Cups open to the enthusiastic tobogganer are—

The Omnium (run in International Week).

The Grand Prix.

The Edith Freeman Bowl (for ladies).

The Plessur Challenge Cup.

SKATING

Until the last year (1910-11) Arosa had not a good reputation with the enthusiastic skater. A wretched little rink close to the Ober See, very badly managed, was the chief skating attraction it offered to the public. The public persistently turned up its nose at it and grumbled. Skaters made favour with those who ran private rinks in order to get their enjoyment. [There are two of these private rinks—one at the Grand and the other the joint property of the Kulm and the Sanatorium at Inner Arosa.] Then a year or so ago they started to clear the Ober See, but a heavy fall of snow would submerge the ice under the water, and it might be days before it could be got into decent skating condition again. Matters were getting desperate and skaters refusing to come, so the Ice Rink Company decided to enlarge their operations, and a very good rink has now been made. This will be increased in size in future years, and the projected area for next year (1911-12) is about 8,000 sq. yds. A regular groundsman is kept always in charge, and he is supplied with as much help as he needs by the Verkehrs Bureau, so that snow no

sooner falls than it is cleared away. Skating ought to be possible on this rink by the last week in November, at least that is the experience at Davos. But the skating enthusiast has a good chance of getting in some skating very much earlier than this. If the weather is fine in the beginning of November, and there is no fall of snow, then he gets a week or ten days' skating on one of the small mountain lakes above Inner Arosa any time after the first of the month. If the fall of snow comes early and spoils the chance of this, then he may get a week of the most perfect ice on the Unter or Ober Sees. This happens in three years out of four, but of course the weather conditions of any particular year may dash one's hopes. On certain days the ice rink is reserved in the afternoon for bandy players, and often a match is got up between the hotels or England *v.* Scotland, in order to give a zest to the game. Once if not twice a year a fancy-dress carnival is held at night on the rink. There is also a skating gymkhana in aid of one of the local charities. As all the prizes are given, and are limited to merely small souvenirs of the occasion, the entrance money of competitors and spectators results in a fair donation to the charity selected. The rink has not been in existence long enough for the establishment of test examinations for N.S.A. membership, but this is only a matter of time now.

CURLING

Curling has its votaries in Arosa. Years ago there used to be a curling rink by the Grand Hotel, but for the last six years it has been transferred to the ground in front of the Seehof. A second set of stones was presented in 1909, and a second rink made on the then disused skating rink, but this was not found quite satisfactory since the two rinks were too far apart. So the

next season, as the skating rink was no longer available, only one rink was made. Two rinks having had the effect of initiating so many fresh guests into the mysterious joys and language of curling, this one rink proved itself utterly inadequate. Consequently next year (1911-12) there are to be two, and possibly three, rinks side by side, close to the Seehof Hotel on the left. This will be a disadvantage from a spectator's point of view, but possibly the curlers may prefer the change; they will have freer scope for that peculiar jargon which seems to be the essence of the game, but which is liable to produce ribald laughter from the lookers-on. A curling cup is played for every season, and once every two years there is a competition for the medal of the Caledonian Club, to which the Arosa Club is affiliated. Inter-hotel matches and international matches are in vogue about every other day, so that at last it becomes difficult to know quite which is ahead of the other. But of one thing there is no doubt—the curlers are keenly enthusiastic and in the most deadly earnest over their game.

SKI-ING

But the "king" of all winter sports in Switzerland is ski-ing. Originally introduced from Norway into Switzerland, it made its appearance in Arosa about eight years ago. It was somewhat slow in being taken up, but this slowness probably helped to make it the more permanently a part of winter sport. Six years ago only a few guests attempted to ski, and the little village boys and girls used to imitate them by contriving makeshift skis out of the staves of barrels or any flat piece of wood they could find. Now every adult villager, and at least two-thirds of the children, possess a pair of skis. You can see little mites of five and six making

their first attempts to walk on skis, and the way the village boys practise jumping points to a number of Swiss experts in the near future. The guests have taken it up with even greater enthusiasm. There is no place in Switzerland so rich in perfect ski slopes and in tempting excursions as Arosa. There are two clubs for skiers, one for the English and one for the local people and other guests. The English Club was formed in 1907, and is affiliated to the Ski Club of Great Britain. Each club engages an instructor for a few days at the beginning of the winter season. Exhibitions of jumping wind up the period of instruction, which fire the small village boys to emulate the feats of the professional. Ski-joring was started last winter on the Ober See, and will probably become a feature of each winter season in the future. I once asked a ski enthusiast why he considered ski-ing superior to any other winter sport. The look of contempt on his face nearly annihilated me. "Pooh! Bobbing and tobogganing are just going up and down a straight line. Skating and curling are messing about on a pocket handkerchief. But ski-ing! Why, you have the whole world at your disposal, and can roam about wherever you will." Ski tests are held once or twice a season for those who wish to pass the ski tests of the Club of Great Britain.

MISCELLANEOUS

Even at Arosa the weather is not always propitious for out-of-door sports, and so the visitors have a variety of ways of killing the time on bad days. Amateur theatrical performances are given once or twice each season, and the rehearsals and performances are eagerly looked forward to. Two or three fancy-dress balls are given, besides the impromptu dances once or twice a week, sometimes in one hotel, sometimes in another, to



WINTER SPORT: CURLING—"CONSIDERING THE NEXT SHOT."



WINTER SPORT: THE ICE RINK.



which all guests are made welcome. These latter are of the Cinderella order, though that is rather too grand a title for them, since they generally only last about two hours, say from 8.30 to 10.30 p.m. During the season there are always three concerts given on behalf of the "Poor Invalids' Fund." The music is of an exceptionally high order. Singers and players from a distance are invited to perform, besides which we usually have a fair amount of musical talent in Arosa itself. Some of the residents need not fear comparison with many who perform at the best London concerts, and it would be an extraordinary winter when there were not two or three visitors equally talented. An occasional concert is often given on behalf of some local fund that needs a helping hand.

There is a photographic society (international), which is arranging for a dark room and special papers for the use of its members. The society holds frequent meetings for discussion, and every two months a small exhibition between the members. Once a year there is a large exhibition, and prizes are offered for various descriptions of photographs. An international chess club holds a weekly meeting in one of the hotels. Billiard matches on the English tables are arranged between the different hotels, and last year a challenge cup was presented, to be played for on the French tables, open to all comers. In the English hotels there are frequent tournaments during the winter for billiards and bridge. There is no lack of indoor amusement, but it does not hold the same prominent position as in England. When we come to Arosa we come for the sake of the glorious out-of-door life. Indoor amusements are like the unnecessary entrée at a grand dinner—unsatisfactory as an article of food, but useful for filling up the time.

SECTION IV

AROSA AS A HEALTH RESORT

(With discursive and unscientific opinions as to the proper methods of dealing with disease and sundry more or less valuable pieces of advice to patients)

IN writing of Arosa as a health resort, I ought to say at the outset that I am not a medical man. However, I possess certain qualifications for giving my ideas, even if those ideas be not perfectly in accordance with scientific opinions. The last seven years of my life, spent as an invalid in England or in different Swiss health resorts, added to a personal acquaintance with a variety of treatments, may not be a scientific training, but the experience tends to make one hold very strong opinions. So, even if some doctors disagree with my statements and conclusions, yet I am prepared to defend them, since they are the result of both personal experience and also the sympathetic watching of hundreds of patients.

Arosa is not merely a resort for tuberculous patients. It is true the greater portion of the patients who come to seek health here are suffering from tuberculosis in some form or other, or else are ordered abroad for the sake of precaution—weak lungs which would probably fall victims to the disease unless strengthened by the high Alpine climate. So in writing of Arosa as a health resort I propose to look at it first from the point of view of a tuberculous patient. Later on in the book I will suggest other forms of weakness and disease which

would be considerably benefited by a stay here. Also—quite as important—I will give a list of those cases which I am given to understand no doctor would ever advise to come here.

The question with a tuberculous patient, when he first receives the doctor's verdict that the disease has obtained a hold on his body, is always "What am I to do?" and "Where ought I to go?" The first solution which his friends and relations generally offer to his inquiries is, "Try an English sanatorium." Now there are certain sanatoria in England which are doing most excellent work. But it is beyond all question that the main advantage an English sanatorium offers the patient is an educational training—teaching him the ordinary rules for preserving and benefiting his own health, and, more important still, teaching him the ordinary rules of sanitation, so that he may be able to avoid all possibility of infecting others. Once these rules are learnt, IF HE WILL KEEP THEM * the patient can go on with his cure quite as well in his own back garden or in country lodgings as in an English sanatorium. Possibly some serious cases get back their health in England, but if so they must be very few. Personally I have never come across one, and, with one exception, neither has any doctor to whom I have spoken on the subject. But even suppose it proved, I am afraid I should put down the regained health to be rather despite, than in consequence of, the sanatorium treatment in an English climate.

* Unfortunately many patients will not keep rules and others cannot in their own homes—their friends and relations making it practically impossible: hence English sanatoria will always be needed. Perhaps their greatest value lies in the accumulation of knowledge through the scientific watching and tabulating of the stages of the disease, and of the processes of treatment in so many varying cases.

Many extremely light cases are sent away as what is popularly called cured. The others are for the most part marked as "vastly improved." This without doubt is a true statement. At any rate it is only what one would naturally expect. Most men or women, suffering from some serious complaint which had weakened their bodily powers, would be vastly improved by a long holiday rest under medical supervision.

I do not think, however, that any doctor who has had experience in climatic conditions would hesitate to say to every patient who is not too ill to travel, and who could afford to go to an English sanatorium, that it is far better for him to go abroad at once if he wishes to get the most perfect conditions of climate which lead to health. It is nearly always a choice of two climates, which, paradoxically, seem rather the opposite of each other—a hot dry semi-tropical climate, or the cold dry climate of the Swiss Alps. The latter is decidedly preferable for many reasons, unless the doctor has special cause, in any particular case, for objecting to it. It is not more costly, indeed often less so, than life in an English sanatorium. The distance from work and worry makes it much easier to obey the doctor's orders that "all business must be put aside for the time" than if one is in the neighbouring county. It would take too long to give all the reasons why the Swiss Alps should receive the preference over a hot dry climate such, say, as Egypt. But one will carry weight; even if it is not the most important it is easily understood. The season for curing in Egypt lasts barely three months, and then the patient must travel off as fast as he can to avoid the great heat of the approaching summer. The season in the Swiss Alps can be extended over ten months, and even if the patient is too ill to be moved, and has to stay the whole year round, there is no harm done.

In former years, when the benefits of the high Alpine climate were first being recognised and exploited, there were numbers of places in Switzerland which laid themselves open to welcome invalids. Soon there was a rush of English people who brought with them the national love of sport. This ere long found outlet in the inventing of amusements to wile away the time. The result was that many began to make a practice of taking their holidays in winter, not for the sake of health, but drawn by the attractions of winter sport. Consequently places which originally started to provide a winter season for invalids have gradually developed into purely sporting centres, and now refuse to take in patients. Other places which were opened for invalids without due consideration of the qualifications which are necessary for a health resort in the High Alps have been found quite unsuited for them, though perfect as playgrounds for the healthy who come only for amusement. Arosa, Davos, and Leysin are perhaps the three best known health resorts which have kept their character and are best suited in every way for the reception of invalids. Of these three Arosa can certainly claim to possess the necessary qualifications more perfectly than the others.

Now in choosing your health resort there are six things to be mainly considered with regard to the climate and the life in the place. First there is the altitude; second, the daily average of sunshine; third, the formation of the surrounding country (with the idea of freedom from wind); fourth, the presence of good, capable, and hope-inspiring doctors; fifth, the comfort to be obtained by well-appointed pensions, hotels, and sanatoria; and lastly, the absence both of monotony and of excitement.

Arosa is 6,000 ft. above the sea level, and therefore 1,000 ft. higher than Davos and 1,500 ft. higher than Leysin. Thus, so far as altitude goes, it has the advan-

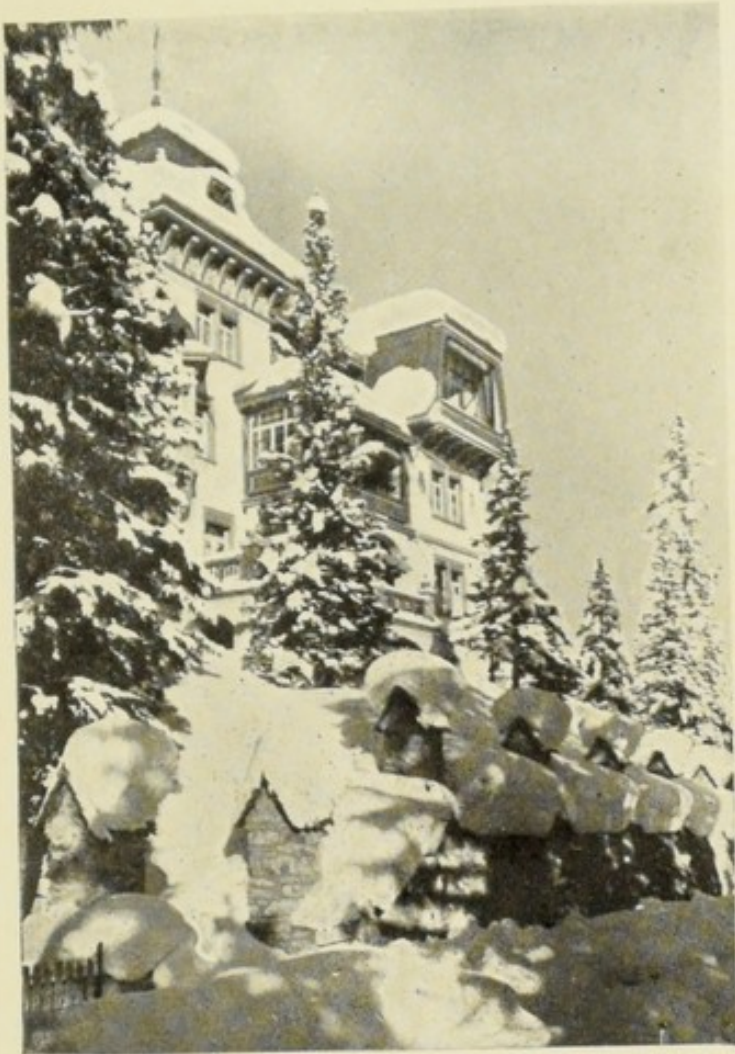
tage over both these places. The result of this high altitude is that the air is rarefied, and so is almost entirely free from all germs, bacteria, and dust. Especially is this the case in winter when the ground is often buried deep under many feet of snow. The thinness of the atmosphere permits the sun's rays to pierce it without losing most of their heat and wasting it on the atmosphere itself, which is what happens in the lowlands. The daily average of sunshine during the winter months is three and a half hours, and it is not the thin, sickly, struggling sunshine of the plains. Down there already five-sixths of the heat of the sun's rays is lost before they reach the earth, whereas here the loss is barely one-half. That is to say that when the sun shines here in winter the heat is three times as strong as when it shines down below on the plains. Then to this must also be added the large amount of refracted heat. Instead of the rays of heat being lost in the earth, every crystal of snow acts as a heat-refractor, and on the sunny days in winter when the air is usually still and quiet, it is possible (I have often done it) to take a sun-bath. For those who revel in statistics there is a chart at the end of the book. But the ordinary person will be quite content to learn that invalids become more sunburnt and tanned during the winter months here than by a summer holiday at the seaside in England. Another advantage of this altitude in summer is that while the days are warm the nights are invariably cool—a most important thing for an invalid who needs every incentive to sleep, and to whom the restless tossing caused by hot nights would undo the good of countless days. Then the third climatic point is that of freedom from wind. The peculiar formation of the country round Arosa makes this a special feature of the place. I have no right to compare it in

this respect with Leysin, because my acquaintance with that place was merely an excursion of a day or two, made some fifteen years ago. But I can compare it with Davos, to the decided advantage of Arosa. Davos is not nearly so windy as St. Moritz, but the long Landwasser valley in Davos acts as a funnel for wind to some extent; at any rate it is much more in evidence there than here. The reason is that Arosa is surrounded by hills till it is practically enclosed, and the tortuous nature of the ground does not give opportunity for the wind to get up any strength. Now for invalids the absence of wind in a cold climate is a most valuable quality. The effect of continual coughing in consumption is to damage the bronchial tubes, and in time these become extremely sensitive. Wind has a most disastrous effect on the comfort of one suffering from bronchitis. The ordinary invalid, only allowed, to begin with, to walk at a snail's pace, glad to rest in the sun and watch the more healthy ones enjoy their sport, finds this absence of wind a blessing beyond words. It means, while he rests basking in the sun, that little heat is carried away from his body, and hence there is not the danger from chills and colds, with their horrible consequences of bad relapses, to be guarded against.

The remaining three qualifications have to do more with the comfort of life, but they are by no means to be treated as matters of little consequence. Doctors are most essential, and in Arosa every doctor is a trained specialist with far greater opportunity for forming a correct opinion than in the lowlands. The greater area of lung surface, due to breathing the rarefied air, and nature's consequent law of expansion, gives them a better prospect of detecting disease and of deciding if it has vanished when the patient wishes to be certified as fit to return to normal life. Then comfortable sur-

roundings do give ease to the mind. This is a fact so insisted on by doctors that the hotels are arranged to give the maximum of comfort one can expect away from home. Were the comfort and well-being of the guests to be neglected, the hotel might as well close at once, for there is plenty of competition, and the doctors would soon put such hotel on their black list, and keep it there till matters were changed for the better. There is a splendid water supply and an excellent system of drainage. All the hotels and most of the pensions are heated with central heating. Balconies facing south are a feature in every prospectus. The whole village is lighted by electricity. Most of the hotels have lifts. Many have open fireplaces for the comfort of the English, who rejoice in the sight of burning logs on an open hearth. Some of the hotels have English billiard tables. In every case the English are made to feel themselves welcome guests, and every hotelier, if he could manage it, would cater solely for the English. It is only that the English are few compared with the sum total of the other guests that naturally prevents this.

But perhaps more important to the average individual is the freedom from monotony while obeying the doctor's orders to avoid excitement. In Arosa, even those who at the first stage are not allowed to take an active interest in sport do not find themselves left out in the cold. As they take their walk along the winding Post Strasse they can view the tobogganers and laugh merrily at their mishaps. It is by no means an uninteresting sight to watch the skiers, whether it be the beginner making his first awkward efforts, or the more proficient gliding swiftly in graceful curves, or jumping awesome heights. The skating rink and upper lake border the road, and skating or bandy can be watched, or the ski-



THE GENTIANA (ENGLISH SANATORIUM).

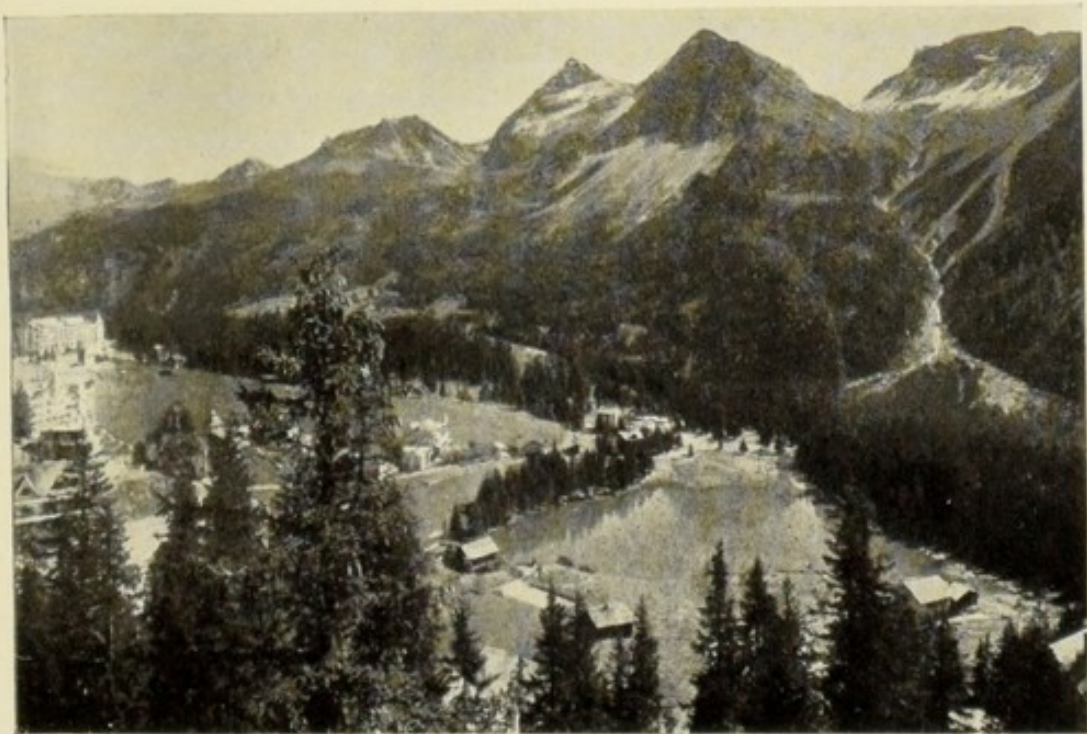


Photo by Chr. Meisser.

VIEW OF THE RHAETIAN ALPS FROM THE GENTIANA.

x

joring contests on the upper lake, without any more exertion than is ordinarily entailed by the daily walk. Even those who cannot take an active part in sport have their say in the matter. They are asked to serve on committees, to give advice, to act as time-keepers; in fact, so far as the doctor's rule will permit it, they are encouraged to identify themselves with sport in every way. On the other hand, there is no unnecessary excitement. Sport in Arosa is not a form of professional amateurism. It is purely sport for the sake of exercise and enjoyment. Consequently there is not that keen competition, that gloating over victory, that depression over failure, which is the feature of a winter sports resort where excitement and rush are always the order of the day.

One of the special benefits of a high Alpine climate is that it makes greater demands on the organs for nutrition and assimilation, thus leading to an increase of tissue change. In all cases where the body can respond to this there is at once an increase of appetite, a greater feeling of well-being, and a marvellous quickening of the vitality generally. Among the first signs of improvement are a diminution of feverishness—the cold night air induces healthy sleep, and the temperature at once displays a willingness to climb down to its normal height. Then comes the glad symptom of increase of weight, proclaiming increased blood vitality, with its consequent additional power of fighting the disease. An increase of chest expansion is always to be noticed if the patient is responding to the healing forces of the place.

As a layman, I feel strongly that one great advantage of life in Arosa for an invalid is the splendid average of fine sunny weather, with its curious unexplainable effect on the mental outlook of the patient. Every one knows

the difference between leaving one's bed on a dark, dull, foggy, disagreeable morning in England and doing the same thing a day or two afterwards when it is a bright, crispily frosty, sunny morning. Life wears a different aspect. The man and the world are in a different relationship to each other. And the greater the ill-health the more is this felt. It is the difference between sullen hopelessness and bright active hopefulness. It is the difference between being wantonly injured without a prospect of redress, and of having experienced an exceptional piece of good luck. Now it cannot be too strongly insisted on that there is *no such thing as hopelessness in consumption so long as the patient can be made to cling to hope*. There are, of course, exceptional cases, but frequently it is not so much the seriousness of the case—the extent to which the lungs are damaged—as the mental attitude of the patient, which is the most important factor in calculating the chances of a cure. Many a light case joined to a desponding mind takes far longer to make the cure than a very serious one where the sick man has made up his mind that he **WILL** get well. Everything therefore that fosters cheerfulness and hopefulness is a stepping-stone to health. Perhaps nothing has so great an effect on the mind as this glorious climate—the rarefied air, the crisp frost, the dry cold, the bright sun, and, still more, the being surrounded by the cheerful faces of all those who have been equally influenced by these factors in the enjoyment of life. Then, too, the sight of the merry sports people and their abandonment to the pleasure of living all tend to cheerfulness. You forget your present condition and spend your leisure in planning how you will enter into it all as soon as the right time comes.

Of course the mental attitude of hopefulness and cheerfulness is not everything, though it is a predomi-

nating factor. Combined with that must be confidence in one's doctor and absolute willingness to obey his rules, even though at times they may seem idiotically absurd. For those who are very weak and need the constant supervision of a doctor and the attendance of nurses, it is not only cheaper, but far better, to go into one of the splendidly managed sanatoria. Those patients who have not got the necessary self-restraint which will enable them to obey rules, and cannot be trusted to give up their present personal comfort or pleasure at the doctor's orders, are far better in sanatoria than in hotels or pensions. On the other hand, for those who are not confined to bed, and who will loyally follow out the rules laid down by the doctor, hotel life is decidedly cheaper, and in some ways more comfortable, as being less irksome. There is also the advantage in hotel life that you have more opportunities of mixing with strong healthy people and so forgetting your complaint in the brighter topics of conversation over sport and outside affairs.

Possibly one piece of advice will be extremely helpful to a patient if he will only believe it and follow it out. When a man leaves his own country and comes to a strange land, he must expect occasionally to find a few things that are not quite to his liking. Now there is only one way of dealing with the disagreeables of life which a man cannot alter—to forget them as much as possible, or, if that is too great a counsel of perfection, at any rate to ignore them as far as one can. To be always dwelling on trivial matters of discomfort is to make them really great in time—it is like rubbing a sore. To indulge in grumbling about them to others is to be guilty of positive cruelty, since to ruffle the peace of mind of sick people is to do nothing else but retard their cure. If you *must* grumble, go a lonely walk into

the woods, relieve your mind to the pine trees, and don't come back till you can meet your fellow-men cheerfully.

The first thing done with nearly every patient who comes to Arosa is to put him to bed for a few days. One reason for this is that if the lungs are inclined to be weak, even if there be no active disease, a period of rest is advisable. Even healthy people find it wise to keep fairly quiet for the first few days of their stay up here. After being accustomed to breathe the much heavier air of the lowlands, the lungs take a little while to get used to the rarefied atmosphere and the sudden change of level to a mile or so nearer the sky. To attempt violent exercise at once would be foolish even for the strong. It might perhaps do no immediate positive harm, but it would certainly not be conducive to obtaining the maximum good from the holiday. To one who is not strong the necessity for quiet rest to begin with is infinitely greater. Another advantage of this few days' rest in bed at the commencement of the stay is that doctors can more closely watch their cases. In this way they quickly discover if the sufferer is likely to respond to the health-giving qualities of the climate or if the case is not likely to be suitable for a stay at such a height. Sometimes it is found advisable to recommend a man to leave at once and try a lower altitude or a warmer climate.

There is no getting over the fact that those first few days in bed are often a great trial to one who has been hitherto active, and has all the natural curiosity to look round a new place. But once they are over, and exercise is permitted, then life becomes more enjoyable again. It is true that the exercise is limited at first, but as the patient improves it is lengthened week by week, until at last he does not realise that he is under

any restrictions. The great rule with regard to exercise is that, at the commencement, it shall be very slow ; if the patient be not too weak it is preferable that it be taken on a road with a slight incline upwards. This helps in the expansion of lungs, and also has the obvious advantage that the most strenuous part of the walk is taken first while the patient is fresh for it. As he begins to feel a little tired, there is only the easier walk down hill, which enables him to reach home without any feeling of over-fatigue. The Kur-Verein have taken infinite trouble to lay out such walks. The lovely paths through the pine woods give as much variety as one can reasonably expect. In winter, directly the snow begins to fall, the snow-plough is called out, and the walks cleared as rapidly as possible. Considering the number of miles of roads and walks that have to be dealt with, and the tremendous falls of snow that sometimes come, it is simply amazing how little inconvenience a visitor suffers from this cause. Everything is done, and done as quickly as possible, for the comfort of the Kur-Gäste. For two months in the summer and for nearly four in the winter the Kur-Verein provide a town band. This plays about three times a day at the different hotels and sanatoria, and these concerts are open to any one, even if not staying at the hotel in which the band is playing.

The great lesson to be learnt by a patient is never to allow himself to be overwhelmed by the monotony of existence. In other words, while obeying the doctor's rules, try and avoid thinking of your disease and exact state of health, and keep the mind occupied in some way or the other with far different things. One of the greatest helps in this direction is, of course, literature—I use literature in its widest sense to comprehend everything from the lightest sixpenny shocker to the heavier works on philosophy: even the reading of advertise-

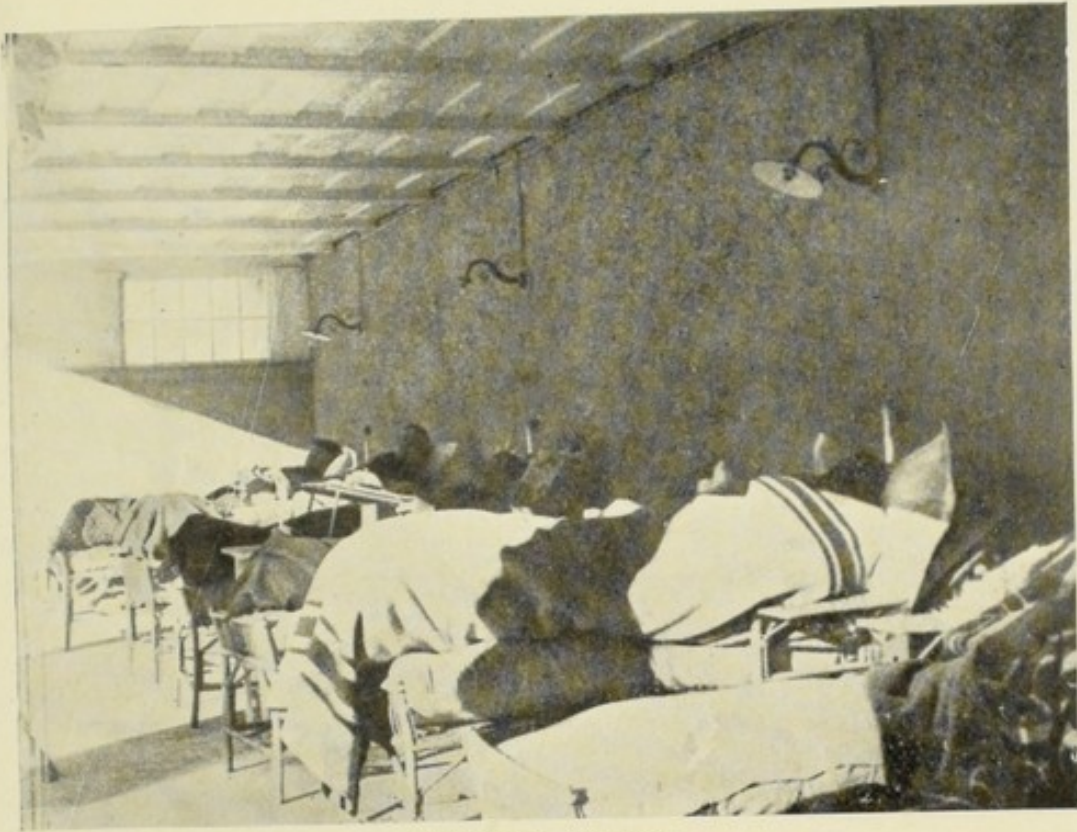
ments and amusing oneself with letting the imagination play round the probable personalities of the advertisers, to the more strenuous mental exercise of articles in the most serious monthly magazines. Yet a word of caution is needed here. The working of the brain is in its way as great a strain on the physical powers as active exercise. Many an invalid thinks that, if he must lie quiet for a time, he will take care that the time shall not be wasted, and so he will use it as an opportunity for working hard at some subject in which he is interested. This is a great mistake, or rather, it would be if he were allowed to fulfil his intention. Of course, everything depends on how ill the person is, but in no case can any very hard reading be done when lying recumbent on a "liegen" chair. The more serious the case, therefore, the lighter must be the character of the reading chosen—something that will not mean any mental effort. As the patient grows stronger, so gradually he will be allowed to indulge in deeper books if they are to his taste. Every doctor recognises the value of this mental occupation when used in a judicious manner. So in all sanatoria and hotels there are libraries. The English have the special advantage of a public English library, which, starting a few years ago with a small number of books, has so rapidly grown that he would be hard to please who could not find some volume to his taste. When the doctors will permit it, there is also the valuable opportunity while here of perfecting one's knowledge of foreign languages.

The treatment of tuberculosis abroad varies somewhat from the English method. This is chiefly noticeable in the regulations concerning exercise. The English doctors go in very extensively for a graduated system of exercise. The Germans are very strongly imbued with the necessity of, as it seems to the patient, an

unconscionable number of hours of "liegen" cure. But it is difficult to criticise or in any way make a fair comparison between these two systems. Exercise which would be beneficial at low level would be positively disastrous in the early stages of the treatment at the high altitudes of the Swiss Alps. Then consideration must also be given to the personal temperament and the national characteristics of the individuals treated. To the great majority of Germans it is no very great hardship to be restricted in exercise ; they are not possessed of that restless spirit which forces an Englishman always to find an outlet for his energies in bodily activity. The consequence is that a phlegmatic English person, whose occupations and tastes have not accustomed him to the need of frequent exercise, finds the German method eminently suitable. But the ordinary Englishman, who has been used all his days to activity, and has trained all his other organs to respond to this spirit of energy, may find that too much insistence on long periods of rest has an unfortunate effect. More rest is certainly needed at this great height, and stricter rules must be observed with regard to it than in England. In serious cases the only hope sometimes is a long period of perfect rest in bed. But I do not feel at all sure that many an English invalid in time past has not had the cure seriously retarded for months, until the whole body could be made to respond to the treatment, by a too strict following out of the German method. This has been realised of late very much more than formerly, and most doctors now vary their rules according to the temperament and nationality of the individual under treatment. Personally, I think there is still need for a greater differentiation than at present is exercised, though to attempt it on one's own account without the doctor's permission would be foolhardy in the extreme.

Another difference in the treatment has been the steady use abroad of tuberculin; it is only within the last few years that English doctors have ceased to regard it with suspicion owing to the unfortunate results, due to ignorance of the necessary regulation in its use, when it first came out. A knowledge of its use and its effect on patients abroad has gradually brought it, to a limited extent, into favour in England. What exact effect tuberculin has, I have never been able to discover. Perhaps it is my lack of scientific training, perhaps it is merely natural stupidity. With an Englishman's curiosity to know the why and wherefore of everything used on me, I have often asked in time past until at length I had received some dozen or more differing explanations. Any one or all may be perfectly correct, but I have given up the quest for information on the subject, and am now quite content to remain in ignorance of its action. Its effect on myself is, after all, sufficient for me. Whether its action can be explained or no, one thing can be definitely stated about it—there is a certain class of patients whose condition has been vastly improved by its use. From experience of its use in the lowlands, an experience corroborated by the testimony of many others, I have long come to the conclusion that to get the best results from tuberculin treatment it is necessary to live in the High Alps. It does not seem to act with the same beneficial effect at lower levels. This, however, may be due to reasons entirely apart from the question of altitude. Most probably it is due, to some extent, to the fact that anything which will improve the health has a very much better chance of doing so in a climate which itself helps to that end.

Lately for very serious cases of irreducible fever or continuous hæmorrhages they have begun the system



PATIENTS CURING.



PATH THROUGH THE WOODS IN WINTER.



of collapsing a diseased lung. It can only be done in safety when the other is perfectly sound and healthy. This weird treatment must be considered now as beyond the experimental stage, for recently a few cases have been operated on in England. An Italian doctor has been trying it for about fifteen years, and the Germans and Swiss for the last six years. But the cases suitable for this treatment are comparatively few : so far, it has only been used as a last resource. I see in the latest book on the subject that there is a growing feeling that it ought to be used much more frequently than formerly, and also in earlier stages of the disease. The results so far have shown a vastly higher percentage of successes than the most optimistic would have dared to prophesy when it was first mooted.

Other vaccines besides tuberculin have come to the front of late years. They seem to be most valuable against colds and catarrh of all forms. I am told that they are excellent as a preventative of what is called secondary or cocci-infection. What that exactly means I don't pretend to understand, but I readily accept that it is something very disagreeable which a wise man would take a little trouble to avoid.

With regard to diet, the old idea of stuffing the sick person against his will and inclination has died out. Your doctor will give you all necessary injunctions, and unless you are very weak they won't be many. So far as I can make out, the ordinary patient, who is allowed to take a fair amount of exercise, need not trouble his head much about the matter ; indeed, provided he eats moderately well of the regular hotel food, the less he thinks about it the better. Probably the doctor, in such a case, will content himself with suggesting glasses of hot milk at all sorts of convenient or inconvenient times of the day and night. If you find yourself able

to take them so much the better, and the wiser will you be to do so.

I give below a copy of an instruction paper issued to a patient here who was allowed a moderate amount of exercise :

7 a.m. Hot milk.

7.30 a.m. Cold bath (about 55° F.).

8.15 a.m. Breakfast.

9.30—11 a.m. Exercise.

11 a.m. Hot milk.

11.15 a.m.—12.45 p.m. Rest.

1 p.m. Lunch.

2—3.45 p.m. Rest. (Absolute silence is always strictly required for this rest.)

3.45 p.m. Hot milk.

4—5.30 p.m. Exercise

5.30—6.30 p.m. Rest.

7 p.m. Dinner.

8—9 p.m. Rest. (This is often regarded as optional, though it is wiser to do it unless there are special reasons for omitting it.)

9.30 p.m. Bed.

10 p.m. Hot milk.

Of course, the chart varies according to the condition of the patient, but this is the chart of one who had been making decided progress and could be depended on to follow out his doctor's rules. It is scarcely necessary to say that when in bed the windows or doors on to the balcony must be kept wide open all night unless there are special orders to the contrary (which, by the by, are never likely to be given).

I cannot conclude this somewhat discursive section, in which personal opinion, advice to invalids, statements about the disease and its treatment, as well as the special advantages of Arosa are all most gloriously

muddled together, without expressing a hope that any doctor who sees this book will take into consideration that it only pretends to be the private opinion of a layman founded on what he imagines has been his experience. It is quite true that I should like to convince all doctors of the splendid value of the Swiss Alps in nearly all cases of tuberculosis, and equally in cases of convalescence and in cases where dangerous tendencies to weakness suggest that precautions should be taken in time. But if I be anxious that doctors should be so convinced and should learn how, for the purpose, Arosa is more specially suited than any other Swiss place I know, still I quite realise that after all my opinions are only those of a layman. I am prepared to defend them, to a reasonable extent, since they are the outcome of personal experience. I trust if this book does fall into the hands of some medical man he will be ready to admit that there are some grains of sense in it. Perchance he will find it interesting as showing the ideas on the subject of a layman who has himself gone through the mill. More probably he will be amply repaid for perusing it by his amusement in chuckling over its unscientific crudeness.

SECTION V

WHO SHOULD COME TO, AND WHO SHOULD AVOID, AROSA *

IN the preceding section, Arosa has been treated as a health resort specially suited for patients who are suffering from tuberculosis, or who have tuberculous tendencies. Undoubtedly it is best known in this respect, but there are many other sufferers who would derive great benefit from a lengthened stay here. The very reasons that make it specially good for those infected by or inclined to consumption, make Arosa equally good for a variety of other cases. Often enough the breaking out of tuberculosis is only the after-result of other illnesses, and if the patient were only sent out here without delay he would escape all danger of falling a victim to that dreaded disease. All convalescents after influenza, pneumonia, and pleurisy would find a season out here to their advantage, and a tremendous strength-

* Terms are used in this section and in others which are not correct from a strictly medical and scientific point of view. "Perfect cure" in relation to tuberculosis, "tuberculous tendencies" (not hereditary) and others may be scientifically wrong, but they convey to the ordinary man the impression I want him to grasp. Therefore, as this is not a medical treatise, I have not scrupled to use terms which will best express my meaning, even though I know they do not meet with medical approval.

Most of the information is the result of personal observation, but for some parts of it I have had to depend on the opinions of others—medical men with whom I have discussed the matter.

ening of their powers of resistance against worse diseases or a relapse in the same complaint. Weakness of the nervous system (*e.g.* St. Vitus's dance) is helped to permanent improvement. Milder forms of neurasthenia and slight nervous breakdowns receive permanent benefit. But, as in cases of heart complaint, there must be careful thought before sending the patient here. If the nervous disorder is combined with insomnia (unless it be the temporary result of overwork) they are better not here. No cases of continued chronic insomnia are improved by a stay in the high altitudes. But if the insomnia is only the temporary result of an overstrain of the natural powers, then they can come with advantage.

Asthma is a curious complaint, and it seems as if nothing definite can be laid down as a general rule for its treatment. But many asthma patients owe their renewed health to Arosa, and especially children, when they have been sent out in time, often completely outgrow the complaint. Statistics of asthma patients in Davos show that something like 90 per cent. have no further attack while living there. The extra thousand feet of Arosa has a marvellous effect, and many afflicted with asthma are sent on here from there. I have known of cases where even the extra 300 ft. between Clavadel and Davos made all the difference; much more would Arosa produce the desired result. Of course, there is a liability of a recurrence when a return is made to the lowlands, but I am told that a winter (or two in bad cases) will often enable the sufferer to live quite happily for another ten or fifteen years in the plains without having to resort to another period of curing in the high altitudes. The same remarks hold equally good with reference to hay fever.

Complaints of the respiratory organs (tonsilitis and

throat and nose complaints) derive benefit from a high Alpine climate. Most cases of simple anæmia do remarkably well here, since the influence of the climate is to increase the number of red cells in the blood. Another remarkable effect of this high climate is, so I am told, that acute rheumatism is unknown at these altitudes. As a place, too, for a rest cure no better health resort could be found.

In short, nearly all convalescents from acute illness as well as those cases mentioned above will find time and money well spent in visiting Arosa, if they value prolongation of life and freedom from future risk. But when I say "visiting Arosa," I do not mean the ordinary fortnight, as spent in England by convalescents at the seaside, but spending a season out here. A month or six weeks will doubtless in some cases work wonders, but to get a real re-establishment of health so as to be free from fear of any dangerous relapse, a longer period is necessary. Many a patient would be saved time and money as well as continued ill-health if only he would make up his mind at the start to stay here until his doctor pronounced him perfectly sound. It is the acting contrary to this rule that sends out so many year after year. They desire to return home directly there is the least sign of substantial improvement. The result is that the permanent cure takes much longer, is never so certain, and costs infinitely more. Perhaps worst of all is that years of life are wasted in ill-health which could have been active useful years of happy work had the patient had a little more self-restraint and patience in his first period of curing.

For the tuberculous (and often for other patients afflicted with stubborn diseases) two winters and the intervening summer are necessary to effect a radical cure. The patient may be allowed by his doctor to go down to the lowlands

for six or eight weeks at the end of April, and again for a month in September, but NOT to go home.

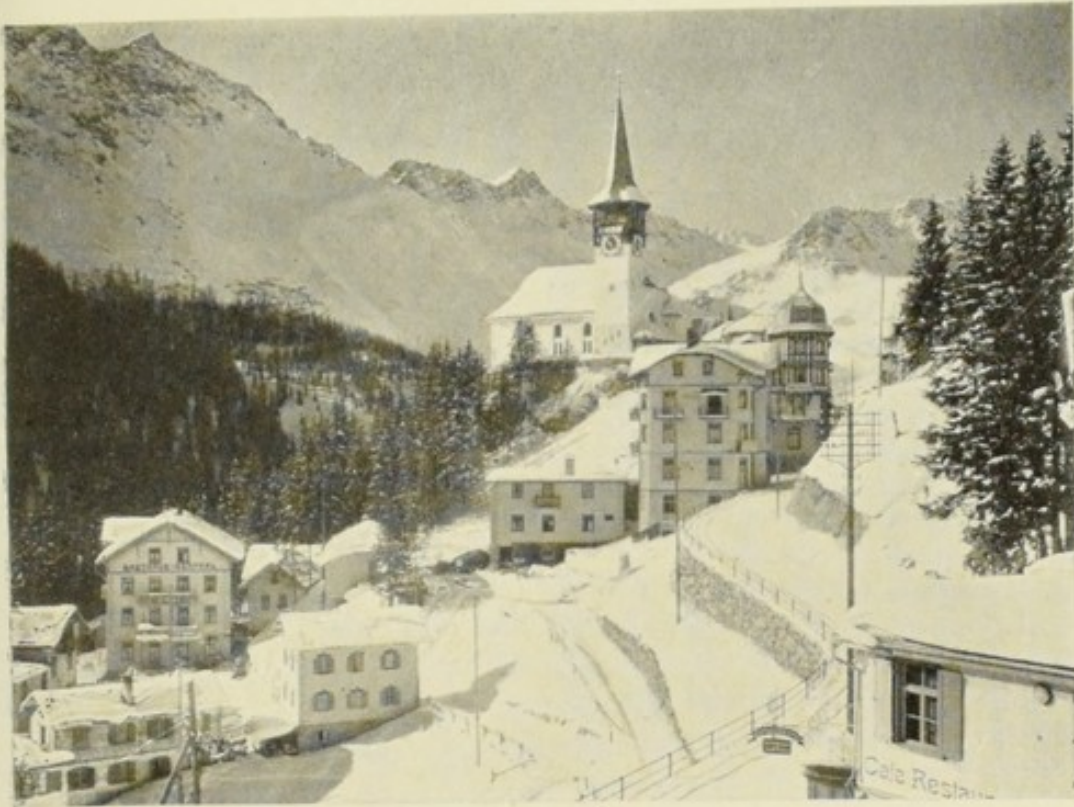
To follow out this may save years of wasted time and hundreds of pounds of expense. But each patient should consult his doctor, who will give him the best advice if he shows that he means to follow it.

There are certain cases which one can state definitely ought not to attempt the climate here unless they are sent out by a doctor. Those suffering from grave disease of the heart or the kidneys should seek the advice of a medical man who understands climatic conditions before arranging to come here. When the lungs are both very seriously affected, and especially when the disease is complicated with other disorders, it will depend entirely on the recuperative powers of the sufferer as to whether or no it is wise to try such a high altitude. They may do well up here, but it all depends on one condition. If the heart and other organs are working to their fullest capacity in the lowlands it is unwise to come to this height. Much more is required of them up here than down in the plains. But if the patient has a reserve of working power he will soon do well. How well will depend on the reserve capacity of his bodily organs. In every case where there are complications there is only one safe rule to be followed—get the best advice you can on the subject, and ACT ON IT.

SECTION VI

DISINFECTION ; THE AROSA SEASONS

A VERY generally accepted opinion, and one that can quite easily be understood, is that a resort which is suitable for and invaded by invalids is not quite the place for a healthy person to choose for a holiday. Consumption has been pronounced to be undoubtedly an infectious disease by the doctors. Then why run any risk of infection ? This is felt still more strongly by an anxious parent with a delicate young son or daughter. Their children are in a state of health when they want special protection against any risk of infection. "It is all very well," they say, "to advise a visit to Arosa, but is not that to run into the very danger we are specially anxious to avoid ?" The fact that the delicate person must be more or less in daily contact with patients who are suffering from the very disease they dread makes them question the wisdom of coming here. This reasoning is so very plausible that one can quite understand it having an influence on those who do not know the truth. A little lady with two delicate sons was horrified when she arrived here in autumn, before the sports people had made their appearance, to find it an invalid resort. The hotelier appealed to me, as the nearest available person, to reassure her. "Was it safe to sleep in the beds here ?" was her first question. I assured her, after giving her the reasons, that she ran far less risk of infection if she stayed here six months



THE VILLAGE IN WINTER (LOOKING SOUTH)



THE VILLAGE IN WINTER (LOOKING NORTH).



than she did if she rode in a London omnibus for half an hour. "Yes, but I don't sleep in omnibuses," was the reply.

But what I stated to her is perfectly true. For there is always less danger where a danger is realised because precautions can then be taken to avoid it. That is the whole work of those who are organising the Crusade against Consumption in England. It is to teach the people first the danger, and then how to avoid it.

Now, consumption is not infectious in the sense that mere contact with an invalid can bring the least danger. It can only be conveyed from one person to another in certain definite ways, and this can always be guarded against. Provided the patient knows these rules (which are practically rules of ordinary cleanliness), he may safely mix with his fellow-creatures without being the least source of danger. The laws here are very severe against expectorating anywhere. Before each patient is allowed to leave he must get a certificate from his medical man to say that he has not been suffering from any active disease all the time he has been here, or else he must pay for his room to be disinfected. This disinfection is done by using a formalin kettle, and is carried out by an officer of the Commune. A sharp look-out is kept on the hoteliers to see that there is no evasion. Should they neglect to send for the disinfector at once, they are liable to a fine of 500 frs., and there would be no escaping the payment. They would also run the risk of losing their licence to take guests in the hotel. But the hoteliers (I can speak, at any rate, for those who cater for the English) are themselves quite alive to the benefit of this rule, and often in case of doubt—say some one has come who appears consumptive, but who only stays a few days without giving very strong evidence of it, and without seeing a doctor—then they quietly have the rooms disinfected at their own expense.

Where else, except in a health resort, would such care be taken? When you enter your room at Arosa you know all microbes have been destroyed in it. But these invalids go down to the hotels in the lowlands, or back to England, and no one thinks anything of sleeping in the same hotel or of mixing with them. I grant the danger is small, and not worth considering by a sensible person, since all the patients have been well drilled in the rules of health; still, as a matter of fact no precaution is taken in other places. Just because we are extra careful here and do take precautions, people fail to realise that they are far safer in Arosa than in any hotel they stay at between here and their own homes, to say nothing of the railway carriages and the London bus. The washing of clothes is all done in disinfectants and under sanitary regulations. You may object to this as damaging the clothes quicker than washing in the ordinary way at home, but if they are to be washed here there is no option.

There is less danger from infection in Arosa than in the lowlands in summer, but the difference is even greater in winter. The ground is often covered by several feet of snow, and the air cleared from every noxious organism. And the snow is not that nasty damp, cold-in-the-head producing snow of England. Here the cold is so great at the height at which it is formed that it does not fall in flakes but like powdered sugar. You can lie out for an hour or two while it falls on your rug, and when you get up and find a couple of inches on the rug all that is needed is a good shake. The rug is not even damp.

The Arosa summer season begins on June 15, and lasts till September 15. As a matter of fact I should advise the holiday visitor to fix July as the earliest period for visiting the place, and preferably about the

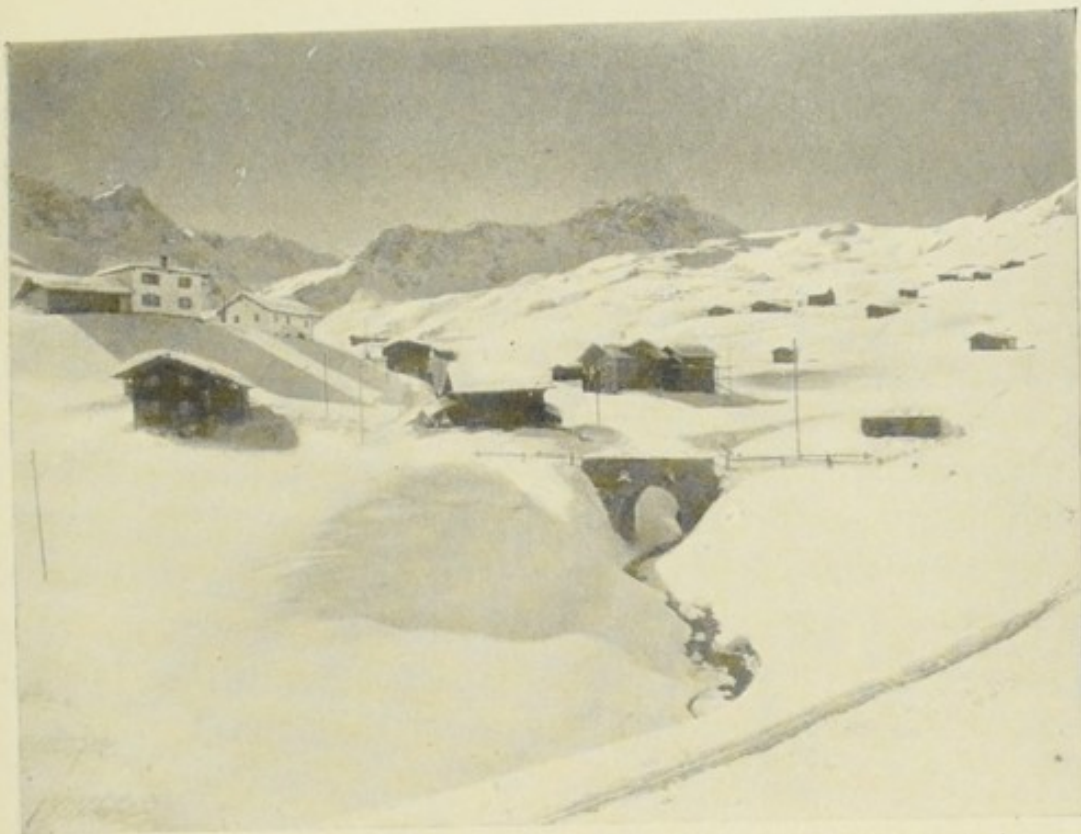
20th, as the weather is likely to be more settled by then. On the other hand, how late it is wise to stay is a question of season. September and October are often the finest months in the High Alps, especially if the summer has not been too good. The winter season is nominally from December 1 to March 15. Most guests who come for winter sport try to be here for January and February, and so from any time after December 20 to the end of February the hotels are crowded. If you have a long period of holiday, it may repay you to come out earlier, as skating should begin in November and ski-ing from the middle of that month. It is not much good from a sporting point of view to stay long into March: the rays of the sun have too great a power, and, as a rule, even if the nights show hard frost, the roads are soft and the ice impossible for sport after 10 a.m.*

Of course the climate of Arosa has its bad moods, like that of every other place, and uncommonly unpleasant they are, especially to the invalid, while they last. There is not a great amount of fog and mist, only a few days in the year, but if two or three come together then they are very depressing. However, it is not worse off in this respect than other mountain places, and one is much better off here than in the lowlands. The worst and most trying feature of the climate is the Föhn wind. It is not much comfort, when it blows, to be told that Davos is worse off, or that there is far more of it at Grindelwald and on the Lake of Lucerne. It has a curious enervating effect. Every one feels slack and disinclined to do anything. Invalids feel it worst, and the best place for most of them when it blows is

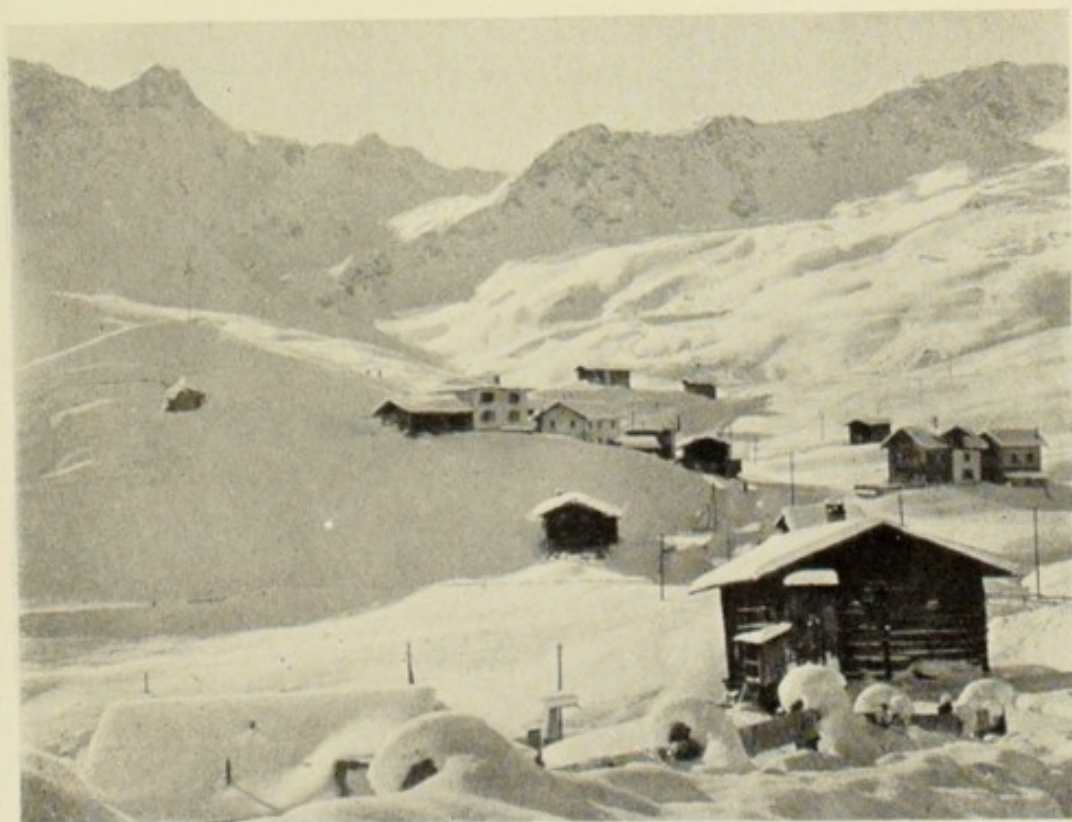
* Ski-ing must be regarded as an exception to this rule. It is often enjoyed till the middle of April, since Arosa rejoices in abundance of north as well as south slopes.

bed. In an old German book written about the middle of last century by a German doctor who was studying the climatic conditions of Switzerland, I read that he had noticed this effect. After suggesting explanations why the wind had such an unpleasant influence, he ended by saying: "From long observation, I find it produces a deteriorating effect on the natives while it lasts, physically, mentally, and morally." Any guest will readily subscribe to the first two. Possibly they will understand a desire to use un-Parliamentary language if one saw one's property in danger of being burnt down while one felt as if all the energy had been taken out of one. That is what the Föhn wind meant in old days in the lake villages of Lucerne where these observations were made. There is not the danger in Arosa, with its cottage system of closed stoves for fires, so perhaps the third form of deterioration is not so strongly felt here.

It is no good to suggest any particular time for invalids to come here. They have to come when they are sent. But a good time to arrive is about the end of October or the beginning of November. Then they are quietly lying in bed and getting acclimatised during the bad spell of weather which generally makes an appearance about then. When this has passed, and the good curing weather has set in, they are ready to take full advantage of it. If very ill, the patient will of course stay throughout the whole year if the doctor advises it. But for tuberculous patients who are taking a fair amount of exercise, it is decidedly advisable to leave before the end of April (say 20th) and not return here before June 15. Those whom the doctors consider well enough to go home to England for the summer should leave here about the middle of April and then go to the Swiss lowlands or to the south coast of England for a week or two. On no account should a trip to the



WINTER SCENE: SKI SLOPES, INNER AROSA (LOOKING SOUTH).



WINTER SCENE: SKI SLOPES, INNER AROSA (LOOKING NORTH).



Italian lakes be dreamt of unless you are coming straight back to Arosa for the summer. The danger of an enervating climate, such as is met with in the Italian lake district, is lest the hardening process which has been going on in the High Alps should be partially undone. Those who are not tuberculous, but simply here for general reasons of health, may on the other hand find the Italian lakes a delightful intermediate station.

The great thing to remember when you go down to the lowlands is to be, if anything, more careful for the first week or ten days than you were before leaving the high altitudes. One naturally feels so much better and stronger in the lower air that there is a great temptation to begin exercise at once. *You cannot lay to heart too seriously the rule for absolute rest and quiet for the first few days*, to be followed by graduated exercise until the heart and lungs have again got accustomed to the heavier air of the lower level. It is for this reason that it is always advisable for a patient not to go direct from Arosa to his own home. It is almost impossible to keep quiet and enjoy the needed rest. Friends will come in to see one, and there is always more or less excitement, besides the strong temptation to rush round and see that nothing has been changed during one's long absence. But not to observe this rule of rest and quiet to begin with is to run very grave risk of another break-down. Surely it is far better to go quietly to some seaside place, or even an English sanatorium, for a couple of weeks first, and to go on with the cure there, than to ruin all the good one has obtained abroad. After all, the enjoyment of a return home, like old port, is only increased in value by keeping.*

* For suitable intermediate stations between the climate of the High Alps and that of England see advertisements at the end of the book.

SECTION VII

GENERAL INFORMATION

JOURNEY

THE first piece of information which an intending visitor to Arosa wants to have is, how to get there. There are half a dozen ways of accomplishing this. If the traveller wishes to combine sight-seeing at other places on the Continent with a visit here, he had better consult a regular tourist agency. But if his object is to come as quickly and directly as possible, then his best route is from Charing Cross by the 2.20 p.m. to Boulogne, and thence to Basle. From there, after breakfast, he will get a through train to Chur (luncheon on the train) which brings him to his final station. There is also, during certain months of the year, the Engadine express, but you must get information about this if you want it from the railway or a tourist agency, as it is not always running. Some people prefer to rest at Chur for a night, and look round the interesting and ancient Cathedral, or perhaps wile away an hour in the museum. For myself, I like to go straight through to the journey's end, as I find I can better enjoy the drive that afternoon than I can when the tired feeling after travelling comes out next morning—but that is a matter for individual experience.

From Chur you can either go by diligence (7.50 frs. in summer, 6 frs. in winter : there is an extra charge

for luggage) or you can take a "special post," which will drive you up to your hotel in Arosa, and start from Chur at any hour you like (meeting you at the station if ordered beforehand to do so); or, again, you can be luxurious and take a private carriage, which your hotel-keeper in Arosa will readily order for you, but this is as a rule much more expensive.

There is one drawback, especially in winter, in going straight up on the same day, viz. that it soon gets dark, so that you start from a warm atmosphere in Chur and gradually climb up into a colder, which the coming on of night emphasises. If you stay a night in Chur, then start early next morning, and so leave the lowlands in the cool of the morning, then as the day grows warmer there is not the violent change to cold that one experiences in the late afternoon.

If you go by ordinary diligence, there is no need to tip the driver. If you go by "special post" a tip is generally expected. One franc or two, according to the size of your party, at St. Peter, and the same to the driver that brings you from there on to Arosa. If you take a private carriage, there is the recognised "trink-geld" fee for the driver of 10 per cent. in addition to the agreed charge.

When you come by the regular diligence, the porter of the hotel will meet you at the Post Platz, and if you have ordered it beforehand, will have a vehicle there to drive you to your destination.

LANGUAGE

Many people have a horror of going to a country where a foreign language is spoken which they do not understand. Such fears are groundless in Switzerland. Nearly all the people in large towns have

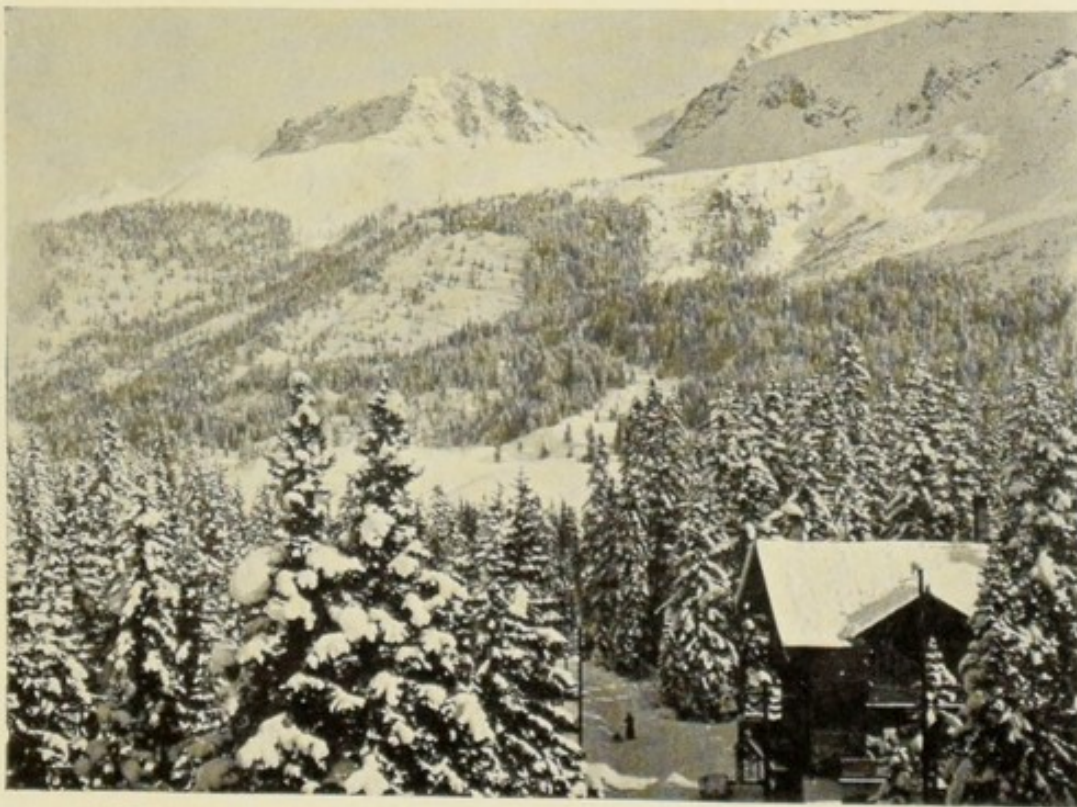
sufficient English to render a knowledge of French or German on the part of the traveller unnecessary. Of course, if he does know a little so much the better, but he will be able to get on quite comfortably even without this. A great number of English come every year to Switzerland who know no language but their own, and they manage to get about happily. In Arosa all the hoteliers and nearly all the tradespeople speak a little English, and there are always some servants in the hotel besides the concierge who speak it quite well.

HOTELS

But before you come to Arosa, you will have to think about your choice of hotels or pensions. There are some twenty hotels and a dozen pensions. All of them welcome English visitors, but naturally a few have acquired in time the reputation of specially catering for the English. I am not going to suggest which are the best hotels to choose. The simplest way to come to a decision is to write to the Verkehrrs Bureau, Arosa, and ask for a list. I should at the same time ask for a *Fremden Liste* (the local paper for guests), which will give you the names of all the visitors staying at the different houses. The wisest thing is to ask them to send you one of last year's numbers, say August or January, as being the middle of the season according to the time of year you propose to go there. From this you will easily discover the hotels most patronised by English. In summer time you can practically always get rooms by writing a few days beforehand, but in winter, especially if you are intending to stay between the middle of December and the end of February, it is decidedly wiser to write in October at the latest. Many of the rooms are booked at the end of each season



A SUMMER SCENE FROM MEADOW BEHIND THE SEEHOF.



A WINTER SCENE, LOOKING DOWN THE ROAD TO CHUR FROM
THE ALEXANDRA.



by guests who intend to return the next year. Consequently the earlier you write the better choice you will have of comfortable rooms.

Price and Comforts.—Prices for rooms, including pension, vary. About 8 frs. per day in winter is the lowest, and a franc cheaper in summer. A south balcony room costs more—from 9–16 frs. according to the size and position. Most hotel-keepers will send you a plan of their hotel, so that you can easily judge. The whole village is lighted with electric light. Most of the hotels have lifts also worked by electricity. Wherever English guests are expected there you will find a supply of English papers in the hotel. Many of them have open English fire-places, and at least three have English billiard-tables. I do not think you could now find a continental hotel which did not possess a dark room for the amateur photographer.

SANATORIA AND DOCTORS

Should you be an invalid and advised to go to a sanatorium, there is not quite such scope for choice as is the case if you only want an hotel. There is a small sanatorium exclusively English, recently enlarged and improved, and under the supervision of the resident English doctor, named the Villa Gentiana. The Waldsanatorium was opened last year (1910). It is a large sanatorium splendidly planned with full regard to the latest ideas of comfort and science, and open to all nationalities. A few English found their way to it the first season and doubtless more will do so when it becomes better known. There are also three other sanatoria for adults and an excellent one for children, all under the control of their respective doctors; these have had an occasional English patient, but they are

chiefly favoured by other nationalities. From the way in which they are patronised, they would seem to be doing very good work.

It is unnecessary to say that Arosa is well supplied with doctors. Besides the Swiss there are doctors with English and German degrees. Some of these have also the Swiss degree which is a necessity for those who wish to practise on their own account, and not act merely as assistants.

CHURCHES

The old village church in Inner Arosa used to be the sole place for public worship for years. But during the last four years three new churches have been built. The Zwinglian is on the Piz Erica, and from its commanding position dominates the village. The services in this are all in German for the villagers. A little Roman Catholic church has been built under the Post Platz. Formerly the services were held in a hired room, though a priest was in residence all the year round. The preaching at this is in Italian early in the morning for the benefit of the Italian workmen who come here regularly in summer for building work; later in the day it is in French or German, but generally the latter.

The English church by the Ober See was built in 1908, and open for services in December of that year. Since 1897 a chaplaincy had been in existence under the charge of the S.P.G. For the first few years the services were held in the hotels. Then in 1901, as the congregation grew too large for this, the use of the Schul-Haus was granted by the Commune on Sundays during the winter season. Now there are services ten months of the year (the church is closed during May and

June). As soon as the church was out of debt it was consecrated on March 14, 1910, by the Bishop of British Honduras (now Bishop of North and Central Europe) on behalf of the Bishop of London. Only the first half was built in 1908, and this seats 90, but it is already too small on some Sundays in the winter season, and the English are busy raising a fund to complete the building.

THEFTS AND ACCIDENTS

Nearly all Swiss hoteliers are insured not only for their own benefit and that of their servants, but also for their guests. In case of theft, if you can give reasonable proof that something has been stolen from you while you were in the hotel, the hotelier will always recover the loss from his insurance society—that is provided you yourself have not been guilty of culpable negligence. So also any accident in the hotel due to the careless conduct of the servants will always be inquired into and compensation recovered.

TIPPING

A very common question asked of an old frequenter of the hotel by a newcomer is "What is the proper thing to do with regard to tipping?" The rule for a short visit is generally considered to be that one ought to give about 10 per cent. of the hotel bill. For a longer stay it depends on how much trouble you give the servants, and how readily they respond to your wishes. Roughly, a franc a week each to your chambermaid, your waitress, and the concierge, half a franc to the boots, something to the head waiter or waitress, and a due acknowledgment (at this rate) to any other servant who has done something for you will be sufficient. Tips are generally given at leaving, or if you stay long, then once a month.

is not a bad plan. Personally I never tip a man who has only touched his hat to me, but limit my gifts to those who have really done something for me. If you are likely to be returning to the hotel it is better rather to over than under do it. Of course, when two or more come in a party and one acts as paymaster, then the tipping is slightly less in proportion. But even if you are not returning, it is not fair to under-tip, as the servants depend on this for their wages. You may dislike the custom: most of us do. Unfortunately, it is a recognised one, and until it is universally abolished it is neither wise nor fair to ignore it. For a man to refuse to tip on principle may seem a very high-minded line of action to himself, but to others it appears a meanness closely bordering on dishonesty. Account should always be taken of this customary tax when calculating beforehand the expenses of a holiday.

THE VERKEHRS BUREAU

One of the institutions of Arosa is the Verkehrs Bureau, or general inquiry office. This office is presided over by a Kur Director, who has an assistant to help him. The work done in this office is tremendous, not only in the amount, but also in its variety. They are ready to answer inquiries of every description, wise or foolish. They will find out all about your trains to any part of the world. They will find you a teacher in foreign languages. They will listen to all complaints, and be ready to advise you if you get into any difficulty. They are responsible for the clearing of the snow off the roads and for opening the walks through the woods in winter. They make all the arrangements for the Kur Tax. They do the advertising of the place. The difficulty is to find something they do not do, or at any rate that they are not willing to do. Any information you

may want about Arosa can be easily obtained by writing a letter to the office. For all these advantages the guest has to pay a Kur Tax of 20 cents per day, and this tax is expended on improving the place and making it more comfortable for visitors. A band is provided for two months in the summer and for four in the winter. This plays at the different hotels and pensions, though there is usually an item on one's bill of one franc for music which partly pays for this, the hotelier having to make up the difference himself. The Kur Verein provide boats on the lake for the free use of visitors. They issue a weekly paper for the guests called the *Arosa Fremden Liste*, which contains the names of guests in each hotel and pension. From November to the middle of March an English part is incorporated with this called the *Arosa Chronicle*. The rest of the year it is all in German. Since they moved to their new premises in 1910 they have opened a public reading-room, and a few English papers can be seen there.

SLEDGES AND CARRIAGES

There is no difficulty about obtaining sledges or carriages in Arosa, but they are not surprisingly cheap. Before one grumbles at the price one ought to remember the extra cost of bringing corn, etc., up from the lowlands: only hay is grown here. Horses are not to be had at bargain prices in Switzerland; they are at least 25 per cent. dearer than in England, and often more than that. Taking this into consideration, 5 frs. for the first hour, and 4 frs. each hour after does not sound so exorbitant. There is a regular tariff for all the ordinary excursions, which the hotelier will show you. To all these charges you must add another 10 per cent. as "trinkgeld" for the driver.

POSTS

The Post diligence runs three times a day each way between Chur and Arosa, and the fares are very reasonable. English letters are delivered in summer at 1 p.m. and 5 p.m., in winter at 3 p.m. and 10 p.m. The mail goes out three times a day, but letters for England must be posted in the hotel by 9 a.m. to catch the midnight train from Basle, and by 4 p.m. to catch the day mail. These letters arrive in London at 3.45 p.m. and 5 a.m. respectively (or about 36 hours later).

FOREIGN LANGUAGE LESSONS

There is no difficulty in finding teachers in Arosa. Those who advertise generally want pupils for English, German, French, or Italian. Seeing that there are representatives of every nation here, I have no doubt that an application to the Verkehrrs Bureau would result in the officials finding, in a few days, a teacher for any European language you may desire to study. The prices vary a little, but they are not remarkable for that cheapness one so often finds abroad; they are about the same as a good teacher would charge in England.

LIBRARIES

Most of the hotels have their own libraries, and there are generally a few English books to be discovered in them. Besides these there is a most excellent English library in the basement of the English church, and every visitor who is intending to stay some little time should join it. As the whole work is done by volunteers, all proceeds, after paying a nominal rent for the room, is spent on the improvement of the library. It was started in 1907 with a few presented books. It has now grown into hundreds, and ought soon to enter into its

second thousand. Books of every description are being continually presented, and a due balance between light and serious literature is maintained by periodical purchases. Jigsaw puzzles are also to be had from it at a nominal price.

SHOPPING

The inhabitants in Arosa in 1880 were 88, in 1888 there were 116, in 1910 the census showed 1,816. Of these, the winter guests in 1888 were six in number. The greatest number in one week in 1910 was 1,136 (probably in the census week 500-600 were visitors). To meet this large increase of population, shops of every description have sprung up, and you can buy in the village everything that you are likely to want while you are here. Photographers do a roaring trade during the two seasons; the local grocer and chemist will astonish you with the variety of their wares; tailoring and dressmaking have their representatives, and, needless to say, everything connected with sport can be purchased here.

CLOTHING AND LUGGAGE

A word of advice about clothing and luggage may not be out of place. The usual advice to travellers is to bring as little as possible, but I would supplement that by saying don't take that advice too strictly to the letter. It is never worth while to cut down your luggage so that you are uncomfortable during your stay. Thick underclothes must be brought in summer as well as in winter. Even though you can walk about in tennis costume by day the nights are cold or at least chilly. And it must not be forgotten that even in a fine summer snow has been known to fall. It does not last for more than an hour or two, but if you are not warmly clad, it

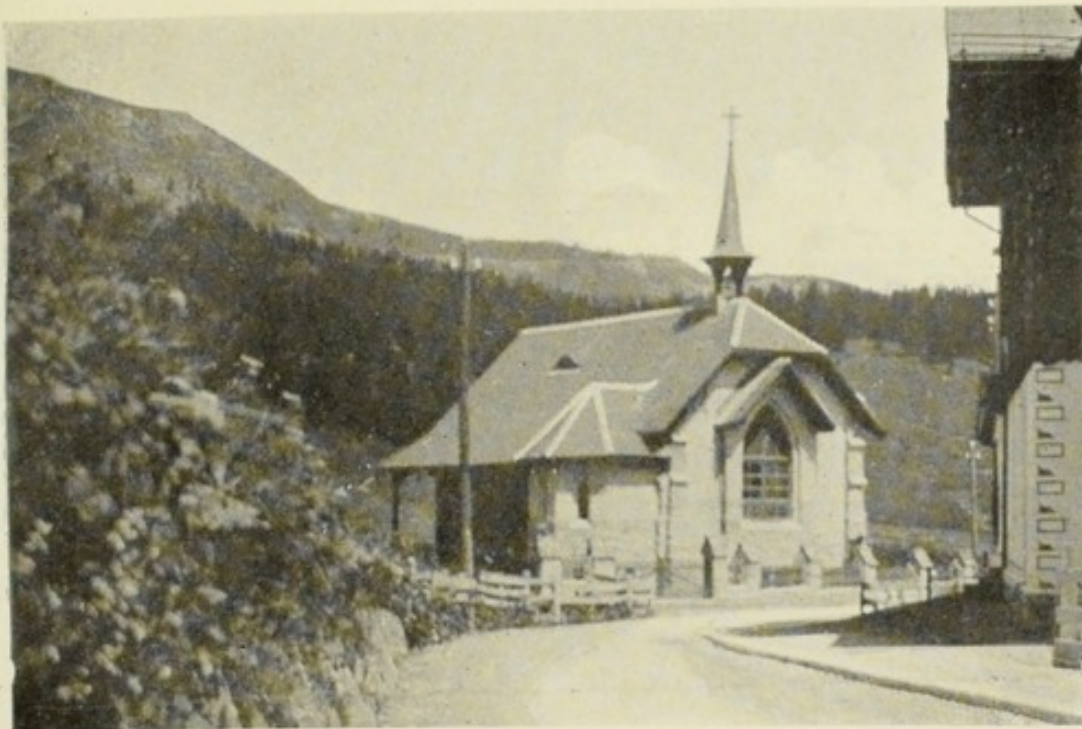
is possible to feel very miserable for a time from the unexpected cold. Good strong clothes for excursionising, no matter how old, and good strong boots with nails. A dress suit to change into at night and a good travelling rug come in useful. In winter you can buy snow-shoes and sweaters here after your arrival. Beyond this, use your common sense as to what you are likely to want according to the length of your stay.

EXERCISE

You will be decidedly wise when you first come up here to take matters very quietly for the first few days. Content yourself with lazy strolls round the village and in the woods, or lie reading in a boat on the lake in summer. You will be far more likely to get a greater enjoyment out of the rest of your holiday if you do this. You will certainly get more good. It takes a day or two to persuade one's bodily organs to work properly at this great height. After that the more exercise you take in the open air the better.

MONEY

Before setting out it is advisable to change a couple of sovereigns into French money (you can do this on the boat). You will have no difficulty in changing English gold or notes here at the rate of 25 frs. to the £1. Most hoteliers will readily cash English cheques for those guests who are staying some time. You can get a few centimes more by cashing your cheques at the local bank, but that takes longer, and is not worth consideration unless a large amount is involved. The extra gain on £100 is not more than 16s., if as much. French money is accepted everywhere in Switzerland except French coppers. The Swiss have their own copper coinage, or rather it is of nickel.



ENGLISH CHURCH.



CONSECRATION SCENE.



POLITENESS

It is a golden rule to treat not only hoteliers but also servants with politeness and consideration. This is thought more of than large tips. You will never have to complain of discourtesy if you observe this rule. Servants and hoteliers are more free in their conversation with the guests than in England, but so long as they are treated with the politeness and the consideration born of good breeding they will never take an undue advantage of it. The main difference between English and Continental customs when meeting your fellow-guests is that the gentleman always takes the initiative in recognising any lady whom he has met before.

SECTION VIII

ODDS AND ENDS

CLUB SUBSCRIPTIONS *

	frs.
English Toboggan Club :	
Season subscription	5
Family ticket	15
Arosa Bobsleigh and Toboggan Club	5
Arosa Curling Club :	
Active members	12.50
Passive members and ladies	5
Weekly ticket	3
Arosa Ski Club	3
English Ski Club	3
Skating :	
Season ticket	20
From January 16	12
Monthly ticket	10
Weekly ticket	4
Day ticket	0.80
Photographic Club :	
Six months	10
The year	15
Chess Club :	
Monthly	3
The season	5
The year	8
(Tournaments: a fee of two francs extra each time.)	

* These were the subscriptions in force 1909-10. There is very little variation from year to year.

English library :

1 book : 1 month 2 frs. ; 3 months 5 frs.

2 books : 1 „ 3 „ ; 3 „ 7.50 frs.

Life membership, 1 guinea (26.25).

Jigsaw puzzles or single books—25 cts.

Cost to buy :

Skis	35-48	(secondhand 15-30)
Bobs	350-450	(„ 200-350)
Toboggans	15-50	(„ 10-30)
Snowshoes	8.50-14	

Cost to hire :

Skis :

Weekly	4-5
Monthly	10-12
The season	15-20

Bobs :

One day	5
Weekly	20-25
Monthly	80
The season	150

Toboggans :

Weekly	4
Monthly	8-10
The season	15-18

Boblets :

Weekly	10
Monthly	25
The season	40

Billiards :

French—a game, 60 cts. ; a week, 4 ; month, 10 ;
season, 20.

English—a game, 1 ; a week, 7 ; month, 15 ;
season, 30.

(Often not demanded from guests making a long stay.)

[N.B.—The prices are in francs.]

RULES FOR PATIENTS

Live as much in the open air as possible.

Always have your bedroom windows open at night.

If you feel cold, have hot-water bottles and more warm clothes rather than go indoors.

When lying in the sun have the head and upper breast shaded.

Never expectorate except into your bottle.

Eat a good amount of food. If disinclined, try to eat more than usual without stuffing, and drink plenty of milk.

Keep your mind occupied without working hard; don't think, and especially don't talk, about your disease.

Be as cheerful as you can for the sake of your companions.

Don't be unreasonable in expecting all your home comforts in a foreign land.

DON'T GRUMBLE.

Remember—Once make up your mind that you are going to get well, and strictly obey your doctor, then you are already well on the way to recovery. And above all things, don't get discouraged if the recovery is slow. It is not the less certain because of an occasional relapse.

EXTRACTS FROM THE "AROSA CHRONICLE," 1909

(By permission of the writers)

Advice to newcomers:—

Learn to Ski at once.—It is a delight from the first start: an hilarious delight to onlookers while you learn, an exhilarating delight to yourself when you are proficient.

Learn to Skate at once.—You need not be in the least afraid of tumbling about. You won't hurt the ice.



THE JOURNEY UP BY POST IN WINTER.



WINTER SCENE BY THE PLESSUR RIVER.



Even if you do, the Kur-Verein are responsible for repairing the skating rink.

Learn to Toboggan at once.—If you are tossed out, the snow is very deep. Even if you do get through it, the ground is so hard frozen that you are not likely to injure the turf.

Learn to Bob at once.—There are not often accidents. If you do have one, there are many doctors in Arosa, and any one of them will welcome a complicated fracture as a gladsome interlude to pretending to hear imaginary noises in their patients' chests through a penny flageolet.

Learn to play Billiards at once.—It does not matter if you cut the cloth. The proprietor will be delighted to order a new one at your expense, and the other players will regard you as a public benefactor.

(*Saved from the Editor's W.P.B.*)—At a fancy dress ball don't forget yourself and think you are bobbing. It is not considered proper to say to your partner, "Shall I steer? Will you break?"

QUERY

(*After a Week's Bad Weather*)

In the days of our youth, if our nurse told the truth,
The infernal regions were hot.

But now we've been told, "It's infernally cold,"

Every hour in this week that is past.

Does the white polar bear hold his gay revels there,

Or salamander rejoice in his lot?

Does the powdery snow make a gorgeous show,

Or a Föhn blow its tropical blast?

ANSWER

(*After a Week's Fine Weather*)

Why all this clatter? What on earth does it matter,
This exactness of cold or of heat?

Go! Toboggan or curl, or court your best girl,
 Or screw on your boots your new skates;
 Or bob, if you please, or fix on those grand skis,
 And try to stand firm on your feet.
 Just live your life square; don't shirk your fair share;
 Leave the rest in the lap of the fates.

LINES ON HEARING A PLAY CALLED "WOMEN'S
 WRONGS"

"Women's Wrongs"! Good gracious me!
 I never knew before they had 'em.
 Women's RIGHTS are what man hears of,
 Ever since the days of Adam.
 If women wish to be as men,
 I really think they must present
 Petitions to a Higher Power
 Than any human Parliament.

LINES AFTER A POLITICAL DISCUSSION
 (*With Apologies to Some One*)

Time was when every boy and gal
 What came into this world alive,
 Was either a little Liber-al,
 Or else a little Conserva-tive.
 But time no longer gently jogs,
 They're greedy, grasping Socialists,
 Or noisy Labour demagogues,
 Or rioting hungering Suffragists.

EXCURSIONS AND WALKS

This list does not pretend to be exhaustive. It will be of little use without a map. The Swiss ordnance maps I have always found most trustworthy when climbing, but the local map, as sold in the Verkehre

Bureau for 1 fr. is equally admirable for this neighbourhood. The tariffs for guides and porters are for the summer; there is a premium for winter work. The tariff is inclusive, and no further payment is needed. Most of the climbs do not need either guide or porter, but I have put down the charges for the sake of completeness. G = Guide; P = Porter.

I. In the Direction of Maran

(a) From Villa Herwig, Villa Sonneck, or the Hotel Valsana, by shady paths past the Ober See to the hamlet of Maran. Round trip, $1\frac{1}{2}$ hrs.

(b) Alp Pretsch, about $\frac{1}{2}$ hr. past Maran.

(c) Roter Tritt (1 hr.) beyond Maran, by way of the Alp Pretsch. Good path. Fine view of the Schanfig Valley.

(d) Ochsenalp. Either ($1\frac{1}{2}$ hrs.) past Maran, passing Pretsch and Roter Tritt; or (2 hrs.) from Maran by the old road, which ascends steeply to the Sandboden and Scheidecke.

(e) Tschierschen ($3\frac{1}{2}$ hrs.) from Maran by the Roter Tritt.

(f) Chur (5 hrs.) from Maran by Roter Tritt and Tschierschen.

II. Towards the Tschuggen and Weisshorn

(a) Tschuggen. Ascend by the Hohenfels and the German Sanatorium past the Tschuggen huts, and thence over grass to the summit (1 hr.); or ascend by the Germania, thence over the Scheitenboden, and straight to the top ($\frac{3}{4}$ hr.).

(b) A circular tour of 2 hrs., by the Tschuggen, past the Mittlere Hütte, then taking the mountain path to the right through the woods to Maran. Back to Arosa.

(c) Bruggerhorn. By the Tschuggen, Mittlere Hütte, and the Weisshorn Path (2 hrs.). G. 7 frs. P. 5 frs.

(d) Weisshorn (8,717 ft.). By the Tschuggen and Mittlere Hütte, thence the path is marked out by stakes (2-2½ hrs.). Easy and attractive. By the Ober-See and Carmenna Pass, and thence on the left to the summit (2¾ hrs.). G. 10 frs. P. 7 frs.

(e) Carmenna Pass, between the Plattenhorn and the Weisshorn. Ascend by Obersäss (2 hrs.), steep descent to Urder Thal and to Tschierschen (3½ hrs.). G. 15 frs. P. 10 frs.

III. Towards Inner Arosa and the Aelplisee.

(a) Schwellisee. By Arosa Kulm Hotel to Egga and Stafel. Here the road divides: the lower is marked out with stakes; the upper ascends to the right through fields (1 hr.).

(b) Aelplisee, at the foot of the Rothorn. It is best to take the upper path to the Schwellisee, whence it ascends in steep zigzags to the Aelplisee. Fine view (2¼ hrs.).

(c) From the Aelplisee the path ascends to the left to the Rothorn (9,790 ft.) G. 20 frs. P. 14 frs. (4 hrs.) Eighorn. G. 20 frs. P. 14 frs. (4 hrs.) To the right Tschirpen. G. 15 frs. P. 11 frs. (3½ hrs.), and the Parpener Weisshorn. G. 20 frs. P. 14 frs. (4½ hrs.) Straight over to Lenzerheide. G. 20 frs. P. 14 frs. (5 hrs.) Parpaner Rothorn. G. 17 frs. P. 12 frs. (4 hrs.) Aelplihorn. G. 17 frs. P. 12 frs. (3½ hrs.) Over Parpaner Rothorn to Parpan. G. 24 frs. P. 17 frs. (5 hrs.)

(d) Just before the Aelplisee ascend on the left, passing the stunted pine-tree, and so to Mutten (a plateau before the Schafrücken) (2½ hrs.). Descend by Bärenbad and Mühleboden (4 hrs.).



SKATING GYMKHANA ON THE ICE RINK.



TOBOGGAN GYMKHANA ON THE GRAND RUN —“CHOPPING OFF HEADS.”
p. 88]



(e) The path branches off at either Egga or Stafel to the Hörnli over the pastures of Schönboden Alp. G. 7 frs. P. 5 frs. ($2\frac{1}{2}$ hrs.) The ascent of the Hörnli is for experienced climbers. G. 12 frs. P. 8.50 frs.

(f) Going left from the rocky cone of the Hörnli one reaches the Urden See ($2\frac{1}{2}$ hrs.), and the Urden Fürkli ($3\frac{1}{2}$ hrs.). G. 12 frs. P. 8 frs. To Parpan (5 hrs.). G. 20 frs. P. 14 frs.

(g) Going by Carmenna-Obersäss over open fields to the Plattenhorn. ($2\frac{1}{2}$ hrs.) G. 10 frs. P. 7 frs.

IV. In the Direction of the Lower Woods

(a) Going by the school-house or the Grand Hotel, past the Mühleboden and the Plessur, one reaches the Bärenbad, thence to the right ascending over fields to the Schwellisee ($1\frac{1}{2}$ hrs.).

(b) Along the right bank of the Plessur from the Mühleboden to the old sawmill, then back to the Grand Hotel and the Post Platz ($1\frac{1}{2}$ hrs.).

(c) Through the lower wood to the Alten Wasserfall (1 hr.), return by old sawmill (2 hrs.).

V. Towards the Welschtobel

(a) Valbellahorn. Climb up the right side of the Altenwasserfall to the huts by the Alteiner See ($2\frac{1}{2}$ hrs.), thence by the Sattelhöhe to the left of the Valbellahorn (5 hrs.). G. 20 frs. P. 14 frs.

(b) Sandhubel. Climb to the right from the Alteiner See, and thence ascend on the left side of the peak (4 hrs.). G. 17 frs. P. 12 frs.

(c) By the Altein and Sandhubelsattel to Wiesen ($5\frac{1}{2}$ hrs.). G. 23 frs. P. 16 frs.

(d) Through the Welschtobel by the Alp Ramoz to the Aroser Rothorn ($5\frac{1}{2}$ hrs.). Back by the snow-fields

over the Schafaelpli (3 hrs.). Erzhorn (5½ hrs.). Both excursions : G. 20 frs. P. 14 frs.

(e) Through the Welschtobel over Kreuz (G. 15 frs. P. 10 frs.) to Alvaneu and the Albula railway (6 hrs.). G. 23 frs. P. 16 frs. With Rothorn : G. 25 frs. P. 18 frs.

(f) Schafrücken. Ascend path at the entrance to the Welschtobel by sharp zigzags through the fallen pines to the summit (2 hrs.). Return for experienced tourists over stony track to the Mühleboden. G. 7 frs. P. 5 frs.

VI. In the Direction of the Furka and Thiejen-Tschuggen

(a) Furka Pass. To the old sawmill by the Unter See over the Plessur and the Welschtobel Beck in zigzags through the wood (1½ hrs.). [Fine view of Arosa.] Over the Pass to Frauenkirche and Davos (4 hrs.), marked by stakes and painted stones. G. 18 frs. P. 13 frs. Return by Strela Pass : G. 25 frs. P. 18 frs.

(b) Furkahorn. From Furka Pass as above (3½ hrs.). G. 15 frs. P. 10 frs.

(c) Theijerfluh. From Furka Pass behind Furkahorn to North (4½ hrs.). G. 18 frs. P. 13 frs.

(d) Amselflüh (4½ hrs.). G. 17 frs. P. 12 frs.

(e) Schiesshorn. Ascend to the right from the Furka Pass (3½ hrs.), from the Altein Wasserfall (2 hrs.). G. 13 frs. P. 9 frs.

(f) Passing the Unter See and the sawmill and crossing the Plessur and Welschtobel Brook, walk along on the left side of the Isel meadows and over the Furka brook, then either on right side of the Schwellwuhrs to the Furka Alp Huts, and ascend to the middle of the wood to the Grün See (2 hrs.) ; or from the Isel meadows traversing the wood, and then left by a well-used cart road (2 hrs. ; return 3½ hrs.).

(b) From the Furka Alp Huts by a good path to Thiejen

(2 hrs.), Tschuggen ($2\frac{1}{4}$ hrs.), Madrigen (3 hrs.). Return by Boden, Rongg, Rüti (3 hrs.). From Tschuggen and Madrigen footpaths lead direct down to Sonnen Rüti, From Madrigen by a footpath northwards down to Sapun, or eastwards over the Wang to Küpfen Alp and Strela Pass (5 hrs.). G. (to Davos) 20 frs. P. 14 frs.

VII. In the Direction of Ruti

(a) By Hotel Seehof through woods and return by main road ($1\frac{1}{2}$ hrs.) ; or return by Grüner See (3 hrs.).

(b) To Rüti by woods or main road, and return by Prätschwald and Ochsenalp and Maran ($4\frac{1}{2}$ hrs.).

Many variations of all these excursions can be made by combining one with another.

POSTAL INFORMATION

Letters to England, 25 cts. for first 20 grms. and 15 cts. for each succeeding 20 grms.

In the neighbourhood, 5 cts. ; in the rest of Switzerland, 10 cts. up to 250 grms.

Post cards : in Switzerland, 5 cts. ; elsewhere, 10 cts.

Parcels to England 1 kg. 1.50 ; 3 kg. 2 ; 5 kg. 2.25.

Parcel post in Switzerland is often a great convenience. You can send all your luggage on by it, if you are going to another part of Switzerland, sometimes cheaper than by train, and always with less trouble than taking it with you. It may take a day or so longer, and so it is wise to post it the day before you start. The tariff is (for each article separately) :

500 grms.	.	.	15 cts.
500-2,500 „	„	.	25 „
2,500-5,000 „	„	.	40 „
5-10 kg.	.	.	70 „
10-15 „	„	.	1 fr.
15-20 „	„	.	1.50 frs.

Above this weight there is a special tariff according to distance, but the distance is calculated as the crow flies, and not according to the distance it has to be sent. Thus from here to Lugano is much shorter in a direct line than the road luggage has to travel, viz. to Chur, Zurich, and then to Lugano. On mountain posts they will not now take luggage heavier than 60 kg. each trunk.

1 kg. = 2 German pounds.
















1 German pound = $1\frac{1}{10}$ lb. English.

SECTION IX

CHARTS SHOWING MONTHLY RECORD OF BRIGHT SUNSHINE FROM NOVEMBER TO MARCH

[With acknowledgments to the Kur Verein for permission to use charts in their possession.]

SUNSHINE CHART, 1903-4

Place	November	December	January	February	March	Scale
AROSA. 5,905 ft. above sea level						-160 -140 -120 -100 -80 -60 -40 -20
No. of hours	108	92	105	69	122	
ZURICH. 1,617 ft. above sea level						-160 -140 -120 -100 -80 -60 -40 -20
No. of hours	30	14	17	50	86	
MONTREUX. 1,234 ft. above sea level						-160 -140 -120 -100 -80 -60 -40 -20
No. of hours	51	28	48	63	96	

Total for five months {

 Arosa = 496
 Zurich = 197
 Montreux = 286

ADVERTISEMENTS

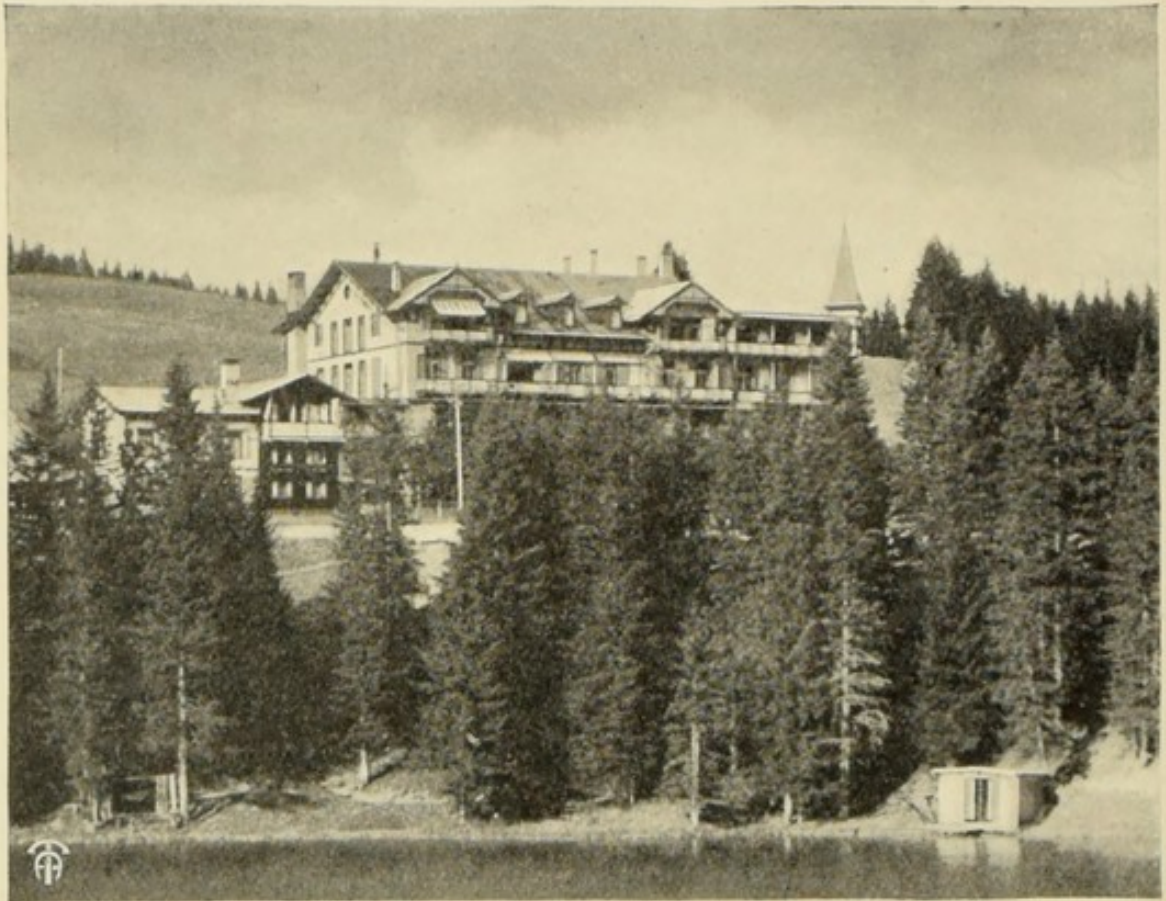
FROM

AROSA

AROSA.
HOTEL SEEHOF.

Proprietor—P. WIELAND-BRUNOLD

Telegrams—
SEEHOF, AROSA.



FIRST-CLASS Hotel, specially fitted up and arranged for English visitors. Finest situation on the Lake. English and French Billiard Rooms. Open Fires. Large and comfortable Reception Rooms. Electric Light and Heating throughout. Curling Rink, Toboggan Run, Ski-ing Slopes all in front of Hotel. Skating Rink about five minutes' walk.

**EXCELLENT CUISINE AND WELL-STOCKED
WINE CELLARS.**

Full particulars and information from the Proprietor.

AROSA.

ALEXANDRA HOTEL.

Excellent Cuisine.

Home Comfort.



FIRST-CLASS House (opened in July, 1905), beautifully situated with south aspect, well appointed throughout and provided with every modern convenience.

Large covered private verandahs with splendid view. The Alexandra is surrounded by pine woods, lies two minutes distant from the Upper Lake, close by the Skating Rink and Bobsleigh Run. It has a spacious lounge with English fireplace, Drawing Room, Reading and Smoking Room, Billiard Room with English (Burroughs & Watts) and French Tables, Dark Room, Bath Room on each floor, Lift, Electric Light, Central Heating, and best sanitary arrangements.

For Prospectus and further information, apply to

A. GRUBER, Proprietor.

For 10 years at the L. & S.W. Railway Co.'s South-Western Hotel, Southampton



VILLA GENTIANA AROSA SWITZERLAND.

The Villa is situated among pine-woods high up above the village, with a wide outlook over lakes and mountains.

The rooms are large and beautifully appointed, and mostly have private balconies: all with central heating and electric light. There is an open fire-place in the newly built dining-room.

Prospectus and suggestions for equipment and journey on application.

The Only Private English Sanatorium in the Alps.

*Altitude 5,900 feet
Open all the year round.*

Combining all the advantages of the Mountain climate with the careful medical supervision and nursing of an English Sanatorium.

DR. E. C. MORLAND.
MISS WRIGHT.

Facilities for all modern methods of treatment: a well-equipped bacteriological laboratory, Röntgen rays, and massage are available.



AROSA.

HOTEL AND KURHAUS VALSANA.

First Class.

Proprietor : ST. JÖSLER.



SITUATED in the finest and most sunny position in Arosa. Well sheltered from wind. Covered balconies and verandah. Central heating. Electric light. Lift. Hot and cold baths. Magnificent reception, dining and billiard rooms. Pension (room included) from 9 frs.

Rooms are specially reserved for Tourists, and there is a large Restaurant separate from the hotel where meals are served *à la carte*.

GOOD SELECTION OF WINES, SPIRITS, AND BEER.

For full particulars apply

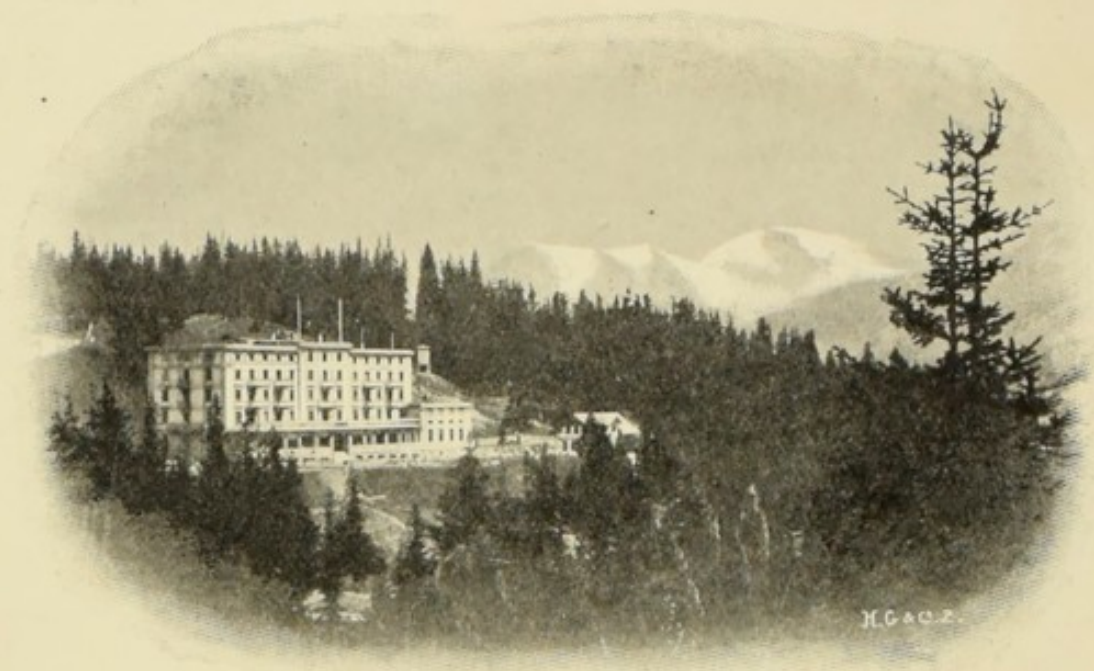
M. SCHULTER, Director.

AROSA.

GRAND HOTEL.

First Class.

Proprietress - - FRAU K. L. JACOBI-KLAUS.



THE First Hotel in Arosa to be regularly patronised by the English. Beautifully situated in its own grounds amid the pine woods, with sunny South aspect and a perfect view of the mountains.

Most comfortably furnished and arranged.

Tea Concerts twice weekly in the magnificent Entrance Hall.

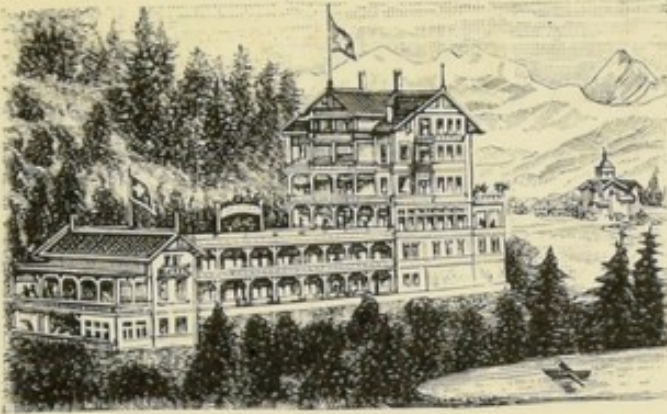
Billiards (English Table), Lawn Tennis, Skating Rink, Toboggan Run, Ski Slopes, Lift, Central Heating, Telephone.

Pension Price (including room, light, heating, and attendance) from 9 frs.

[No Consumptive Cases taken.]

For Full Particulars apply to the Proprietress.

AROSA.



Hotel Bristol.

English Residential.
Garden. :: Tennis.

Pension from 7.50.

Proprietors—

**SCHWENKE &
MINNERS-HALDER.**

THE EDEN HOTEL.

FIRST CLASS.

In the finest position close to the Ober See. Lift. Central Heating. Modern Comforts. 60 Beds.

Prospectus and Terms from the Proprietor—

H. METTIER-PELLIZARI.

HOTEL EXCELSIOR.

First-class Hotel, newly built to meet the latest ideas in comfort and health. Charming situation in pine woods. Latest sanitary arrangements.

Pension (inclusive) from 9 frs.

For Prospectus and Full Particulars apply—

MÜLLER & BOLL, Proprietors.

**HOTEL AROSA KULM and
VILLA BERGFRIED,**

INNER AROSA. 6,170 feet above sea level.

The Winter Sports Hotel, situated in the centre of ski slopes, adjoining the toboggan run, and with private skating rink.

Pension price from 8 frs.

For full Prospectus apply THE PROPRIETOR.

CHUR

NEW HOTEL STEINBOCK

FIRST CLASS

Facing the Railway Station.

Lift, Central Heating, Electric Light, Large
Public and Comfortable Private Rooms.

ROOMS FROM 3 FRs. (INCLUDING LIGHT & ATTENDANCE).

Full Particulars from the Manager ; G. RIEDER.

TELEGRAMS ATTENDED TO AND ROOMS RESERVED.

N.B.—This hotel is specially recommended to those who wish to break their journey at Chur either on their way out to Arosa or on their return home. A few days at Chur will well repay either sportsman or convalescent, as it abounds in interesting features and has the oldest Cathedral in Switzerland.

HOTEL POST, ST. PETER

Halfway house between Arosa and Chur. All posts wait here for refreshment and change of horses for 20 minutes.

Excellent Bedrooms and Public
:: Rooms. Moderate Prices. ::
Carriages and Sledges for hire

APPLY FOR FULL PARTICULARS TO THE PROPRIETOR.

N.B.—Many people find a sudden coming up to the height too great a strain on their lungs and heart. St. Peter's is an excellent halfway stage and many visitors make a halt here for a few days on the recommendation of their doctors.

AROSA.

PENSION FURKA



Situated near the woods and lakes. Comfortably furnished and with latest improvements. Pension from 7 frs.



Prospectus and Terms from the Proprietress—

FRAU A. MARON - HAUG.

Hotel and Pension Hof Maran.

(350 ft. higher than Arosa.)

Under English Management.

Highest, quietest and sunniest Hotel in the neighbourhood. Surrounded by pine woods. Excellent starting point for mountaineering trips, and splendidly situated for Winter sport. Open all the year. Inclusive terms 6.50 to 8 frs.

—————
No Invalids taken.
—————

Proprietor, E. W. HEMKEN.

CHALET JUGENDHEIM.

(6,130 ft.)

A Boarding Establishment for children and girls, in the midst of the pine woods. Delicate children suffering from Asthma, Anæmia, Nervous Complaints, Retarded Physical Development and Glands receive every attention.

Apply for full particulars to the

Matron, LOUISE LOPPNOW
(formerly for many years in charge of Dr. Neumann's Children's Hospital at Berlin)

:: No cases of Active ::
Tuberculosis are accepted.

KASPAR ABPLANALP.

Hotel Central.



Carrier from Chur.

Carriages for Hire.



Goods despatched with care to England and their insurance effected at the cheapest rates.

CHUR.

CLOSED AND OPEN CARRIAGES AND
SLEDGES FOR ONE OR TWO HORSES.

——— *Apply* ———

J. BRUGGER,
Postferdehalterei,
——— CHUR, ———
SWITZERLAND.

Telephone.

AROSA.

CLOSED AND OPEN CARRIAGES AND
SLEDGES FOR ONE OR TWO HORSES.

Private Carriages in the Village, or
to Rüti for the Races ; Excursions.

——— *Apply* ———

BL. COLA,
Postpferdehalterei,
:: AROSA. ::

Telephone.

AROSA—RUTI.

RESTAURANT RUTIHOF.

RESTING PLACE FOR SLEDGING PARTIES.

Hot and Cold Refreshments. Good Wines and Beer.
Luncheon and Supper Parties catered for. On the famous
Ruti Bob-run. Good position for viewing races.

Proprietors, GEBRUDER DANUSER.

J. PFENNINGER

(zur Collina),

Smokers' and :: ::

Sportsmen's Outfitter.

FIRST-CLASS GOODS.

TRY AND YOU WILL BE SATISFIED.

**Skis, Toboggans, Boblets, and Bobs
on hire or for sale.**

ESTABLISHED 1896.

ENGLISH SPOKEN.

Bookseller.

J. C. BASS.

Stationer.

Every description of Writing Materials and
Sketching Requisites.

DEPOT FOR THE WELL-KNOWN TAUCHNITZ EDITIONS.

*Books ordered and obtained from England or other
countries in the shortest possible time.*

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AROSA.

Daily Supply of Fresh Flowers and Plants.

Florian Caduff

Buttonholes and Bouquets,
Funeral Wreaths and
Crosses.

DECORATIONS FOR DINNERS AND PARTIES
:: :: MOST TASTEFULLY ARRANGED. :: ::

Orders by Post for Alpine Flowers promptly attended to.

PHARMACIE INTERNATIONALE

OF

Dr. SCHAEUBLE, Dispensing Chemist.

Special Depôt for the genuine products
of Burroughs, Wellcome & Co., and
Parke & Davis, London and Detroit.

LABORATORY FOR ANALYSING SPUTUM AND URINE.

All Kinds of English Prescriptions made up.

For SWEETS and CHOCOLATES of every kind

Go to

DOMENIG,

He has got them.

Candied Fruits

Tinned Goods

:: Biscuits ::

Carl Essig

GROCER & CONFECTIONER

A large stock of English delicacies from Crosse & Blackwell and other well-known firms. ::

Chocolate

. Coffee .

Tea. Jams

Hats, Caps

Walking Sticks

:: Umbrellas ::

Joh. Hermann

GRAND BAZAAR

Cushions, Rugs, Rucksacks,
Woollen Goods,
Haberdashery & Hosiery,
Ladies' & Gents' Underwear,
Swiss Embroideries,
Glass and Porcelain.

. . . For . . .

Every description of Grocery

try

M. Hold

CLOSE TO THE OBER SEE

Coffee, Tea

. Chocolate .

Fresh Butter
and New Laid

:: Eggs ::

A large variety of delicacies

For Cakes and Confectionery

go to

K. Lohrer

Ices, Chocolates

Sweets, Pastry

English Cakes a

:: speciality ::

Lunch
Room

Afternoon
. Teas .

English Spoken

For AROSA SOUVENIRS

GO TO

Paul Kramer,

*Watchmaker
and Jeweller.*



Fine Selection of Silver Ware
for Birthday Presents or Sports
Prizes.

**CHARMS, PENDANTS,
ORNAMENTS.**

All the Latest Novelties.

CALL AND INSPECT.

SPORTS WAREHOUSE
:: AND SADDLERY. ::

*Every Requisite for
Mountaineering and
Winter Sport.*

August Kunzli.

BOXES,
TRAVELLING
REQUISITES,
RUCKSACKS,
AND
LEATHER GOODS.

*SKATES and
TOBOGGANS.*

Alfred Kruger,

IRONMONGER.

Every description of House-
hold Utensils and Useful
:: Articles for Tourists. ::

**BRUSHES, MATS,
BASKETS.**

J. PERELMAN,

Photographer

(Opposite the English Church),

Solicits the patronage of
visitors for portraits, which
can be taken in his studio
in all weathers.

Every description of
Photographic Work
done for Amateurs.

DEVELOPING, PRINTING,
ENLARGEMENTS, Etc.

*Large Stock of all Photo-
graphic Requisites.*

Sanitary Laundry.

H. Rauber.



Linen and Woollen
articles most care-
:: fully washed. ::



*High-class starching and
ironing.*

**Hairdresser
and Coiffeur.**

M. WANNER.

Saloons for Gentlemen and
Ladies on the Post Platz,
next to the Blumenhalle.



LARGE STOCK OF TOILET
ARTICLES and PERFUMERY.



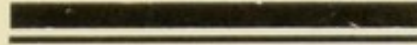
*Clients waited on in their
own rooms.*

English Spoken.

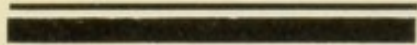
Jos. de Steffani

Near the Quellenhof,

GROCER.



Jams, Biscuits, Tinned
Delicacies, Wines and
Liqueurs, Tea, Coffee,
:: Chocolate. ::



Large Variety of Sweets

Bazaar

Wolfensberger,

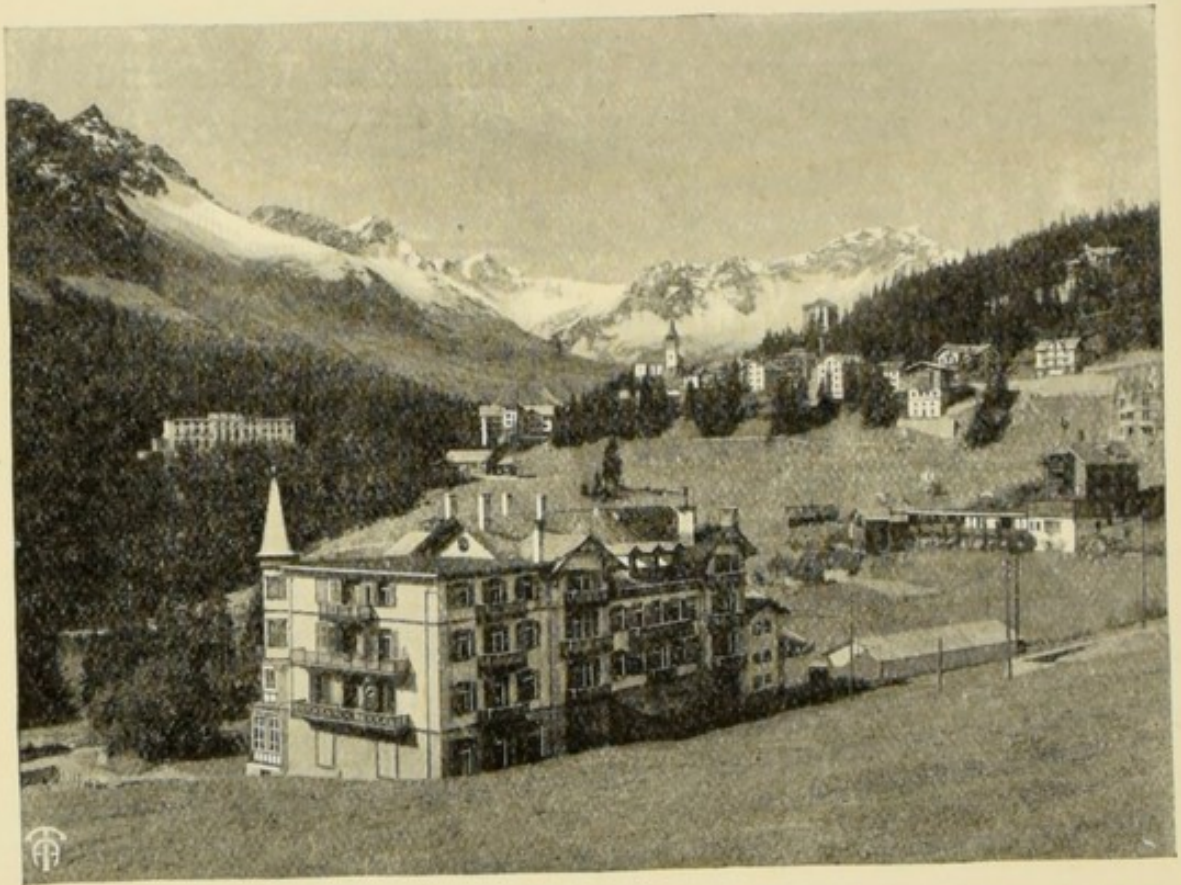
between Hotel Post and Chalet
Amrain.

LATEST MODES AND
FASHIONS. SPORT
AND TRAVELLING
REQUISITES. SILK
GOODS, UNDERWEAR,
:: EMBROIDERIES. ::

Knitted Goods a Speciality.

Ladies' Knitted and
Long Woollen Cloaks.

AROSA



View from field behind the Seehof Hotel

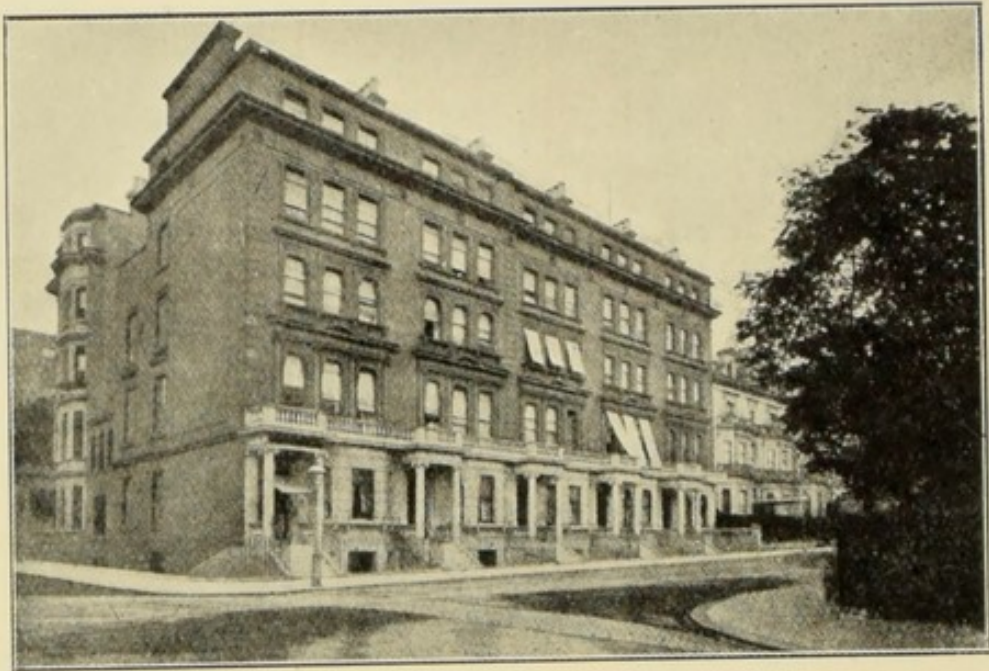
SO many visitors are anxious to obtain reliable information about places which are good to stay at as intermediate resting places between the High Alps and their homes in England, that I have included a few advertisements from places which can be thoroughly recommended.

A. A. H.

LONDON.

Dawson Place Mansions Hotel,

PEMBRIDGE SQUARE,
LONDON, W.



Proprietors : WEST END RESIDENTIAL HOTELS, LTD.

THE finest situation in London, quiet, and yet within a few minutes of all important Theatres and Shops. Luxuriously appointed, and replete with every modern convenience.

Lift, magnificent Reception Rooms, and the Best Bedrooms of any Hotel. Exquisite Cuisine.

Terms from **4/6** Bed and Breakfast, **7/6** per day, or **2 Guineas** per week *en pension*.

No Charge for Baths, Lights, or Attendance.

Telegraphic Address "MANCIPIO, LONDON."

Telephone No. 2389 PADDINGTON.

RAGAZ.

Grand Hotel Hof Ragaz.

THE great need for both sportspeople and convalescents who have been wintering in the High Alps is a convenient resort with modern comforts where they can break their journey and delay their return to England until the weather there is more favourable than it generally is in the early spring. To meet this need the Grand Hotel Hof Ragaz has for many years opened for an English season on March 15th, and from then till the end of May the visitors are almost exclusively English on their way home from the Engadine and Arosa. Later on—about the middle of May—the other hotels and the Kursaal are opened, and thousands from every European nation flock to the place on account of the wonderful healing properties of the natural hot springs. But in the earlier spring the Hof alone opens for an English season.

Ragaz is conveniently situated on the main line about half an hour's journey from Chur. It has an excellent spring climate, and the Grand Hotel Hof Ragaz is exceptionally well placed. It has miles of level, well-sheltered and shady walks (dust and wind free), and is on the edge of the pine woods, which abound with gently sloping paths. As a centre for excursions it can compete with any other Swiss resort. Good golf links belong to the hotel, and a professional comes into residence about the last week in March. Three lawn tennis courts and a modern croquet court are in the hotel gardens for the free use of the guests.

The hotel is well arranged for comfort, and the cuisine is not inferior to the best and most noted continental hotels. Very nearly all the rooms have balconies and are heated either by wood or electric stoves on the very occasional days that fires are desirable. The public rooms are all heated by central heating. There is an English billiard table in the hotel.

An English doctor resides in the hotel from March 15th to the end of May, and an English chaplain is in residence till the end of September.

Pension from 11 frs.

For full particulars, apply:—

F. X. MARKWALDER, Grand Hotel Hof Ragaz.

TREMEZZO

LAKE OF COMO

A Splendid Intermediate Station between the High Alps and England



HOTEL BAZZONI is the hotel chiefly patronised by English. It has a large park and garden from the lake to the top of the hills. The Hotel lift goes up to the roof of the house, which has been turned into a terrace connected by a bridge with the park. The Hotel has been entirely rebuilt and renovated in the last two years, and can now compare favourably with the best Continental Hotels. Magnificent centre for excursions. Fishing, Rowing, Motor-boat, Golf. English doctor and English dispensary. Dust-free walks protected from wind. Open all year. Pension from 7 frs.

Apply—

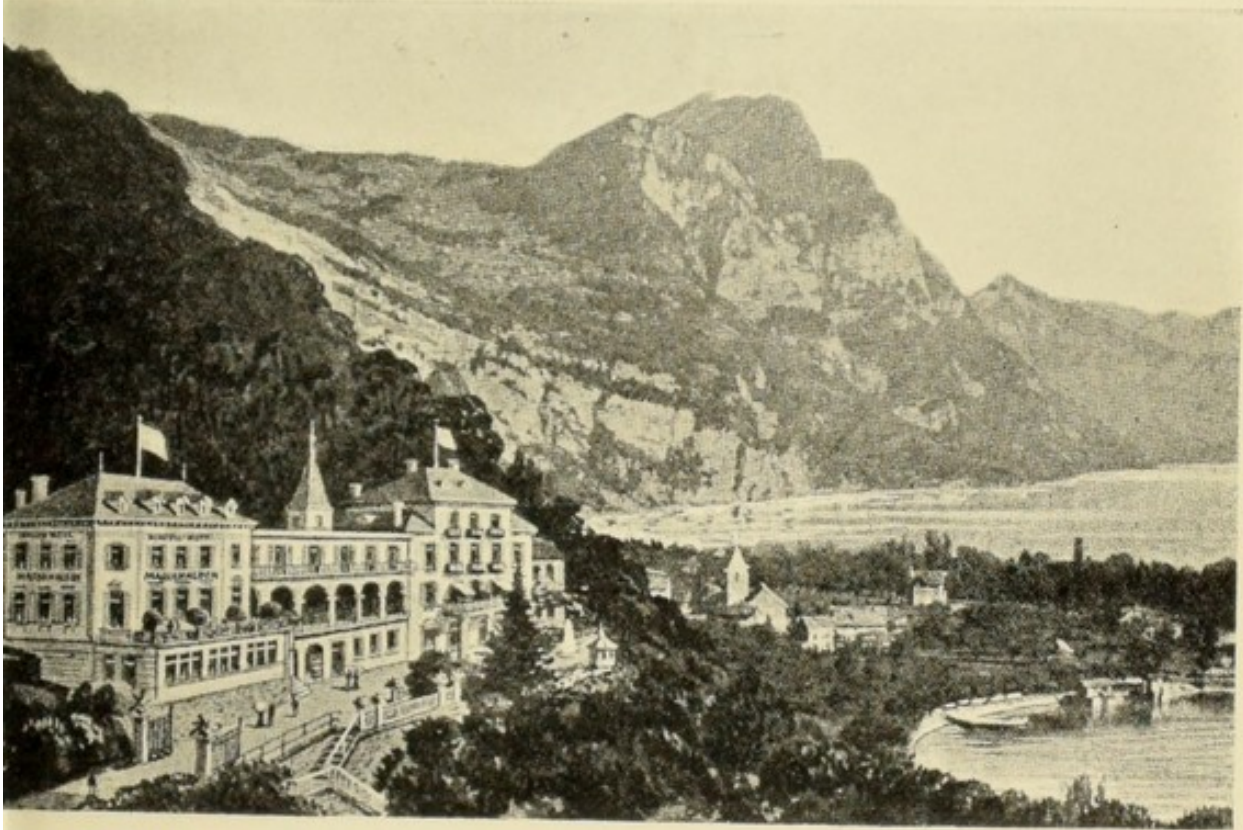
FERRARIO & BAZZONI, PROPRIETORS

WEESEN am WALLENSEE.

Well recommended by the medical profession as one of the best intermediate stations for both sportspeople and convalescents between the High Alps and England.

Schlosshotel, Mariahalden.

(FIRST CLASS.)



THE hotel, which stands in its own grounds in an elevated position overlooking the lake, has a southern exposure, and owing to its ideal situation, enjoys an entire absence of dust, and is sheltered from the prevailing winds. It is conveniently situated for all the principal excursions. Excellent pike and trout fishing can be obtained in the lake and in the various streams in the vicinity. The hotel has lately been re-decorated, and now has every modern convenience and comfort. Lift, central heating, electric light, baths, large open and covered terraces, comfortable lounge and reading room. Extensive old-world gardens connected with the neighbouring woods, which abound in the district. Tennis court, motor garage, stabling, boating and bathing. Seven minutes from station; omnibus meets all trains. Pension from 7 frs.

Apply :—**HENRI HONEGGER**, *Proprietor.*

