

**GUIDE TO MEXICO.** By G. M. Ashford. McGraw-Hill Book Co. \$4.50. A well-organized volume which considers the people, the scenery, the architecture, and a good many other interesting things about Mexico.

**STORY OF SQUAW VALLEY.** By Tyler Micoleau. A. S. Barnes & Co. \$4.50. The whole history of the ski resort at Squaw Valley in the Sierras of California, together with the basic principles of ski techniques for anybody who wants to use them there.

**THE TRADE WIND ISLANDS.** By Dane Chandos. Doubleday & Co. \$3.75. A collection of pleasant descriptions and entertaining anecdotes of Mr. Chandos's rambles from Cuba to Trinidad by means of plane, bus, ship, and other locomotion.

## Europe and Africa

**ALL THE BEST IN SPAIN AND PORTUGAL.** By Sydney A. Clark. Dodd, Mead & Co. \$4.50. An overly ambitious attempt to include everything inside the two counties—thereby skimping on such important information as the qualities of hotels listed, etc.

**CROSSROADS OF THE MEDITERRANEAN.** By Hendrik de Leeuw. Garden City Books. \$3.75. Mainly a book for the armchair traveler who wants to range the southern Mediterranean coast and so see Algeria, Biskra, Tangier, Casablanca, and other interesting places.

**I AM GOING TO ITALY.** By Anita Daniel. Coward-McCann. \$3.50. A down-to-earth guidebook for a leisurely trip through the country and including nice advice on where to stay and what to eat plus some conversational gambits on Italian peoples and customs.

**PAGEANT OF ITALY.** By James Reynolds. G. P. Putnam's Sons. \$7.50. An intimate account of an author-artist's journey through Italy and of the ancient and modern things he came across there.

**ITALY.** Edited by Dore Ogrizek. McGraw-Hill Book Co. \$2.95. Useful facts for the general tourist and well-arranged itineraries for the motorist.

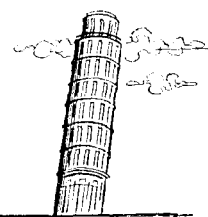
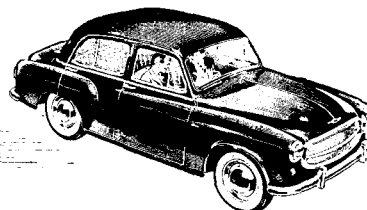
**SPAIN.** Edited by Dore Ogrizek. Translated by Walter Longhurst. McGraw-Hill Book Co. \$2.95. A nice combination of particulars about the currency of the land, the police uniforms one may expect to come up against, and of the itineraries for motor travel around the country.

**STRANGER IN SPAIN.** By H. C. V. Morton. Dodd, Mead & Co. \$5. A travelogue which is a nice mixture of contagious enthusiasm and solid culture by a fellow who has been around a good many countries and who now takes a look at Spain from beneath some rather high eyebrows.

**NORTH AFRICA.** Edited by Dore Ogrizek. Translated by David Rowan. Mc-



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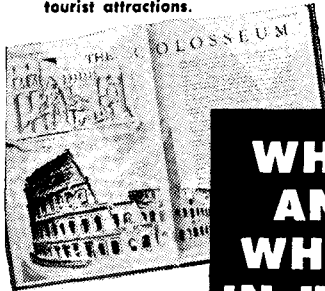
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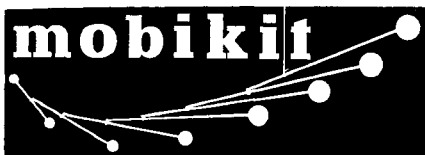
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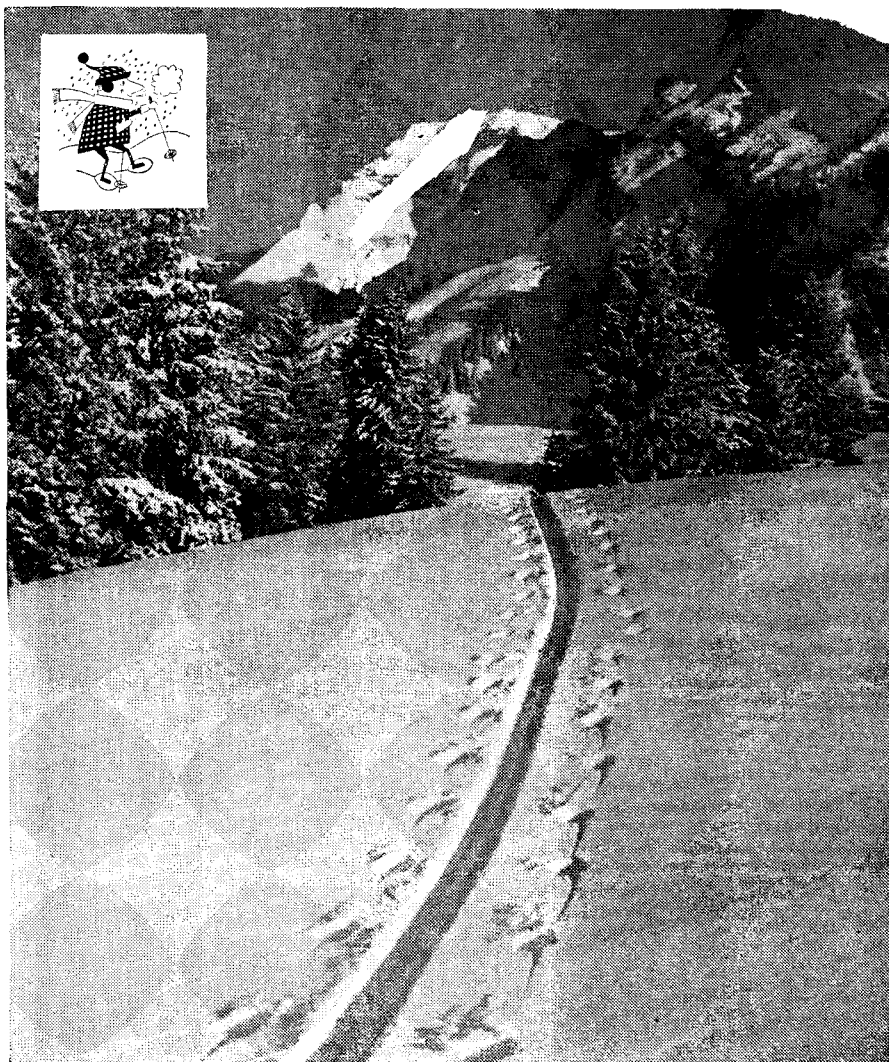
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**SWITZERLAND:** This will give you a fair idea of winter in the Alps. What doesn't show are the great hotels of St. Moritz, the trig chalets of Klosters, Pontresina, Grindelwald, Mürren, and Wengen, the huge winter sports plant of Davos. Even when they are filled with the outdoorsy types from Hollywood the ski towns still look like everybody's idea of a Swiss village. Sleighbells jingle, gnarled mountaineers puff hooked pipes hidden in their beards, belles appear in blond pigtails, and there is always a raclette melting by the fire or a fondue bubbling at the table.

Graw-Hill Book Co. \$6.50. A travel book dealing with the Mediterranean countries of Africa and depicting not only the color and spirit but also the essence of that part of the world.

**SOUTH AND CENTRAL AFRICA.** Edited by Dore Ogrizek. Translated by Paddy O'Hanlon. McGraw-Hill Book Co. \$6.50. A guidebook to these regions which is also something of a cultural history.

**ROME.** By Martin Hurlimann. Studio Publications, Inc. \$5. Nice photographs of the art and antiquities of the Eternal City, together with capsule histories of the same.

**SPAIN.** By Martin Hurlimann. Studio Publications, Inc. \$10. Handsome photographs and abbreviated descrip-

tions of the sights and history of the country, from ancient walled cities through dusty plains to craggy mountain ranges.

**PORTAL TO PARADISE.** By Cecil Roberts. The Macmillan Co. \$4.50. Some pleasant little idyls (combined with some scholarship) concerning the color, the history, the romance, and the gaiety of a little town named Alassio, which lies on the Italian Riviera.

**ALL THE BEST IN THE MEDITERRANEAN.** By Sydney A. Clark. Dodd, Mead & Co. \$4. All about the sights, the accommodations, the customs, and other interesting (and practical) details for trips into twenty countries of the "Inland Sea." A new edition of a standard work.



## winter Vacations

Continued from page 40

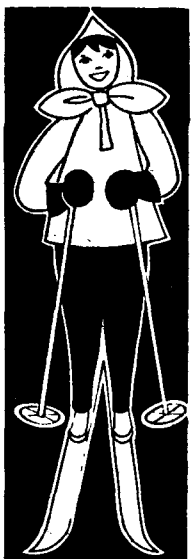
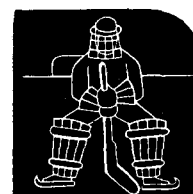
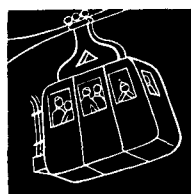
new scenes that follow a trayful of Martinis. Executives would do well, if they want to function at that peak of efficiency required for quick, courageous decisions, to head out of town at the first snow. Most of them accept this although a few have expressed reservation, perhaps fearing this philosophy of hygiene might spread like wildfire among their employees.

We endocrinologists have recently contributed much to the understanding of why even healthy folks begin to ail. It turns out to lie well within our specialty—all a matter of glands. A nagging wife, a perfectionist boss, an interfering relative may seem a trifling nuisance, but when the netting goes on hour after hour, day after day, it can add up to what we gland specialists call stress. This stress transmits itself via the cerebral cortex to the pituitary gland and the pituitary in turn conveys this stress by an altered hormone secretion to all the other glands of the body—such as the adrenals, the thyroid, the pancreas, etc. So the body ends up with too little sugar, too much potassium, too little this or too much that. The patient usually sums this up by saying, "Doctor, I just don't know what specifically has been eating me, but . . ." When I hear this kind of story I gesture appropriately and warmly to staunch the narrative and prescribe a winter vacation.

Most of what I've been saying pretty well represents the views of my colleagues of the medical fraternity. One colleague, a specialist in obstetrics, has for years recommended winter vacations for his young couples. He has soft-pedaled this advice. Too many deliveries in the heat of August.

Now where should the patient go? Medical opinion is divided as to whether the direction should be north or south. One colleague of mine is convinced of the general benefits of the ski country. He's the orthopedic specialist who recently brought out a new treatment for fracture of the hip.

Where to go? Miss Jones, would you mind bringing me those travel folders? Now here we have Arizona, Miami, Nassau, Sun Valley, Vermont—ah, what vistas open up. But here's a little item I hadn't noticed before. The East Bronx Allergy Society is having its convention on the S.S. Caribbean cruise to South America. Certainly it's tax deductible. Miss Jones, call my travel agent. Did I say I wasn't a specialist in Allergy? How silly. I'm a wizard on the subject.



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## Isle of Nightingales

Continued from page 45

an impression of stranded fleets of whales. The village itself has one street, with a *kiosko* at the centre. Here brandy and pernod are a peseta a glass (about 1 cent) and *limmonados naturalla*—straight from the trees—five pesetas. In between the tables, beside a stream thick with oleanders, turkeys strut. Every evening at seven you will see a man dousing the square with bucketfuls of water—a job that is the dream of every beachcomber! By ten it is quite dark.

At noon the daily bus draws into Santa Eulalia, three times a week bringing the mail. I once saw a lady visitor arrive in trousers, a sloppy joe slung around her shoulders. A peasant, fair-haired and with the features of an early Greek, lowered her pitcher to watch her. Men who were playing dominoes stopped; they forgot the Catalan strategy which they were re-enacting from the Civil War. Their teeth assumed the quality of melon-seeds for the spitting, and there followed a violent hissing. The "modern" world is still alien to these people.

Every Thursday at 6 p.m. the Princess Mahon leaves for Barcelona.

As we hug the shores again, preparing to draw out into deeper waters, so the mountains grow ominous like witches' hats. This is the grey negative of which we have seen the colored original. Yesterday we were climbing these peaks, forests of pine and conifer thrusting themselves up out of the loose soil. And stretched below there had lain the silvery olive trees with their black coarse stems rising from the terra-cotta earth, the blind-folded horses turning the endless water-wheels through the heat of the day, the enormous irrigation streams as old as Elijah. Now at this moment when the island is fading, and we have passed the last savage headland at Tagomago, only a bag of stones tethers our memory. In the foothills we discovered a seam of harlequin rock alive with reds and blues and greens set in a faded pink sandstone. A joseph-coat, our proprietor had lisped, using the phrase as if it were as natural as "judas-tree" or "moses-bush." And how apt! For this is essentially a biblical people to whom a day or a century remain but *uno momento*.



—United Airlines.

**HAWAII:** Well, you don't have to do it like this. Waikiki is pleasant flat on your back on the sand. In addition to the string of Matson inns that surround the surf, Henry J. Kaiser has recently added a thatched-roof Hawaiian village of sorts with moderate rates. The weather is more or less 73 all the time, it will take you nine hours from the coast by air or, say, four days by ship. Once there, it's bare feet, hysterical shirts, out-rigger rides, visits to the volcanos of the islands, the flowers, and the sound of strings among the ti leaves. This is *winter*?

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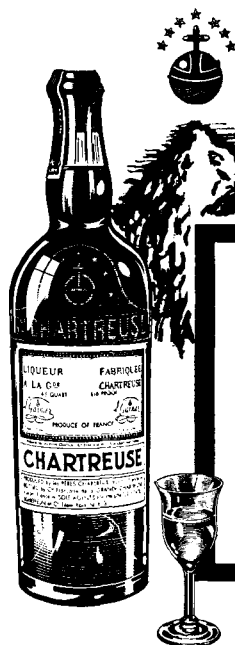
the recipe and further developed the formula which includes more than 130 herbs found on the slopes of the mountains surrounding the Monastery of La Grande Chartreuse. Today, after 350 years, the liqueurs are still made by the Monks with all the patience and conscience of Monastic life.

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