

News from Old Berne

The Swiss PTT-Museum gives a brief history of Swiss posts, telegraphs, telephones, and radio. In the postal department on the ground-floor numerous special shows have been arranged besides the permanent exhibition on postal history from the late Middle Ages up to the Cantonal postal services.

These specials presented selected subjects from the postal and transport history of the country. At present the special shows "PPT-Buildings and Parcel-Post" and "The Universal Postal Union" are on display, until the autumn of this year.

The former illustrates the development of postal buildings within one century, the great need for space of the parcel post—a service which operates at great deficits—and makes interesting comparisons between this branch of service in Switzerland and various other countries.

The exhibition about the Universal Postal Union—this latter was founded in Berne in 1874, has outlived two world wars without undergoing any fundamental alterations and is the only truly world-embracing international organization—gives interesting insights into the history and activities of this institution.

With its many special exhibitions carried out on its own premises and outside, the management of the Museum has decidedly one off the beaten track and succeeded

in stimulating interest among the public at large for Swiss transport history and politics and, more especially, the PTT services.

The exhibitions are presented in such a way that they can tour the country and, as it were, take the Museum to the visitors. Besides its principal work, the collecting and selecting of all objects and documents relating to postal and transport history and putting them to various uses, the Museum assumes an important publicity function for the PTT-Administration.

In the electric communications department in the basement of the Museum the development of telegraphs, telephones, and radio is shown.

Collections are arranged in six groups comprising apparatus and component parts. Some motors and other vehicle units, supplemented by many pictures, testify to the extraordinary development experienced by the automobile service of the PTT in the last three decades.

The numerous philatelists who

visit the Museum are always impressed by the very comprehensive and carefully presented exhibition of Swiss and foreign postage stamps.

For more than 100,000 postage stamps are displayed in hinged show cases, forming one of the largest and most comprehensive collections of the world.

The PTT-Museum is open from 9 to 12 p.m. and 2 to 5 p.m. on weekdays, except Monday morning, and from 10 to 12 p.m. and 2 to 5 p.m. on Sundays. There is no admission charge.

Vitamin C Needed For Strong Bones

By RUTH CURRENT
Asst. Director, Home Economics
N. C. Agricultural Extension Service

Food research specialists tell us one of the most important nutrients responsible for good bone structure is the vitamin C of the diet. It has long been known that during the rapid growing period the parts of a child's body most severely damaged by the deficiency are the bones and their cartilaginous coverings; the legs, arms, ribs—particularly the legs.

Mothers with growing children

should see that vitamin C is provided in daily menus.

A great number of nutrients are required for bone formation and they must all be available. Parents and teen-agers should be advised that vitamin C combined as it is in foods (with a large number of other nutrients useful for bone growth) must be given special consideration during the fast growing periods of children.

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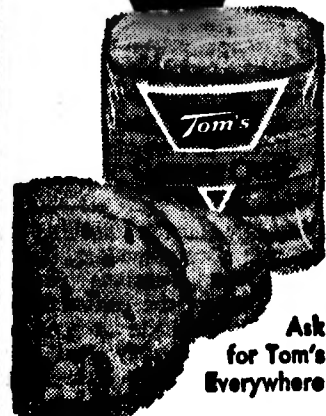
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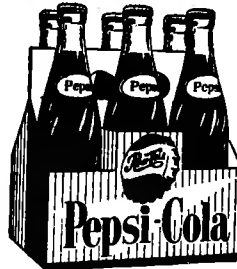
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