

**Zeitschrift:** The Swiss observer : the journal of the Federation of Swiss Societies in the UK  
**Herausgeber:** Federation of Swiss Societies in the United Kingdom  
**Band:** - (1948)  
**Heft:** 1083

**Artikel:** Physical culture  
**Autor:** J.J.F.S.  
**DOI:** <https://doi.org/10.5169/seals-686943>

### **Nutzungsbedingungen**

Die ETH-Bibliothek ist die Anbieterin der digitalisierten Zeitschriften auf E-Periodica. Sie besitzt keine Urheberrechte an den Zeitschriften und ist nicht verantwortlich für deren Inhalte. Die Rechte liegen in der Regel bei den Herausgebern beziehungsweise den externen Rechteinhabern. Das Veröffentlichen von Bildern in Print- und Online-Publikationen sowie auf Social Media-Kanälen oder Webseiten ist nur mit vorheriger Genehmigung der Rechteinhaber erlaubt. [Mehr erfahren](#)

### **Conditions d'utilisation**

L'ETH Library est le fournisseur des revues numérisées. Elle ne détient aucun droit d'auteur sur les revues et n'est pas responsable de leur contenu. En règle générale, les droits sont détenus par les éditeurs ou les détenteurs de droits externes. La reproduction d'images dans des publications imprimées ou en ligne ainsi que sur des canaux de médias sociaux ou des sites web n'est autorisée qu'avec l'accord préalable des détenteurs des droits. [En savoir plus](#)

### **Terms of use**

The ETH Library is the provider of the digitised journals. It does not own any copyrights to the journals and is not responsible for their content. The rights usually lie with the publishers or the external rights holders. Publishing images in print and online publications, as well as on social media channels or websites, is only permitted with the prior consent of the rights holders. [Find out more](#)

**Download PDF:** 05.04.2026

**ETH-Bibliothek Zürich, E-Periodica, <https://www.e-periodica.ch>**

**PHYSICAL CULTURE.****In Perfect Shape All Your Life,**

By Arthur Abplanalp.

*(Health for All Publishing Co., 7/6-*

Some forty years ago, I ventured, a delicate, weedy youth in search of improved health and bodily fitness, into E. Sandow's much advertised establishment of physical culture in St. James' Street. There, after being examined by Sandow himself, I was taken in hand by one of his instructors, a magnificent specimen of athletic manhood, a Greek god whose physical perfection I both admired and envied. His name I cannot remember but it may well have been Arthur Abplanalp whose recently published book "In Perfect Shape" I have just been reading, a book in which he mentions that he was, at that time, an instructor at Sandow's Institute.

To-day, at the age of sixty-four, Mr. Abplanalp claims to be as vigorous in every way as he was in his twenties. He attributes this to the fact that he has kept himself in condition by the regular practice of his own method of physical training. The book he has written explains in detail and with numerous illustrations the technique of this method, the "Abplanalp System," by means of which men and women of all ages can, he asserts, maintain and rejuvenate their health, their vitality and their figure.

Mr. Abplanalp was born in Brienz in the Bernese Oberland. His parents both died from consumption and he himself, in his early youth, was suspected of

being tubercular. An open-air life and plenty of exercise helped to overcome this tendency and from a boy of slender build he grew into a strong and vigorous young man. At the age of sixteen he left school and embarked on a career of gymnastics and physical training in the course of which he devised the system by which he has become famous.

He first came to England in 1907 but returned to Switzerland a year later to open his own Institute in Basel. In 1921 he finally settled in London as the well-known expert of physical culture with a world-wide reputation.

The book he has now published shows him to be not only an able exponent of his system but also a man with a cultured mind who, in the words of Dr. Irvine's preface, is a living example of "Mens Sana in Corpore Sano."

J.J.F.S.

**OUR NEXT ISSUE.**

Our next issue will be published on Friday, February 27th, 1948.

We take the opportunity of thanking the following subscribers for their kind and helpful donations over and above their subscription: A. G. Pluss, Dr. J. A. Schedler, A. W. Burkhardt, H. Schmid, G. Hafner, E. F. Richard, O. Roethlisberger, E. H. Hess, F. Isler, M. Buchmann, W. Renz, W. Meier, A. B. Chilvers, M. E. Lichtensteiger, L. Lindhurst, J. Schad, W. Graf.

