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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.

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