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## A FEATHER IN MR. ABPLANALP'S CAP.

Those of our readers, who are interested in Sport, and especially in boxing, have, no doubt, read in the Daily Press the reports of the "come back" of the boxer Tommy Farr, who knocked out Jan Klein, the Dutch champion in the sixth round at Pontypridd, on September 27th, 1950. The boxing fraternity has hailed this victory with great satisfaction expressing the hope that British boxers will once again come into their own.

What might be of particular interest to the Swiss community is, to learn, that our compatriot, Mr. Arthur Abplanalp, is in no small way responsible for this successful "come back" of Tommy Farr.

When some months ago the latter considered making a come-back bid, he bought a book called "IN PERFECT SHAPE ALL YOUR LIFE" by Mr. Arthur Abplanalp, the Swiss physical culture expert, a book which was some time ago reviewed in this paper, and continuously advertised in our columns.

Farr was highly impressed by the contents of this book, and forthwith began to practice the Abplanalp system at home. Here we reprint a letter Farr has addressed to Mr. Abplanalp:

12th July, 1950.

Dear Mr. Abplanalp,

It is now four months since I bought and read your book "In Perfect Shape All Your Life" and then, as you know, began to practice at my home your simple system of exercise. My weight has since been reduced to almost fighting weight, and my general physical stamina has remarkably improved. After this amazing experience, I am fully convinced that a further three months' use of the apparatus will bring me into a state of superior health and fitness.

I can never be sufficiently grateful for all your "System" has already done for me. Not only will you have my lastings thanks for the most valuable contribution you are making in helping me to reach the top again in boxing, but, should we succeed, also the thanks of the country. And I can assure you that my efforts in my actual boxing training will not be lacking neither.

You can use this testimonial, or any others of mine, in any language, in any country, at any time and in any way you like.

Yours sincerely,

(Signed) TOMMY FARR.

The book "IN PERFECT SHAPE ALL YOUR LIFE", does, of course, not help boxers only, but it is a book which is most useful to everybody who wishes to keep fit and in good health.

Many of our compatriots, who were lucky enough to spend their holiday in Switzerland, returned, much to their annoyance, somewhat "expanded", due to the over generous *Menus* produced at Swiss Homes, Hotels and Restaurants. Here then is a splendid opportunity to repair the damage, and to regain their former "austerity figure" by reading Mr. Abplanalp's book and following his system.

To emphasize this advice we herewith reproduce reviews of his book which has appeared in well-known American Periodicals. One reviewer reports:

"From the beginning the reader realises the Author really knows his subject. This unique book is about health and "slimming". I cannot remember

having read anything on this subject which is in such complete accord with modern science. I should say it will be an invaluable guide for men and women of all ages who wish to rejuvenate their health and their figure in a natural yet remarkably scientific manner. It is well written and is absorbing reading in many ways. It gives an account — a most interesting account — of the author's early studies and researches in Switzerland and England. It shows how he acquired his profound knowledge of how, by the right kind of exercise, it is possible to be supremely fit at any age. I am sure you will like the delightful, but highly instructive narrative, about the "gay woodcutters" of the Swiss mountains. I can recommend this book to both young and old. All may gain health and slimness from the forty years of practical experience which has gone into this work."

Whilst another reviewer writes:

"I am not much on these slimming ideas because nature has so made me that I keep about the same weight year after year, no matter what I eat or how little I exercise. However, I do know that there are overweight persons as well as folks who are too thin, and I can see in Arthur Abplanalp's little book a heap of good common sense. So if you wish to go along as you are, or take off much of those bulging rings, you will find this author most helpful in a practical way. No, he is not a theorist — he is right down on the ground and what he suggests is based on many years of experience. Instead of making you, the patient, his guinea-pig, he has been guinea-pigging it himself for a long time and gives you the results without the hardships. Yes, I can firmly recommend this book to anyone who is too stout and, for that matter, for anyone who is under-weight because the same system he advocates will put flesh on a thin person just as quickly as it will remove surplus fat from a too heavy one."

These American opinions should be an incentive to order forthwith a copy of Mr. Abplanalp's book from the Publisher's "HEALTH FOR ALL" Publishing Co., Henrietta Street, London, W.C.2. (Price 7/6.)

On the occasion of a recent interview, Mr. Abplanalp told me, that one of Britain's most famous General's came and personally congratulated him on the book, and took up the system of exercise, and surely what is good enough for a General is good enough for you and me.

ST.

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