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## ARTHUR ABPLANALP

*A year ago a well-known personality died in London. Unfortunately we did not hear of his death for many months. On the anniversary of his death we publish this obituary sent to us by his son.*

Mr. Arthur Abplanalp was born at Brienz (Bernese Oberland) in 1884, and he died suddenly and unexpectedly in London on 16th November 1967, at the age of 83, after a very active and unusual life which absorbed him until the very end.

He first came to London in 1907 to become an instructor at the Sandow Institute in St. James's Street, S.W.1, where he became known as the "Terrible Swiss" because of his original and controversial views and ideas on Physical Culture and its use for regaining and retaining general, allround fitness and health. He returned to Switzerland in 1908 and then eventually devised his own system of remedial exercise, based on sound scientific and medical principles.

Many famous medical authorities, such as Prof. Sauerbruch and Dr. Bircher-Benner of Zurich, Prof. Sahli of Berne, Dr. Mallwitz of Berlin, Dr. Dundas Irvine of Harley Street, London, to mention only a few, took a keen interest in Mr. Abplanalp's original system and quickly accepted it as a great advance in the field of physiology and medical science. Mr. Abplanalp's system was adopted for therapeutic purposes in the University Clinics of Basle, Berne, Zurich, Bonn, Munich, Würzburg, Leipzig, Berlin, Vienna, Prague and Budapest.

In 1921, Mr. Abplanalp returned to London and opened his Institute in Regent Street, W.1, which soon attracted people from all over the world. Among his pupils and followers there are many distinguished personalities which include Cabinet Ministers, Generals, Lawyers, Scientists, Doctors of Medicine and Diplomats. In addition, there are thousands of men and women of all ages and conditions of health who have practiced and received great benefit from Mr. Abplanalp's unique system of exercise.

During his life, Mr. Arthur Abplanalp published numerous books, brochures and articles in both English and German. His most recent and successful publications are "Jugendlich und Schlank", published in Berne and "In Perfect Shape", published in London.

Mr. Arthur Abplanalp was a dynamic personality, a progressive thinker and writer on the subject of physical education. He was a truly great man who possessed pure and noble ideals. He is, undoubtedly, a real benefactor to mankind. He is sadly missed.

## OBITUARIES

It is with deep regret that we have to announce the death of Mr. L. S. Forrer, of Willemsparkweg 128, Amsterdam. We have also just heard that Mr. J. G. Kuemin, of Mottram in Cheshire died some time ago. We extend our sincere sympathy to the families of these old and faithful S.O. readers, as well as to Mr. A. Zimmermann, of 552 Uxbridge Road, Pinner, who lost his wife. We apologise to him for the mistake which crept into a previous issue and are glad that he is well.

We have just heard of the death of Mr. and Mrs. John Caulfield, formerly of London and lately of Caux. It was due to a mountaineering accident in the Onsernone Valley. Mrs. Caulfield, *née* de Mestral, was a subscriber to the S.O. for many years. Our deep sympathy goes to their family.

## SWISS CHURCH

**SERVICES EN FRANÇAIS :** à l'Eglise Suisse, 79 Endell Street, W.C.2, tous les dimanches à 11h00 et 19h00.

**SAINTE-CENE :** le premier et troisième dimanche au mois, matin et soir.

**PERMANENCE :** chaque jeudi de 15h00 à 18h00.

**REUNION DE QUARTIER :** huit veillées en automne et au printemps; voir "Le Messager".

**CLUB DES JEUNES :** tous les dimanches de 12h00 à 22h30, tous les jeudis de 15h00 à 22h30.

**REUNION DE COUTURE :** le 2<sup>e</sup> mardi du mois.

**LUNCH :** tous les dimanches à 13h00.

**VISITES :** sur demande.

**PASTEUR :** A. Nicod, 7 Park View Road, London N.3. Téléphone 346-5281.

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**SERVICES IN GERMAN :** at St. Mary-le-Bow, Cheapside, E.C., at 11 a.m. and 7 p.m.

**HOLY COMMUNION :** every first Sunday of the month at evening service only. On major feasts at morning and evening services.

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**SERVICES IN ENGLISH :** every fourth Sunday at 7 p.m.

**"KONTAKT" (Youth Group) :** every Wednesday 4-10 p.m. at Eglise Suisse. Supper at 6.30 p.m. Programme at 8 p.m.

**SWISS Y.M.C.A. :** see Forthcoming Events.

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**MINISTER :** Pfr. M. Dietler, 1 Womersley Road, N.8. Telephone 340-6018.

## SWISS CATHOLIC MISSION

**CHURCH and SERVICE :** St. ANN's Catholic Church, Abbey Orchard Street (off No. 25 Victoria Street), S.W.1.

**SUNDAYS :** Holy Mass at 9 and 11 a.m. in English. At 7 p.m. for the Swiss community with regard to the different language groups.

**HOLIDAYS of obligation :** Holy Mass at 7.30 and 9 a.m., 1 p.m. and 5.45 p.m.

**WEDNESDAYS and THURSDAYS :** Holy Mass at 1 p.m. afterwards time for consultations.

**CONFESSIONS :** (German, French, Italian and English) Sundays, one hour before Evening Mass.

Saturdays: 11 a.m. to 12.30 p.m. and from 5 to 7 p.m. or by appointment.

**SWISS CATHOLIC YOUTH CLUB —** Meeting every Sunday after Evening Mass (8-11 p.m.) at Westminster Ball Room, 30 Strutton Ground, S.W.1.

**CHAPLAIN :** Paul Bossard, St. Ann's Church, Abbey Orchard Street, S.W.1. Tel: 01-222 2895.