

Mr. Arthur Abplanalp at Brighton

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M. JAQUES-DALCROZE †.

The death of M. Emile Jaques-Dalcroze, educationist and composer, at Geneva, at the advanced age of 84, removes the inventor of the system of musical training known as Eurhythmics.

The "Times" writes:

"Jaques-Dalcroze was born of Swiss parentage in Vienna on July 6th, 1865, where he received part of his musical training under Fuchs and Bruckner. Later he studied with Leo Delibes. In 1892 he was appointed professor of harmony at the Geneva Conservatory, where he had already been a student. In an attempt to broaden the basis of musical training he hit on the idea, familiar to the ancient Greeks but disregarded in the modern world, of coordinating music with physical movement. The idea was thus primarily designed for musical education, but its value for quickening attention and tuning both body and mind concurrently revealed its value for purposes of general education.

As a preliminary training for dancing it was also found to be of unique service — Mme. Marie Rambert, who has trained many English ballet dancers, was a Dalcroze student and was employed by Diaghilev to impart the secrets of the method to the Russian Ballet. Before the 1914-18 war Dalcroze established himself at Hellerau, near Dresden, but returned to Geneva in 1914. Meantime an English branch of his school had been established here by the late Percy Ingham, and demonstrations have, during the 30 years of the school's existence, been given in many cities, in which remarkable results have been shown by students in improvising at the piano, in interpreting any music from Bach's fugues to specially composed ballet suites in physical movement.

Dalcroze was also a fairly prolific composer, and his larger works, orchestral suites, violin concertos, string quartets, were played a good deal in Switzerland. Here some of his songs in the style of French chansons populaires have attracted some attention. He also published books dealing with eurhythmics, of which *Eurhythmics, Art and Education* (1930) has been translated into English, which, though really a series of collected essays and speeches, gives a satisfactory exposition of his undoubtedly valuable system of "music and gymnastic." His wife, Nina Faliero, died in 1946, and he is survived by a son of the marriage.

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MR. ARTHUR ABPLANALP AT BRIGHTON.

Our countryman, Mr. Arthur Abplanalp, author of the well-known book "IN PERFECT SHAPE," advertised in this paper, is giving a Lecture Demonstration on HOW TO REGAIN HEALTH AND SLIMNESS AT ANY AGE, on Thursday, 20th July, 1950, at 8 p.m., at The Dome, Brighton.

His ideal Slimming method will be demonstrated by men and women perfect in shape and figure, and Mr. Abplanalp himself will give a most astonishing display of youthful physical fitness and strength.

Mr. Abplanalp, has been known in this country for many years as a physical culture expert. He considers himself to be the fittest man in the world at his age of 65.

This is, however, not an idle boast, and to give some substance to this assertion he is issuing a challenge to all men in his audience, irrespective of age, to try and copy his "simple feats of elegant strength," in the form of a £5.5.0 cash prize. Young people who pride themselves on their own graceful proportions and strength will measure their physical fitness and efficiency with 65 year old Mr. Abplanalp. The outcome will be interesting.

This demonstration and Challenge is sponsored by Mr. Alfred Hill, economist and successful self-made Brighton business man, who at 82 years of age, is a splendid example of the Abplanalp way of life. He has been for many years a fervent devotee of our countryman's form of gymnastics, which he believes will make both men and women more aware of the importance and possibility of perfect health and fitness at any age.

Middle-aged and elderly men, who have allowed themselves to go to "seed," will have an opportunity of witnessing Mr. Abplanalp's technique of exercise for themselves.

We heartily recommend our compatriots in and around Brighton to attend this performance, we even go further and invite some of our London Swiss, who have lost their "waist line" to venture on this trip to Brighton, returning the same night, if not "allowed" to stay overnight. They will, no doubt, greatly benefit by hearing and seeing our friend, and please do not forget, there is always a chance of returning from the "Dome" with a "fiver" in your pocket!

And last, but not least, there is also some fine accordion playing in the programme which, in itself will be a real treat to music lovers.

Delicious

Ovaltine

Builds up

Body, Brain & Nerves