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Photo taken in 1937.

**Dr. WALTER de BOURG,**  
Swiss Minister in Dublin.

We are pleased to inform our readers, that Monsieur Walter de Bourg, since 1946, Chargé d'Affaires in Dublin, has been appointed Swiss Minister to Eire.

Minister de Bourg was born in 1889 in Solothurn, and studied law at the Universities of Rome and Berne.

In 1916, he entered the Diplomatic service and was in succession *en poste* at the Swiss Legations in Paris and Bucarest. In 1924, he was transferred to London with the rank of 1st Secretary of Legation, and ten years later (1934) he was promoted to Counsellor of Legation.

During the 13 years in which he was at the Swiss Legation in London, he became one of the most popular Swiss Diplomats. He took a great interest in the life of the Swiss Colony in Great Britain to which he rendered many services.

Dr. de Bourg left London in 1937 to take up the post of Consul General in Munich, and a year later he was transferred to Vienna in the same capacity. In 1942 he was sent to the Swiss Legation in Washington, where he was in charge of "Foreign Interests". Returning to Berne in 1945, he was sent a year later to Dublin as Chargé d'Affaires.

We extend to Minister de Bourg our most sincere congratulations on his promotion to Minister's rank, wishing him all success in his new appointment.

ST.

**ARTHUR ABPLANALP AT EASTBOURNE.**

Mr. Arthur Abplanalp, Swiss physical culture expert, gave a demonstration of his system at the Town Hall in Eastbourne on Tuesday, March the 6th. He offered a prize of £50 to anyone who could hold a chair by the top at arm's length horizontally with each hand and then with both hands at the same time for as long as himself.

The following report has appeared in the "Eastbourne Herald" of March 10th, 1951:

"A number of young men mounted the platform after having watched the deceptive ease with which Arthur Abplanalp lifted a chair by the top back strut and held it out horizontally for a count of 58 with his right hand, and a count of 40 with his left. He had then challenged anyone to do likewise, irrespective of age.

A broad young man with muscles bulging under a tight-fitting suit, took hold with a grip that always rings the bell and returns one's penny, and, he lifted the chair up and held it out. But he put it down rather quickly. Taking in a deep breath and with a still more determined jutting of the chin, he gripped the chair again and lifted. The chair drooped and the expression changed from one of grim effort to a good-natured grin of surrender.

Tall ones, short ones, all powerfully built, followed each other to the platform. Every now and then Arthur Abplanalp would show them how easy it was, and with a rueful sigh, another local Hercules would make his way back to his seat.

Frederick Underdown, of New Villas, Polegate, who works as stoker and maintenance man at the Angles Hotel, Eastbourne, put up a good show which earned him, if not the award, at least the applause of the audience.

Best performance came from 50-year-old Mr. J. Gallacher, of Western Road, Eastbourne, who sent a gasp round the hall when he held the chair horizontal with his left hand for a count of 65. It appeared that here was a candidate for the award, but Mr. Gallacher proved to be left-handed and his right hand did not co-operate when it came to the test. As a consolation prize he was given a free copy of Mr. Abplanalp's new book, "In Perfect Shape."

It was emphasised during the interesting lecture that Mr. Abplanalp gave prior to the demonstration that only by putting all parts of the body to work and by obtaining perfect reciprocal co-operation can perfect health be attained and maintained.

"The human body," said Mr. Abplanalp, "is like the soil of the garden: it acquires a quality according to the cultivation it is given."

A demonstration of exercising by means of the simple apparatus used in Arthur Abplanalp's system of physical culture was given by a young lady and by Mr. Abplanalp's son."

**TO OUR READERS.**

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