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Description of The Film.

" (Title)
From the Book

OCT 20 1921

Massage and Exercises Combined
A Permanent Physical Culture Course
for Men, Women and Children "

This film is demonstrating the exercises in my book of the same name and which was copyrighted in Washington Septbr 2nd 1921.

The Combined Massage Exercises are carefully demonstrated several times each by myself and a little girl (10 years of age about.) separately, - first I perform an exercise from 4 to 5 times, then the little girl performs the same exercise from 3 to 5 times - and so forth. All the 14 combined massage exercises are shown. These are performed in trunks so as to show the application of the massage directly on the skin or body.

Three deep breathing exercises are then shown. (performed by myself.)

How some of the general exercises (the movements of the body.) also can be done without the massage

movements, is also shown briefly. The latter is performed by myself in Hospital Uniform.

The exercises were photographed on the roof of an apartement building. A red curtain (showing dark) is suspended behind the performers. Some of the roof and sky is visible. (more and less.)

The film is between 1000 and 1050 feet long, and consist of about half action and half explanatory titles.

Albrecht Jensen

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P.S.

Enclosed please find circular with explanation and some reviews of the book, from which the film has been made, but with that difference that in the book a woman is used as model, while in the film a child demonstrates.

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