Rolandow Was Developed
By The Famous Titus System

Rolandow (my pupil) being the strongest and best developed man in the world (the only man Sandow refused to meet) was put in condition by the Titus system.

Rolandow recommends this as the best and only system.

Rolandow says: My strength and development are due to Titus' system. When I first came to him I weighed 165 pounds; I now weigh 215 pounds, I increased 30 pounds in eight months. I have held this weight for the past three years, but getting stronger each year.

G. W. Rolandow, is the acknowledged Hercules of the world having defeated all comers. He is the only man Sandow refused to meet in competition.

The Titus System of training has produced such men as Max. Unger, Castor Pollox, Romulus A. Johnson, Sandow, Louis Syv, Fred Winter, H. Lustin, all the strongest men in the world.

My system is not an experiment or a system to get your money and give nothing for it. It is the only system from which all strong men are made.

My aim is to satisfy every one with whom I do business. I am thoroughly in earnest in my claims. I have had many apply for my course who have tried others without obtaining satisfaction and I have yet to learn of one single case where my treatment has not produced the desired result.

The New York Herald, World, Sun, Journal and the Chicago Tribune says, that Prof. Titus is without doubt the most competent and reliable instructor of physical culture in America to day, having produced by his system the strongest and best developed men in the world.

I have the best equipped and most successful school in New York with a standing reputation for the past 14 years.