ASTON'S ANTI-BARBELL EXERCISES.

The most successful physical Culture course in Aston's Anti-Barbell course. The anti-barbell exercises are the most effective ever devised for the development of a muscular physique and masses of muscle. They are equally effective in the care of weakness and bodily ailments. A course of anti-barbell exercises will transform you from a weakling into a strong man. I want the reader to remember that for particulars of my latest offer.

EDWARD ASTON, 800, Garrett Lane, Tooting, London, S.W.