TAKE A COURSE UNDER ME.

If you are weak, feeble, dejected, sick, or suffering from any of the above, you will be improved by taking my

Take my "Health and Development" Course.

You need a larger Muscular Development, Great Strength, the ability to lift weights and perform feats of strength.

Take my "Muscle, Strength and Weight Lifting" Course.

In your special course, you will learn the principles and methods of effective weight training, and gain strength.

Take my famous "Natural Exercises" System.

If you are weak and wish to increase your Health.

Take my "Height Increasing" Course.

Keep up a firm motion in which you will learn the principles and methods of effective weight training, and gain strength.

EDWARD ASTON, THE LEADING EXPERT.
3, Aston House, Camberwell Green, London, S.E.

My personal and professional success may apply to Mr. W. G. E. Cl. ETB, Billiard and Snooker Cloth, London, S.E.

Aston's Great Book — Modern Weight Lifting and How to Gain Strength." 1. 7. Face Free.

THE WORLD'S GREATEST TRAINER CHATS TO "HEALTH & VIM" READERS.

Reader: I was very interested in a few minutes. What do you mean by "a health and development course"? I was thinking of taking a course, but I want to know more about it.

Teacher: Our course is designed to help you improve your overall health and fitness. You will learn the principles and methods of effective weight training, and gain strength.

Reader: That sounds interesting. How do I sign up for the course?

Teacher: You can sign up for our course by contacting our office. We have a range of courses to choose from, so you can find one that suits your needs.

Reader: What can I expect to learn in the course?

Teacher: In our course, you will learn the principles and methods of effective weight training, and gain strength.

Teacher: With our guidance, you can expect to see improvements in your overall health and fitness, and gain the strength you need for everyday activities.

Reader: That sounds great. How long does the course last?

Teacher: Our courses vary in length, depending on the level of fitness you wish to achieve. You can choose a course that lasts anywhere from a few weeks to a few months.

Teacher: Our courses are designed to be flexible, so you can work at your own pace and进度.

Reader: What about the cost of the course?

Teacher: Our courses are reasonably priced, and we offer payment plans for those who need them.

Reader: That sounds fair. Is there anything else I should know about the course?

Teacher: Our courses are designed for anyone looking to improve their health and fitness, so you don't need any prior experience or knowledge.

Teacher: We have a team of experienced trainers who will guide you through the course and help you achieve your goals.

Teacher: If you have any further questions, feel free to contact us.

Teacher: We look forward to helping you achieve your fitness goals.

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