

HOW A CONSUMPTIVE WEAKLING BECAME A POWERFUL ATHLETE



Photograph showing the poor state of Mr. H. Francis at the beginning of the Course, with all the signs of ill-health and physical neglect.

Convincing Proof of the MARVELOUS POWER of the STRONGFORT SYSTEM, in Building extraordinary Vitality, Robust Health, and Great Bodily Strength

SOME time ago, a young man by the name of Harley Francis, from Spring Valley, Filmore County, Minn., U. S. A., by chance came into possession of Lionel Strongfort's famous book and other literature. Physically a weakling at the time, emaciated with all the ailments to which young men are apt to fall a victim, he lost ambition and his youthful ideals were gone.

But the little book impressed him deeply, his intelligence told him that his duty was to seek for the good that must exist in the teachings of a man with such ability and experience as Lionel Strongfort. The idea of becoming one of his pupils absorbed his mind, and he enrolled for Mr. Strongfort's Correspondence Course, with the definite aim and determination to make good, and to acquire the dominating power that is allied to health of body and mind.

At the end of three months, his exceedingly hard case and all the bad effects of his former weak condition were cast aside; he was brought back to health and strength by the aid of Strongfortism.

To-day he is in superb physical and mental condition, is the possessor of a wonderfully developed body. This is all something which he vaguely dared to believe some time ago. Mr. Francis' pictures show that when you toil for what you want, you get it. He is to-day an enthusiastic and firm believer in Lionel Strongfort's methods, and is happy to do something useful to spread abroad the great truth of his master's teachings. Let us hear what he has to say:—



Photograph of Mr. H. Francis, showing improvements effected after three months of following the Strongfort Methods; note the remarkable change.

The photographs show the development I secured through a CORRESPONDENCE COURSE OF TRAINING under Lionel Strongfort. Six months ago I was practically a physical wreck, but by following his teachings by mail closely have developed into robust health and strength. In spite of my once weak and run-down condition, I expect to become a champion strong man, and am now following up Mr. Strongfort's Advanced Course for that purpose. The Strongfort methods have been the making of me, and will be for any one who wishes health, strength and a perfect development.

Harley Francis.

The change brought about in Mr. Francis, in this short time, shows that there are no other methods in the World which can equal those of Lionel Strongfort. Mr. Francis is a living example of the efficiency of the STRONGFORT SYSTEM, and one can get an idea of his present strength from the fact that he can press up above head, standing in military position, 140 pounds. During the six months he gained 23 pounds and grew 1½ inches taller.

Anyone who is in search of health and strength should not hesitate to do as Mr. Francis did, and have the golden reward of partaking of Nature's Treasures, Health, Strength, and everything that they mean. The Strongfort Methods have made men out of weaklings, helped them to better their position in life by making them more capable to live a useful, energetic and successful life.

Those readers who are physically fit to a certain extent, but to whom the word "Strength" holds out charms and who wish to obtain a powerful development, I would urge to take up my Advanced System, which is well proved and can not fail to develop the maximum strength.

To those who know my standing in the Physical Culture World, it will be apparent that I am not likely to make any statement which I cannot prove, or hold out any promise which I cannot fulfill.

The restoration to perfect Health is regarded as the greatest Feature and Success of the Strongfort Instruction in Physical Culture by mail. There is no achievement in the world that is equal to perfect health.

It behooves every one interested in his welfare to take up the STRONGFORT SYSTEM now for the realization of his ambitions regarding Health and Muscle. The STRONGFORT SYSTEM will eradicate most physical defects, such as rounded shoulders, flat chest, emaciation, stunted growth; it will help to overcome indigestion, constipation, obesity, weak heart, shortness of breath, lack of energy, nerve troubles, the effects of youthful errors, etc. I GUARANTEE IT!

The first step toward SUCCESS is to enroll at once as a STRONGFORT Pupil.

STRONGFORTISM

It means something besides physical development—It means DIRECT PERSONAL HELP TO YOU, no matter what your ailment.

It means Direct Personal Instruction and Guidance in Health Building and Perfect Development of the whole Physical Condition of the Body.

Lionel Strongfort, Physical and Health Specialist, Newark, N. J.



Mr. H. Francis after six months of the Strongfort Correspondence Course, restored to perfect health, with the development and strength above the average athlete.



This is a snapshot of Mr. H. Francis, taken during his practice with the Strongfort Special Advanced Course for Athletes. Note his fine muscular development.