

# THE PECTRA DEGREE S OR THE SECRET OF STR



The improvement recently made working upon this **New System** at the same time it has proved a most I feel more than warranted in bringing **HEALTH & STRENGTH** readers. This is a result of **16 years' study and** **ance. I am calling it**

## THE DOUBLE CONTRACT

At the B.A.W.L.A. Novices' Contest on Feb. 17th I posed, and my movement was commented upon both by I have prepared a batch of courses, the exceedingly nominal fee of **5** cannot send **5/6** Postal Order and a course will be held over

**21/-** worth for **5/6** This system is entirely or side lifting; It makes **Great Strength**

Particulars of two prize competitions (Cash and Medals) **FREE** as above illustration, and other matter. **Write**

**HENRI COLE** (Vitality and Energy

81, Brunswick Street, Oxford Road, Man  
My Great 74-page book, "Mind, Muscle and Lifting," to