

THE CLEASE CULTURE . . OF BODILY PERFECTION.

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NOT to know F. Meredith Clease is to argue yourself unknown. He has earned many distinguished qualifications. He was born in London, September

Staff in the British Army at Aldershot. The highest reward which any man can ever hope to obtain in connection with physical culture, viz., His Majesty's service diploma, was



F. MEREDITH CLEASE.

The Inventor of the "Clease Method."

19, 1866, and educated in London University School, for three years he studied anatomy in Dundee University, and the same number of years was a member of the Physical Training

awarded Mr. F. Meredith Clease for abilities as a teacher. He was Director of Exercise at Haileybury College, Hertford, three years director of the public gymnasium,