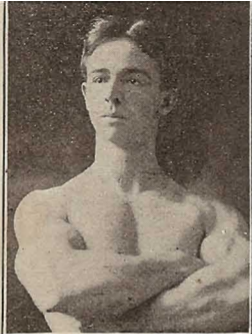


A WONDERFUL COURSE IN SELF-BUILDING

In this new and wonderful course which Mr. Higgins is offering, you get the most remarkable value for your money. It is a \$20 course which is positively offered for only a short time at a low cost. It is a copyrighted and protected course. It is not an imitation of anything now before the public, and it can not be imitated. It is a scientific course, based on methods that have produced the most astonishing results. If you want to improve in health, weight, personal appearance, or muscular development, this course will be worth \$100 to you.

**The Course is
arranged for Men, Women
and Children**

This is not a heavy course for advanced muscular pupils, but a systematic plan of light and moderate exercise scientifically keyed for both sexes and all ages. It builds up women as well as men. It has an age code which prescribes the exercise to suit your age and condition. The course also contains remarkable lessons in dieting, deep breathing, theory of muscular exercise, and self-examination. It tells you everything known about muscle and lung development and dietetics. It explains all other systems and exposes fake methods. It contains more substance than any two courses ever presented. It is a whole encyclopedia of scientific knowledge boiled down into one course, explained in simple, easy language. The course not only builds you up, but gives you a complete education on physical culture. Don't wait on this offer. Send at once. **PRICE, \$2.00.**



Henry Higgins, Gymnasium, East Boston, Mass.