

# HEALTH, STRENGTH, MUSCLE.

Under My Tuition You Obtain the Above, and by Well-Defined Methods, which Absolutely Guarantee Results. My Fees are **Not Absurdly Low**, nor are they **Absurdly High**. They are **Right**. Accept a System, the Results of which have been Tested. The all-round Results obtained by **My Methods** have undergone a **Test and Emerged Triumphant**, which the human body Trained Upon **Other Lines** could **Never Have Survived**.

Send for my Illustrated Booklet (Free for the asking) which explains this Almost Superhuman Part of Strength and Endurance in detail; it also gives you the Truth about Weight Lifting, etc.

## MY CHALLENGE.

There can be but "The Best," "Efficient," "Most Practical," "Comprehensive," and "Logical Method" of **Training the Body**, whether for **Health Only**, or **Great Muscular Strength**, & I defy any other instructor of physical training to prove that the "ECLIPSE" SYSTEM has not the **Sole Right** to these terms. All Existing Systems are Back Numbers when compared with my system. Verify this by sending for My Booklet. I know the World wants only the **Best** in everything, and the **Best** in this instance is represented by the "ECLIPSE" SYSTEM of Physical Training. I ask Nothing beyond a **Fair Comparison**.

Send Postpaid **TO-DAY**, you will be **Bound** to do so some day, **DO IT NOW**.

A Set of the "ECLIPSE" **GRADUATED DUMB-BELLS** presented to each pupil upon enrollment. Installments Arranged to suit **YOU**.

**GEORGE H. CRANFIELD,**  
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