



## Perfect Health

AND

### Superb Muscular Development

I am teaching men how to secure and retain perfect health, how to enjoy the unusual sensation of being free from every ailment. Incidentally I am giving them beautifully developed, symmetrical bodies.

The Kennedy System develops first functional strength, that is strength of the vital organs—the lungs, stomach, heart, liver, and kidneys, and then the external body. It is a positive and natural cure for all diseases of the digestive, assimilative and depurating organs, dyspepsia, constipation, biliousness, etc. As a means of muscular development it is unsurpassed. It requires but a few minutes daily.

It is not a mere list of exercises, but a course of instruction planned especially for YOU. It is far superior to gymnasium work. Your fellow-students say so. Mr. G. B. McLennan, Pres. C.I.R.F., U. says, "In my case it simply transcends financial considerations, surpassing anything I have yet tried."

Write for my handsome booklet, which tells in their own words, just what Queen's students think of it. (I had a special rate to students.)

### The Kennedy System of Body Culture

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