

## FEEs.

At the School. Ten lessons - one hour each  
twice a week - 15.00 dollars payable in  
advance. All Consultations free. Ap-  
pointments Can be made by telephone.

## A PERSONAL NOTE.

Mr. A. C. F. Wringham - Lyons, is an ex-  
service man. He was formerly a pupil  
of Sandow Physical Culture Expert, London  
England; and after his training he was  
appointed by Mr. Sandow as his School  
Manager. He has made a special study  
of Health from the mental side, and  
the exercises he teaches, in combination  
with the Physical, make up his Health  
Energy Course.

Although he fully realizes the excellent  
training given in Class work in Physical  
Exercises in all the Schools, yet he is  
convinced there are many men & women  
far from strong either mentally or  
physically, who once they understand  
the value of such a course, will be