

DEDICATION.

LIEUT.-COLONEL H. G. MAYES, M.B.E.,
Director, Canadian Army Gymnastic Staff.

MY DEAR COLONEL,—

This is not a military book, but in dedicating it to you I am actuated by motives created during a mutual acquaintance. The book is intended essentially for the individual as a private practical system, in seeking poise of brain and brawn, and the possibilities from following its instruction you are well able to judge.

I cannot refrain from saying here that, whilst of immense value to the individual, the underlying principles could also be adapted to the greater advantage of masses or classes, than present mass systems advocate.

Sincerely,

FRANK E. DORCHESTER.

VANCOUVER, B.C.