

THE + LYSONS + SCHOOL.
OF
HEALTH + ENERGY.

FOUNDER

A.C. FOTHERINGHAM-LYSONS

THE LYSONS SCHOOL

The Lysons School of Health Energy is open to both sexes for individual instruction in Mental and Physical Exercises. Although there are no classes, arrangements can be made for two members of one family, or two friends, to be taken together.

THE TEACHING.

In the Physical Section, the aim is the development in each pupil of a perfectly proportioned body, by the reduction of all superfluous fat; or if on the thin side, the rounding out of the entire body, arms, legs, and Salt-cells (the latter applies to women only).

In the Mental Section, the pupil will be taught lessons on self-control, & how to combat bad habits of long standing.

This method of teaching is quite a new departure, and should therefore appeal to all desirous of becoming healthy members of humanity.