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Note.

THE Author, an officer who was attached to the Canadian Army Gymnastic Staff, gives herein a system which is the result of 20 years' study in physical training. He has been quoted as a world's leading authority, and we are able to say that some of the results which were brought before us are extraordinary, to say the least. The work is unusual, and the aspect taken, showing clearly not only the fact that great muscular development may be obtained, but that overworked brain workers have an almost certain cure for an overworked brain, is of immense value. Only a deep thinker could have written the book.