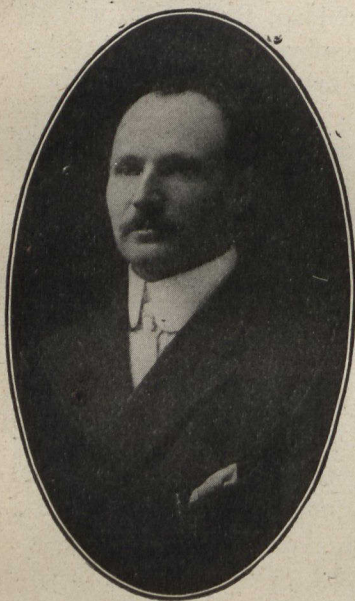
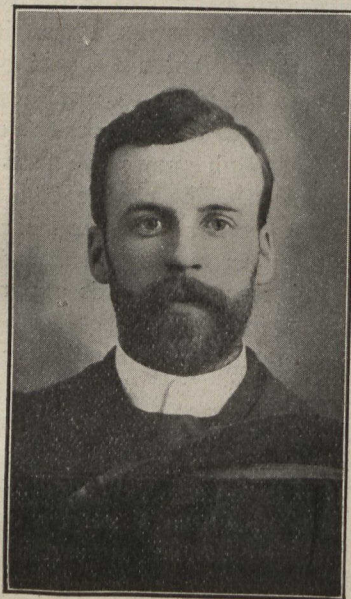


*Mr. G. A. Palmer, Physical Instructor.*

**M**R GEO. A. PALMER was born in Leamington, Warwickshire, England in 1874. In 1889, he joined the English army, having passed with a first-class, qualifying him to teach Gymnastics, and a first-class in Fencing, in both the French and the Italian fashion. In 1893 he was promoted to the position of Physical Director and taught in Sialkot and Amritsar, Bengal, where he had the opportunity of studying the effects of physical culture in a tropical climate. After having left the army in 1897, he passed the examinations of the Sandow School (London) in Anatomy and Physical Culture. He afterwards became Instructor in this school, and at the same



Mr. G. A. Palmer.

Rev. W. H. McInnes,  
Secretary of the Athletic Committee.

time was giving private lessons to the Earl of Dysart, Lord Frederick Hamilton, Lord Percy and Sir Allen McKenzie. He was connected, in the position of Chief Instructor, with the Sandow Schools in Liverpool and Birmingham, for over seven years..

In conjunction with his work he taught in the Grammar Schools at Hemmel-Hempstead and Wallasy. From all these institutions, Mr. Palmer has received the best of references. He has had a long experience in teaching young and old of both sexes, having had pupils of four years and pupils of seventy years of age. He is a great believer in curative physical culture, and intends to make it a special aspect of his work here. If a man comes in with a weak ankle and another with a flat chest, they will receive special work which has in view the curing of the particular defect. This system will be in operation as soon as all the men have been examined and classified,