

Perfect Health

Superb Muscular Development

I am teaching men how to secure and retain perfect health, how to enjoy the unusual sensation of being free from every ailment. Incidentally I am giving them beautifully developed, symetrical bodies.

The Kennedy System developes first The Kennedy System developes first functional strength, that is strength of the vital organs—the lungs, stomach, heart, liver, and kidneys, and then the external body. It is a positive and natural cure for all diseases of the digestive, assimilative and depurating organs, dyspepsia, constipation, biliousness, etc. As a means of muscular developement it is unsurpassed. It requires but a few It requires but a few unsurpassed. minutes daily.

It is not a mere list of exercises, but a course of instruction planned especially for YOU. It is far superior to gymnasium work. Your fellow-students say so. Mr. G. B. McLennan, Pres. C.I.R. F. U. says, "In my case it simply transcends financial considerations, surpassing anything I have yet tried."

Write for my handsome booklet, which tells in their own words, just what Queen's students think of it. (I hade a special rate to students.) It is not a mere list of exercises, but

'The Kennedy System of **Body Culture**

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