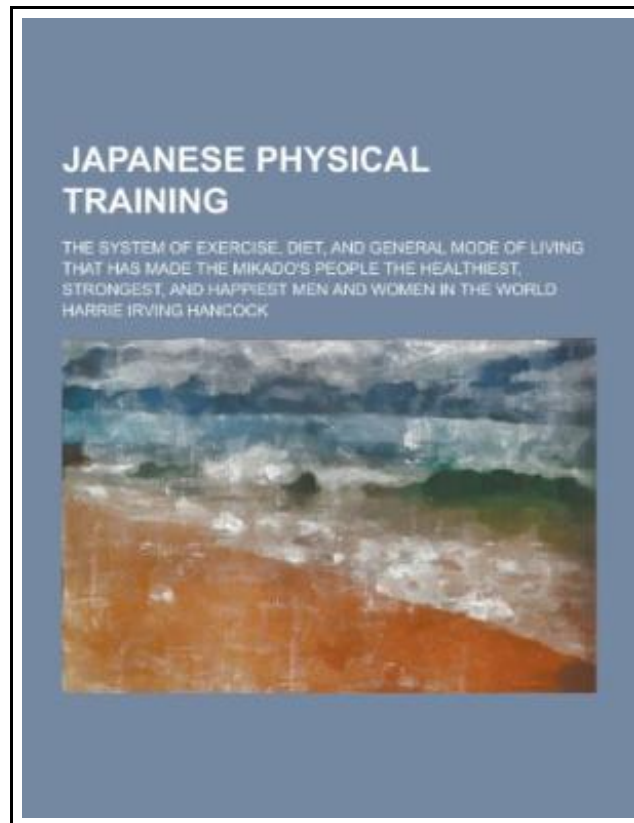


# Japanese Physical Training; The System of Exercise, Diet, and General Mode of Living That Has Made the Mikado's People the Healthiest, Strongest, and



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*(Mrs. Lyda Wilkinson Sr.)*

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