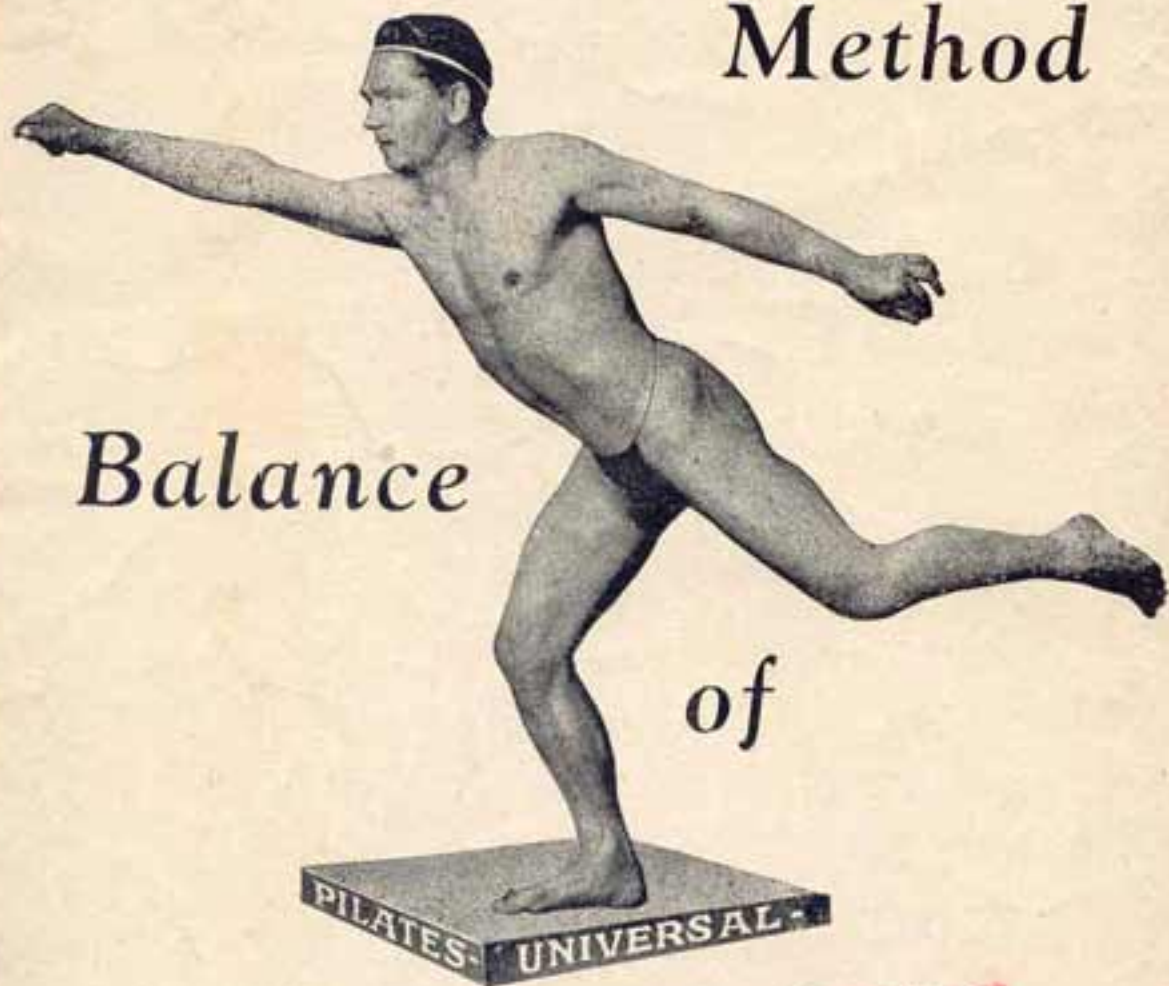


*"PILATES" Universal  
Method*



*Balance*

*of*

*Body and Mind*

# *The World Needs Noble and Healthy, Attractive Men and Women*

**THERE IS** a big opportunity awaiting those who can qualify.

**WHY NOT** aim for the highest—and not be satisfied with mediocrity.

**A STRONG WILL** is necessary to control others, but a still stronger one to control yourself.

**TO ATTAIN** this strong will it is as important for you to develop your body, as it is to develop your mind.

**THERE IS A PLACE** for you in the world—take it and fill it like a man or woman.

**LOOK AT YOURSELF** in the glass: are you only a shadow of the man or woman, God patterned us after?

**LET US** help you to correct and develop your body, that you may become a man or woman, who will be looked up to—instead of down upon.

**KEEP THIS** ever before your mind: what you are looking for is results—and you certainly can get them, when you believe in us.

**YOU CAN** do the greatest things in life, the same as any one else can do.

**MUCH OF** your success in life depends on your appearance of health and power.

**YOU HAVE** to develop yourself scientifically, to acquire an attractive personality.







**A GREAT DRAWBACK** to young men or women, seeking advancement in the business world, is their carelessness in regard to their physical appearance.

**WITH DROOPING SHOULDERS,** hanging heads, weak heart and lungs in a flat, undeveloped chest, with flat-feet, bow-legs, knock-knees—or with a body—too thin or too fat, you can never be as successful as you should be.

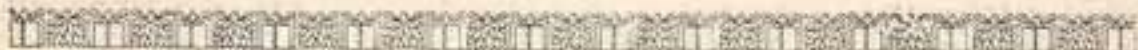
**WHY NOT LET US** teach you to correct these faults?

**CORPORATIONS ARE PAYING** more attention to physical appearance—than ever before.

**EMPLOYERS WANT** employees who take pride in themselves—and have enough self-respect to take proper care of their bodies and keep them in good, healthy condition—attractive.

**AFTER YOU ONCE** realize the important part your physical appearance plays throughout your life, you should make up your mind at once to start.

**COME TO US** with your troubles and let us find the proper treatment for you.







**BE SURE** that you do not waste time, effort and money; take a trial-lesson first, which gives you the opportunity to investigate our "METHOD."

**A TRIAL LESSON** will convince you whether you are in a poor condition or not, and the result right from the start will show you, what we can do for you in three, six or twelve months.

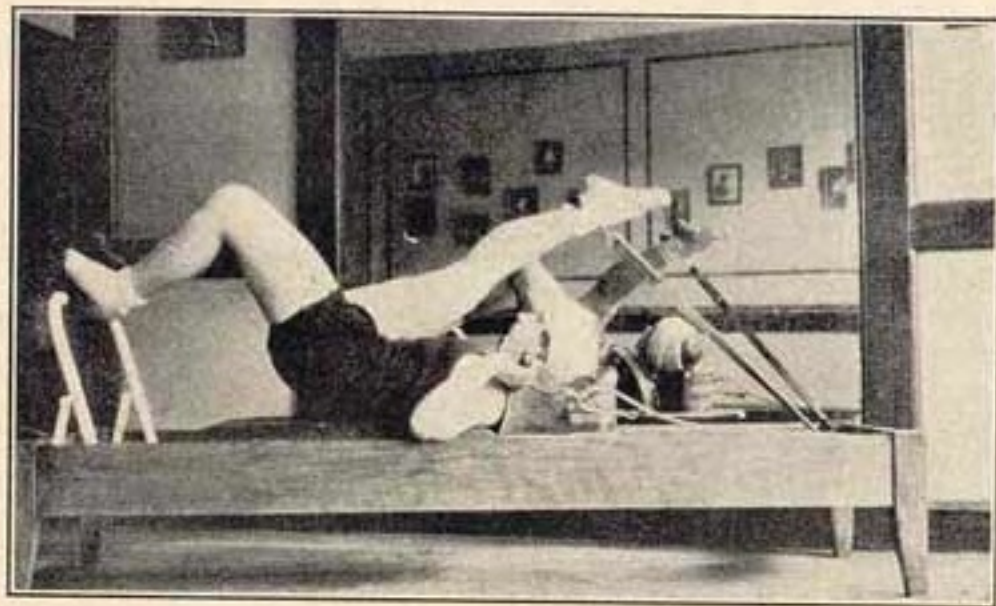
**WE MAKE YOU OVER** entirely, inside and out; not in words—in actions.

**COME AND SEE US**—if you are in earnest; otherwise keep on being slouchy and unattractive, a "MR. NOBODY."

**YOU CANNOT MAKE** yourself strong, healthy and attractive or magnetic by reading all the books in the world on this subject—or using all the electrical, mechanical apparatuses, vibrators, etc.

**NO MAN—NO MACHINE** can correct or create vitality, power or health for you; everything comes from within, you have to unfold it.





**YOU NEVER KNOW** what you can do, until something spurs you to achievement.

**WE MAKE YOU DO IT.**

**THE RULES** for developing your physical and mental power are many.

**WHAT YOU NEED** is somebody to make you follow these rules.

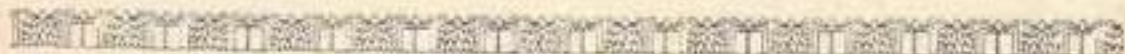
**THAT IS OUR WORK,** we make you do the right and natural things.

**MIND THE PHYSICAL BODY** represents a power-plant: your success in life depends upon your ability to handle this power-plant in the right way.

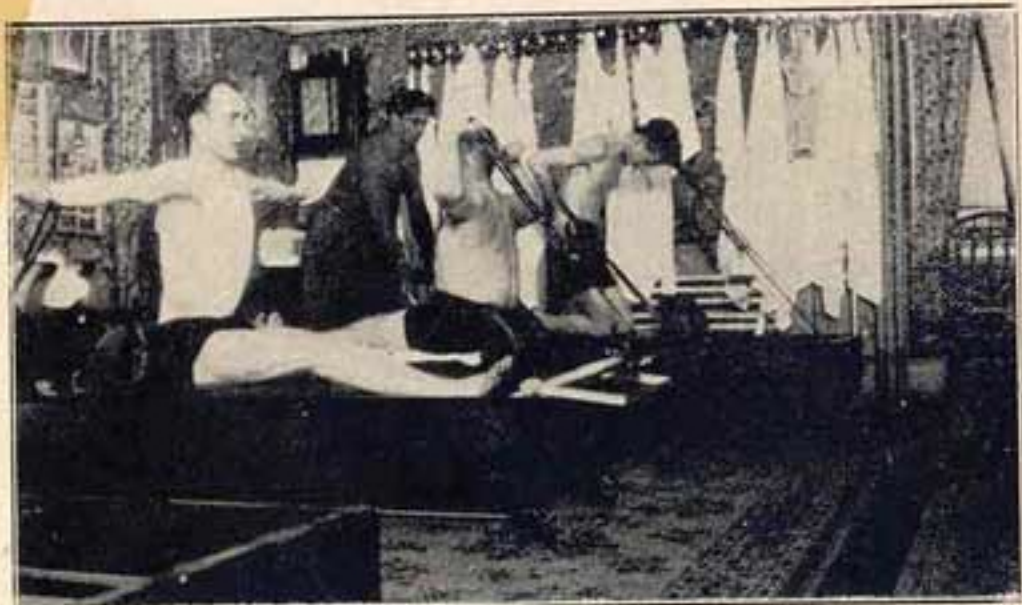
**WE TEACH YOU** through our simple method, (balance of body and mind) which is our own invention, (nothing copied) how to do it.

**WE INCREASE YOUR ABILITY** gradually, systematically, daily.

**THE HARDER YOU** work, the better you feel—and the more successful you will be:







**FOLLOW OUR ADVICE;** we tell you only the truth—and we prove it through results.

**ONLY THE RIGHT THINGS** and the true—are worth while.

**BE DETERMINED** that you are going to correct your faults—and do something better than you have ever done before.

**LET YOUR WHOLE MANNER** denote action.

**COME AND SEE US;** make a firm resolution to start with us TO-DAY—and you will find, that it pays.

**LET US TEACH YOU** something that will last all your life.

**JOIN THE "PILATES" MOVEMENT** of scientific, individual, correcting and developing the balance of body and mind; be a "PIONEER" of perfect, natural health.

**YOUR COUNTRY NEEDS** thousands of noble, healthy, attractive men and women in the future.

**WHY WAIT?**





## Enrolling

You can enroll for a 3 or 6 months course. First you have to take a Trial-Lesson. After the trial-lesson, which is an examination, you will be convinced, that we get results in the promised time. The Lessons are given three times a week by appointment and one hour's work is necessary.

A Trial-Lesson: deposit by making the appointment. A three months course or plus 10% by monthly payments. Not less than three months can be taken.

For nervous-break-down, or cases of heart-diseases, and run down condition it is best that you ask your doctor to investigate our method.

JOSEPH H. PILATES.

**VAN DYCK STUDIOS**

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