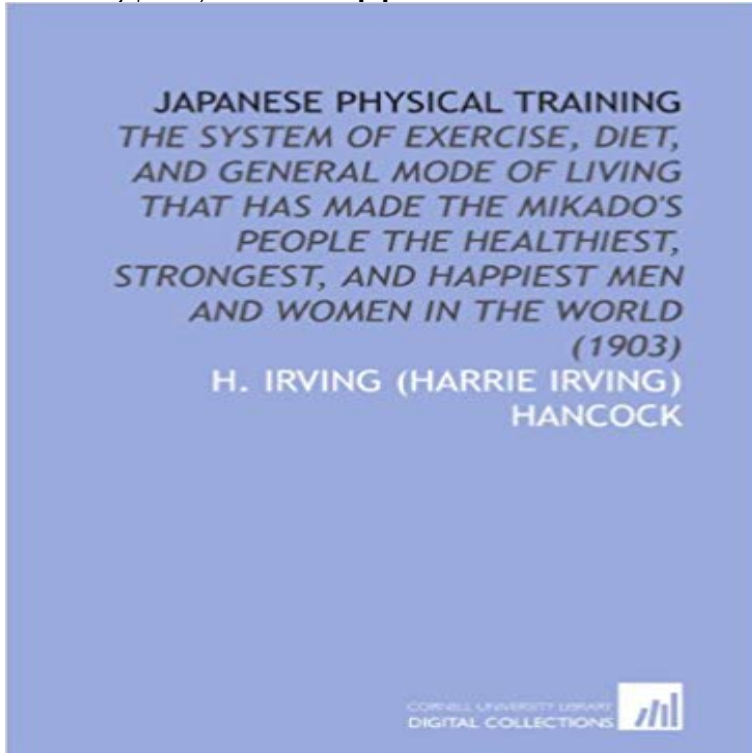


# Japanese Physical Training: The System of Exercise, Diet, and General Mode of Living That Has Made the Mikados People the Healthiest, Strongest, and Happiest Men and Women in the World (1903)



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