



Al Williams  
"Conditioner of Men"

# An Investment in MANHOOD

Health Is Cheap at ANY Price. Here Are Our Terms.

**\$10.00**

For Examination, Inventory and Demonstration.

**\$200.00**

If you are able to walk, regardless of your present physical condition we will build your body back to normal functioning and . . . . .

**\$300.00**

(another hundred dollars)

Will enable us to take that now normally functioning body of yours and develop it to such a point of glandular, organic and muscular functioning that life will be the beautiful adventure that nature intended it to be.

**\$80.00**

Will buy a conditioning course that will make the man in "average" health feel like a "million" and prepare the way for a future life-time of health, vigor and SUCCESS.

**\$150.00**

Will bring the "run down," constipated, nervous, drowsy, tired, underweight or fat man back to normal.

**Al Williams Health System**

425 Bush St., San Francisco

**Douglas 3260** Spring Arcade Bldg.  
Los Angeles

And all this can be done during your lunch hour. Hours 9 A. M. to 6 P. M.

P-4-4

Locate your  
**DOCTOR**

thru our

Telephone—  
**Market**  
**21**

**Physicians  
Exchange**

375 Ethical Physicians Subject to  
Emergency Calls.

**American Ambulance Co.**

146 Central Avenue

24 Hour Service

P-2-4

### Physical Culture Business (Continued)

**EHRMANN META** 3225 Clay, . . . . . Walnut-6010  
French Bergonie System of Weight  
Reducing 875 Bush, . . . . . Prospect-730  
**HARLAND EDWARD** 358 Sutter, . . . . . Duplas-2720  
Lehner J G 1182 Market, . . . . . Hemlock-9400  
Leonhardt James A 450 Geary, . . . . . Prospect-5396  
**MILLER JOHN** 358 Sutter, . . . . . Duplas-6249  
Nier Henry 465 Post, . . . . . Karmy-8170  
Quine Prof James E 376 Sutter, . . . . . Duplas-1979  
Russ Bldg Gymnasium Russ Bldg, . . . . . Karmy-758  
**S F ACADEMY OF PHYSICAL CULTURE** At the Women's City Club  
465 Post, Karmy-8170  
Sparks Gymnasium 1566 Calif., . . . . . Graystone-1908  
Taussig & Ryan 312 Leavenworth, . . . . . Prospect-7020  
Vucinich Jack deYoung Bldg, . . . . . Karmy-7271  
**WILLIAMS AL** 425 Bush, . . . . . Duplas-3260  
Young Men's Christian Assn  
220 Golden Gate, Franklin-461

### Health Conditioning

S F Academy of Physical Culture 465 Post, Karmy-8170  
Sparks Gymnasium 1566 California, Graystone-1908  
(See Advertisement This Page)  
**WILLIAMS AL** 425 Bush, . . . . . Duplas-3260  
(See Advertisement This Page)

### Weight Reducing

Battle Creek Health Builders 21-2nd, . . . . . Duplas-7897  
Calif Institute of Physical Culture 635 Sutter, Garfield-3547  
(See Advertisement This Page)  
French Bergonie Health System 875 Bush, Prospect-730  
S F Academy of Physical Culture at the Women's City Club 465 Post, . . . . . Karmy-8170

### Physicians' Emergency Exchanges

Doctors' Emergency Exchange 400 Hyde, Franklin-44  
Doctors' Service Bureau 1065 Sutter, . . . . . Franklin-88  
Physicians Emergency Exchange 3567 Pierce, Walnut-810  
Physicians & Surgeons Telephone Exchange 2570 Bush, . . . . . West-1400  
(Continued Next Page)



Paul W. Graves, Director

A Gymnasium for Girls, Boys, Young Men and Young Ladies in Class or Private for general Physical Development. Afternoon and evening classes.

Gymnasium For Rent for Basket Ball Practice or other purposes.

Boxing, Wrestling, Bag Punching, Basket Ball, Archery, Broom Polo, Volley Ball, Baseball, Tennis, Etc.

call **Graystone 1908**  
P-31-1 1566 CALIFORNIA ST., near Polk

**CALIFORNIA INSTITUTE  
OF  
PHYSICAL CULTURE**

For better health  
••••• Weight Reducing—Body Building  
••••• Medical Gymnastics—Physical Training  
••••• Scientific Massage—Cabinet & Steam Bathing  
Conveniently located in heart of  
••••• Dajinsky, Shopping and Club District  
••••• Private & Class Instruction  
••••• Evening Classes for Women  
**OUTDOOR GOLF SCHOOL**  
555 SUTTER ST.

### Physicians' Emergency Exchanges (Continued)

#### Service Exchanges, Physicians'

Amer Ambulance Co 146 Central, . . . . . Market-21  
(See Advertisement Opposite Page)  
Doctors' Emergency Exchange 400 Hyde, Franklin-44  
(See Advertisement Following Page)  
Doctors' Service Bureau 1065 Sutter, . . . . . Franklin-88  
(See Advertisement This Page)  
Morton Hospital The 1055 Pine, . . . . . Prospect-9120  
(See Advertisement Page 294)  
Physicians Emergency Exchange 3567 Pierce, Walnut-810  
(See Advertisement Page 293)

#### Physicians—Drugless (See Drugless Physicians)

#### Physicians—Naturopaths (See Naturopaths)

#### Physicians—Osteopathic (See Osteopathic Physicians)

#### Physicians & Surgeons, M. D.

Aarssen Phillip 240 Stockton, . . . . . Karmy-50  
Abraham Henry 909 Hyde, . . . . . Graystone-274  
Abramopoulos C A Marshall Sq Bldg, . . . . . Market-8496  
Abrams Albert 1547 Jackson, . . . . . Graystone-56  
Addis Thos Lane Hospital, . . . . . West-6193  
Adler Howard F 240 Stockton, . . . . . Sutter-5798  
Alanson Milton R 240 Stockton, . . . . . Duplas-324  
Alden B F 1195 Bush, . . . . . Frans-7766  
Alderson Harry E 490 Post, . . . . . Duplas-112  
Alexander E W Butler Bldg, . . . . . Sutter-441  
Allen Herbert Fitzhugh Bldg, . . . . . Garfield-4430  
Allen Orah Knapp Butler Bldg, . . . . . Duplas-8971  
Alvarez Walter C 177 Post, . . . . . Sutter-618  
Amshaugh A E 3173-21st, . . . . . Miss-6100  
Apfel S J 1796 Geary, . . . . . Walnut-102  
Apostolides Emanuel B 906 Market, . . . . . Duplas-7923  
Apple B Flood Bldg, . . . . . Duplas-1592  
**ARMEN V I** 906 Hayes, . . . . . West-8180  
If no answer call, . . . . . West-1400  
Armstrong A C 2088 Union, . . . . . West-452  
Arnold Clement H 350 Post, . . . . . Karmy-8088  
Arnold Hubert R Flood Bldg, . . . . . Garfield-3561  
Arnot Philip H 490 Post, . . . . . Garfield-806  
Arthur Elizabeth 490 Post, . . . . . Karmy-5520  
Ash Rachel L 490 Post, . . . . . Sutter-433  
Ashley Rex E 384 Post, . . . . . Karmy-427  
Atkins Albert J 734 Pine, . . . . . Sutter-2165  
Atkinson Dorothy W 490 Post, . . . . . Garfield-3080  
Austin M O 88 Post, . . . . . Sutter-5189  
Bacigalupi David E 21 Columbus, . . . . . Davenport-639  
Bacigalupi L D 909 Hyde, . . . . . Graystone-500  
Baer Adolph Post & Mason, . . . . . Karmy-6794  
Bailey T E Flood Bldg, . . . . . Duplas-3917  
Baker George Lowell 490 Post, . . . . . Garfield-830  
Ball Jau Don Flood Bldg, . . . . . Karmy-7440  
Banks Wm H Butler Bldg, . . . . . Sutter-3327  
Barkan Hans 490 Post, . . . . . Garfield-3667  
Barkan Otto 490 Post, . . . . . Garfield-1867  
**BARNARD RALPH** 209 Post, . . . . . Karmy-4627  
Barrett Gilbert M 516 Sutter, . . . . . Garfield-1047  
Barsotti C 916 Kearny, . . . . . Davenport-480  
Bartholomew John Y 135 Stockton, . . . . . Garfield-347  
Bartlett Alexander G Fitzhugh Bldg, . . . . . Garfield-4430  
Bartlett Edwin I 490 Post, . . . . . Karmy-2025  
Baryshov S W 516 Sutter, . . . . . Duplas-3314  
Bazet Louis 1898 Market, . . . . . Park-4271  
Beardslee Arthur 909 Hyde, . . . . . Graystone-250  
Becker Geo H 240 Stockton, . . . . . Sutter-5533  
Beerman Wilfred F Butler Bldg, . . . . . Karmy-1887  
Benzinger Martin 135 Stockton, . . . . . Duplas-1043  
Bereion Minnie 490 Post, . . . . . Garfield-3080  
Berg Adolph Shreve Bldg, . . . . . Duplas-251  
Berger A A 104 Clement, . . . . . Pacific-6861  
Bernard L J 2964 Fillmore, . . . . . Walnut-2576  
Berndt R M H office hours 2 to 5 P M  
Butler Bldg, Sutter-1165  
Berwick C C Fitzhugh Bldg, . . . . . Karmy-25  
Best Elbridge J 324 Post, . . . . . Karmy-8229  
Bigman L 3 City Hall Av, . . . . . Hemlock-3864  
Bill Phillip A 350 Post, . . . . . Duplas-209  
Bine Rene Fitzhugh Bldg, . . . . . Garfield-6730  
Birdall G W 1204 Sutter, . . . . . Franklin-267  
Bixby E M Shreve Bldg, . . . . . Duplas-1488  
Blak Einar V 855 Hyde, . . . . . Prospect-4792  
Blaise Wm Ford 490 Post, . . . . . Karmy-1117  
Blanc W A 2317 Mission, . . . . . Duplas-1843  
Blum Sanford Flood Bldg, . . . . . Duplas-5357  
**BLUMENBERG S P** Hours 12 to 6  
320 Market, Duplas-933  
Boardman W W 350 Post, . . . . . Duplas-7812  
Bodkin T P 504 Haight, . . . . . Park-7036  
Bohn John E 909 Hyde, . . . . . Graystone-724  
Bo'demann Little 1195 Bush, . . . . . Prospect-7666  
Bolognina Octave 311 Columbus, . . . . . Duplas-5654  
Bolze Edward 516 Sutter, . . . . . Garfield-5038  
(Continued Next Page)

When You Need a

# DOCTOR

Night or Day

Telephone---

# FRANKLIN 88

Immediate Response

An Exchange of Ethical

Physicians  
Surgeons  
Specialists  
and  
Dentists

## DOCTOR SERVICE BUREAU

An Exchange

P-32-8