

Telephone Mint 1633

Established 16 Years



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ACADEMY OF PHYSICAL CULTURE

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W. C. Bean & Son

Successors to Bean Bros.

All branches of Physical Culture, including Scientific Boxing and Wrestling, Bag-punching and Fencing. Also exercises without apparatus. *Ralston System* and *Military Calisthenics*. Our own system of *Breathing* exercises and *Medical Gymnastics* for expanding the chest and straightening stoop shoulders. Ladies and Children are also taught at this school.

All Lessons by Appointment

305 LARKIN ST., SUPREME COURT BLDG.
Corner of McAllister Street

Osteopathy

A Progressive Science

A Rational Treatment of Disease regulates the distribution of nerve energy and controls blood supply. The blood being the source of all nourishment to the tissues, and the channel through which waste products are eliminated. If you are ailing consult W. C. BEAN, Osteopathic Physician, 305 Larkin Street, Cor. McAllister, S. F. Rooms 1, 2, 3, 4 and 5.

NOTE—Dr. Bean wishes to announce to his friends that he has added the most modern style of Electric Light Bath as an accessory to Osteopathy in the treatment of Rheumatism, Gout, Obesity, Lumbago; also diseases of the circulatory system, digestive organs, respiratory system, diseases of the Liver, Kidneys, and Blood. Our methods of treatment are particularly indicated in the above-mentioned pathological condition.

