

HOW TO LIVE TO BE A HUNDRED!

At least! A leading American doctor releases positive proof that you can add up to forty health-packed years to your life — AND LOOK UP TO TWENTY YEARS YOUNGER DOING IT!

Here it is! The revolutionary new Live-Longer, Look-Younger, Anti-Deterior Medical Program that you've been hearing rumors about for years! It comes from the brilliant mind of the world-famous Dr. Martin, the leading American expert on the subject of life expectancy. Dr. Martin's brilliant new and the United Press released the medical profession by articles in medical journals and other medical journals throughout the United States!

Now brought to you, in complete detail, is one of the most thrilling books you have ever read! A fascinating, down-to-earth, easy-to-read book that shows you how to:

- 1) Add up to forty health-packed years to your life! Years filled with strength, vigor and vitality! And have the time of your life doing it!
- 2) Ward off the diseases of middle and old age that cripple your friends — and do it in just a few ten-minute minutes each day!
- 3) Look slimmer, younger, far more attractive! OVERTHEIGHT! Pervert a miracle in your figure in just six seconds a day! Develop maximum strength in whatever part of your body you wish in just six seconds a day! Beat oily tensions — drain away that "always there" feeling — eat better, work better, sleep better, starting this very week!

In other words, pump up to twenty years of new youth back into your body — whether you're thirty, fifty or seventy years old today!

WHY LET YOURSELF SLIP THROUGH YOUR FINGERS, WHEN YOU CAN GAIN IT BACK IN JUST A FEW SHORT MINUTES A DAY!

Yes! For years medical science has faced one maddening question — why do people age before their time?

Why do men lose their vigor and vitality — develop joints and aches — begin to hurt and perspire when they climb stairs — give away to fatigue, sickness and pain that shouldn't be there for men their twenty to thirty to forty years of life? Why do women turn almost crumpled with all the young brides to be? Why do men and women grow gray from their temples — with their entire attractive faces covered with wrinkles that make them old beyond their years? Why do men and women develop diseases that can sometimes be done to prevent this premature aging? Can these combats of old age be warded off for life, twenty, even forty years? CAN YOU PRACTICALLY AGE — WITH THE PROPER TRAINING — ACTUALLY BE UP TO FORTY YEARS BELOW YOUR CALCMAN AGE!



Clement O. Martin, M.D.
Former medical director for The Continental Casualty Company, medical director of the Guaranty Reserve Life Insurance Company, Consulting Director for the Illinois Central Hospital, member of The American Association for the Advancement of Science, and many other leading scientific and medical societies. Author of "The revolutionary new book, How to Live to be 100."

In the first few weeks alone! All this from just fifteen seconds per exercise per week! This is the new scientific exercise that gives amazing new strength to your lungs and your circulation — that clears up your entire body with vibrant new youth — that gives you that wonderful "youthful" reserve of energy that can work all day and play all night!

THE SECOND STEP — A NEW KIND OF DIET, WITH DIET SNACKS EVERY DAY, AND DIET HOLIDAYS EVERY WEEK!

And finally to really peel off that ugly fat — to get you "skin as a teen-ager" in the shortest possible time... and to keep you at your healthiest and best-looking weight for the rest of your life, Dr. Martin gives you a revolutionary new Low-Low diet that actually has "starvation diet" meaning built right in!

Yes! Here is a diet that lets you use Power

crack wide open every seventh day! That lets you eat ANYTHING you want, ANY TIME you want it during that wonderful Diet Holiday! And then, when it puts you back on your regular routine for the other six days, it actually lets you snack in a delicious "happy snack" on every one of those days, to help keep attacking your WH Power on the let!

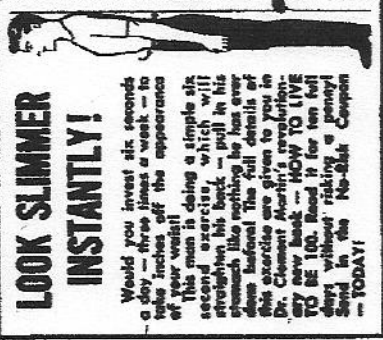
Do wonder this "Cheater's Diet" melts pounds off your body faster than you've ever known before! No wonder it lets you eat, drink and feeling fine! You feel like a matter of a "slipping back" no wonder it helps keep you from "slipping back" when you party around, again, etc., FOR AS MUCH AS FOUR YEARS TO COME!

READ IT FOR TEN DAYS, ENTIRELY AT OUR RISK!

But even this complete Physical Fitness Program — which lets up to ten years off your life — and lets you look up to ten years younger! Here in this book is complete documentation showing you how to build a stronger heart and lungs — greater regularity — better circulation — a glowing complexion — greater sexual vigor — and a far better memory!

Here is information you can trust on the latest methods of combating heart disease, high blood pressure, cancer, stroke, arthritis and the other diseases of middle and old age! A few simple techniques — anyone of which may really save your life — may add up to very health-packed years to your future!

Here are the medical facts you must know about weekend sports and your heart — smoking and drinking and why Dr. Martin does not forbid



LOOK SLIMMER INSTANTLY!

Would you invest six seconds a day — three times a week — to take inches off the appearance of your waist!

This man is doing a simple six second exercise, which will strengthen his back — pull in his stomach like nothing he has ever done before! The full details of this exercise are given to you in Dr. Clement Martin's revolutionary new book — **HOW TO LIVE TO BE 100**. Read it for ten full days without risking a penny! Send in the No-Risk Coupon — TODAY!

EXECUTIVE RESEARCH INSTITUTE, INC.

MAIL NO-RISK COUPON TODAY!

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119 Park Avenue, New York, N.Y. 10003

Confirmation: Without obligation, please rush me the brand new edition of Dr. Clement G. Martin's revolutionary new book, **HOW TO LIVE TO BE 100**, I am enclosing only \$4.98 complete. I understand this book is fully guaranteed. If I am not completely delighted within 10 days, I will return it for my full purchase price back to you!

If you wish your order sent C.O.D., check here. Enclose only \$1 good-will deposit. Pay postman balance plus C.O.D. postage and handling charges. Some money-back guarantees!

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