

At last... a leading American physician shows you

How to Stay Young till 90

Designed to give you the look of a youngster past 60 . . . the strength and power of a trained athlete beyond your seventies . . . in vibrant good health till 90 and more — here is one of the simplest and gentlest, and yet truly revolutionary, anti-aging medical programs ever invented by the mind of man.

To repeat once again, the goals of this program are simple. They are, in essence:

1. To give you the look of a youngster, in both face and body, far past sixty . . .
2. To keep you in top condition—to give you the drive and power of a trained athlete beyond your seventies . . . and
3. To give you every possible chance of *continuing* in this vibrant good health till ninety, and more.

The methods this program uses to achieve these goals are equally simple—and, again, surprisingly gentle. They are:

1. A series of one-or-two minute-a-day exercises for your *face*—designed to combat premature wrinkles and restore the smooth, sharp outlines of youth.
2. A direct attack on the *stored-up emotional poisons* in your body that eat away strength and youth like internal acid. This attack on these poisons consists of a series of exhilarating new exercises which take as little as three minutes a day—*half of which time you spend resting.*
3. A new way to lose weight—not a diet—designed to change your present suicidal eating habits in 24 to 48 hours. And to break at last the vicious *fat-multiplying cycle* inside your body, that causes you to put on more weight, from less food, than your thin friends. And
4. A series of surprising, and sometimes actually startling, solutions to your most serious everyday health problems—including fatigue, hypertension, indigestion, high blood pressure, and much, much more.

This, then, is the look-younger, feel-better, live-longer program that you can prove to yourself—beyond doubt—without risking a penny. Now let us look at its medical background, and the specific day-by-day benefits it is designed to give you:

Written by One of America's Foremost Physicians,
It Opens Up Whole New Worlds of Prolonged
Youth, Health and Vitality — Past 90 — that You
May Never Have Dreamed Existed Before.

The fascinating new volume which gives you these benefits is titled: *How to Stay Young All Your Life*. It is the result of fifteen years of meticulous research, and three additional years of intensive writing and re-writing. It is so completely up-to-date that some of the principles revealed in it were not discovered until a few short months ago.

Its author is Clement G. Martin, M.D., F.A.G.S., F.A.C.N. As you may know, Dr. Martin is former medical director of two of

the largest insurance companies in the United States, where he specialized in geriatric research—the science of prolonging youth, strength, health, and life—far beyond their present limits.

Over eight years ago, in conjunction with his state medical society, Dr. Martin published a pamphlet based on this research. The response was so overwhelming that he then expanded this information into a book—called *How to Live to be 100*—which immediately soared to the top of the best-seller lists, and sold over 100,000 hard-cover copies in the first two years alone.

But now medical science has gone *beyond* mere longevity alone! Now it is possible—not only to add up to twenty or thirty or forty more healthy years to your life . . . not only to help you ward off the disease of middle and old age that cripple your friends . . . but, in case after case, to actually *restore* the appearance and energy and bursting vitality and strength of youth itself to your body—and *maintain that youthful drive and appearance far past your seventies and eighties!*

All the Myths About "Old Age"
— Shattered at Last.

This new book, therefore, begins immediately with *case histories* that prove this fact beyond doubt. In the first few pages alone, you are introduced to:

The American "town without heart disease." Where the inhabitants eat too much, enjoy food that's "rich" in every sense of the term, are overweight, party around, stay up late — *but simply don't have heart attacks.* (The reason why will astound you.)

The 101-year-old roué, who still eats mountains of spaghetti, washes it down with wine, and loves his sweets.

The amazing French beauty who first invented exercises to preserve the look of youthfulness in the human face. Men worshipped her at eighty. Her figure and her face were as dazzling at 79 as they were at 19. She died, still outwardly in the bloom of youth, past 90.

The American businessman who watched his body become prematurely old and finally collapse of ill health at the age of 59. Who decided to *rejuvenate himself* though he could hardly stand, through a scientific study of longevity. By the time he was 73 he had regained his youth—his face as smooth, his body as slim and hard as a youngster's. *Photographs in this book prove these statements beyond doubt—see them yourself!*

The Russian report on a man who lived to be 161, and fathered his last child at 104.

And much, much more. Probably the most fascinating reading of your entire life. But it's only *the prologue* to the real meat of this revolutionary new book. For now the life-saving, health-giving, youth-restoring principles learned in this world-wide medical research are put to work—*instantly—for you.* To give you results, *literally overnight*, that will have your friends begging you to tell them the secret!

For example:

What is the price of Renewed Youth
and Vitality? As Little as Five
Exhilarating Minutes Every Day.

First, you start to peel off years from your appearance:

On page 35, you learn the one-second prescription that automatically causes you to stand more erect (no, you *don't* have to pull in your stomach, but the results are startling nevertheless).

On page 124, you're given *six-second facial exercises* . . . wrinkle exercises . . . bags-under-the-eye and age-line exercises . . . that Dr. Martin recommends for every man, as well as woman, who wants people to gasp in astonishment when you tell them your real age.

On page 144, you're shown how the way you eat may contribute as much or more to your overweight problem as the actual *foods* you eat. And then on page 150, you're given the medically-proven, *fastest-possible way* to lose excess pounds. Again, this is *not* a diet at all. And the greater your excess weight, the *faster* this method works.

But this is just the beginning. Now you go on to tap vast new stores of *strength, endurance and energy*, like this:

On page 35, you're shown the scientific secret (time to learn; 10 seconds; time to perform; 3 seconds), that guarantees you will sit properly—and therefore cut your desk fatigue in half.

On page 42, you're shown how to "relax yourself ahead". Develop the grace under pressure that marks the champion athlete,

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CLEMENT G. MARTIN, M.D.

and the champion executive. Outstrip your less well-informed competitors who tear themselves to pieces in the mistaken belief that they can win through pressure, anxiety and tension. Keep going at full speed when they're wilting around you like dead flowers.

On page 58, you're shown how you can cleanse your *internal organs* (your heart, lungs and blood stream) of tension and fatigue in as little as three minutes a day. Try this tomorrow night when you come home bone-weary from work—when you're wound up tight as a drum—and see for yourself how it pumps so much new energy back into your system that you can out-dance your teenage son till two A.M.

Yes, and on page 118, you'll learn how Dr. Martin recommends as little as *only 1½ minutes* of basic exercise every day. *Is this too much to ask from you to obtain new protection from heart attacks, now youthfulness, new vitality every single day of your life!*

Read it from Cover to Cover,
Entirely at Our Risk.

It is literally impossible, in the space of this advertisement, to begin to give you an idea of the vast store of startling new medical information contained in this book. I can only mention in passing such life-saving information as this:

The world's best tranquilizer, that doesn't cost you a penny.

How plain ordinary water can be turned into a wonder-working tonic for your heart and your blood pressure.

The special section on rheumatism and arthritis, that may save you hours of needless pain every day.

And so much more that you must read it yourself to realize the *immense benefit this book can give any man or woman over thirty.* Therefore, we allow you to read it cover to cover at our risk. Its price is only \$5.98—far less than other books that do not begin to do its job.

But you try this book at our risk. If you are not amazed and delighted with every word—then simply return it to us for every cent of your purchase price back. You risk nothing but your time.

The choice is now yours. You can sit helplessly by and watch your face get older and older every day—watch your body get weaker and weaker every day. Or you can decide to *stop this premature aging* right now, and bring back the youth and vitality you may have thought you'd lost forever!

The medical means are now at your hand. This is a book for people who mean business. If you mean business—send in the enclosed No-Risk Coupon—*today!*

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VITAL NOTE!

To gain its wonder-working benefits in every area of your life—immediately, starting within five short minutes after you pick it up—*there is absolutely no need to STUDY this revolutionary new book, or read it from cover to cover, or even to expend any more "literary" effort on your part other than to browse through it at your leisure for five or ten thrilling minutes every day!*

This is **NOT** a textbook! **NOT** a study manual! There are no lectures—not a single "blue-sky" theory to ponder over or memorize in this entire book!

Instead, for the first time, *here is a revolutionary new method of ADDING UP TO 40 HEALTH-PACKED YEARS TO YOUR LIFE — TAKING UP TO 20 FULL YEARS OFF YOUR APPEARANCE — all through a few incredibly-simple techniques that you can put to work for you the very first time you pick up this book!*

Therefore, we do **NOT** want you to treat this amazing volume as you would an ordinary book! Instead, all we ask you to do is this:

Place it on your bedstand, entirely at our risk, for ten days! Read through just a few pages every night before you retire! Browse around if you like! Notice especially the wonder-working Three Minute Rest Exercise on page 120 . . . the thrilling Fat Breaking Secret on page 159, and much more.

See for yourself that every page is crammed full of practical, down-to-earth, easy-to-understand knowledge that you can put to work for you right on the spot! See for yourself that here at last is authoritative medical information that WORKS—and that's yours for just a few short minutes a day—without brain-racking study, without torturous memorization, ALL YOURS IN ONE OF THE MOST FASCINATING, COMPLETELY-ABSORBING BOOKS IT HAS EVER BEEN YOUR PLEASURE TO GLANCE THROUGH FOR JUST A FEW SHORT MINUTES A DAY!

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