

Why Old and All In at Fifty?



ARE YOU?

neglecting your body by not giving the proper exercise that nature demands, and causing a general muscular depression of your entire system?

Send for
KEEP FIT
Booklet.

AL WILLIAMS

Former Instructor Olympic Club and U. S. Army

Be a Man Again

My individual method of body building and weight reducing through **Gradual Development** enables you to reconstruct your entire muscular system and build a healthful physique without undergoing the **strenuous exhaustive training** which the ordinary Gym method requires. Ask your physician about it.

AL WILLIAMS HEALTH CLUB PHYSICAL TRAINING FOR MEN

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