December 7th, 1925.

My dear friend:

Since you have taken the initial step in answering my advertisement, I particularly wish that you might go further and become the one outstanding example of physical manhood in your community.

The fact of your writing assured me that you were deeply interested in the upkeep and the development of the most valuable machine in the world -- YOUR BODY. I refuse to believe that you have become indifferent to a matter so vital to your all-around success in life.

Why do you hesitate? Why do you still delay -- when you can make yourself more like the IDEAL MAN you have secretly hoped to become?

I myself was at one time so frail that I could hardly cast a shadow; so weak that I could scarcely lift a 25-pound weight over my head. I was physically down and out -- a hopeless, pitiful wreck.

Look at me today -- my picture does feeble justice to my tremendous strength, boundless vitality and amazing muscular development. Yet for all my development, I am as light on my feet as a ballet dancer, as elastic as a high-trapeze performer, and my internal strength even surpasses my external strength.

How would you like to have my physical development -- my strength -- my vitality? Listen! This is the absolute truth: I can make you physically perfect! The same method which gave me my symmetrical development can be gauged to your individual needs.

Do you wish to be a professional strong man? I can make you one of the strongest! Do you demand muscular development? I will add a solid inch of muscle to your arms and a couple of inches to your chest measurements in thirty days -- or your money back! Or, if health means more to you than big biceps, my health-creating methods can be dependent upon in 100% of cases. Men shattered by disease, physical excesses, overwork, worry, strong drink, or any other cause, have always especially appealed to me.
I am not a professional strong man. I invented the highly novel and ingenious device, that is used exclusively with my course of physical training, with my own health in mind. But this invention was so new and epoch-making, and so amazingly successful in transforming my own broken-down body-machine into one of the most powerful of modern times that I was soon convinced that the millions of men of all ages and vocations needed just the kind of help and advice that I was able to give them.

My system is progressive. It systematically works on every muscle. Weak and strong men alike are benefited by it. The Albizu exercises are all fun and no drudgery. As you develop strength, the exercises change to meet your every advance in physical power, keeping you constantly interested, fascinated and absorbed. The maze of apparatus in a big, modern gymnasium cannot do as much for your body as my invention. And fifteen minutes a day is all you need.

Think of the wonderful convenience and economy of apparatus so light that it can be juggled on the finger-tips, so complete that it does not have to be changed from one exercise to another; so simply and staunchly constructed that it will never break nor get out of order; so compact, that when not in use, it takes up no more room than a pair of shoes; so amazingly adaptable that a delicate, five-year old boy or a man of Herculean build can use it with equal benefit.

Your first outlay for my system is also your last. The tuition fee for full equipment and painstaking personal instruction is only $20.00 (or else $2.00 on the part payment plan) and I pledge you my word that in less than one month you will feel so much better, be so much stronger and think so much better, that you would not take ten times what the course costs and go back where you started physically.

Today is yours, yesterday is a cancelled check and tomorrow is only a promissory note. ACT TODAY!

Sincerely yours,

J. M. Albizu

My new book, "The Power of Physical Perfection" will be ready for mailing in a few days. It is profusely illustrated and filled with potent, pertinent and practical suggestions on keeping physically fit and mentally alert for every emergency. A copy is yours for the asking and I am enclosing extra order coupons for such of your friends as may desire a copy. -- ALBIZU