Dear Friend:

My desire is to serve you so well, to have you so supremely satisfied, that you will always consider me your friend.

But I cannot do a more friendly act than by urging you to become my pupil.

I know that my methods can help you -- of that there can be no doubt.

Like the old violin maker, I prefer to do fewer jobs and make each one a masterpiece. You get the full benefit of this sincere, earnest concentration when you become my pupil.

I absolutely guarantee that if you use my RESISTO ROLLERS in conjunction with the exercises I prescribe for your individual requirements fifteen minutes twice each day, you will quickly develop infinitely better health, greater strength and finer symmetry of form than you ever dreamed of possessing. Your money back -- every red cent of it -- if I do not accomplish for you the results that I promise.

Remember that I absolutely guarantee results in each and every case. It's in my estimation, I cannot sell you, after you have filled out my Analysis Sheet and I have had time to examine it carefully, that I will frankly tell you so.

These are the specific things that I GUARANTEE to do for you, once you become my pupil.

I will INCREASE your WEIGHT, if you are too thin; REDUCE it to normal, if you are too corpulent.

I will ADD several inches to your ARM, SHOULDER and LEG measurements in a remarkably short time.

I will widen and deepen your CHEST, straighten your SPINE, broaden your SHOULDERS, increase your ABDOMINAL REGION in a sheathing of tough, resilient, corrugated muscle that will immensely improve your digestion and intestinal efficiency.

Your LUNGS -- I will turn them into two mighty, healthy bellows before I am through with you.

Your HEART -- my methods will make it exceptionally strong, sound and regular in its beat.
Your NERVES — I will bury them so deep in healthy, well-nourished muscle tissue that you will forget that you ever had "nerves."

If you suffer from nervousness, indigestion, constipation, battle-weariness, dizziness, sleeplessness or liver complaint, remember that my course specializes in exercises that overcome these conditions — first, by systematically developing all the muscles and tissues in and about the abdominal region and, second, by giving all the sensitive vital organs a healthy daily exercise.

But what is the use of merely discussing these matters? You have my booklet, and I hope that you have read it at least once with the utmost care. And this is my third letter to you since that time. You therefore know all the facts about me and my methods.

Now just one thing more. I have the most iron-clad rules about never cutting my price. It is absolutely down to the bone for what I have to offer in the way of apparatus and a wonderfully complete course for both beginners and advanced pupils. If the ABLIZU SYSTEM is not worth $50 to you or to any other man, then you haven't the keen desire and will to perfect your body that I thought you possessed.

But I will make any fair concession in the matter of terms. After you have sent me the filled-in enrollment blank, together with a first payment of $5, I will let you pay the five remaining installments at the rate of $5 a month instead of $5 every two weeks as I previously have required.

Send me $5 now, $5 a month after that for four months and the final payment of five dollars five full months after you paid the first installment.

Could anything be more liberal? Hesitate no longer. Take advantage of this inducement for getting you enrolled. It is going to mean much to your entire future to obtain the physical perfection that I guarantee.

Time is precious where your health is concerned. ENROLL TODAY. You'll be taking a step that you will never regret.

Very cordially yours,

[Signature]

L.W.A/D
In filling out this Analysis Blank, I would ask you to answer all questions as accurately as possible. The information that you yourself will send me is the only means by which I can prescribe the exercises best fitted for your condition. Please PRINT your name and address and write all answers clearly. — Albizu.

Name

Address

City

State

Occupation

Married or single?

Are you strong? Week? Fair?

How many hours do you spend outdoors?

Do you engage in any athletic games?

If yes, what game?

If ever ruptured, state particulars (if operated on, state approximate date).

Do you suffer from any deformity?

Does your collar-bone show?

Are you right or left handed?

Is your neck long or short?

Are your teeth sound?

Are your lungs sound?

Do you naturally breathe thru the mouth or nose?

What is the condition of your heart?

How much do you smoke?

Do you use alcoholics?

Are you ever constipated?
ENROLLMENT BLANK

LOUIS W. ALBIZU,
305 Fourth Avenue,
New York, N. Y., U. S. A.

DEAR SIR:

I hereby enroll for your Complete Course of Personal Instruction and you are also to send me at once, without extra charge, one set of your Patented RESISTO ROLLER Exercisers. I will pay for your Course as follows:

☐ $25.00 herewith enclosed in full payment.

☐ $5.00 herewith, and $5.00 per month for 5 months.

It is understood that you are to give me PERSONAL Instruction to meet my PARTICULAR case and that the pair of RESISTO ROLLERS and Course are to become my absolute property as soon as paid for in full.