

## THE WONDER-BELL COMPANY

52 FRANCES AVE.

AUBURN, PROVIDENCE, R. I.



If you are under thirty-five, and in normal health, the Wonder-Bell System of Mind and Body Culture should do this for you in less than three months, provided you carefully follow directions and use our New Cell-Stimulating Wonder-Bells, which are so made that the weight can be added as you increase in strength:

- enlarge your forearm one inch,
- enlarge your upper arm one inch and a half,
- broaden your shoulders two inches,
- enlarge your chest two inches,
- increase your height,
- drive away the blues,
- give you determination,
- strengthen you sexually,
- add to your attractiveness,
- give you a more lithesome figure,
- develop your success qualities.

If you are over thirty-five, it will bring you strong vigorous health that you can use every day in the year--make you sleep better, eat more heartily, get more out of life.

This system is a method of rest. You will not become tired of it. It is the only system that allows for growth plateaus. All exercises are taken lying down, so that the heart will not be overtaxed by trying to force the blood to all parts of the body at once. Concentration pays in exercise as in anything else. By resting all muscles except the one that is being treated for development, a quicker growth takes place, because a greater supply of muscles building material is used at one place at one time.

Following a basic law of growth, it acts upon all living organisms in the same way. It is the only system with the goal constantly in view. It is not an everlasting drill that you must continue all your life. When the Wonder-Bells are full of weight, which you have gradually added, you have tremendous strength. Your physical improvement will amaze your friends. Your increased mental power will give you courage and ambition to successfully meet everyday trials.

There are TEN ILLUSTRATED LESSONS in all--each one different--each one covering one law of nature--each one for a certain definite purpose --each one progressive--each one for a different set of muscles. You will find in this course things seldom touched upon by other teachers, but of which are of supreme importance to your inner development--and it is your inner development that controls your outer development. You will find vast new fields in the realm of nature opening out before you--things that you probably do not know now, and perhaps never will know unless you take this course.

GJ/A