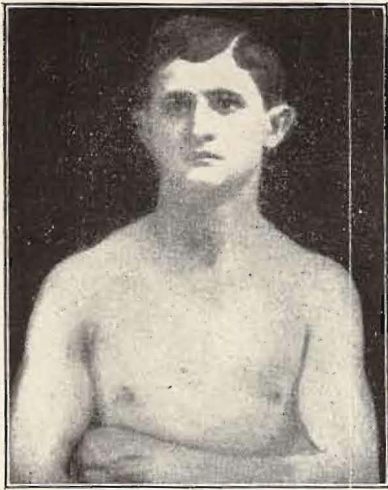
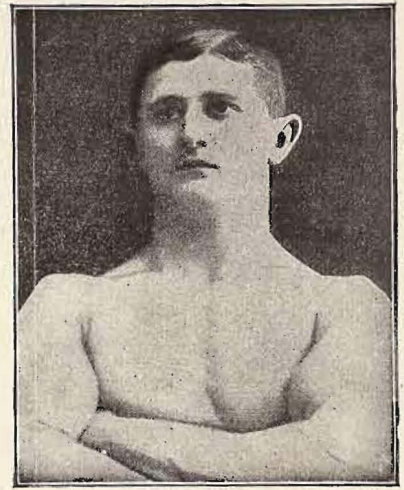


Another Example of what the Titus Progressive and Automatic Exerciser, with **For You!**
 my Personal Correspondence Course of 21 weeks, will do



BEFORE

The Cuts herewith show the marked improvement of one of the many who have conscientiously followed the TITUS System.



AFTER

PHYSICAL MEASUREMENTS BEFORE

Chest, contracted - - -	32	Forearm - - - - -	9½
" normal (arms at side)	34	Thigh - - - - -	18½
" expanded - - -	36	Calf - - - - -	12
Waist - - - - -	29	Weight - - - - -	129
Biceps - - - - -	10	Height - - - - -	5-5½
Neck - - - - -	13	Age, 20 years and 5 months	

PHYSICAL MEASUREMENTS AFTER

Chest, contracted - - -	35	Forearm - - - - -	10½
" normal (arms at side)	37	Thigh - - - - -	20½
" expanded - - -	40	Calf - - - - -	14
Waist - - - - -	29	Weight - - - - -	147
Biceps - - - - -	14	Height - - - - -	5-6½
Neck - - - - -	14	Age, 20 years and 10 months	