



Here are 45 of the 1709 secrets of health and beauty revealed in **GAYELORD HAUSER'S** new **TREASURY OF SECRETS**

Any one of them can help you to undreamed of vitality and loveliness!

ARE YOU fed up with being overweight? Is your complexion getting under your skin? Are you worrying yourself sick—about your health? Your years? Your "vanishing" beauty? Stop worrying, and begin living today. Let Gayelord Hauser—in his wonderful new book—show you the simple, natural solution to all the health and beauty "problems" you thought you had.

For nearly half a century, through his research, his writings and his famous lectures, Gayelord Hauser has shown countless thousands the way to a better life. He has traveled the earth, interviewing world-famous physicians and such giants of our time as Albert Schweitzer (who revealed to him the sources of his vitality and creativity). And he has captured the closely-guarded beauty secrets of the world's most glamorous women. Now, in the light of the most recent scientific findings, Gayelord Hauser brings you all his Golden Secrets of natural health and beauty, long life and all-day vitality.

Just check through this partial list of contents (there are 1684 additional secrets in the book itself) and then let us send **Gayelord Hauser's Treasury of Secrets** to you for 10 days' free examination. We are so sure that this book will become an important part of your life, that we will send it to you at once, without risk to you. Just fill out and mail the coupon at right.

Here are 45 of the Golden Secrets:

1. Delicious Wonder Foods that swiftly help to melt your fat—and conquer your craving to overeat.
2. Tested Food Formulas to relieve taut nerves . . . arthritis . . . allergies . . . problems of menopause.
3. **How to have a young body all your long life.**
4. The amazingly simple secret of Marlene Dietrich's beautiful legs.
5. **Important For Your Husband:** Foods that help to increase his sexual potency. A safe, simple program to protect his heart. An exercise that can save his hair. A report of the New York physician who successfully transplanted hair on 500 balding men.
6. **Fabulous chin and neck tighteners** that are worth a queen's ransom, yet cost you nothing!

7. The Million Dollar Eye-Opener—Drink it the minute you jump out of bed and everything looks rosier all day—including you.
8. Introducing a delicious heart-saving table oil.
9. **A simple secret for sound sleep without drugs.**
10. Wonderful news for nibblers!
11. How to overcome your candy addiction.
12. Eisenhower's heart attack, the JFK rocking chair—and what they mean to you.
13. A wonder-vegetable that costs pennies and can take the place of beefsteak!
14. **Greater virility for men.** A Viking secret of body care that has helped men all over the world.
15. Smoke, drink if you must—but be sure to take the "buffer foods"!
16. What you can add to your baby's diet that will insure super-health.
17. **A complete Eat and Grow Beautiful** plan for sparkling eyes, glowing skin, good teeth and youthful firmness for your entire body.
18. The answer to the notion that you are "too old to enjoy sex".
19. The Tranquilizing Night Cap—Sip it slowly five minutes before bed and forget about pills.
20. **How food can improve your memory.**
21. How GAYELORD HAUSER saved the world's most glamorous women from emotional tail-spins.
22. The "Jackie Kennedy Look."
23. 30 seconds a day to prevent varicose veins.
24. **The Swiss apple diet** that reduces blood pressure and inches.
25. Stop irregularity for good—the natural way!
26. How you can have a Hollywood beauty farm—in your backyard!
27. The "Robber Foods"—what they eat out of you.
28. **The Magic Shoulder Shrug.** It firms the muscles that hold the bust high.
29. How to avoid the "meal that kills."
30. A confidential report on plastic surgery. How to find the most expert surgeon in your community.
31. How to remove poisonous sprays and dangerous insecticides from your food.

32. How some foods and vitamins may stop premature graying hair.
33. **What you can do to relieve bad skin . . .** falling hair . . . sexual apathy . . . depression.
34. How to build up your resistance to virus infections and constant colds.
35. How to make every bath a luxurious beauty bath.
36. A helpful analysis of therapy available to reverse the aging process.
37. Secrets of dining out royally . . . and healthfully.
38. **Weight-losing tips from all over the world—** Japan, France, Germany, Switzerland, England.
39. A longevity food recommended by a king—easily available to you!
40. The Scandinavian complexion treatment—especially designed for use in your own bathroom!
41. The greatest slimming exercise of all time! It takes only a few seconds a day.
42. **The French Friction Bath** for a Cleopatra-smooth body.
43. How to nourish your sex glands.
44. Secrets of a Paris chef—cut cooking time in half—protect nutrients and use less fat—juicy steaks in five minutes—fluffy French omelettes in 60 seconds.
45. Life-preserving recipes of long-lived people from the far places of the world.

SEND NO MONEY

We are so certain that you will find Mr. Hauser's book an irresistible invitation to health and beauty that we make this no-risk offer. Use the convenient coupon below to order your copy of **Gayelord Hauser's Treasury of Secrets**. Send no money. If after examining the book you do not agree that it is a treasury of priceless information, return it within 10 days and owe nothing. If however, you decide to keep it, remit just \$4.95 plus postage and handling as payment in full. Write to **FARRAR, STRAUS & COMPANY, Box 766, Great Neck, New York.**

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