

# HOW TO GROW TALLER IN A FEW SHORT WEEKS

AMAZING NEW SCIENTIFIC  
METHOD INCREASES HEIGHT  
FROM TWO TO FIVE INCHES  
.... DEVELOPS PHYSIQUE  
IMPROVES HEALTH ....  
INCREASES VITAL FORCES

Whether in social or business life the man or woman who has a tall, perfectly-formed body radiates power and commands respect, attention and admiration. This has been proved time and again.

## AMAZING RESULTS REPORTED!

This new comprehensive system activates the natural growth processes of Nature. It is a controlled method of attaining increased stature, and is simple, practical and harmless. It does not rely on drugs, appliances or gland preparations, and is highly recommended by distinguished Personages, Medical Authorities. Tests by over 130,000 short-statured men and women have proved its effectiveness.

## EFFECTIVE FOR BOTH SEXES!

**LADIES.**—Add several inches to your height and obtain that graceful figure so much admired.  
**MEN.**—Have a tall, strong, symmetrically-proportioned figure and a magnetic personality.

## TESTIMONIALS—

Read these Proofs.

"I am 2½ inches taller and feel much better." —Mr. L. S.  
"Your system added 3 inches to my height." —Mr. P. M.  
"Now 3½ inches taller, thanks to you." —Mr. C. H.  
"Have gained 2 inches since starting system." —Miss M.  
"A great success. Am now 5ft. 6in." —Miss E. N.  
"Delighted. Have gained 3½ inches." —Mr. J. E. S.

## How Glands Control Growth!

Medical Science has shown how the human body is operated by the glands. The glands control and direct the growth of new tissue, bone and muscle, producing secretions called hormones, which pass into the blood and are carried by it to excite the activity of the organs, tissues and functions of the body. When the glands become sluggish through ill-health, lack of exercise,



dietetic errors, negative thoughts, etc., they fail to secrete the essential hormones. This condition is almost certain to result in retarded growth, and the body prevented from attaining its normal physical perfection.

The average human spine is 28 inches in length and is composed of a number of bones placed upon one another, known as the vertebrae. Between the bodies of the vertebrae lie a series of 23 thick discs of fibro cartilage which give the spine pliability, resiliency and length.

## SECRETS OF HEIGHT INCREASE—FREE!

Send for this enthralling FREE book: "How to Increase the Height and Perfect the Body." Full of vital facts for every short-statured person. You can add inches to your height, develop physique and personal magnetism. Fill in Coupon TO-DAY.

## FREE OFFER COUPON

THURMAN INSTITUTE.

Dept. N., P.O. Box 1050, Auckland, N.Z.  
I enclose 2d stamp. Send me Free a copy of "How to Increase the Height and Perfect the Body," which I understand is mine to keep.

Name .....

Address .....

..... N.Z.L. 8/9/39

# DIABETES

treated without Injection,  
Fasting or Strict Dieting

**FREE:** New book entitled: "A Treatise on Diabetes—its cause and treatment," which explains fully this latest theory. Thousands of letters received testifying to this safe and easy method. Don't suffer any longer! Write at once for your FREE COPY to

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Dept. L.1, Box 1178, CHRISTCHURCH.

## Are YOU ILL?

Dr. Hay states that all disease—all departures from normal health—are merely variations of the one basic cause, i.e., acidity of the blood stream.

The tested and proven way to remove acid from the blood stream is by taking two or three doses of R.U.R. each week.

Safe for children and adults, there is nothing in R.U.R., that can possibly harm the heart or any other organ. Because of its alkaline nature, R.U.R. is also the best remedy for constipation. Thousands claim they cannot live without it. There is no need to take it daily.

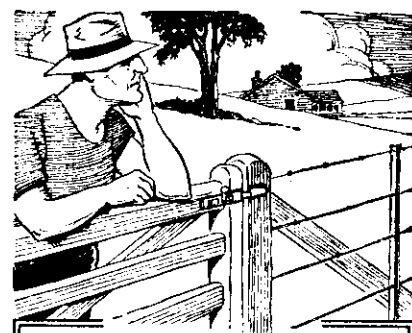
**R.U.R. TWICE  
A WEEK  
GIVES THE HEALTH YOU SEEK!**

A 4/- packet makes 26 ounces.

## SHORTHAND

You will learn Dutton Shorthand completely in twelve 2-hour lessons. Individual Coaching by post. Guaranteed Success. First Lesson FREE. Write NOW Box 1644R, Wellington.

## IN ONE WEEK



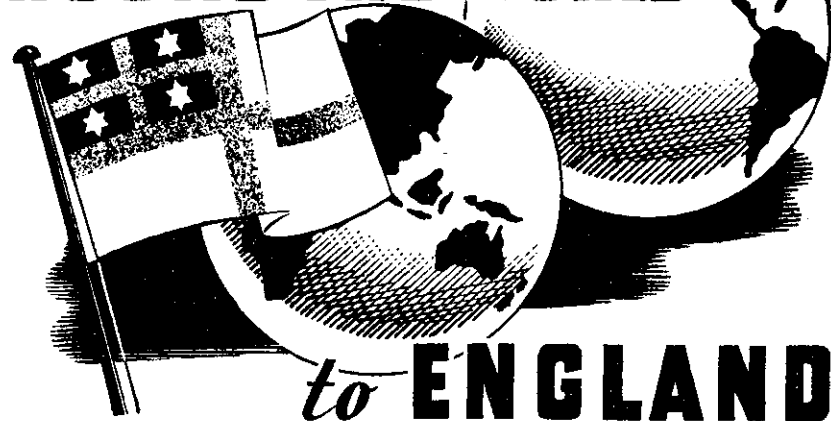
## Your life's work

YOUR peace of mind will be greatly increased if, when the time comes, you know that your affairs and testamentary directions are in the care of the Public Trustee. In this work the supreme advantage to your family is absolute dependability.

**The PUBLIC  
TRUSTEE**

4/40

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East, via Panama, or West, via Australia and South Africa—you can travel either way to England, in comfort and luxury, under the Shaw Savill flag. Magnificently appointed ships. Generous accommodation. Fine cuisine. Every entertainment facility.

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**SHAW SAVILL LINES**