



Cover by John Scott

Sports Afield®

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SPORTS AFIELD—February 1969

FOR MEN OVER 30—OVER 40—OVER 50— EVEN 60—AND OVER—WHO WANT TO MAINTAIN FULL MASCULINE VIGOR

■ This ad brings a message of real importance to every man of 30 and over. It brings a message of *vital* and *urgent* importance to every man who has passed 40.

■ Because—especially in America—the average man who could tear tigers apart in his twenties, runs down, slows down, and worst of all—for himself and his family—lets down even in his thirties! Of course, it's not all his fault. Of course he doesn't plan it this way or like it this way.

■ Every man wants to stay young, vital, vigorous—wants to be a powerful, energetic, completely capable male. Every man wants to carry into middle age the spirit and vitality of his twenties. He wants to be—as he was then—ready for any challenge, any task, any demand—brimming with energy and enthusiasm—alert and ready for a full life, for action, for the excitement that life holds out to any man with the *will* and the masculine vigor to grasp it. That is masculine living at its best. And that is the masculine heritage that every man can claim—if he has the desire to *do* it!

OF COURSE YOU CAN DO THIS—AT 30-40 50-60—AND EVEN OLDER!

■ Nature never intended that males at 40-50-60—and over should have less than their *full masculine vigor*. Men past fifty *should* have most of the dynamism and masculine ability they had twenty years ago—because their vigor can be retained and they add the plus of experience.

Now let's see what men of 30 and over *can* do. Let's see how easy it is to program your life so that every year of it is a year you will *live*—live fully, live completely—live vigorously—live with all the pleasures and excitement—all the joys and satisfactions—all the achievements that *vigorous* men can attain!

SEE FOR YOURSELF—IN 30 SHORT DAYS

■ In a program developed by a physician of the Harvard Medical School, who is also a Consultant on Physical Fitness to NASA (the Astronaut Program) and the President's Council on Physical Fitness, you will find a key to a new world for you! Yes, you will find the *way back* to the zest, the vitality, the ability and the full masculine vigor you remember you used to have.

This program will show you how to take charge of your body to make it hum with dynamic power. It will show you how to lose that flabby, unfit look. It will help you to relax more easily, to overcome the pressures of our competitive society. It will show you how you can restore your *full* masculine potential just by properly using a little time and effort. No matter how run-down you are, whatever your age, you can *increase* your vigor—*improve* your total well-being—Simply by starting the proper program at once.

HERE ARE A FEW OF THE THINGS THIS PROGRAM WILL DO FOR YOU!

YOU WILL LOOK BETTER

From the very first day that you start your new program, you will have a new look. Without strenuous exercising, your stomach will be flatter . . . your chest broader. You will soon look more virile . . . more vital . . . brimming with life . . . more youthful, than you have probably looked for years.

YOU WILL FEEL BETTER

You should be able—almost before you realize it—to keep on

American Family Book Service
Division ALEXANDER SALES CORP.
26 South 6th Avenue, Mount Vernon, N.Y. 10551

going strong all day long without tiring fast or lagging in the homestretch. You will smoke less (or better yet, give it up), drink less coffee. You will develop better muscle tone with a sensible weight. That flabby look will go! Most important, you will be able to relax when you want to—without any artificial help from pills or drink.

YOU WILL WORK BETTER

You will find yourself out-performing your friends and associates. At a business conference, your mind will rapidly produce figures and facts accurately and sharply. When you stand to speak your shoulders will be straight as a beam, your belly trim, your posture will radiate command and control.

YOU WILL BE MORE DYNAMIC

It will enhance your personal magnetism, and cause others to be drawn to you admiringly. You will find yourself thinking more clearly and more creatively. And, at the end of the day, instead of collapsing on the living room sofa, you will be ready for a romp with the kids, or a night out on the town with your wife.

YOU WILL PLAY BETTER

An added bonus: there are special suggestions for golfers, skiers, swimmers, and tennis players, designed to not only improve your performance but to increase your enjoyment of these health-giving activities. GOLFERS, by just walking in a different way can greatly increase the benefits of playing the game. Swimmers, by doing a simply bobbing motion while climbing up the ladder of a pool can derive unexpected benefits. Similar ideas are explained for the ordinary things you do daily.

YOU WILL ADD YEARS TO YOUR LIFE AND LIFE TO YOUR YEARS

■ This program counsels you on safe, healthful, rewarding living that will bring you more radiant health. It discusses in frank, easy-to-understand terms . . . blood pressure, heart attacks, cholesterol, back problems, tension, stomach problems, headaches, sleeping, smoking, drinking, digestion and bowel regularity, excess weight, etc.

YOU WILL LIVE EVERY FACET OF YOUR LIFE

■ No sensible man need be cheated of a full life—even into his eighties. Let this program show you how marriage can be a *life-long* adventure—not a honeymoon experience. Every man is entitled to years of vital activity—see for yourself why you *need not* settle for less!

THE CHOICE IS YOURS—AND SO EASY TO MAKE

■ Just fill out the coupon below and mail it. It will bring you a copy of a book that you will consider priceless—a book called *VIGOR FOR MEN OVER 30*. This book gives you the whole program. Try it—*entirely at our risk*—for 30 days. Let it work for you. See for yourself the incredible difference it makes. See for yourself how it adds zest to your life—how it helps you to attract, dominate, influence, *enjoy*, and impress men and women.

See how much it adds to your work and play hours. See all this for a full 30-day test period. Then, if this program doesn't do all you expect of it, return it and let us refund every penny you sent us. You *must* benefit!

MAIL THIS NO-RISK COUPON NOW

AMERICAN FAMILY BOOK SERVICE, Dept. SA269
(Division Alexander Sales Corp.)
26 South 6th Ave., Mt. Vernon, N.Y. 10551

Gentlemen: Yes, I do want to enjoy all the pleasure of full masculine vigor. Please send me *VIGOR FOR MEN OVER 30* at \$5.95 per copy, so that I can see for myself how it benefits me. If I am not convinced in 30 days, I may return it for a full refund.

I enclose \$

Charge my Diners Club Acct. #

Am. Express Acct. #

Name

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State

Zip

(N.Y. residents, please add appropriate tax)

SPORTS AFIELD—February 1969

BIG-GAME HUNTER'S 1969 PLANNING GUIDE

FEBRUARY

1969

50 CENTS

Sports Afield

JOBSON IN AFRICA

**Pete Brown On
Big-Game Rifles**

Fox Hunting

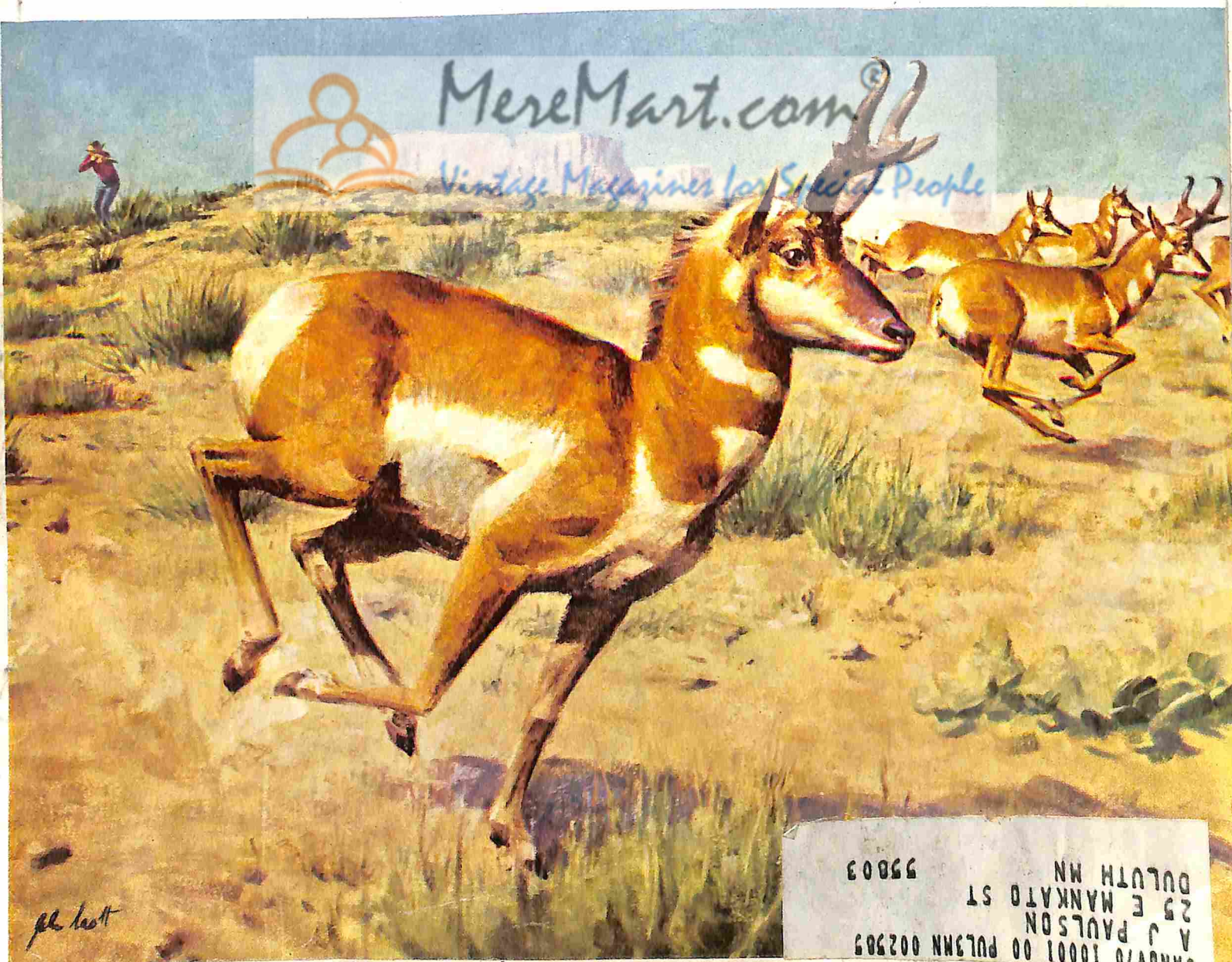
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Ice-Water Trout

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New Fishing Boats

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