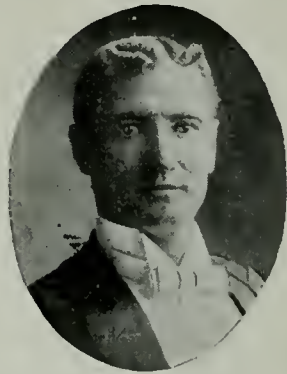


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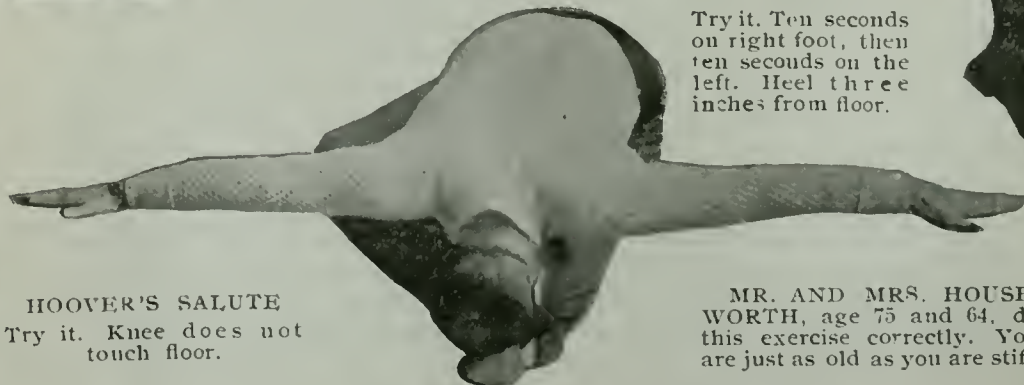
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HOOVER'S  
MERCURY  
Try it. Ten seconds  
on right foot, then  
ten seconds on the  
left. Heel three  
inches from floor.



HOOVER'S SALUTE  
Try it. Knee does not  
touch floor.

MR. AND MRS. HOUSE-  
WORTH, age 75 and 64, do  
this exercise correctly. You  
are just as old as you are stiff.