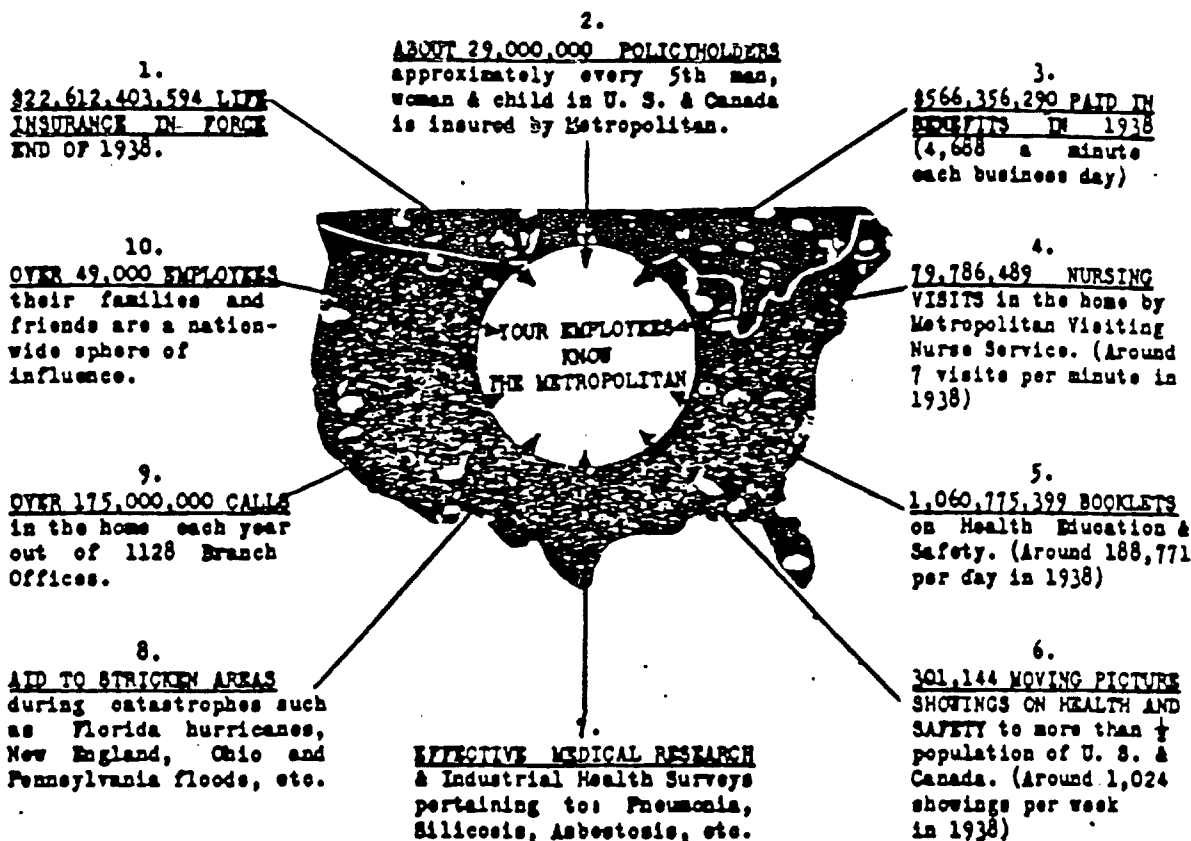


**METROPOLITAN'S POPULARITY MEANS LARGER "EMPLOYEE MEMBERSHIP"
IN YOUR GROUP INSURANCE PLAN**

YOUR EMPLOYEES AND THEIR FAMILIES KNOW THE METROPOLITAN INTIMATELY BECAUSE:-



WHY THIS IS IMPORTANT TO YOU

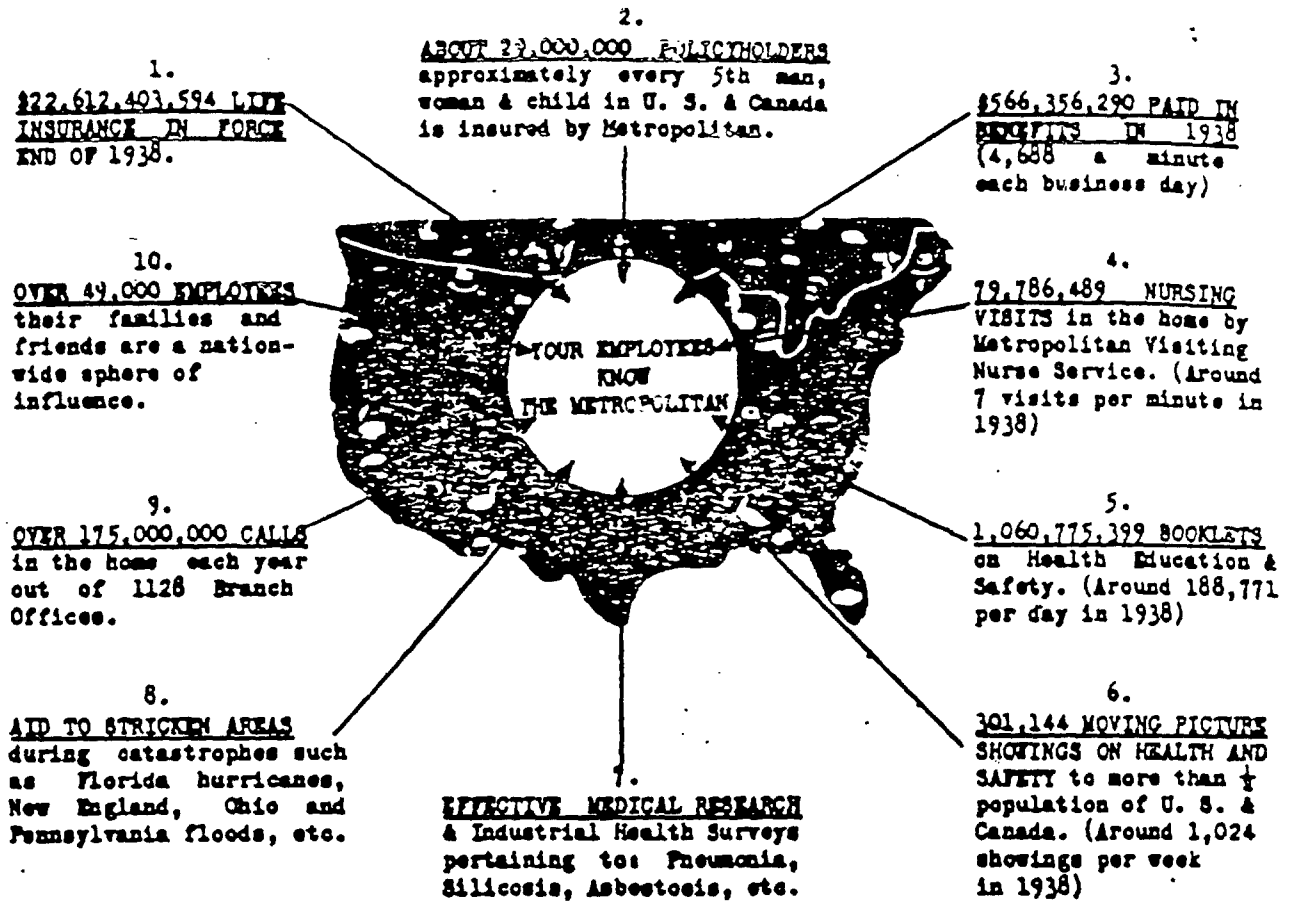
Obtaining the largest possible employee membership in your Group Insurance Plan is an advantage because:

1. Your Employer-Employee Relations are just that much more effective.
2. A high percentage of subscribing employees will favorably affect your claim ratio and net cost possibilities.

Obviously, you can best gain these advantages by selecting an insurance company intimately known to the large portion of your employees and their families. This is particularly true with widely scattered organizations where the general management contact with employees is necessarily limited.

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EXHIBIT 283

PRODUCED S/C/M/M/S