



EDMOND R. MORAS, M. D.

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#### What Others Say!

Doctor Moras has written a Common sense Book on **Autology**, and by so doing has placed the Standard of the **Good of Health** further to the front than any other man who has lived for a thousand years.—ELBERT HUBBARD.

I have read your **Autology** with care. It has been of unusual interest throughout, and from beginning to end makes a splendid environment for producing active thought.—LUTHER BURBANK.

I have seen some criticisms of **Autology** that make me smile and I should like to say that about all the health magazines I know will be compelled to get more knowledge before they will ever be able to bring together as much vital and truthful knowledge, in so small a space, as is contained in **Autology**.

The truth is that the backbone of the book **Autology** is fundamental, furnishing a basis on which readers with the right kind of brains can build their own theory and practise of eating and otherwise caring for their health.—DR. J. H. TILDEN, Editor of "The Philosophy of Health," Denver, Colo.

**Autology** saved my life. Three of the best physicians here told me I would be compelled to have an operation for **Appendicitis**. Nevertheless I have had no pain or indications of it since following **Autology** eight years ago. It has been nothing less than a "Godsend" to me.—MRS. C. K. G. (Name on request)

Dr. Moras has written a book that every man, woman and child owes it to his intelligence to read and study. It is called "**Autology and Autopathy**," which, being liberally translated, may be construed, "He That Knows Himself May Cure Himself." While it is a "medical" book in the common acceptance of the term, there isn't a word about medicines in the entire work. But there is more hard commonsense, more information concerning the care of the body in health and disease, more advice about diet for brain, nerve and body-building than in the entire libraries of the world besides. Ethically and professionally, the author of this really remarkable book stands high, but the contents of the book are such as to place him high above his fellows, and it will stand as a monument to him after his professional record is forgotten. **The book is worth \$500.00 to any man who cares for his own physical welfare, or the health of wife and babies.**—THE DENTAL SUMMARY, Vol. 31, No. 5, May, 1911.

I am getting better of the hardening of the arteries; all dizziness and heart thumping have disappeared.—E. C. C. (Name on request).

We consider **Autology** one of the most wonderful books ever written.—"PHYSICAL CULTURE" MAGAZINE.

## Science for the Prevention of POOR HEALTH

The secret of Health and Vigor lies not hidden in musty medical books nor is it concealed behind the bulgy brows of the busy diagnosticians.

The secret of Health and Vigor lies in yourself. It is within the reach of all. It is a case of knowing some fundamental "whys" and "wherefores" about yourself

Man's normal state is perfect health. The idea that we must have a "family physician" is absurd. Because at the last all the doctor does, or can do, is to assist Nature. Sometimes he does not. Then it is said to be a "serious case."

The proposition is—why not give Friend Nature a show in the first place? Why not study the problems she has to contend with and endeavor to assist her yourself? Why not redeem yourself before you are "down and out"?

That is what Dr. Moras teaches you *how* to do in his book on the science of **Autology**. **Autology**, you might say, is the "Science for the Prevention of Neglect and Abuse to the Human Body." And by the same token it is the "Science for the Prevention of Disease and Poor Health" and "*The Guide to Youthful Old Age*."

Dr. Edmond R. Moras has made the pathology of disease his life-work. Through his twenty-eight years of private practise and hospital experience he has collected volumes of scientific data concerning poor health and disease, its cause and inception. And his conclusion is summed up in two pregnant words — "Know Thyself"—**Autology**.

**AUTOLOGY** is painstakingly and accurately compiled. It is clear and understandable. It is written for the layman, giving him all the experience of the time-tried, successful practitioner. It has proven a source of inspiration to untold thousands. It has meant a release from sickly, inefficient, devitalizing existence into a healthy, happy, successful life. It can do the same for you.

### Free---"Guide to Autology"

For your further information Dr. Moras wants to send you free of charge his explanatory booklet, "**Guide to Autology**," describing and discussing **AUTOLOGY**. It contains much valuable information, and, like its Big Brother, is written in a style piquant and absorbing. Send for your free copy today. There is no obligation.

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