



VOLUME IL NUMBER

"Dr. Moras has written a Commonsense Book on Autology, and by so doing, placed the Standard of the Creed of Health farther to the front than any man who has lived for a thousand years."-ELBERT HUBBARD.

The Commoner.

"Autology is without doubt the greatest book since the Bible. It is to the physical man what the Bible is to the spiritual man."-W. C. FOGG, Santa Cruz, Calif.

Here is what the Editor of the "Dental Summary" writes about Autology in the May, 1911, number:

"Dr. E. R. Moras, Highland Park, Ill., 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 translated liberally, 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 common-sense, more information concerning 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 personal welfare, or the health of wife and babies.

"We consider Autology One of the Most Wonderful Books Ever Written."-PHYSICAL CULTURE MAGAZINE.

"Please Accept our Thanks for the great work you have offered the public. The book is worth its wieght in gold. We have followed instructions and are feeling like new persons. My husband has been dyspeptic all his life, could eat nothing without feeling the greatest of pain, and now he does not know what such troubles are. I suffered with headaches since a little girl, doctored for it, and physicians told me it was neuralgia and could not be cured. I suffered untold agonies, but today I am well. Have not felt anything of those dreadful spells since I have followed instructions in Autology. We hope that humanity will open their eyes to the great gift you have put in front of them." MRS. DORZ, Torrington, Conn.

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"Autology is the Nearest to Being the Guide to Perpetual Youth of anything I ever saw in print. I have carefully read, and will continue reading and digesting your instructions. I have eliminated the old idea that we must be dragged, rubbed and robbed, electrified, burned and blistered in a vain hope of getting well. Anyone who reads Autology will know more about curing their ills and keeping well than could be learned by reading all the medical books ever published."

"One Year Ago I began to be an Autologist. Last evening I was telling a friend about it and she asked me if I would go back to the old way of living and I answered her, 'No, not for all that is in this world.' I have not had a cold since last August, and not a hint of asthma since last December. I am often asked if I am not afraid it will return, and I say most decidedly, 'No.' I now know what perfectly good health is, and I expect to live one hundred years at least. I wanted to let you know that I have outwitted the doctors who told me that I could never be any better. God bless Autology and its notable author." (MISS) ADDIE M. BROWN, New Woodstock, New York.

PROF. E. B. DENHAM, New Bedford, Mass.

Well or Sick, You Need AUTOLOGY

Autology is no theory, no fad, no creed and no experiment, either. It deals with the practical business of your body and brain as you have learned to deal with the practical business of your home affairs, plants and flowers, your land and grain, your dollars and cents.

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E. R. MORAS, M. D.



By E. R. MORAS, M. D. Harvard University Medical School, '88; College of Physicians and Surgeons (Chicago) '89. Formerly House Physician and Surgeon in Cook County Hospital (Chicago); Professor of Obstetrics, College of Physicians and Surgeons (Chicago), etc.