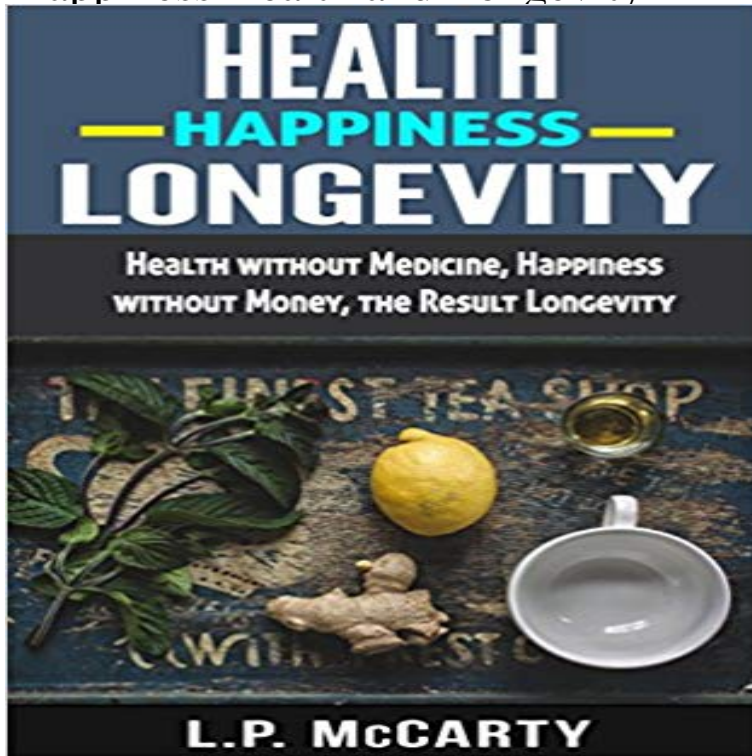


Happiness Health and Longevity



Experience is honored. This book is the result of experience. Man is interested in what pertains to health. We are positive that the ideas herein set forth are healthful. Our profession is not that of a doctor of chemical medicines. We have no hobby to ride or patent panacea to advertise, but desire to express, in plain, forcible, truthful language, the methods by which mankind can practically achieve health, happiness and longevity. These go together. Why should they not?

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