

**AUTOLOGY (STUDY
THYSELF)
AND AUTOPATHY
(CURE THYSELF)**

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Autology (study thyself) and autopathy (cure thyself) by E. R. Moras

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E. R. MORAS

**AUTOLOGY (STUDY
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Very Truly Yours
E. R. Morris

AUTOLOGY

(STUDY THYSELF)

AND

AUTOPATHY

(CURE THYSELF)

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1910

*“To understand your Ailments
is to know how to Cure them.”*

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BY E. R. MORAS
Highland Park, Ill.

To the Moulder of my Character, the
Mentor and Critic of my Works, the
Maker of my Home;

To my Friend and Companion and Wife
—Anna Leonora Stamm-Moras—
Autology is Dedicated.

—EDMOND R. MORAS

Cell-matter is the only Cure-matter---
Mind is not cell-matter,
Therefore, Mind does not cure Matter.

As Time and Space are mere conveni-
ences of Cosmic Matter, so Mind and
Thought are mere incidences of Cell
Matter.

PREFACE.

FLOWERS AND NATURE'S SELF-TREATMENT.

Many years ago, on a spring morning, I was driving through the country to see a sick baby. Among the trees that lined the roadway I espied beautiful primroses. As I stood feasting my senses on them I wondered why these flower-babies of Nature had no need for doctors or nurses, whereas human babies had!

I picked a few of the flowers and hurried to my patient. The little fellow was very feverish and delirious. He was panting rather than breathing, for he was dying of double pneumonia; had been dying for some days, so the mother stated.

As I stood by the cradle side the mother pleaded, "O, doctor, can you save my boy?" I replied, "I think so, with your help." My reason for answering encouragingly was owing partly to self-reliance based on experience and partly because I had just witnessed and understood how sunshine and balmy breezes and refreshing moisture had coaxed primroses from seeming death into healthy, beautiful blossoms.

Holding up the few primroses I asked the woman if flowers would grow and develop without sunshine, and she said no. I asked her if sickly blossoms would revive without air and rain (or water) and she said no, and I asked her if roses would thrive in stuffy rooms

and she said no. Then I asked, "How do you expect God or Nature to break all natural laws and perform a miracle just for your child when you keep him away from vitalizing light and air and water during the inclement months of the year? Your child's body has stored away as best it could the chemical impurities which you have compelled him to breathe and drink and eat during these many past months, and so do you wonder why Nature is now burning and ridding itself of the poisonous waste or rubbish, as you do at house-cleaning time? For reasons that are obvious Nature has chosen the infant's lungs to build a bonfire in and reduce the body poisons to ashes."

That anybody should die of acute or infectious diseases or fevers (excluding none) is indeed a sad reflection on the intellectual status of the patient or the family or the community. And there is absolutely no excuse for any one to die of "complications" or to recover with "relics" of disease.

There is no such thing as an incurable disease, although certain diseases do reach a stage where treatment may become powerless, as during certain stages of cancer, pyemia and consumption; but these diseases have periods lasting from days to months during which they are curable.

Even at the risk of diminishing the scientific and "business" value of this work, I have injected a rather "personal" and "smarting" serum in its most "fleshy" parts. Should the "injected" material smart for a moment or two, kindly bear with it for the sake of the results desired and sure to follow.

E. R. MORAS.