

**HOW TO KEEP WELL AND LIVE LONG:  
FROM THE STANDPOINT OF THE NEW  
PHILOSOPHY ACCOMPANYING THE  
EDUCATIONAL CHARTS FOR THE  
PREVENTION OF DISEASE**

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# How to Keep Well

AND

# Live Long

From the Standpoint of the New Philosophy

ACCOMPANYING

The Educational Charts for the  
Prevention of Disease



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# Nature's Secret

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**M**AN cannot convert iron into gold, nor lead into silver. Man has never learned how to take one substance and make out of it a substance entirely different. This is nature's secret.

There are within the human body a number of glands and organs all of which, when they are in perfect connection with the brain, hold this wonderful secret of converting one substance into another.

One set of these glands takes the substance of bread and water and converts it into hair. Another set of glands takes the same substance and makes teeth of it. Still another converts it into finger nails, another converts it into eyeballs, another into nerves, and another into bones, etc.

The body requires merely food. It has the power of converting food into anything needed. If it require a drug, it has the machinery on hand to make it whatever that drug may be. It is able to make every drug and every antitoxin known to the pharmacopœia, and it also has the mysterious secret of how to make them, each and all out of bread and water, if only they are necessary.

If iron is needed in the blood the body has the secret of making it out of food. Again, the body cannot use drugs, except those of its own making. It cannot use iron swallowed to cure anæmia any more than it can use hair swallowed to cure baldness.

The body must make its own drugs, its own elements, its own chemicals, and its own tissues, but it has the secret of making them all out of simple food.

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# How to Keep Well and Live Long

From the Standpoint of the New Philosophy

accompanying

The Educational Charts for the  
Prevention of Disease

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## CHAPTER I.

*Disease is an effect. It has a cause.*

New facts have been discovered with reference to the cause of individual diseases.

When these new facts shall become known and applied by every one, individual diseases will become less and less, and the average length of life greatly increased.

No more important work can be done than to educate people as to what these new facts are, and this is the object of THE AMERICAN SOCIETY FOR THE PREVENTION OF DISEASE.

*You Are as Old as Your Spine. Each One of Your Spinal Joints Must Have its Normal Amount of Motion.*

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Disease is known to be an *effect* of certain causes. To know what these causes are and to avoid them is to prevent the diseases which they produce. Hence here as elsewhere "Knowledge is Power."

We can prevent disease if we know how. It is knowledge which gives us power along this line. And so much knowledge has recently been discovered with reference to prevention that its application marks the beginning of a new custom and a new era.

Public Health officials have made wonderful progress, within the last fifty years, along the line of preventing epidemic diseases. And their work is constantly improving. Smallpox, cholera and other epidemic diseases now are as nothing compared with former times. They are prevented.

The work of preventing *individual diseases*, however, cannot be done by Public Health officials. It must be done by each individual for himself.

The individual must learn what to do and then do it. Parents must learn for themselves and for their children.

THE AMERICAN SOCIETY FOR THE



*The Prevention of Disease is Now a Matter of Learning  
and Avoiding Causes.*

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**PREVENTION OF DISEASE** is a society for education. It seeks to educate the individual to prevent individual diseases in himself.

It is believed by scientists that the brain should last one hundred years, and as long as the brain remains strong, the body ought to be well.

Health is the greatest factor in this life. Because our work, however important, is dependent wholly upon our health and the question therefore of preventing disease is one of the most important which can occupy the mind of a human being.

## CHAPTER II.

### Maps Illustrating First Causes.

It is not necessary for one to study surveying in order to understand geography. It is necessary, however, in order that one may obtain a clear idea of the geography of a country, to examine its map.

Pictures make lasting impressions upon the minds of the old as well as the young. An hour's study of a country in connection with its map, will give one a better idea of that country than he could obtain by weeks of reading without a map for reference.

What is true of geography is true also of the human body. In order to understand the new philosophy of preventing disease, one must know something of the body and yet it is not necessary that one should study anatomy as minutely as a physician does. A general idea is necessary, but this is sufficient.

One can gain more real knowledge of the body in one hour by having a map of the body to refer to, than he could gain in weeks or even months of reading without such map.

*Your NERVES Must be Free, from Their Origin in Your  
Brain to Their Ending in all Parts of Your Body.*

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It is for this reason that two large drawings, or maps, of the body have been prepared which show at a glance points which it would require days of reading to understand without them. Both of these maps should be inspected and studied until one has at least a general idea of the body and the new philosophy of preventing disease.

Maps not only make quick impressions but they make accurate impressions and also those that are never forgotten.

Not only men and women but school children as well, should study these maps of the body.

They should know the effects of a tight or imperfect spinal joint—of a spinal-joint adhesion. They should know the principle of the blood supply to each organ and the drainage from it, and how the caliber of the blood pipes changes by the electric current which is sent to them from the brain over soft nerve threads.

They should study these maps until they understand at least in general terms the new philosophy of preventing individual diseases.

The reward will be the greatest of all rewards—health-immunity from disease.