## THE BOYCOTT OF AUTOLOGY AS ENGINEERED BY THE CHICAGO MEDICAL SOCIETY AND THE AMERICAN MEDICAL ASSOCIATION

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The boycott of autology as engineered by the Chicago medical society and the American medical association by Anna Stamm Moras

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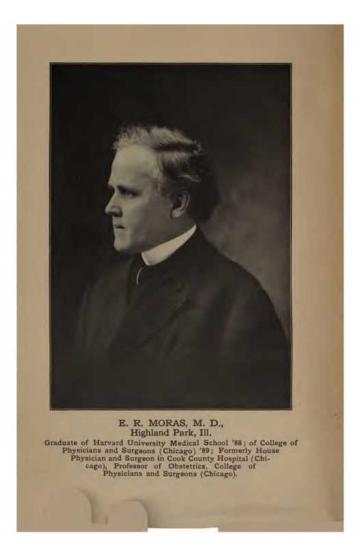
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ANNA STAMM MORAS

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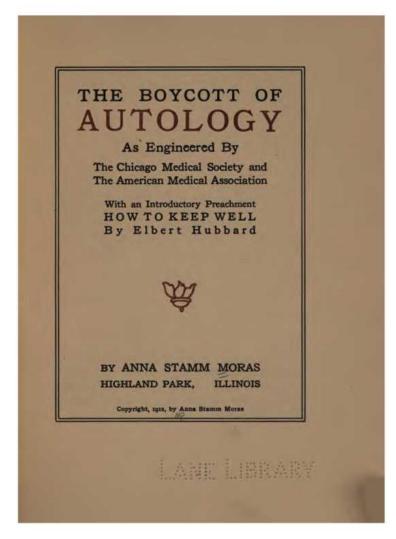


HEN you 're an Anvil, hold you still; When you 're a Hammer, strike your fill.

BENJAMIN FRANKLIN

Stand with anybody that stands right.

ABRAHAM LINCOLN



We have assisted in multiplying diseases ; we have done more-we have increased their mortality.-Doctor Rush. This card is to gooffy that Dre Dr. Edmond R. Moras is a member in good standing of CHICAGO MEDICAL SOCIETY and that he has paid his dues to the Lociety for the year ending December 31 15. Dr. Moras has written a Commonsense Book on Autology, and by so doing, placed the Standard of the Creed of Health further to the front than any other man who has lived for a thousand years .-Elbert Hubbard.

## HOW TO KEEP WELL



1776 M82 1912

> Y father has practised medicine for seventy years, and is still practising. I, also, have studied the so-called science of medicine.

I am fifty-six years old; my father is ninety-one.

We live neighbors and daily ride horseback together or tramp through the fields and woods. Today we did our little jaunt of five miles and back across country. I have never been ill a daynever consulted a physician in a professional way, and, in fact, never missed a meal except through

inability of access.

The Doctor and I are not fully agreed on all of life's themes, so existence for us never resolves itself into a dull neutral gray. He is a Baptist and I am a Vegetarian—most of

the time.

Occasionally he refers to me as " callow," and we have daily resorts to logic to prove prejudice, and history is searched to bolster the preconceived ; but on the following important points we stand together, solid as one man :

First, ninety-nine people out of a hundred who go to a physician have no organic disease, but are merely suffering from some functional disorder,

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Third, most diseases are the result of medication which has been prescribed to relieve and quiet a beneficent and warning symptom on the part of Nature 200 200

Much of the work of doctors in the past has been to prescribe for symptoms—the difference between actual disease and a symptom being something that the average man does not even yet know.

And the curious part is that on these points all physicians, among themselves, are fully agreed, what I say here being merely truism, triteness and commonplace as as

Last week, in talking with an eminent surgeon, he said, "I have performed more than a thousand operations of laparotomy, and my records show that in every instance, except in cases of wounds, the individual was given to what you call the 'Beecham Habit.'"

The people you see waiting in the lobbies of doctors' offices are, in a vast majority of cases, suffering through poisoning caused by an excess of food. Coupled with this goes the bad results of imperfect breathing, irregular sleep, lack of exercise, and improper use of stimulants, or the thought of fear, jealousy and hate.

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All of these things, or any one of them, will, in very many persons, cause fever, chills, cold feet, congestion and faulty elimination.

To administer drugs to a man suffering from malnutrition caused by a desire to "get even," and a lack of fresh air, is simply to compound his troubles, shuffle his maladies, and get him ripe for the ether-cone and scalpel.

Nature is forever trying to keep people well, and most so-called "disease" (which word means merely lack of ease) is self-limiting, and tends to cure itself.

If you have appetite, do not eat too much.

If you have no appetite, do not eat at all.

Be moderate in the use of all things, save fresh air and sunshine.

The one theme of Ecclesiastes is moderation.

Buddha wrote it down that the greatest word in any language is " equanimity."

William Morris said that the finest blessing of life was systematic, useful work.

Saint Paul declared that the greatest thing in life was love.

Moderation, equanimity, work and love-you need no other physician.

In so stating I lay down a proposition agreed to by my friend Dr. Moras, which was expressed by Hippocrates, the father of medicine, and then repeated in better phrase by Epictetus, the slave, to