

**FASTING - HYDROTHERAPY -
EXERCISE: NATURE'S
WONDERFUL
REMEDIES FOR THE CURE OF ALL
CHRONIC AND ACUTE DISEASES**

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Fasting - Hydrotherapy - Exercise: Nature's Wonderful Remedies for the Cure of All Chronic and Acute Diseases by Bernarr MacFadden & Felix Oswald

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BERNARR MACFADDEN & FELIX OSWALD

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Fasting--Hydropathy-- Exercise

NATURE'S WONDERFUL REMEDIES FOR THE CURE
OF ALL CHRONIC AND ACUTE DISEASES



BY

BERNARR MACFADDEN

AND

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Health that intoxicates with its power and intensity, is within the reach of all who are willing to reason for themselves, and begin that activity of muscle, mind and body without which there can be no health, for stagnation always means disease and death.

Activity is the law of life. A machine made of the finest steel will rust and decay if not used, and the human body is not stronger than steel.

YSAARSL IMAI

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To those whose souls are rent by sorrow and pain, to those whose days and nights are heavily laden with the dull despair of physical weakness and disease, this book is respectfully dedicated.

May it be a light which guides these poor stricken human beings to the haven of perfect health, beautiful, superb—is the wish of the authors.

30278

Awake!

Open your eyes.

Clear your brain.

Reason!

Reason clearly!

An enemy is at your door.

He has already entered nearly every home!

Is he in your home?

**Are you struggling for life as he slowly
"strangles" you in his "grip of poison"?**

**Are your sons, your daughters, your father
or your mother fighting this fearful enemy?**

**If you love life, if the lives of your loved ones
are of value, begin at once to free yourself
and your home from this horrible enemy,**

DRUGS.

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PREFACE.

The great truths of Nature are here ready for you, reader.

Are you ready for them?

Are you free from prejudice, and willing to read and reason without considering the opinions of so-called authorities? To a free and intelligent human being there is no authority for him higher than his own reasoning power.

If you are free from the slavery of prejudice this book will give you food for thought. It will teach you that weakness is a crime—that it is the result of plain, easily avoided causes—that if your body is weak, or diseased, there is not the slightest excuse for remaining so—that health and strength of a high degree is the natural heritage of man and woman, and if this superb condition

is not possessed, this book will clearly and concisely furnish the knowledge necessary to acquire it.

Refuse to be an invalid, reader!

Refuse to be a physical nonentity!

Are you depending upon drugs?—that gorgon horror that is torturing more human lives into misery, weakness and death than all the combined cruelties and barbarism of past ages.

Drugs! Drugs!! Great heavens, will this crime of the century never end?

Drugs never did and never will cure disease. The body cures itself if it can secure an opportunity, but with the poisonous drugs always at hand, and with their authorities standing at your side, I know it is difficult to refuse. But, friends, strengthen your minds and strike for freedom. You must be free from the drug delusion mentally before you can ever be free physically.

Years ago when my own soul was rent by the torturous belief that the health of a fully developed man was never to be mine, I tried drugs. Nauseating and disgusting pills, powders and liquids were swallowed. The pain of my disappointment, as remedy after remedy was tried without benefit, can never be described. If I live