

# The Joys of Getting Well

By

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*HUMAN LIFE: ITS PHILOSOPHY AND LAWS*

*HYGIENIC CARE OF CHILDREN*

*THE HYGIENIC SYSTEM (7 Volumes)*

*BASIC PRINCIPLES OF NATURAL HYGIENE*

*SUPERIOR NUTRITION*

*FOOD COMBINING MADE EASY*

*ETC., ETC.*

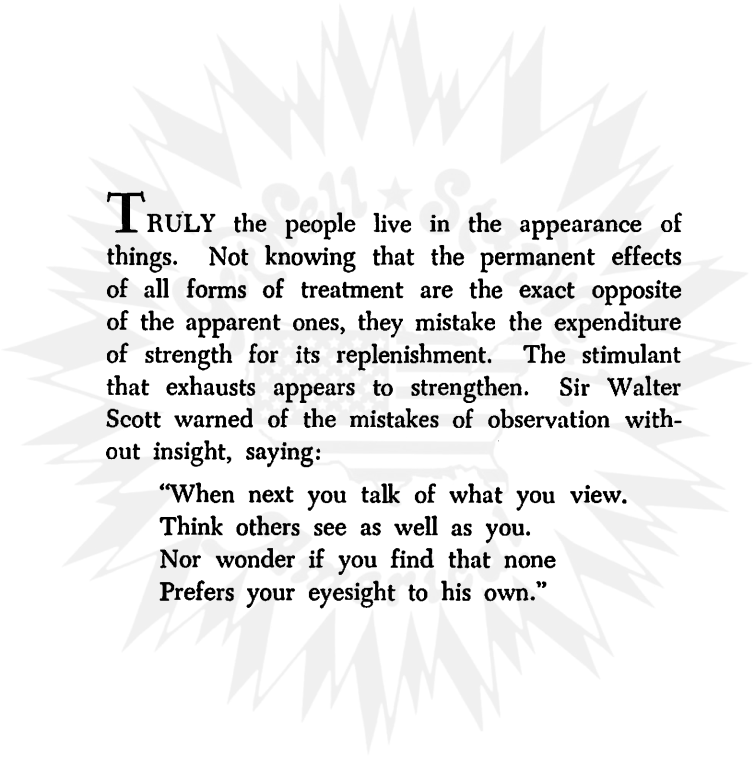


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**T**RULY the people live in the appearance of things. Not knowing that the permanent effects of all forms of treatment are the exact opposite of the apparent ones, they mistake the expenditure of strength for its replenishment. The stimulant that exhausts appears to strengthen. Sir Walter Scott warned of the mistakes of observation without insight, saying:

“When next you talk of what you view.  
Think others see as well as you.  
Nor wonder if you find that none  
Prefers your eyesight to his own.”

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