

A Formula for a Better Way of Life



An improvement in the art of living which consists in exercising self-control and self-denial, making the mind superior to the body by overcoming the use of all coffee, tea, colas, chocolate, cocoa, cigarettes, cigars, tobacco, beer, wine, whiskey and any other nostrums containing habit forming drugs. By so doing, people save money (averaging \$200.00 per family per year), have better health, a longer and more enjoyable life, clearer minds, better human relationships and best of all create the will to win. When a person adopts this formula not for selfish benefits but in order to help others, then they are sure to receive a great reward in the joy that comes from doing a humane and unselfish service to help others, Remember, each one you help to overcome and avoid the use of all drugs represents an average direct saving of \$5,000.00 in the individual's life time and an economic gain of more than \$10,000.00 to our Country. The reclaiming of humanity from the misery caused by poison is the most valuable and necessary contribution to society. Lend a helping hand not only by your own example but by a personal conference with your associates giving them testimony as to the benefits you have received.

Howard B. Bishop



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