

# HOW TO BE A GIANT IN ENERGY, HEALTH and MIND

*Unless your body, in every department, including the mind, is capable of withstanding abuse without distress, you have no real health, living, vital and mental power. You have but negative health. You are well by mere accident. Real health and real success can only come through the possession of the power to live and to succeed. The Swoboda character of health, vitality and energy will enable you to enjoy conditions that now distress you. A unique, new and wonderful discovery that furnishes the body and brain cells with a degree of energy that surpasses imagination.*

By W. W. WASHBURN

**T**HERE is a new and wonderful system of reconstruction and re-creating the human organism—a system of mental and physical development that has already revolutionized the lives of men and women all over the country. It has brought them a new kind of health, strength, energy, confidence and success. It has given them such marvelous energy of mind and body that they enjoy life so full, so intense, so thoroughly worth while, that the old life to which they were accustomed seemed totally inferior in every respect.

This new system, although it has already resulted in the complete recovery of thousands upon thousands of "extreme" cases, is just as valuable to people who are satisfied with their health. It gives them an entirely new idea of how truly healthy and happy a human being can be—how overflowing with energy, dash and life. And it is so thoroughly natural and simple that it accomplishes seemingly impossible results entirely without the use of drugs, medicines or dieting, without weights, exercisers or apparatus, without violent forms of exercise, without massaging or electricity or cold baths or forced deep breathing—in

fact, this system does its revolutionizing work without asking you to do anything you do not like, and neither does it ask you to give up what you do like. And so wonderful are its results that you begin to feel renewed after the first five minutes.

## How the Cells Govern Life

The body is composed of billions of cells. When illness or any other unnatural condition prevails, we must look to the cells for relief. When we lack energy and power, when we are listless, when we haven't smashing, driving power back of our thoughts and actions, when we must force ourselves to meet our daily business and social obligations, when we are sick or ailing, or when, for any reason, we are not enjoying a fully healthy and happy life, it is simply because certain cells are weak and inactive or totally dead. And this is true of ninety people out of every hundred, even among those who think they are well, but who are in reality missing half the pleasures of living. These facts and many others were discovered by Alois P. Swoboda and resulted in his marvelous new system of cell-culture.