

my eyes are bright, digestion good, joy is in my heart and song is on my lips. I have an abundance of PEP, which expressive little word stands for poise, pluck, peace, power, punch, patience, purpose, so far as P's are concerned, and PEP likewise means efficiency, enthusiasm, endurance, example and experience. PEP is the foe of worry and the friend of happiness.

And the ways and means to get PEP I am going to explain to you, so that you may have it too. We will spend a little while sizing up things together so we may understand our problems and get acquainted with each other. When I have diagnosed conditions a bit, and you find I have hit the mark, then you will have confidence.

To put you at ease and free you from apprehension, I will say that our travels together will be pleasant, buoyant and optimistic.

The rules, methods and plans will be comfortable; you will not have to be a martyr or play at heroics. There will be no starving, no freak diet rules, no strange fads and no strenuous duties. PEP is rational, simple common sense.

Mental torture and strain offsets any physical gain when the methods employed are strenuous,

Pep Is  
Efficiency.

No Freak  
Rules.