

mental, condition, must shield me somewhat from the charge of egotism or want of modesty in what I am about to write. Nothing short of outspoken frankness in narrating the history of the discovery and treatment under consideration, and the circumstances which led to them, with the processes of reasoning by which they were suggested and carried out, will satisfy the purchaser and student of this pamphlet. I shall, therefore, try in every part of this statement to make myself understood, and will only reiterate where repetition may seem to be necessary for clearness.

During the years in which I have been before the public as an author and journalist, my friends, who had read the "Problem of Human Life" and who had realized its foreshadowing importance in its relation to the probable after-work of my life, have manifested the most intense solicitude concerning my present health and my reasonable prospects of longevity. I can safely and truly assert, and bear the statement out by the testimony of living witnesses, that during the eight or ten years of my journalistic labors, since the volume above named was issued, I have received thousands of personal letters from various sections of the country inquiring earnestly after my health, and soliciting information concerning the probable duration of my life and my consequent ability to serve in the cause which the "Problem of Human Life" had so unexpectedly inaugurated.

A majority of these letters have come from clergymen of the different denominations, and have almost invariably ended with prayers for the continued preservation of my health and mental vigor, that the work of Substantialism so promisingly begun might not flag or fail of complete formulation till others should be educated up to the full capability of defending and maintaining that cause.

Out of respect to this solicitude, as well as on account of many inquiries made from persons who had received an inkling of the hygienic discoveries on which my own