

this book will try to be that prophylactic. To help my brother to get back his Pep and to help my brother who has the Pep, to retain it, is the purpose of this book.

To you who have thrown up the sponge, here is Hope and Promise that you can and will come back to your former strength of mind and body; and to you who are just commencing to feel groggy from the punches you have received, we call time, and will try to keep you in the game by a simple system of training your body and your mind.

Yes, I've been through the mill, and I have tested plans, isms, cults, practices, philosophies; and after much elimination I have some rational rules and suggestions that will conserve the Pep of those who have it, and bring back the Pep to those who have lost it.

I have a culm pile mountain high of theories which were thrown aside, and to save you time and investigation I will give you the net result of the panning-out, in the form of golden truth. This book is to deal in the HOWS and not the WHYS.

I take it you care to know how to get Pep, rather than to know why you lost it.