

City sewers are not the pleasantest of places when they become over-loaded or clogged, but they are clean and sweet compared with the intestinal sewer when it has been over-loaded or clogged. This is not a pretty story to be associated with the pleasant and necessary act of eating, but that is where it belongs because over-eating and wrong food combinations are the evils which cause auto-intoxication.

People who eat wisely and keep their body sewers clean handicap me because a clean body sewer generally means a sound body and a brain that functions properly.

Imagine—if your imagination can be stretched that far—how any human being could move with definiteness of purpose with his body sewer filled with enough poison to kill a hundred people if it were injected into their bloodstream directly.

Here again, Napoleon Hill is far ahead of his time.

Science eventually caught up with Hill—and even surpassed his intuition about physical processes and how they link to mental and emotional health.

Q And all this trouble is the result of lack of control over the physical appetite for food?

A Well, if you wish to be absolutely correct you should say that improper eating is responsible for the majority of the ills of the body, and practically all headaches.

If you want proof of this, select 100 people suffering with headaches and give each of them a thorough washing out of their body sewer systems with a high enema, and observe