Explaining the nature of inflation and describing its positive and negative aspects is Babson’s major focus. He explains, “voluntary or involuntary, peacetime depression or wartime emergency, inflation involves certain basic principles,” which are the subjects of the book. Included is a preface analyzing President Franklin D. Roosevelt’s Administration and its pre-WWII decisions involving the New Deal and the sharp turn of economic trends.

A concrete definition of the inflation movement between classes is given, and its parameters described in detail. Babson also advises how a nation should avoid inflation, which is especially alluring in times of depression and debt. While inflation may balance a budget, it weakens the dollar value. Thus, hedges (such as stocks and bonds) are identified to combat inflation, and events in Europe that led to higher taxes are explained so that America may learn from the examples. Babson gives both practical business advice as well as his personal ethical and spiritual mores on the model life, which yields the maximum happiness and fulfillment.