

COMMON MIND-TROUBLES

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Common Mind-Troubles by J. Mortimer Granville

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J. MORTIMER GRANVILLE

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BY

J. MORTIMER GRANVILLE.

SALEM:

S. E. CASSINO, PUBLISHER,
NATURALISTS' AGENCY.

1879.

TO THE READER.

I AM encouraged by the reception which has been accorded to my previous papers on the subject of mind-troubles, by the press, the public, and the profession, to adventure a further selection. I would only ask the scientific reader, if any such should honor this little volume by his notice, to remember that these essays, like those which have preceded them, were not written for persons who have professionally investigated the phenomena of which they treat. The sole purpose has been to seize on a few salient difficulties and grapple with them, in the interests of *self-help*. The key-note of the theme is the presumption that there is often—if not generally—a stage of conscious embarrassment preceding mental derangement or mind weakness, and while this

condition exists there is hope in the power of repair and self-recovery which exists in the mind not less than in the body. To this belief I must adhere.

J. MORTIMER GRANVILLE.

Oct., 1878.

NOTE TO THE FIFTH THOUSAND.

THE success which has attended this series of papers gives me ground to hope they have been found useful. I have therefore determined to issue a new edition, simultaneously with the appearance of a complementary series under the title "The Secret of a Clear Head." Read together I trust these little books may be helpful in mental hygiene.

J. M. G.

April, 1879.

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1. The first part of the document discusses the importance of maintaining accurate records of all transactions. It emphasizes that every entry should be supported by a valid receipt or invoice. This ensures transparency and allows for easy verification of the data.

2. The second part outlines the various methods used to collect and analyze data. It includes a detailed description of the sampling process, ensuring that the data is representative of the entire population. Statistical techniques are then applied to identify trends and patterns in the data.

3. The third part of the document provides a comprehensive overview of the results. It includes several tables and graphs that illustrate the findings. The data shows a clear upward trend in the number of transactions over the period studied, which is consistent with the overall market conditions.

4. Finally, the document concludes with a series of recommendations based on the findings. It suggests that further research should be conducted to explore the underlying causes of the observed trends. Additionally, it recommends that the current data collection methods be refined to improve the accuracy and reliability of the results.

FAILINGS.

WE all have our *failings*, and for the most part we regard them tenderly. They do not count as offences; scarcely are they held to be faults. It is always a probable conjecture that an error of omission has been unintentional; not unfrequently it seems possible it was unavoidable. A sentiment of pity for, and even sympathy with, weakness overpowers the sense of grievance; the voice of the inward monitor is silenced, and the self-excused conscience sleeps. Meanwhile, failings are the worst and most mischievous, the deadliest and least curable, of the ills to which the moral nature of man is heir. They are the sources of evil whence spring the blackest vices of human character, the false roots that nourish and sustain its parasites, and steal the sap of its inner life. A failing is not merely negative; its