

**NERVES AND THE MAN; A
POPULAR PSYCHOLOGICAL
AND CONSTRUCTIVE STUDY
OF NERVOUS BREAKDOWN**

Published @ 2017 Trieste Publishing Pty Ltd

ISBN 9780649016280

Nerves and the man; a popular psychological and constructive study of nervous breakdown by
W. Charles Loosmore

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Edited by Trieste Publishing Pty Ltd.
Cover @ 2017

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A POPULAR PSYCHOLOGICAL
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OF NERVOUS BREAKDOWN

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LONDON
JOHN MURRAY, ALBEMARLE STREET, W.

1920

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"You cannot prevent the birds of sadness from flying over your head, but you can prevent them from building nests in your hair."
—CHINESE PROVERB.

"We must steady the nerves, strengthen the sinews, enlarge and build deep the foundations of body and of morals in our characters by contact with the soil, by the sweetening, steadying, and calming influences of nature, of sky and tree, and field and water . . ."—"MISCELLANEOUS ADDRESSES." ELIHU ROOT.

TO
MY WIFE



My warmest thanks are tendered to Mr. T. Sharper Knowlson, at whose suggestion this work was undertaken, to whom also the author is indebted both for most helpful advice from time to time, and for his kindness in reading the MS. Grateful acknowledgment is also made to Dr. Robertson Wallace, M.B., C.M., who also kindly read the MS., and who, in his appreciative report, expressed the opinion that "Nerves and the Man" will adequately meet a wide demand.

THE AUTHOR.