

**HOW TO EAT: A
CURE FOR
"NERVES"**

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How to Eat: A Cure For "Nerves" by Thomas Clark Hinkle

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THOMAS CLARK HINKLE

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"Whosoever wishes to eat much must eat little." Cornaro, in saying this, meant that if a man wished to eat for a great many days—that is, desired a long life—he must eat only a little each day.

HOW TO EAT

A CURE FOR "NERVES"

By
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CALIFORNIA

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"Nature, desirous to preserve man in good health as long as possible, informs him herself how he is to act in time of illness; for she immediately deprives him, when sick, of his appetite in order that he may eat but little."

—CORNARO

THE INTRODUCTION

This author-physician's cure for "nerves" vividly recalls the simplicity of method employed in the complete restoration to health of one of olden time whose story has come ringing down the ages in the Book of Books. Naaman, captain of the host of the king of Syria, a mighty man of valor and honorable in the sight of all men, turned away in a rage when Elisha, the prophet of the Most High, prescribed for his dread malady a remedy so simple that it was despised in his eyes. But "his servants came near and said . . . 'If the prophet had bid thee do some great thing, wouldest thou not have done it?'"

In "How to Eat" the author offers the sufferer from "nerves" a remedy as simple as that Elisha offered Naaman. He gives him an opportunity to profit by his well-tested knowledge that over-eating and *rapidity* in eating are ruinous to health and shorten life.

It is seldom that there emanates from the pen of a doctor a book which, concerning any physical disorder, minimizes the efforts of the medical practitioner. While this author-physician gives full credit to the conscientious physician for the great service he is able to render in all other spheres of his profession, he wholly denies the necessity for medical care in cases of nervous breakdown, and discounts liberally the benefits

to be derived from professional advice except in so far as the doctor is the patient's counselor and dictator as to what and how and how much he shall eat and drink, and the way he shall employ his time.

Any discourse is valuable which incites a man having a marked tendency to depressing, morbid ideas, to rid himself of them. Dr. Hinkle helps the sufferer to gain that confidence and cheer which result from knowledge of certain immunity from dreaded ills and positive assurance of recovery by mere regulation of food or employment along the lines of simple, everyday living.

But that alone is not sufficient. It is made quite clear that no one thing by itself will insure a cure of "nerves." The cure must come through common sense exerted along several related avenues of endeavor. No matter how steadfastly one may adhere to directions as to abstaining from harmful food and injurious methods of partaking of those foods which are beneficial, if he spends the larger portion of his time idly rocking in a convenient arm chair, exerting neither body nor mind nor will, that which might be gained by proper nutrition is largely nullified by lack of physical exercise and mental activity.

That this little book may serve as a spur to the bodily self-denial and self-repression and the intellectual and spiritual uplift which make for character-building, is the very evident goal of its writer. From self-analysis and self-cure he