

**THE ANTIDOTE, OR,  
A PROTEST AGAINST  
UNHAPPINESS**

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The Antidote, or, A Protest Against Unhappiness by Anonymous

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**ANONYMOUS**

**THE ANTIDOTE, OR,  
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UNHAPPINESS**



# THE ANTIDOTE;

OR,

## A PROTEST AGAINST UNHAPPINESS.

BY A LAYMAN.

When trouble comes, thou canst, or canst not help it;  
Treat it accordingly;—remedy, or bear;  
Be wisely brave, yet trustful in thy God.  
Unarmed, unarmed, UNHAPPY, never be.

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“TO BE SPIRITUALLY MINDED IS LIFE AND PEACE.”

*Rom. viii. 6.*

“GREAT PEACE HAVE THEY THAT LOVE THY LAW.”

*Ps. cxix. 165.*

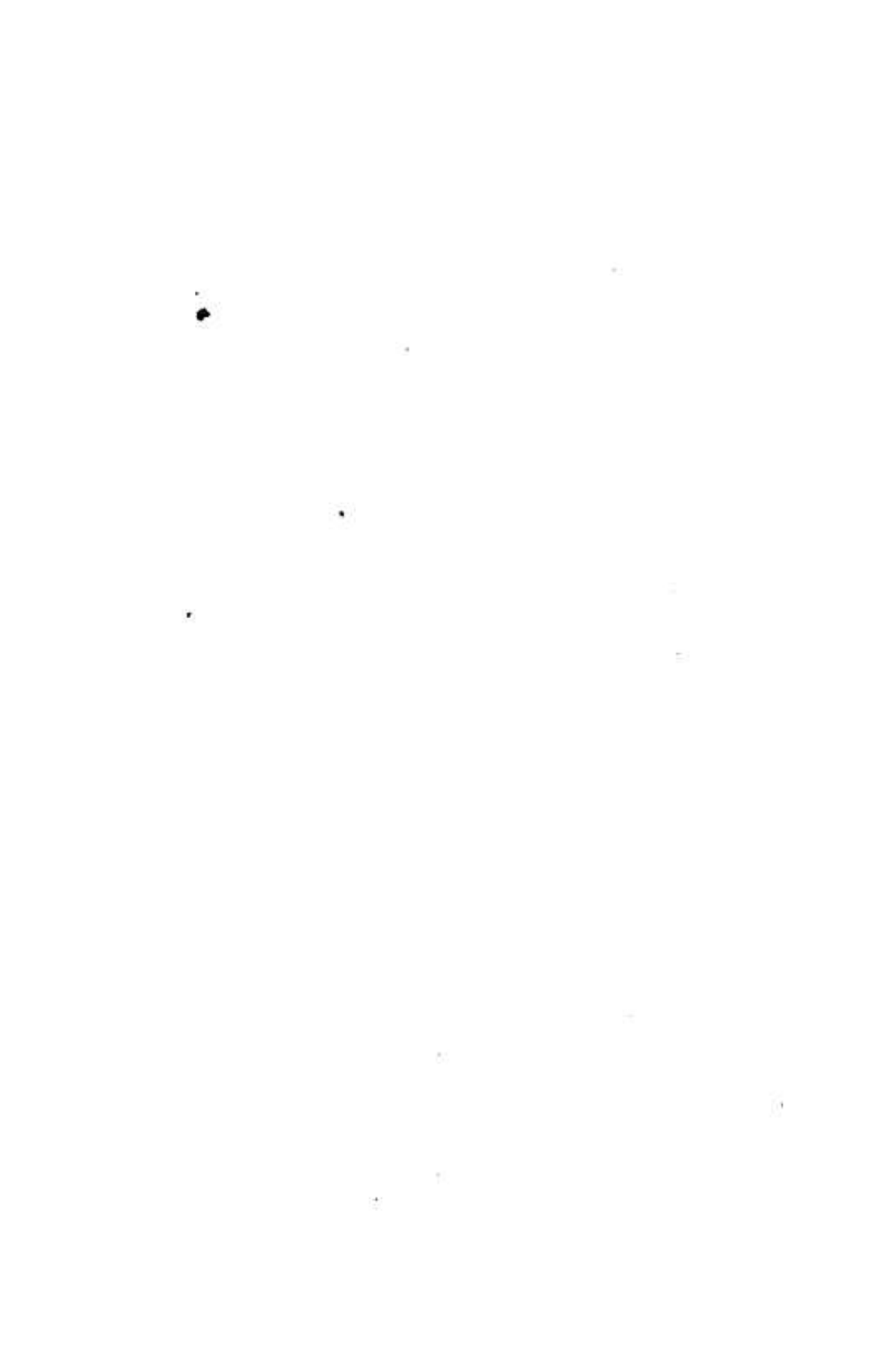
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## PREFACE.

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FOREMOST among the many troubles of mankind, is a disease so common, so painful, so universally shunned, that an antidote to it must needs be invaluable. Happily there is such an antidote, an antidote older than the disease itself, an antidote always within reach, and offered to us "without money and without price," yet, strange to say, so much neglected, that the disease remains prevalent as ever.

This disease is called UNHAPPINESS! Reader, have you ever suffered from it? do you ever feel any dread of it? do you sometimes meet with it in others? would you know its remedy—that ANTIDOTE of which I speak? If so, let me ask you to read this little book, for you may find therein some sacred truths, some indisputable facts, some cogent reasons and sound arguments, which will if rightly compounded, make up that antidote, and if rightly applied, cure that disease.

These materials have been put together by one who, having spent many years of a somewhat long life, in active business, in many lands, under very varied circumstances, and with a full share of varying fortune, has had ample opportunity of proving the need, and the efficacy, of the antidote prescribed. He has here endeavoured to show how applicable it is to *all phases* of the disease; and if his book can claim any attention, amid the many that enforce in general terms, the "great gain of godliness," it must be chiefly owing to this particular and practical application of the argument.

The subject is one of universal interest, and if the study of it, as treated in these pages, be half as profitable to the reader as it has been to the writer, and by God's blessing helps in any measure to brighten the path, and lighten the burden, of fellow travellers in life's journey, the object aimed at, in making public, thoughts originally written down only for private use, will be fully attained.

BROOKMEAD,  
1869.



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INTRODUCTORY DIALOGUE.

COMMON CAUSES OF UNHAPPINESS.

A.—Good morning, my friend: I was going to give you a cheerful greeting, but you look so unhappy that I fear it might be ill-timed.

B.—Unhappy! yes, indeed I am; and I hardly know how people can be otherwise, when they look around on all the distress and misery and sin that fill the world. You would not wonder that I look unhappy, had you seen but half the suffering and sorrow that has lately come under my notice. This morning I have heard that a dear widowed friend of mine has just lost her only son, and is utterly broken-hearted. She says that her happiness is gone for ever, and that she can never hold up her head