

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

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

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**W. CHARLES LOOSMORE**

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# NERVES AND THE MAN

A POPULAR PSYCHOLOGICAL  
AND CONSTRUCTIVE STUDY  
OF NERVOUS BREAKDOWN

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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 trees, and field and water . . ."—"MISCELLANEOUS ADDRESSES." ELIHU ROOT.





TO  
MY WIFE



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THE AUTHOR.