

**THE POWER OF SILENCE:
AN INTERPRETATION OF
LIFE IN ITS RELATION TO
HEALTH AND HAPPINESS**

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The Power of Silence: An Interpretation of Life in Its Relation to Health and Happiness by
Horatio W. Dresser

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HORATIO W. DRESSER

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THE POWER OF SILENCE

*An Interpretation of Life in its Relation to Health
and Happiness*

BY

HORATIO W. DRESSER

"Ye taught my lips a single speech
And a thousand silences"

EMERSON

THIRD EDITION

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1898



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1895
HORATIO W. DEXTER

To my father and mother,

JULIUS A. DRESSER,
ANNETTA G. DRESSER,

THIS VOLUME IS GRATEFULLY INSCRIBED.

PREFACE.

THE present volume is the outgrowth of more than a half-century of inquiry on the part of those to whom the author is chiefly indebted. This inquiry began with the researches of Dr. P. P. Quimby, of Belfast, Me., who devoted more than twenty years to the investigation of mental phenomena in relation to health and happiness. With him the author's father and mother were associated for several years previous to his death in 1866, and from him they learned many practical truths of the inner life. But Dr. Quimby left no published work, and they were long prevented by adverse circumstances from making any public use of his investigations. Yet they never lost sight of his teaching. It became a life with them, and bore the test of all the experiences in the category of sorrow and suffering. They created a home atmosphere of hope, of quiet strength and healthy inquiry, into which it was a rich heritage to be born.

Out of these household discussions grew in time many courses of lectures delivered to small audiences in Boston and elsewhere. The following pages represent the last

of these courses, delivered in Boston during the past year by the author in co-operation with Mrs. A. G. Dresser. Chapter II., on "The Immanent God," has already appeared in pamphlet form; and the kind reception accorded it has led to the revision and publication of the other papers in the series. In this task the author has been constantly guided by the advice and suggestion of Mrs. Dresser, to whom he is especially indebted for the subject matter of the concluding chapter. The volume may, therefore, be fairly taken to represent our co-operative thought, and in a way to reflect the lives of the two pioneer workers in this field, whose unsparing devotion was, for us, the best evidence of its truth while they were still here.

H. W. D.

Boston, Mass., March 25, 1895.

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