

**HYGIENE OF THE BRAIN
AND NERVES AND THE
CURE OF NERVOUSNESS**

Published @ 2017 Trieste Publishing Pty Ltd

ISBN 9780649404384

Hygiene of the brain and nerves and the cure of nervousness by M. L. Holbrook

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M. L. HOLBROOK

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AMID all our speculative uncertainty there is one practical point as clear as the day, namely: that the brightness and the usefulness of life, as well as its darkness and disaster, depend to a great extent upon our own use or abuse of that miraculous organ, the brain.—**PROFESSOR TYNDALL.**

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HYGIENE

OF THE

BRAIN AND NERVES

AND THE

CURE OF NERVOUSNESS.

WITH TWENTY-EIGHT ORIGINAL LETTERS FROM
LEADING THINKERS AND WRITERS
CONCERNING THEIR

PHYSICAL AND INTELLECTUAL HABITS.

BY

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AND BREAD; A NATURAL AND SCIENTIFIC DIET,"
AND OF "FROM THE CRADLE TO THE SCHOOL."

Withd'n 972 Withd'n

NEW YORK:

M. L. HOLBROOK & COMPANY.
1879.

OCT 7 1912

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By M. T. Heibronk, M.D.,
1878.

C. P. Somerby,
Electrotyper and Printer,
139 Eighth-st., N. Y.

ALPHABETIC TO THE
4th EDITION 27th 1878

WM
 '75
 H695
 1878

331
 H692

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PREFACE.

DURING a month's sojourn, many years ago, in near proximity to a settlement of Indians, where I had frequent opportunity to observe their habits and mental characteristics, I came to the conclusion that, whatever their defects of development might be, they were certainly not subject to nervousness. There are abundant examples among our own race of people who were "born before nerves were invented." But, on the other hand, the greater strain put on the nervous system by our unnatural methods of culture, and by the sharp conflict which competition compels, has caused a remarkable increase in nervous maladies. A true civilization would seek to prevent them, and that can only be done by a correct knowledge of the functions and uses of the nervous system.

We ought certainly to understand the use of all the tools which we are obliged to employ. The brain is, in one sense, a tool, employed in the manufacture of thought and emotion. Wisdom would dictate that we should learn how to keep it in the very best condition possible. It has been the aim in preparing this book to give such knowledge as is necessary to do this. It has been gathered from many sources, and put into a form most easily understood. It is to be hoped that it may be serviceable to all who read it.

The numerous letters from some of our thinkers and writers, giving an account of their own physical and intellectual habits, found in Part II, we are sure will be appreciated; and we hereby tender to the writers of the same our hearty thanks for permitting us to give them to the public.

M. L. H.