

THE SECRET OF A CLEAR HEAD

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The Secret of a Clear Head by J. Mortimer Granville

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J. MORTIMER GRANVILLE

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WHILE THE BOY WAITS.

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THE SECRET
OF
A CLEAR HEAD.

BY
J. MORTIMER GRANVILLE.



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TO THE READER.

THE following papers form the complement of those published some months back under the title of "COMMON MIND TROUBLES." The whole might have appeared in a single volume with the designation chosen for the present, but it seemed better to issue the two series separately. This I have done, and they follow not inaptly my "MINDS AND MOODS."

I can only repeat what I said in the preface to the last collection of papers: they were not written for professional readers; but for the generous reception accorded to them in quarters where I had no right to expect they would be, even, noticed I must express my obligation. I shall not be sorry if in examining the contents of this little book the reader adopts a practice familiar to the impatient devourer of fiction, and attacks the last chapter first.

When reviewers complain that I do not *prescribe* for my readers they pay me the best of compliments. The sole purpose I have set myself in these papers is to help the worried and weak to *avoid* the peril of mind disease. Medical men cannot, however much they may feel disposed to, impart to laymen that knowledge of disease without which it is an act of audacity to undertake the treatment of the simplest affection, and they are not, in my opinion, justified in addressing the unskilled community in works which, while they pretend to counsel, cannot fail to mislead. Meanwhile, I am not less strongly convinced that it is the bounden duty of every professor of physic to do all that lies in his power to promote the health of the people. It is his mission to preach the gospel of *health*. I am trying to do this, so far as I am able.

J. MORTIMER GRANVILLE.

April, 1879.