

**THE VIEW
VERTICAL: AND
OTHER ESSAYS**

Published @ 2017 Trieste Publishing Pty Ltd

ISBN 9780649729524

The View Vertical: And Other Essays by Winifred Kirkland

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WINIFRED KIRKLAND

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BY
WINIFRED KIRKLAND

Author of "The Joys of Being a Woman," etc.



BOSTON AND NEW YORK
HOUGHTON MIFFLIN COMPANY
The Riverside Press Cambridge
1920

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K60572i

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**THE VIEW VERTICAL
AND OTHER ESSAYS**

THE VIEW VERTICAL

THE chief result of the war is that it has left everybody's nerves jumpy. Nations and individuals give too much evidence that they have been lying awake at night, listening to burglars stealthily trying the cellar windows. Our jangled nerves seem unable to respond to the simple fact that for some time now our jewel cases and our watches and our dining silver have been obstinately reappearing each morning in familiar security. Despite this reassuring circumstance, sleeplessness dominates the intercourse of mind with mind, which, whether expressed in art or literature, in newsprint or conversation, is made up of wan-eyed recountings of the new things each of us has found to be afraid of the night before. At a time when a holocaust has left the nerves of humanity raw and quivering, it is well we should stoutly take ourselves in hand to conquer a universal neurasthenia.

The best nerve treatment seems to be to convince the patient of what is the matter with him, and then to trust to his own common sense to restore his equilibrium. A little examination into the nature of all sleepless-