

**AS A MATTER OF  
COURSE**

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As a Matter of Course by Annie Payson Call

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**ANNIE PAYSON CALL**

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# AS A MATTER OF COURSE

BY

ANNIE PAYSON CALL

AUTHOR OF "POWER THROUGH REPOSE"



BOSTON

ROBERTS BROTHERS

1898

## P R E F A C E.

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THE aim of this book is to assist towards the removal of nervous irritants, which are not only the cause of much physical disease, but materially interfere with the best possibilities of usefulness and pleasure in everyday life.





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## AS A MATTER OF COURSE.



### I.

#### INTRODUCTION.

**I**N climbing a mountain, if we know the path and take it as a matter of course, we are free to enjoy the beauties of the surrounding country. If in the same journey we see a stone in the way and recognize our ability to step over it, we do so at once, and save ourselves from tripping or from useless waste of time and thought as to how we might best go round it.

There are stones upon stones in every-day life which might be stepped over with perfect ease, but which, curiously enough, are considered from all sides and then tripped upon; and the result is a stubbing of the moral toes, and a consequent irritation of the nervous system. Or, if semi-occasionally one of these stones is stepped over as a matter of course, the danger