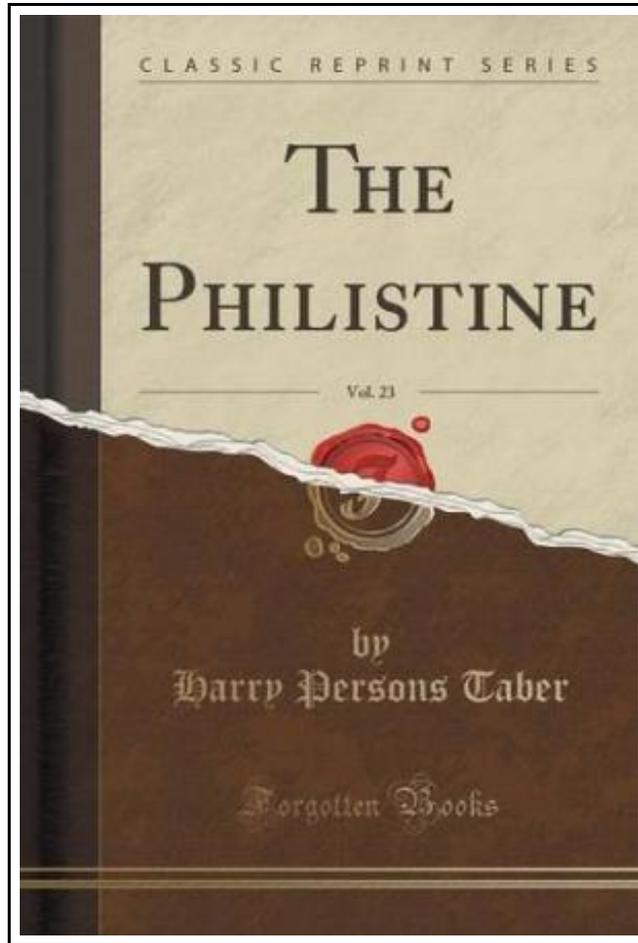


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Forgotten Books, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Excerpt from The Philistine, Vol. 23 Very many otherwise sensible people labor under the hallucination that it is the quantity of food we eat that makes us strong After a square meal, with plenty of meat, we expect to be ready for any conflict - mental or physical - and if we do not get quite enough to eat, or just what we want, we feel weak as a cat, and explain the fact to our friends. Many people have to be supplied coffee in bed before they have the courage to face the day. I know a man who weighs two hundred who occasionally awakens in the night and feels so faint, that he gets up and gropes his way to the pantry where he fortifies himself against fate with a mince pie. The superstitious habit is upon us! What we need to know is that lack of health, diminishing strength, business disasters, loss of friends, and that faint feeling are all directly caused by chronic abnormal conditions of mind. Like old Job, that which we feared has come upon us. By a wrong mental attitude we have set in motion a train of events that ends in disaster. People who die in middle life from disease, almost without exception, have been preparing for death. The acute tragic condition is simply the result of a chronic state of mind - a culmination of events. About the Publisher Forgotten Books publishes hundreds of thousands of rare and classic books. Find more at This book is a reproduction of an important historical work. Forgotten Books uses state-of-the-art technology to digitally reconstruct the work, preserving the original format whilst...



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