...gest. ...
...meals a day than on three ...
...ing night into day—that is, ...t night and sleeping in the day ...not mean that the person ...is doomed to an early grave. ...who work nights may live to a good old age. Wm. Cullen Bryant was accustomed to work nights and attained a ripe old age. Still I consider that people who work during the day and sleep during the night are better off. One thing is certain, a person must have sleep at some time, whether it is at night or during the day. The average person ought to have eight hours' sleep. When I was young I read than Napoleon only took four hours' sleep in twenty-four. I thought that no great man needed more than four hours, so that was all I took. I found out the error of that idea later.

"The great mortality from phthisis or consumption is due to the varying temperature and the foul air breathed. It is contagious, and healthy persons can contract it. The sputum, or expectoration, becomes dry and is converted into a powder, which floats in the air and may be inhaled. The next ten years will show a great diminution in deaths from phthisis. Consumption can be cured. The way to cure it is to put the patient in the mountains where the air is dry, and keep him away from the doctor and the apothecary shop. He does not need medicine. There is too much medicine used in many kinds of disease.

"Insanity, I should say, is increasing, and the explanation is to be found in the way in which we live. Men rush to secure millions when they ought to be satisfied with hundreds of thousands. They likewise rush to spend their money and then worry to meet their financial engage-...ts. Insanity may be caused by func-...disturbance or by an organic ...case of an organic change it ...nsanity is curable.

...indicate a physical de-...that the dreamer's ...that he is ...long dura-...that ...be

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