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Self Help for your Nerves




Claire Weekes



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SELF HELP FOR YOUR NERVES

Many of those who suffer from nervousness are persons of fine capabilities of delicate regard for honor, endowed with a feeling of duty and obligation. Their nerves have tricked them, misled them.

SELF HELP FOR YOUR NERVES

Many of those who suffer from nervousness are persons of fine sensibilities, of delicate regard for honour, endowed with a feeling of duty and obligation. Their nerves have tricked them, misled them.

W. R. HOUSTON.

SELF HELP FOR YOUR NERVES

Claire Weekes

M.B., D.SC., F.R.A.C.P.

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To the Memory of my Indomitable Mother

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2. Have Over My Heart
3. What is My Heart?
4. The Power Which You
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100. The Power Which You

To the Honorable Secretary of the Interior

Washington, D. C.

Dear Sir:

I have the honor to acknowledge the receipt of your letter of the 10th inst. in relation to the proposed extension of the public lands in the State of California.

Very respectfully,
Your obedient servant,

John W. Foster
Secretary of the Interior