



Vitality, Fasting and Nutrition; A Physiological Study of the Curative Power of Fasting, Together with a New Theory of the Relation of Food to Human V

Hereward Carrington

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This historic book may have numerous typos and missing text. Purchasers can usually download a free scanned copy of the original book (without typos) from the publisher. Not indexed. Not illustrated. 1908 edition. Excerpt: ...VVm. A. Hammond's "Sleep and Sleeplessness," p. 35. Prof. William James most emphatically insisted upon this fact when he wrote ("Principles of Psychology," Vol. I., p. 99): "I need hardly say that the activity of the nervous matter is the primary phenomenon, and the afflux of blood its secondary consequence. Many popular writers talk as if it were the other way about, and as if mental activity were due to the afflux of blood. But, as Prof. H. N. Martin has well said: "That belief has no physiological foundation whatever; it is even directly opposed to all that we know of cell life." Professor Mosso proved this later by direct experiment; see his "Fatigue," p. 195. "'Sleep: Its Physiology, Pathology, Hygiene and Psychology," p. 59.-' gained much general acceptance, it would be hardly worth our while to summarize or criticize them here. In any case, as Wundt pointed out, practically all the theories oTsleep possess the common deiecTm that they neglect its fundamental and direct cause. TThis wuTTSecome more apparent as we proceed. The chemical theory of sleep is refuted by the fact that mere boredom or monotony is sufficient to cause sleep, and so is hypnotic suggestion, though fatigue is not present in any degree. See my discussion under "Fatigue." As the result of considerations such as the above, Dr. M. de Manaceine was driven to reject all the current theories of sleep, M/ and in her own book on the subject, asserts that the only real i 'v V definition we can give of sleep is that "sleep is the resting tune of consciousness."1 This may be--undoubtedly is--very true; but it can hardly be called an explanation in the strict sense of the term. It is merely a statement of a condition--one condition--accompanying sleep. It is no explanation...

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Ashley McKay:

A lot of people always spent their particular free time to vacation or maybe go to the outside with them loved ones or their friend. Were you aware? Many a lot of people spent many people free time just watching TV, or playing video games all day long. If you need to try to find a new activity that's look different you can read a new book. It is really fun for yourself. If you enjoy the book that you simply read you can spent the whole day to reading a e-book. The book Vitality, Fasting and Nutrition; A Physiological Study of the Curative Power of Fasting, Together with a New Theory of the Relation of Food to Human V it is quite good to read. There are a lot of people who recommended this book. These folks were enjoying reading this book. When you did not have enough space to deliver this book you can buy the e-book. You can m0ore very easily to read this book through your smart phone. The price is not to fund but this book possesses high quality.

Audrey Spence:

That reserve can make you to feel relax. This kind of book *Vitality, Fasting and Nutrition; A Physiological Study of the Curative Power of Fasting, Together with a New Theory of the Relation of Food to Human V* was bright colored and of course has pictures on there. As we know that book *Vitality, Fasting and Nutrition; A Physiological Study of the Curative Power of Fasting, Together with a New Theory of the Relation of Food to Human V* has many kinds or genre. Start from kids until adolescents. For example *Naruto* or *Private eye Conan* you can read and think you are the character on there. So , not at all of book are generally make you bored, any it offers up you feel happy, fun and loosen up. Try to choose the best book in your case and try to like reading that will.

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