

A close-up, profile shot of a woman with light brown, wavy hair. She is looking out of a window, with her hand resting near her chin. The background is a blurred view of a city or town from across a body of water. The lighting is soft and natural, suggesting daytime.

***HORACE  
FLETCHER***

***MENTICULTURE;  
OR, THE A-B-C  
OF TRUE LIVING***

A photograph of a woman with wavy, light brown hair, seen from the side in profile. She is looking out of a window, with her hand resting near her chin. The background is a blurred view of a city street with buildings and a car. The image has a soft, natural light quality.

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***MENTICULTURE;  
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OF TRUE LIVING***

**Horace Fletcher**

# **Menticulture; or, the A-B-C of True Living**

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# TABLE OF CONTENTS

[PREFACE](#)

[THEORY](#)

[A PERSONAL EXPERIENCE](#)

[A DISCUSSION WHICH FOLLOWED THE READING OF THE  
FOREGOING PAPER](#)

[PLYMOUTH CHURCH CLUB AND ARMOUR INSTITUTE](#)

[DIAGNOSIS AND REMEDY](#)

[PRESCRIPTION](#)

[DIRECTIONS](#)

[SCRAPS OF EVIDENCE](#)

[A PHYSICIAN](#)

[A MANUFACTURER](#)

[A MADMAN](#)

[MR. DANA](#)

[AN AUTHOR](#)

[A GENERAL MANAGER](#)

[AN AUTHORESS](#)

[A LAWYER](#)

[A SOUTHRON](#)

[FEAR DISPELLED](#)

[TIMIDITY DISAPPEARS](#)

[THOMSON J. HUDSON](#)

[A MASTER WORKMAN](#)

[A CHURCHWOMAN](#)

[FIRST PRINCIPLES OVERLOOKED](#)

[SLAVES OR FREEMEN—WHICH?](#)

ORGANIZATION  
HOPE

# **PREFACE**

## [Table of Contents](#)

Medical science had struggled for centuries with the repression and amelioration of physical disease before it discovered the possibility of prevention by killing the germ.

Mental science pursued the same course of attempted repression in this country until quite recently it was found that mental afflictions have germs also, and it naturally follows that any who are interested in the subject should try to discover, not only the germs themselves, but methods of getting rid of them.

The discovery that I have made is not new, as Christ, Buddha, Aristotle, Omar Khayyam and many others, have all suggested that the elimination of the evil passions is entirely possible; but my special analysis of them, and the easy method of defeat that I have found possible to myself, have excited such interest, that I have been induced to publish them, without attempting to follow the subject beyond the elementary stage.

The theory that I have built up is based on a proper estimation of the limitations of mental weaknesses, a discovery that they have roots, and also that they can be "pulled out by the roots" and disposed of just like any other weeds; only that the task, being mental and not physical, can be more easily performed.

Literary grace has been sacrificed in the belief that redundant reference to the germs will be effective in bringing them into contempt.

## EMANCIPATION

# THEORY

### [Table of Contents](#)

All of the evil passions are traceable to one of two roots.

Anger is the root of all the aggressive passions.

Worry is the root of all the cowardly passions.

Envy, spite, revenge, impatience, annoyance, selfishness, prejudice, unrest, and the like are all phases of anger.

Jealousy, fear, the belittling of self, the blues, and all the introspective forms of depression are the children of worry.

Anger and worry are the most unprofitable conditions known to man. While they are in possession of the mind, both mental and physical growth are suspended.

Anger and worry are thieves that steal precious time and energy from life.

Anger is a highway robber and worry is a sneak thief.

Anger and worry are the most potent forms of self-abuse, for the reason that in many cases anger is the result of misunderstanding, and in most cases worry's prophecies never come true; or, if they do, the fulfilment is generally caused by the worry itself.

Anger and worry do not stimulate to any good end.