

# Calvin Coolidge: A Deeper Dive into His Death, Clinical Depression, and Lasting Contributions to American History



Calvin Coolidge, the 30th President of the United States, is remembered as a quiet and reserved leader who presided over a period of economic

prosperity in the 1920s. However, beneath his unassuming exterior lay a complex and fascinating individual, whose life was marked by both triumphs and tragedies. In this article, we will explore the circumstances surrounding Coolidge's death, the role of clinical depression in his life, and his lasting contributions to American history.



## **Tormented President, The: Calvin Coolidge, Death, and Clinical Depression (Contributions in American History Book 197)** by Robert E. Gilbert

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### **Calvin Coolidge's Untimely Death**

On January 5, 1933, Calvin Coolidge died suddenly at the age of 60 from a heart attack. The unexpected death of the former president shocked the nation and cast a shadow over his legacy. While the immediate cause of his death was heart failure, the underlying factors that contributed to his premature demise remain a subject of debate.

Some historians have suggested that Coolidge's relentless work ethic and constant stress may have taken a toll on his physical and mental health. Others have pointed to his family history of heart disease as a possible contributing factor. However, recent research has shed new light on the role

of clinical depression in Coolidge's life, particularly in the years leading up to his death.

### **Clinical Depression: A Hidden Struggle**

Calvin Coolidge was a private and introverted man who rarely spoke about his personal life. As a result, his struggles with clinical depression were largely unknown to the public until after his death. However, his family and close associates later revealed that he had suffered from severe mood swings and bouts of deep melancholy throughout his life.

In the months and years following his presidency, Coolidge's depression worsened. He became increasingly isolated and withdrawn, losing interest in his favorite activities and finding it difficult to concentrate. He also experienced frequent insomnia and fatigue. His family became concerned about his well-being and sought professional help, but Coolidge reportedly resisted treatment.

### **The Role of Depression in Coolidge's Death**

While it is impossible to say with absolute certainty that Coolidge's depression contributed to his death, there is mounting evidence to suggest that it may have played a role. Studies have shown that people with untreated depression are at an increased risk of cardiovascular disease, including heart attacks. Additionally, depression can lead to unhealthy habits, such as smoking, excessive alcohol consumption, and poor diet, which can further increase the risk of heart disease.

In Coolidge's case, it is possible that his chronic depression, combined with other risk factors, such as his age and family history, may have made him

more susceptible to a heart attack. While his death may have been a result of natural causes, the underlying role of depression cannot be ignored.

## **Coolidge's Lasting Contributions**

Despite the challenges he faced in his personal life, Calvin Coolidge made significant contributions to American history. During his presidency, he presided over a period of economic growth and prosperity known as the Roaring Twenties. He also signed into law the Revenue Act of 1926, which reduced taxes and stimulated economic activity.

Coolidge was a strong advocate for limited government and free markets. He believed that the best way to promote economic growth was to reduce the size and scope of government and allow businesses to operate freely. His policies, known as "Coolidge Prosperity," helped to create a climate of optimism and economic growth in the 1920s.

In addition to his economic policies, Coolidge also made important contributions to foreign policy. He played a key role in negotiating the Kellogg-Briand Pact, which outlawed war as a means of settling international disputes. He also helped to normalize relations with Mexico after a period of tension.

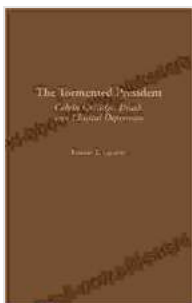
## **Legacy and Impact**

Calvin Coolidge is often remembered as a quiet and reserved president, but his impact on American history was profound. His policies helped to create a period of economic prosperity and his foreign policy initiatives contributed to a more peaceful and stable world. While his struggles with clinical depression undoubtedly cast a shadow over his life, they also shed

light on the importance of mental health and the challenges faced by those who suffer from it.

In the years since his death, Coolidge's legacy has been reassessed and his contributions to American history have been more fully appreciated. He is now recognized as one of the most consequential presidents of the 20th century, a leader who guided the nation through a period of both prosperity and adversity.

Calvin Coolidge's life was a complex tapestry of triumphs and tragedies. His untimely death from a heart attack cut short a promising career and left a void in American politics. While his death may have been a result of natural causes, recent research has shed light on the role of clinical depression in his life and the challenges he faced in managing his mental health. Despite his personal struggles, Coolidge made significant contributions to American history, presiding over a period of economic growth and prosperity and playing a key role in shaping American foreign policy. His legacy is one of both accomplishment and adversity, reminding us of the importance of mental health and the enduring impact of those who serve their country.



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