**What is Toxic Masculinity?**

Though the term "Toxic Masculinity" might be a new or foreign concept, the issue was actually solved in the early 19th century by the consciousness and emotional awareness shared by many more masculine individuals. It is now used to describe harmful behavior such as anger, violence, and aggression. Over time, however, toxic masculinity has become more prevalent and widespread, which has led to widespread opposition and criticism.

**History of Emotions in Ireland**

The difficulty for Irish people in being open about emotions has a long history. Generations of Irish people have long had to suppress their emotions in order to keep a lid on their national identity. The suppression of their emotions made them appear too emotional and out of control. To overcome this, many Irish people have learned to control their emotions and keep them under wraps.

**Sir Thomas Browne and Hydriothaphia**

Sir Thomas Browne was a 17th-century English doctor and philosopher. He was one of the first to study the relationship between the mind and the heart. His work, "Hydriothaphia," was published in 1643 and is considered a seminal work in the study of the emotions. It is a collection of essays that explore the nature of the emotions and the way they are experienced and perceived.

"Hydriothaphia" is a Latin word that means "the study of water." It was used by Browne to refer to the flow of emotions, which he believed were the result of the physical and emotional processes of the body. He believed that emotions were a natural and necessary part of human life, and that they should be understood and studied in order to better understand the human experience.