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- |                  |                  |
|------------------|------------------|
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**LECTURE**  
By Dr. CAROLYN GEISEL,  
Delivered in Casino Theatre Oct. 5th, 1915  
Subject: - - - Nerves



Dr. CAROLYN GEISEL.

I HAVE SEEN nothing more generous, more kind, than your attention. I cannot quite thank you all enough for coming here to-day.

We will try to get somewhere this afternoon, at the truth of this disease of the Nerves, for which lesson we are scheduled. Why Nerves? And I am remembering an extraordinary circumstance—a little bit of a book, on new sorts of NERVOUS DISEASES, which the author entitled "Americanitis" we read it—the first one-third of that little book, then we discovered that he was writing on plain NERVOUS PROSTRATION.

Here in Newfoundland the people do not suffer, as much as those living in the United States, from this tedious disease; there are several reasons, the chief being the quantity of Oxygen in our atmosphere.

The second reason we are more Nervous in the States (I trust I am not saying too much against my own country,) is the break-neck speed at which we are living, doing a dozen things at the one time for our bread and the indispensable dollar, while part of the time we should be resting.

While we have amassed money, while we have been living at this Break-neck speed, we have broken quite a number of those Nerves, which connect the brain with other parts of the body.

If you were to study the Nervous system, you would find that the nerve is the electricity of the human body. The largest nerve in the body is the "Sciatic Nerve," which extends from your hip to your heel; it is as wide as your finger, and flat like a ribbon, almost every one knows where to locate her "Sciatic Nerve."

If you could look through a microscope at the brain cells of a person afflicted with a Nervous disease, you would find they look like a tangled skein of fine silk, after the kitten had played with your work-basket. The nerve threads which are distributed through the body, are as fine as fine can be, but in the brain without the aid of a microscope look like a mass of jelly-like material.

It is easy, tremendously easy, to cure your nervousness; the best remedy is to go to sleep, go to sleep, (O! Please not now.) I beg you to sleep even if you have to come to my lectures to do so. Sleep you young matron! You mother of only one child! My daughter take counsel from us older women, and take your forty winks in the afternoon. Never take Patient Medicine of any description, but go to sleep as soon as that sense of exhaustion comes over you.

We count one of the reasons that the accidents, all too many over in the United States (500,000 every year) is because we attempt to work the last half hour, when we are exhausted. We have proven in the United States, why many a working man who, in stepping off a car-hastily has often been seriously injured; the reason

is he has worked too long for this piece of human machinery. It is always noted that more accidents occur at the close of the day, when the nerves are tired out, than when the workers are starting out fresh in the morning, for their daily tasks.

We have also proved that you often get as much actual work from an eight hour man, as from an eighteen hour man.

I know that a woman's task is never done; we retire to bed at night, with the intention of sleeping, but with a knowledge of some thing left undone in our day's budget; but look here little woman there is a difference in the way you sleep two hours for every one if you sleep out of doors. Sleep with your windows open, and all bands and clothing as loose as possible.

I know of one eight-storey apartment in the City of Jackson, Mich., which looks like a Lunatic Asylum, every window wide open, and in each window at least one head, while inside every body is trying to keep warm; and through the nostrils and mouth taking in the pure fresh air because the sleeping head is pillowed in the open window.

Two of every three persons in the United States of America suffer from NERVOUS PROSTRATION, and one of every two throughout the rest of the world are similarly afflicted.

But what shall we feed this little piece of machinery with which we call a nerve cell? The best-nerve foods are those which contain Phosphorus. Where can we get Phosphorus? In the white meat of fowl or fish, the yolk of an egg, grain, whole wheat, a little bran, lettuce, cucumbers, celery, onions (raw or cooked); there is not much in milk; unpolished rice is loaded with Phosphorus.

Will you get unpolished rice? Ask your grocerman for it, if he has it not now ask again, and keep on asking until you DO get it. It will require a little more cooking, but never mind, get it; I was lecturing in Columbus, and forty women came out from the lecture: went to the "George Grocer Co." and asked for unpolished rice; then forty more came out and did the same thing; then forty more did the very same thing. The result was, the grocer 'phoned and asked me to leave town immediately, which of course I did not do; nevertheless the grocer put in a carload of unpolished rice, which shows that you will get anything you want if you ask, ask, ask, for it.

A little tot desired a goat, and wanted his father to buy him one, which he refused to do, so the little chap went to his father's law office, and told his desire to his father's partner, who said:—"Give me a retainer and I will tell you how to get the goat." He helped himself to a kiss from the upturned mouth, and forthwith gave the asked for advice.

"You go into father's office, (I know he will be busy, but never mind) go up to him and say 'Papa, I want a goat!' and keep on saying it. The little chap went up to his father, and said:—"Papa, I want a goat! I want a goat! I want a goat!!" The father from his height looked at his son for a moment, then cried out in surprise "In mercy's name, my son, have two goats."

Keep on asking for it, and if you want unpolished rice you will get it by asking, and asking, and asking, for it, just as the little fellow got the goat.

Oily foods are excellent for the nerves. Nuts are loaded with oil, even the common peanut, which is so cheap, the Brazil nut is loaded with oil; next to these come almonds; chestnuts do not contain much oil, and should not often be

taken, at least they are of no one to nerves.

Next to the nuts come the ripe olive, which is a splendid food; then pure cream, butter, and rich milk.

Will you take all the oily foods you can possibly manage? But then you will need to go out in the open air and sunshine, and if possible lie down and take a nap in the open sunshine.

Taking too much oily foods, and then over-working yourself, only brings on NERVOUS EXHAUSTION.

Some of us while we work, use every part of the body unnecessarily, which after a while cause the nerves to contract, (and if we could hear them) with a terrible crash.

A little woman, perhaps she was cutting out a soldier's garment, was using the scissors with her hand, and every muscle in her body was working as well, if the scissors had been sharp half her time and strength would have been saved, as with every cut she made she had to groan. That even is a lesson in itself; it is like chewing pebbles, wasting our energy and time, and getting nothing in return.

It is true many of us have lots of troubles, but do not be like the man, who when dying called his son to him, and said:—"We have many troubles, but the greatest of mine were the ones which never came to me."

Many and many a woman is living alone to-day, because her good husband, by working after hours, tried to provide her—not with a roof over her head, because she already had so many, she did not know under which to spend her time—not with plain food, because she nearly always ate cake, but with nick-nacks, such as diamond necklets and other useless trinklets.

Look here, little matron, make your husband understand, tell him that you value the noble and true manhood in him, let him understand, that it is not his money you value, but the real man; let him know, "That a man is a man for a' that," even though he may wear blue overalls. We women folk must keep our nerve, we, too, must be strong and brave; but we must leave it now, and if you please, quietly change the subject.

I was leaving a hospital, when I saw Mr. Dimuen, an acquaintance, I stopped to inquire after his health, and he said:—"I am getting better but what is the use, I will only have to go to the Poor House." Now mind you, this poor fellow had a thousand acres of land in Texas; every acre under the plough, besides stocks, bonds, and other kinds of property—but he thinks he is going to the Poor House. The trouble with him is that he does not know how much he is worth, so all he does, is worry, worry, worry.

A friend of mine, suffering from Nervous Prostration, was brought to us for treatment, she was given a room just next to mine. At two o'clock in the morning, I heard a tap at my door, when I opened it, to my astonishment, I found my friend standing shivering in the cold, and weeping boisterously. "I must go home right now. I know perfectly well that George is gone fishing." The idea, thinking that her twelve year old boy had gone fishing in the rain at two o'clock in the morning.

Why do I tell you these things? (I am afraid some of you are tired listening to me). It is that I wish to counsel you against worrying over trifles, and to free yourselves from Nervousness, by sleeping all you can in the open air.

(Q.) What causes a child to grind his teeth at night?

(A.) That child has worms, most decidedly.

(Q.) Is lettuce equally good if served with lemon juice, and sugar?

(A.) Yes. You may put acid with it but not too much salt.

(Continued on page 3.)

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