

NERVE EXHAUSTION

How Nerve Abuse Wrecks Health

by PAUL von BOECKMANN

Lecturer and Author of numerous books and treatises on Mental and Physical Energy, Respiration, Psychology and Nerve Culture

THERE is but one malady more terrible than Nerve Exhaustion, and that is its kin, Insanity. Only those who have passed through a siege of Nerve Exhaustion can understand the true meaning of this statement. It is HELL; no other word can express it. At first, the victim is afraid he will die, and as it grips him deeper, he is afraid he will not die; so great is his mental torture. He becomes panic-stricken and irresolute. A sickening sensation of weakness and helplessness overcomes him. He becomes obsessed with the thought of self-destruction.

Nerve Exhaustion is due to nerve strain. There is no other cause for it. In men, nerve exhaustion can generally be traced to excesses and vices, although the strain of intense concentration and the worries of business life are often the chief factors. In women, Nerve Exhaustion is due mainly to over active emotions. Especially in their marital, domestic and kindred relations do women subject their emotions to constant upheavals. Indeed, we are all under severe nerve strain because of the mile-a-minute life we are leading. And no man or woman is so strong as to be immune to this strain.

Nerve Exhaustion is not a malady that comes suddenly, yet its symptoms are unmistakable. It does not manifest itself, as many think, in twitching muscles and trembling hands. The majority of sufferers from nerves seem strong and healthy, and may have not a tremor in their body, yet inwardly their nerves are in a turmoil and are undermining the entire bodily organism.

The symptoms of Nerve Exhaustion vary according to individual characteristics, but the development is usually as follows: First Stage: lack of energy and endurance; that "tired feeling." Second Stage: Nervousness; restlessness; sleeplessness; irritability; decline in sex force; loss of hair; nervous indigestion; sour stomach; gas in bowels; constipation; irregular heart; poor memory; lack of mental endurance; dizziness; headache; backache; neuritis; rheumatism, and other pains. Third Stage: Serious mental disturbances; fear; undue worry; melancholia; dangerous organic disturbances; suicidal tendencies; and in extreme cases, insanity.

If only a few of the symptoms mentioned apply to you, especially those indicating mental turmoil, you may be sure that your nerves are at fault—that you have exhausted your Nerve Force.

Perhaps you have chased from doctor to doctor seeking relief for a mysterious "something the matter with you." Each doctor tells you that there is nothing the matter with you; that every organ is perfect. But you know there is something the matter. You feel it, and you act it. You are tired, dizzy, cannot sleep, cannot digest your food, and you have pains here and there. You are told you are "run down," and need a rest. Your doctor may prescribe a drug—a nerve stimulant or sedative. Leave nerve tonics alone. It is like making a tired horse run by towing him behind an automobile.

And don't be deceived into believing that some magic system of physical exercise can restore the nerves. It may develop your muscle but it does so at the expense of the nerves, as thousands of athletes have learned through bitter experience.

The cure of weak and deranged nerves must have for its basis an understanding of how the nerves are affected by various abuses and strains. It demands an understanding of certain simple laws in mental



PAUL VON BOECKMANN

Author of Nerve Force and various other books on Health, Psychology, Breathing, Hygiene and kindred subjects, many of which have been translated into foreign languages.

and physical hygiene, mental control, relaxation, and how to develop immunity to the many strains of everyday life. Through the application of this knowledge, the most advanced case of Nerve Exhaustion can be corrected.

I have made a life study of the mental and physical characteristics of nervous people, having treated more cases of "Nerves" during the past 25 years than any other man in the world (over 100,000 cases).

The result of this vast experience is embodied in a 64-page book, entitled "Nerve Force," a book that is essentially intended to teach how to care for the nerves and how to apply simple methods for their restoration. It includes important information on the application of deep breathing as a remedial agent. The cost of the book is only 25 cents, coin or stamps. Address me—Paul von Boeckmann, Studio 339, 110 West 40th St., New York City.

This book will enable you to diagnose your troubles understandingly. The facts presented will prove a revelation to you and the advice will be of incalculable value whether you have had trouble with your nerves or not. Your nerves are the most precious possession you have. Through them you experience all that makes life worth living, for to be dull-nerved means to be dull-brained, insensible to the higher phases of life—love, moral courage, ambition, and temperament. The finer your brain is, the finer and more delicate is your nervous system, and the more imperative it is that you care for your nerves.

"Nerve Force" is not an advertisement of any treatment I may have to offer. This is proved by the fact that large corporations have bought and are buying this book from me by the hundreds and thousands for circulation among their employees—Efficiency. Physicians recommend the book to their patients—Health. Ministers recommend it from the pulpit—Nerve Control, Happiness. Never before has so great a mass of valuable information been presented in so few words. It will enable you to understand your Nerves, your Mind, your Emotions, and your Body. Over a million copies have been sold during the past fifteen years.

present governors of fourteen of our States, their appearance, their home life, their families, their hobbies. It is a book of portraits rather than biographies, of impressions rather than opinions. Mr. Collins trailed them all to their homes, and caught them off their guard. Mr. Collins has probably seen more of our world and its first families in less time than anybody alive. In the last year or so he has visited twelve foreign countries and forty-eight American States."

The last two sentences furnish by implication a perfect criticism of the book. No human being can visit twelve foreign countries and forty-eight American States in one year and bring back "portraits" (of his making) of the "Crowned Heads and Elohim of the Earth." He may bring back photographs; that is what we have here, photographs—remarkable word photographs. We all know the limitations of the photograph. The book is pure journalese; entertaining, but quite superficial. It does not pretend to be critical. It is considered, it seems, quite fair in the great American game to trail a Governor to his lair and catch him off his guard; but, to our credit, it would not be considered fair, under such circumstances, to reveal anything unsuitable to a kind obituary. The notices of the wives and children of the Governors are mushy. Yet, when all's said, it is an entertaining book, and certain to be popular.

ESSAYS AND CRITICISM

FIGURES IN MODERN LITERATURE. By J. B. Priestley. Dodd, Mead & Co., New York. \$2.50.

Mr. Priestley's essays, which are critical and autobiographical, discuss Arnold Bennett, Walter de la Mare, Maurice Hewlett, A. E. Housman, W. W. Jacobs, Robert Lynd, George Saintsbury, George Santayana, and J. C. Squire. The inclusion of the last may possibly be explained by the fact that nearly all these papers originally appeared in the London "Mercury." But for an American audience the name of J. C. Squire and also of Robert Lynd seem out of place. That is not meant as disparagement of the work of either of these men; simply that hardly one American reader has heard of them for a hundred fairly familiar with the work of Bennett and Hewlett and W. W. Jacobs. A. E. Housman is always interesting, but just on account of "A Shropshire Lad," which was soon after reflected in Oscar Wilde's "Ballad of Reading Gaol." Mr. Priestley introduces "A Shropshire Lad" as one of the most astonishing volumes in an astonishing literature. "It came to us practically a full-grown masterpiece, and the production of what used to be regarded as a lyric poet's maturity. He gave us no

interesting juvenilia to examine; we have never seen the beginnings, when he was working under half a dozen conflicting influences, when his own manner was only half developed. His next surprise was to maintain an almost unbroken silence for over a quarter of a century—to be exact, from 1896 to 1922."

DEFINITIONS. Second Series. By Henry Seidel Canby. Harcourt, Brace & Co., New York.

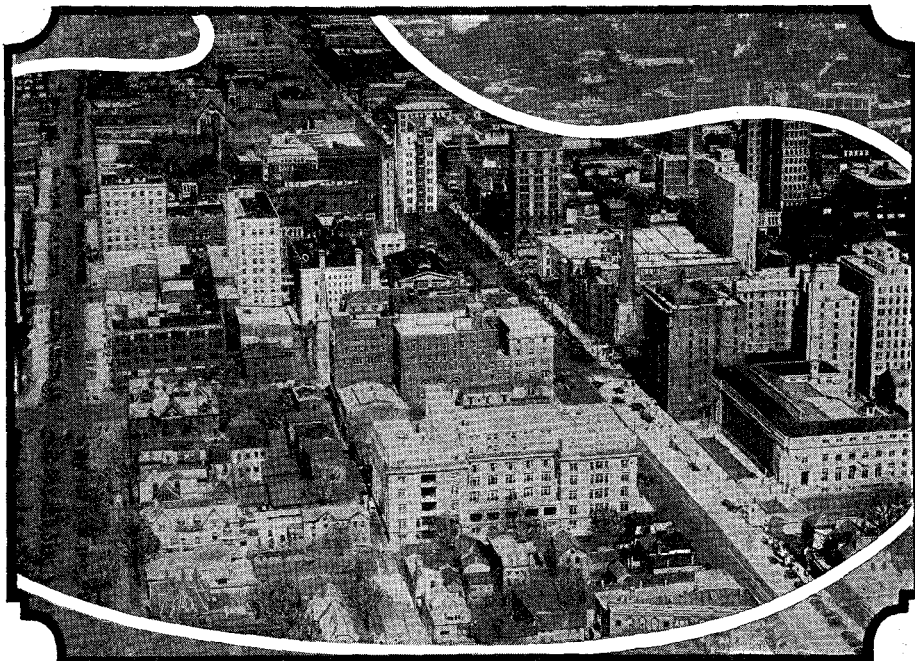
Frankly a kind of *obiter dicta*, "Definitions" is mainly made of those essays, semi-editorial in utterance, which Dr. Canby contributed from week to week to the "Literary Review" of the New York "Evening Post" in the years 1922, 1923, and 1924—essays suggested or provoked by the constantly changing aspect of the literary scene. Formally the conspicuous new novel, biography, or book of verse was being discussed elsewhere in the pages of the periodical; it was Dr. Canby's duty as editor to comment upon the informal side, to find the tendency of the particular book, and to link it with or contrast it to the other books of the hour in the same field. In revision, these papers have been subjected to systematic grouping. Thus they are presented as those dealing with "Literature To-day," "America in Literature," "Sex and the Censorship," "Highbrow and Lowbrow," "Studies," "Various Reflections," "On Criticism," "Reviews," "Literary Geography," and "The Twentieth Century." Dr. Canby is likely to provoke controversy with his suggestion that in the South local color went to seed before it was ripe, and that it remained just local color. "The great poet of the South, Poe," he writes, "was inspired by sectionalism not at all; his second, Lanier, was scarcely more Southern than he; the novelists and short story writers who have given us a dozen Souths, all equally picturesque, have stayed upon the level of manners. The great Southern story is yet to be written, and it will have to be more than a Southern story to succeed."

TRAVEL AND DESCRIPTION

DOWN THE GRAND CANYON. By Lewis R. Freeman. Dodd, Mead & Co., New York. \$3.50.

To any one with a heart for adventure a boat trip through the Grand Canyon of the Colorado offers some of the keenest thrills to be found in this country. Few have ever attempted it, and fewer still have come through alive. Mr. Freeman is one of the fortunate voyagers, for he recently enjoyed a trip with the United States Geological Survey expedition, which completed the survey of the Canyon and determined the available dam sites for irrigation and water power. Many interesting pictures were secured

WHY is There No Smoke in This District?



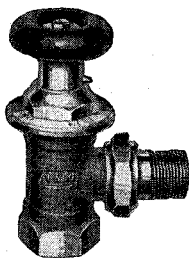
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