WORK-IN-PROGRESS (OCTOBER 27, 2026) PARALLEL CHART FOR

Chapter 30 — The Physical Treatment of the Neurasthenic States

from *Worry and Nervousness: Or, The Science of Self-Mastery* (1914)

by William S. Sadler, M.D.

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Sources for Chapter 30, in the order in which they first appear

(1) J. H. Kellogg, M.D., "Neurasthenia Not a Disease," in *Good Health,* Vol. XLVIII, Nos. 8, 9, 10; Aug., Sep., and Oct. 1913

Note: This source is coded Kellogg1. It is the third article in the series, from No. 10 (pp. 505-518).

(2) Dr. Paul Dubois, *The Psychic Treatment of Nervous Disorders (The Psychoneuroses and Their Moral Treatment),* Translated and Edited by Smith Ely Jelliffe, M.D., Ph.D. and William A. White, M.D. (New York: Funk & Wagnalls Company, 1909, Sixth Edition, Revised)

(3) J. W. Courtney, M.D., *The Conquest of Nerves* (New York: The Macmillan Company, 1911)

(4) Woods Hutchinson, A.M., M.D., *Preventable Diseases* (Boston and New York: Houghlin Mifflin Company, 1909)

(5) J. H. Kellogg, M.D., *Rational Hydrotherapy: A Manual of The Physiological and Therapeutic Effects of Hydriatic Procedures, and the Technique of Their Application in the Treatment of Disease* (Philadelphia: F. A. Davis Company, 1906, Third Revised Edition)

Note: This book is coded Kellogg2.

(6) William S. Sadler, M.D., *The Science of Living, or The Art of Keeping Well* (Chicago: McClurg & Co., 1910)

(7) William S. Sadler, M.D., "Hints on Physical Therapy. Neurasthenia," in *The Chicago Medical Recorder,* Vol. XXXII, No. 12, Dec. 15, 1910, pp. 28, 31

(8) Anonymous, "Rhythm to Restore Mental Poise," in *Literary Digest*, Vol. XLVII, No. 24, Dec. 13, 1913, pp. 1172-1173

(9) Joseph Collins, *The Way with the Nerves* (New York: G. P. Putnam's Sons, 1911)

Key

(a) Green indicates where a source author (or earlier Sadler book) first appears, or where he/she reappears.

(b) Yellow highlights most parallelisms.

(c) Tan highlights parallelisms not occurring on the same row, or parallelisms separated by yellowed parallelisms.

(d) An underlined word or words indicates where the source and Sadler pointedly differ from each other.

(e) **Bold type** indicates passages which Sadler copied verbatim, or nearly verbatim, from an uncited source.

(f) Pink indicates passages where Sadler specifically shares his own experiences, opinions, advice, etc.

(g) Red indicates either (1) an obvious error on Sadler's part, brought about by miscopying or misunderstanding his source, (2) a statement by Sadler that contradicts an earlier statement of his, or (3) an otherwise questionable statement of his.

(h) Gold highlights words or phrases that will be discussed in a later analysis.

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XXX: THE PHYSICAL TREATMENT OF THE NEURASTHENIC STATES*

*As touching personal hygiene, but the briefest outline can be attempted in this chapter. For a fuller discussion of these subjects the reader is referred to the author's work, *The Science of Living, or the Art of Keeping Well.*

"NEURASTHENIA NOT A DISEASE, III" (Kellogg1 505)

THE CORRECTION OF WRONG MENTAL HABITS is important in the treatment of nervousness. As Doctor Partridge has said, "The problem of nervous health is one, not merely of physical welfare—of digestion, exercise, or any or all of the physical functions,

30:0.1 THE problem of treating the nervous patient is not one merely of improving the physical organism

or even of the mental faculties—

and training the mental powers.

It is not merely a matter of improving digestion, regulating exercise, and normalizing the other physical functions in conjunction with the work of re-training the mental faculties.

In its largest sense,

but it is a problem of the adjustment of the individual as a whole to his world" (K1 514).

the treatment and management of the various nervous states, embraces the problem of teaching the patient how to adjust himself to modern society, how to relate himself acceptably and efficiently to the world at large.

It is the neurasthenic character that must be attacked, it is the inherited tendency and cultivated principle of pusillanimity that must be combated and overcome.

30:0.2 However valuable the physical therapeutic auxiliaries of treatment and changed environment, nevertheless, those who depend upon these for a cure will certainly fail. Both the physician and the patient need to be warned against putting undue dependence upon the measures which are recommended in this chapter. They are valuable for certain purposes and ends, but too much must not be expected of these physical procedures, which are designed only to correct associated abnormal functional behavior in the physical organism.

GOING AWAY FROM HOME

XVIII: RATIONAL PSYCHOTHERAPY ... [Etc.] (Dubois 223)

30:1.1 In many cases of nervous breakdown and severe nervousness,

The nervous patient ought in general to leave the family circle

it is absolutely necessary for the patient, man or woman, to get away from home for a while.

Sometimes this is made necessary in order to

where he is subjected to hurtful influences (D 239).

avoid some trivial irritation or other unwholesome influence that may be connected with the family circle, the home life, the business relations, etc.

[T]here are incompatibilities of temper,

There may be incompatibility of temperament at home which the nervous patient is not strong enough to rise above.

and the patients themselves recognize the necessity for a separation.

We often find that

SOURCE

Even suppose the relations with the relatives and friends to be agreeable, there are none the less harmful to these impressionable people. The letters which they receive reawaken homesickness and bring tears to their eyes, and these emotional conditions are enough to bring on headaches, insomnia, and anorexia (D 239).

X: THE PSYCHOTHERAPY OF FUNCTIONAL NERVOUS DISORDER (Courtney 179)

The time has now come to remind sufferers that the lending of a helping hand to others who are similarly afflicted is one of the most splendid and powerful aids to self-discipline imaginable.

There are in every large community hundreds of nervously-exhausted individuals into whose hands books like this never come; and even if they did, they would mean absolutely nothing to them.

These are the people—wretched mothers of numerous broods, gaunt seamstresses, ill-favored specimens of both sexes from sweatshop and factory, shabby gentlefolk and a heterogeneous collection of human flotsam and jetsam—who rub elbows in the ante-rooms of clinics for nervous diseases, patiently waiting for—what?

30: WORRY AND NERVOUSNESS

even a letter from home is enough to bring on a hysterical crying spell, followed by severe headache.

Neurasthenics sometimes feel that there is no place like home—and that is just the reason they want to go away for awhile. On the other hand, if the patient, even though he remains at home, can have his energies enlisted in some altruistic enterprise, he is sometimes able to overcome these handicaps of the home environment.

30:1.2 Dubois has well said:

30:1.3 The time has now come to remind sufferers that the lending of a helping hand to others who are similarly afflicted is one of the most splendid and powerful aids to self-discipline imaginable.

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These are the people—wretched mothers of numerous broods, gaunt seamstresses, ill-favored specimens of both sexes from sweatshop and factory, shabby gentlefolk and a heterogeneous collection of human flotsam and jetsam—who rub elbows in the ante-rooms of clinics for nervous diseases, patiently waiting for—what?

SOURCE

A word of encouragement, instruction in diet and hygiene which, under existing circumstances, they are hopelessly unable to follow, and a prescription for medicine whose purchase often involves the expenditure of a whole day's earnings (Cou 197).

[contd] To such as these is directed the attention of every reader whose ambition is, in the words of Pope, ''to endow a college or a cat" (Cou 198).

XVII: HEADACHE: THE MOST USEFUL PAIN IN THE WORLD (Hutchinson 367)

One of the commonest causes of this group of recurrent and self-limited headaches is fatigue, whether bodily, mental, or emotional.

This was long an apparent stumbling-block in the way of a poison theory of headache, but now it is one of its best illustrations.

Physiologists years ago discovered that what produced not merely the sensation but also the fact of fatigue, or tiredness, was the accumulation in the muscles or nerves of the waste-products of their own activities.

Simply washing these out with a salt solution would start the utterly fatigued muscle contracting again, without any fresh nourishment or even period for rest.

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NEURASTHENIC HEADACHES

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SOURCE

It has become an axiom with physiologists that fatigue is simply a form of self-poisoning, or, as they sonorously phrase it, autointoxication.

One of the reasons why we are so easily fatigued when we are already ill, or, as we say, "out of sorts," is that our tissues are already so saturated with waste-products or other poisons that the slightest addition of the fatigue poisons is enough to overwhelm them.

This also explains why our pet variety of headache, which we may have clearly recognized to be due to overwork or overstrain of some sort, whether with eye, brain, or muscles,

is so much more easily brought on by such comparatively small amounts of overexertion whenever we are already below par and out of sorts.

People who are "born tired," who are neurasthenic and easily fatigued and "ached," are probably in a chronic state of self-poisoning due to some defect in their body-chemistry.

Further, the somewhat greater frequency and acuteness of headache in brain workers—although the difference between them and muscle workers in this regard has been exaggerated—is probably due in part to the greater sensitiveness of their nerves;

but more so to the curious fact, discovered in careful experiments upon the nervous system, that the fatigue products of the nerve-cells are the deadliest and most powerful poisons produced in the body.

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but more so to the curious fact, discovered in careful experiments upon the nervous system, that the fatigue products of the nerve cells are the deadliest and most powerful poisons produced in the human body.

SOURCE

Hence some brain workers can work only a few half-hours a day, or even minutes at a time; for instance, Darwin, Spencer, and Descartes (H 375-76).

PART THREE: THE TECHNIQUE OF HYDROTHERAPY (Kellogg2 423)

The Hot and Cold Head Compress (Kellogg2 843)

A reverse method may sometimes be used advantageously in applications to the head, as follows:—

A rubber bag filled with hot water and covered with a moist flannel, or a fomentation, is applied to the upper and back part of the neck, while a soft cheese-cloth compress wrung out of cool or very cold water is applied to the face and the top of the head.

[contd] The effect of the compress in relieving cerebral congestion is greatly increased by the application of the ice compress or ice-bag to the front of the neck, whereby the blood-supply of the brain is lessened by contraction of the carotid arteries (K2 843).

[contd] The combination of heat and cold to the head in this manner renders it possible to make applications of heat to the head for a much longer time than could otherwise be tolerated, the cold antidoting any ill effect which might be produced by the heat, while encouraging the good effects of the application (K2 843).

30: WORRY AND NERVOUSNESS

Hence some brain workers can work only a few half-hours a day, or even minutes at a time; for instance, Darwin, Spencer, and Descartes.

TREATMENT OF HEADACHES

30:3.1 A method which may sometimes be used advantageously in treating these headaches is as follows:

A rubber bag filled with hot water and covered with a moist flannel, or a fomentation, is applied to the upper and back part of the neck, while a soft cheese-cloth compress wrung out of cool or very cold water is applied to the face and the top of the head.

The effect of the compress in relieving cerebral congestion is greatly increased by the application of the ice compress or ice-bag to the front of the neck, whereby the blood-supply of the brain is lessened by contraction of the carotid arteries.

30:3.2 The combination of heat and cold to the head in this manner renders it possible to make applications of heat to the head for a much longer time than could otherwise be tolerated, the cold antidoting any ill effect which might be produced by the heat, while encouraging the good effects of the application.

[contd] **The author has made use of this application for many years as a means of relieving certain forms of *neurasthenic headache*.**

It is exceedingly useful also in so-called *nervous headache* accompanied by marked congestion of the brain (K2 844).

XV: THE CIRCULATION, OR THE HIGH-PRESSURE LIFE (*The Science of Living* 212)

NATURAL PROCEDURES WHICH RAISE PRESSURE (*The Science of Living* 232)

The author has made use of this application for many years as a means of relieving certain forms of *neurasthenic headache*.

It is exceedingly useful also in so-called nervous headache accompanied by marked congestion of the brain.

HYDROTHERAPY

30:4.1 It is a very easy matter for the neurasthenic to overbathe. Sea voyages are often highly beneficial, and the diversion of the seashore and the fresh salt air are good for the nervous patient, but remaining in the ocean water too long only serves to exhaust the reactionary powers of the patient and does more harm than good. It would have been better to have had a good salt bath or a salt rub at home.

30:4.2 The electric light bath probably affords the best known means for encouraging elimination without unduly exhausting the patient by heat as is so likely in the Turkish or Russian baths. (Fig. 14.) All of these vigorous tonic or moderately long eliminating baths should be followed by proper cool finishing treatment, massage, and an hour's quiet rest. (Fig. 15.)

30:4.3 Other valuable baths in the numerous stages of the various nervous states may be described as follows:

SOURCE	30: WORRY AND NERVOUSNESS
	30:4.4 1. *In low blood-pressure,* when there is great lethargy and extreme fatigue, it will be found that
3. *Ice bag to the heart* (fifteen minutes at a time) by stimulating and invigorating that organ, raises the blood-pressure (*SoL* 233).	the ice bag to the heart (fifteen minutes at a time) by stimulating and invigorating that organ, raises the blood-pressure,
	and in measure relieves the exhaustion.
[contd] 4. *Cold baths* (moderately long), by contracting the blood-vessels of the skin, drive the blood to the internal organs, and thus raise the blood-pressure (*SoL* 233).	Cold baths (moderately long) by contracting the blood-vessels of the skin, drive the blood to the internal organs, and thus raise the blood-pressure,
	and relieve the feelings of fatigue and extreme weariness.
[contd] 5. *Water-drinking and enemas.* Copious water-drinking temporarily elevates pressure by adding to the blood volume for the time being. Large enemas act in the same way (*SoL* 233).	Copious water-drinking also temporarily elevates the blood-pressure and so produces the same effects.
NATURAL PROCEDURES WHICH LOWER PRESSURE (*The Science of Living* 227)	
	30:4.5 2. *In high tension and elevated blood-pressure*—the preneurasthenic state—the following baths will be found very helpful:
3. *The neutral bath.* This bath lowers pressure by dilating the vessels of the skin and quieting the heart.	30:4.6 The neutral bath. This bath lowers pressure by dilating the vessels of the skin and quieting the heart.
Try it some time when you are restless, nervous, fretful, can't sleep, head throbbing—take a neutral bath, from 95° to 97° F. (*SoL* 227-28)	Try it some time when you are restless, nervous, fretful, sleepless, head throbbing—take a neutral full bath, from 95° to 98° F.
[contd] 4. *The cold bath.* The cold bath, likewise, by the vigorous reaction that follows it, lowers the blood-pressure.	30:4.7 The cold bath. The cold bath, likewise, by the vigorous reaction that follows it, lowers the blood-pressure.

SOURCE	30: WORRY AND NERVOUSNESS
Warm baths must be continued for a number of minutes in order to lower the blood-pressure, and the neutral bath from fifteen to forty-five minutes, but cold baths must be short, in order to lower the blood-pressure.	Warm baths must be continued for a number of minutes in order to lower the blood-pressure, and the neutral bath from fifteen to forty-five minutes, but cold baths must be short, in order to lower the blood-pressure.
The salt bath or salt glow is doubly useful (*SoL* 228).	The salt bath or salt glow is doubly useful.
[contd] 5. *Dry or moist heat.* The *sun bath* is of great value in relieving high pressure, if properly taken, as it not only diverts blood to the skin,	30:4.8 Dry or moist heat. The sun bath is of great value in relieving high-pressure, if properly taken (with cold cloths to the head) as it not only diverts blood to the skin,
but the "sunburn" is a sort of physiological inflammation that causes the blood to circulate freely in the skin for days following exposure to the sun's rays.	but the "sunburn" is a sort of physiological inflammation that causes the blood to circulate freely in the skin for days following exposure to the sun's rays.
Keeping the skin warm helps in lowering blood-pressure. (Fig. 21.) (*SoL* 228)	Keeping the skin warm helps in lowering blood-pressure.
[contd] *Fomentations.* These hot applications greatly dilate the blood- vessels of the skin, and so directly relieve the blood tension (*SoL* 228).	Hot fomentations greatly dilate the blood-vessels of the skin, and so directly tend to relieve the blood tension.
[contd] The *heating compress* has a desirable effect in lowering blood-pressure, and consists of several thicknesses of cheese- cloth wrung out of cold water.	30:4.9 The heating compress has a desirable effect in lowering blood-pressure, and consists of several thicknesses of cheese-cloth wrung out of cold water;
Apply to the skin and cover with oilcloth, rubber sheeting, or mackintosh, and then wrap dry flannels around the whole so securely that no evaporation can take place.	apply to the skin and cover with oilcloth, rubber sheeting, or mackintosh, and then wrap dry flannels around the whole so securely that no evaporation can take place.
This procedure is of great value in the local treatment of high blood- pressure, as in the case of inflammation, etc. (*SoL* 228)	This procedure is of great value when applied to the abdomen in portal congestion and chronic constipation.

SOURCE

30: WORRY AND NERVOUSNESS

MASSAGE AND ELECTRICITY

30:4.10 Massage and manual Swedish movements are probably the most universally used of all physical therapeutic methods in the treatment of the nervous states. (Fig. 16.) We employ light muscular massage even in the "rest cure;" and sometimes, in neurasthenia and psychasthenia, we begin light massage treatments three times a week—long before the patient is in condition to react to either electrical or hydriatic treatments. At first this massage is carried on as a passive exercise, and, later, manual Swedish movements are added in which the patient cooperates with the nurse in the matter of offering slight resistance, which is increased from week to week until the patient shows evidence of being greatly strengthened. And while the patient is receiving this treatment, the well-trained nurse is engaged in giving helpful and up-lifting suggestions by encouraging the patient along in the greater struggle toward mental mastery and nerve control.

2. *Massage and friction.* In the case of feeble patients—bedridden patients who cannot stand vigorous exercise, and those who have weak hearts or hardened arteries (which conditions make it unsafe for them to take the more vigorous exercise and baths)—

30:4.11 In the case of feeble patients, bedridden patients, who cannot stand vigorous exercise,

massage and friction are useful (*SoL* 227).

massage and cold friction are very useful.

[contd] The *cold mitten friction,* in which a rough mohair mit or Turkish cloth is dipped in ice water and rubbed over one part of the body at a time, is excellent for these cases.

The cold mitten friction, in which a rough mohair mit or Turkish cloth is dipped in ice water and rubbed over one part of the body at a time, is excellent for these cases. (See Fig. 17.)

Dry friction is also useful. (Fig. 21.) (*SoL* 227)

Dry friction is also useful.

[contd] *Deep muscle massage.* Deep massage of the muscles enormously increases the amount of blood circulating through them, and in this way relieves the general arterial tension (*SoL* 227).

30:4.12 Deep muscle massage enormously increases the amount of blood circulating through the tissues, and in this way relieves the general nervous tension and fatigue feelings.

NATURAL PROCEDURES WHICH RAISE PRESSURE (*The Science of Living* 232)

2. *Abdominal massage.* Deep massage of the abdomen, rolling a small cannon ball over the abdomen when lying down, or a bandage applied snugly to the abdomen, all tend to raise blood-pressure and thus indirectly to relieve neurasthenic fatigue. Vibration is also valuable (*SoL* 232-33).

30:4.13 Deep massage of the abdomen, rolling a small cannon ball over the abdomen when lying down, or a bandage applied snugly to the abdomen, all tend to raise blood-pressure and thus indirectly to relieve neurasthenic fatigue. Vibration is also valuable.

"HINTS ON PHYSICAL THERAPY. NEURASTHENIA" (*The Chicago Medical Recorder* 28)

4. Electricity—high frequency (auto-condensation) (*CMR* 28).

30:4.14 Electricity is valuable in the treatment of neurasthenia as noted elsewhere, especially the high frequency currents when taken by the method known as autocondensation;

[*Compare:* 4. *Electrotherapy.* Much that is connected with electrotherapeutic practice is largely psychotherapy in disguise, nevertheless, there are numerous applications of electricity which are of definite and positive value in the treatment of various diseases (Sadler, in *The Physiology of Faith and Fear* [1912], p. 263).]

and it should be noted that the more faith the patient has in these electrical treatments, the more good he seems to derive from electrotherapeutic procedures.

PHYSICAL EXERCISE

X: THE PSYCHOTHERAPY OF FUNCTIONAL NERVOUS DISORDER (Courtney 179)

To make this indulgence impossible, nothing serves better than some occupation which requires the use of the hands, as well as of the mind.

30:5.1 Neurasthenics need to set their hands to work.

And wood-carving, weaving, book-binding, brass-work and pottery

Woodcarving, basket-weaving, carpet-weaving, book-binding, pottery, brass-hammering,

and all the other arts and crafts, which are the fad in some circles today,

are all admirable for the purpose (Cou 185-86).

are useful remedies for the neurasthenic.

Light employment occupying both hand and mind is one of the ideal treatments for the fastidious neurotic patient.

IX: THE PHYSICAL TREATMENT OF FUNCTIONAL NERVOUS DISORDER (Courtney 157)

It should be a comfort for the reader with "nerves" to know that the upbuilding of a huge muscular system is by no means necessary for the recovery of his health.

It should be a comfort to these nervous patients to know that it is not necessary to build up a pugilistic muscular system in order to get well;

in fact, many nervous patients are greatly retarded in their recovery by the physical culture fads which lead them to over-do physically.

SOURCE

A certain amount of exercise is, however, indispensable, and, when possible, it should be taken in the open air—preferably in the pursuit of one or more of the well-known forms of out-door sports (Cou 170-71).

[*Compare:* [A] daily walk of two or three miles, if taken under proper conditions, makes an excellent substitute [for out-door sports] (Cou 171).]

XV: THE CIRCULATION, OR THE HIGH-PRESSURE LIFE (*The Science of Living* 212)

NATURAL PROCEDURES WHICH LOWER BLOOD PRESSURE (*The Science of Living* 227)

1. *Exercise.* Active physical exercise, to the point of gentle perspiration, brings a large amount of blood to the muscles.

It dilates the vessels of the skin, producing a ruddy glow, the same as alcohol, only this dilation is even more permanent and is not followed by an undesirable reaction.

Walking, riding, rowing, running, swimming, gymnasium work, and all forms of exercise, preferably those in the open air, with the clothing loose and free,

are all most powerful agents in lowering blood-pressure, and should be intelligently and systematically utilized by all moderately high-pressure victims.

Passive exercise always lowers the blood-pressure from the very beginning (*SoL* 227).

30: WORRY AND NERVOUSNESS

A reasonable amount of open air exercise is desirable and will be found most beneficial when carried on along the lines of some recreational sport

in which the patient has agreeable company.

Long solitary cross country walks are not the best way for the nervous patient to get his outdoor exercise.

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"EURHYTHMICS"

"RHYTHM TO RESTORE MENTAL POISE" (*Literary Digest* 1172)

[contd] **IF IT BE TRUE, as people of foreign climes often assert, that this is the most nerve-shattering country in the family of civilized nations, the gospel of Jaques-Dalcroze should be one for us.**

30:6.1 **If it be true, as people of foreign climes often assert, that this is the most nerve-shattering country in the family of civilized nations, the gospel of Jaques-Dalcroze should be one for us.**

Neurasthenia, this innovator asserts, "is often nothing else than intellectual confusion produced by the inability of the nervous system to obtain from the muscular system regular obedience to the order from the brain."

Neurasthenia, this innovator asserts, "is often nothing else than intellectual confusion produced by the inability of the nervous system to obtain from the muscular system regular obedience to the order from the brain."

The cure is a reestablishment of "rhythmic order," and the end and aim of his system of "Eurhythmics" is to accomplish this.

The cure is a reestablishment of "rhythmic order," and this is the end and aim of his system of "Eurhythmics,"

Three weeks ago we published a brief article on this subject, but we return to it the more readily because Mr. Philip Gibbs, in treating it in the London Graphic, points out its even wider application. Eurhythmics he defines as **"mental training to secure perfect self-control so that the body obeys the dictates of the brain."**

which is defined as **"mental training to secure perfect self-control so that the body obeys the dictates of the brain."**

This is obtained with the aid of music, and its efficacy is such that "all ugliness, even moral perversion itself," which is a violation of rhythmic order, is expected to yield to the stimulus (*LD* 1172).

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The mystery of this new system was revealed to Mr. Jaques-Dalcroze in a very simple way.

30:6.2 **The mystery of this new system was revealed to Jaques-Dalcroze in a very simple way.**

He discovered that his students of music were able to sing more accurately if they were allowed to beat time with their own hands.

He saw, therefore, "an intimate relation between physical gesture and musical consciousness."

So he invented a number of gesture-songs.

Then he turned his attention to rhythm itself, "realizing that it is the basis not only of all music, but of all art, and indeed of life itself."

Music, however, is the one art that "most perfectly expresses every variety of rhythm, and which has the most intimate effect upon the physical sensations and spiritual emotions." Hence:

"By a series of physical movements and gestures which 'realize' rhythm, the pupils are led on to a stage when their subconsciousness is stored, as it were, with rhythmic melody and images,

so that at last they gain a joyous liberty of physical expression and are able to express not only the greatest master- piece of music as translated through their own emotions, but also in rhythmical dances to express all that is highest and most beautiful in their own individuality.

The whole object, indeed, of Eurhythmics is to draw out the individuality of the pupils, to make them realize themselves, and to enable them to express their own emotions in a rhythmic way.

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SOURCE	30: WORRY AND NERVOUSNESS
'It is a fact,' says M. Jaques-Dalcroze, 'that very young children taught by my method invent quite naturally physical rhythms such as would have occurred to very few professional musicians,	"It is a fact," says Jaques-Dalcroze, "that very young children taught by my method invent quite naturally physical rhythms such as would have occurred to very few professional musicians."
and that my most advanced pupils find monotonous many contemporary works, the rhythmic poverty of which shocks neither public nor critics' (*LD* 1172-73).	
[contd] **"It is only recently that the meaning of rhythm has been realized, tho it has been dimly perceived throughout all the ages.**	30:6.4 **It is only recently that the meaning of rhythm has been realized, though it has been dimly perceived throughout all the ages.**
It is the ordered movement that runs, as it were, through all beauty.	**It is the ordered movement that runs, as it were, through all beauty.**
It is to be found in the wind that chases sunlight and shadows across the fields, in the ebb and flow of the sea, in the revolution of the planets, in the sweeping lines of mountains and valleys, in the windings of rivers, in the heart-throbs of humanity, in all artistic expression, in the order of life itself.	**It is to be found in the wind that chases sunlight and shadows across the fields, in the ebb and flow of the sea, in the revolution of the planets, in the sweeping lines of mountains and valleys, in the windings of rivers, in the heart-throbs of humanity, in all artistic expression, in the order of life itself.**
It has been most clearly revealed in music, which by rhythm may stir the highest emotions of men and women.	**It has been most clearly revealed in music, which by rhythm may stir the highest emotions of men and women.**
Rhythm and vibration in music are the basis of life.	**Rhythm and vibration in music are the basis of life.**
Where there is rhythm there is order, and where rhythm is lacking there is no order.	**Where there is rhythm there is order, and where rhythm is lacking, there is no order.**
M. Jaques-Dalcroze feels confident that a time will come when music will be applied in the broader general sense to education, physical as well as mental.	**Jaques-Dalcroze feels confident that a time will come when music will be applied in the broader general sense to education, physical as well as mental.**

He is working along this principle, and his system of Eurhythmics, which has many thousands of students in Germany, Scandinavia, Russia, Switzerland, England, and elsewhere, is likely to revolutionize all methods of physical and mental culture.

He is working along this principle, and his system of "Eurhythmics," which has many thousands of students in Germany, Scandinavia, Russia, Switzerland, England, and elsewhere, "is likely to revolutionize all methods of physical and mental culture.

It is a training in the joyous liberty of the body and brain, governed by the deepest laws of beauty" (*LD* 1173).

It is a training in the joyous liberty of the body and brain, governed by the deepest laws of beauty."

WORK VERSUS REST

30:7.1 I have largely given up the practice of the "rest cure" in the treatment of neurasthenia and the other nervous states, except in certain cases of hysteria; in fact, I have come to look upon isolation of these nervous patients as highly undesirable. My only exception to this rule is in the case of those neurotics who are really the victims of a nervous exhaustion—a nervous breakdown—who are already confined to the bed, and in these cases I seek to overcome this isolation with proper home or institutional treatment, and to surround them with cheerful and helpful nurses, employing proper feeding and massage in connection with this modified "rest cure" regime.

II: NEURASTHENIA (Collins 17)

I am against putting him to bed and giving him a rest cure.

30:7.2 And so I am averse to putting the average neurasthenic to bed and "stuffing" him while he indulges in the "rest cure."

One has to do it occasionally with patients whose neuro-muscular tone is very low, but in all other cases I am opposed to it.

One has to do it occasionally with those patients whose neuromuscular tone is very low, but in all other cases, I am decidedly opposed to it.

SOURCE	30: WORRY AND NERVOUSNESS
	I prefer to institute a regular regime of mental and physical training;
A definite hour for a tonic bath, another for resistance exercise or massage, for reading or being read to, for taking food, and for resting,	**a definite hour for a tonic bath, another for resistance exercise or massage, for reading or being read to, for taking food, and for resting,**
will help to dissipate time, and will also tend to convince him that **every effort is being made to restore him to health.**	will help to occupy the time, and will also make the patient feel that **every effort is being made to restore him to health.**
"Employment and hardships prevent melancholy," so said the wise Samuel Johnson.	**"Employment and hardships prevent melancholy," so said the wise Samuel Johnson.**
Neurasthenics take their symptoms and themselves most seriously,	**Neurasthenics take their symptoms and themselves most seriously,**
and **it has an excellent moral effect upon them**	and sometimes **it has an excellent moral effect upon them**
	in the early days of treatment
to treat their symptoms as infinitely important.	to pay considerable attention to their symptoms.
Moreover, such systematic treatment is bound to relieve some of the symptoms,	Moreover, such symptomatic treatment is bound to relieve some of their miseries,
and this relief can be used as an example of the way in which all the symptoms will disappear	and this relief can be used as an example of the way in which all their symptoms will disappear,
and the disease be gradually overcome.	and in this way their nervousness is gradually overcome.
If you are able to instil into his soul the element of hope, **you have gone a long way toward making him well, even though he has got into the hypochondriacal stage of his disorder.**	If you are able to instill into the neurasthene's soul the element of hope, **you have gone a long way toward making him well, even though he has got into the hypochondriacal stage of his disorder.**

Addison says, "Cheerfulness is the best promoter of health and is as friendly to the mind as to the body,"

so encourage him to battle against melancholy (Col 29-30).

Addison says, "Cheerfulness is the best promoter of health and is as friendly to the mind as to the body."

NATURAL SLEEP

IX: THE PHYSICAL TREATMENT OF FUNCTIONAL NERVOUS DISORDER (Courtney 157)

30:8.1 When you are unable to sleep you must not work yourself up into

If the individual thus afflicted [with waking at daybreak] will take the trouble to analyze the situation, he will find that the main cause of his restlessness and general uneasiness is a feeling of anger and resentment at his inability to sleep.

a feeling of resentment and anger at your inability to slumber,

but rather

[After the sufferer voids the bladder] the bed should be immediately sought again, the attitude of sleep assumed and the mind concentrated upon the thought that rest is being secured even if sleep is not.

let the mind be concentrated upon the thought that you will rest in spite of your insomnia

and quite often when the mind is taken off of sleep and concentrated upon rest,

Through the faithful pursuit of this simple procedure not only the much-needed rest, but also the unhoped-for sleep is, in many cases, secured (Cou 175-76).

then sleep gracefully comes even though it resisted all your former efforts to woo and win it.

30:8.2 Rest itself is an important essential in the treatment and cure of neurasthenia, and I have seen

Many a sufferer, on the advice of misguided friends or of a physician who lacks a true understanding of the case, repairs to some "quiet country village" or starts off on a long voyage over seas in search of rest and search, at a time when his nervous energies are at their very lowest ebb.... Foreign travel ... promises nothing but an increase of physical fatigue and a variation of the infinite worries and vexations he is trying so sedulously to escape (Cou 177).

many a patient made worse from being advised to start out in his weakened condition on a trip to Europe or on some other taxing journey,

[T]he best health resort for him is his own good home (Cou 177).

when he would have been a great deal more benefited by staying at home

and resting several hours a day on the front porch.

Turn your vacation into a "nerve cure."

30:8.3 One of the worst features of the neurasthene's rest is the sometimes terrorizing dreams which, to the patient, seem to keep up all night long, greatly disturbing the rest and sleep.

[The patient is very apt to awake from dreams with rapidly beating heart, and with body and limbs quaking and bathed in perspiration (13:17.1).]

They sometimes awake from these dreams with a palpitating heart, quaking limbs, while they are copiously bathed in perspiration;

and all this is but a picture of the relaxed and disordered condition of the nervous system.

X: THE PSYCHOTHERAPY OF FUNCTIONAL NERVOUS DISORDER (Courtney 179)

It may be stated, as a general rule, that every hour of sleep obtained in the daytime leaves just so much less for the night. Daytime naps should, therefore, not be taken (Cou 199).

30:8.4 It would be a good plan for these insomniacs to avoid all naps in the day time, even cat-naps.

They had better try and keep themselves awake and in this way make for sounder sleep at night.

Out-of-door sleeping is, in most cases, impracticable for obvious reasons, but the bedroom should be cool and airy,

The bedroom should be selected with a view to coolness and airiness.

the bed not too soft

The bed should not be too soft

and the coverings light but warm (Cou 200).

and while the covers are warm, they should be light weight.

In some cases if it can be conveniently arranged, outdoor sleeping will be found highly beneficial.

30:8.5 In the winter,

If the feet are cold, and they generally are,

if the feet are cold at bedtime,

a warm foot-bath, taken just before the bed is sought, will serve both to draw the blood to the extremities and to lessen undesirable brain activity.

hot foot baths should be taken just before retiring,

or a hot water bottle can be placed at the foot of the bed.

Some patients have found it a good plan as a temporary relief from insomnia, to

This activity may be still further reduced by the taking at this time of a cup of hot malted milk or bouillon (Cou 200).

take a glass of hot milk or hot malted milk just on retiring.

FOODS AND DIET

30:9.1 We have two great classes of neurasthenics and nervous sufferers: first, those who are in apparent good physical health, well-nourished, in good flesh, and in some instances even over weight. These patients usually enjoy pretty fair digestion and complain very little of stomach trouble unless it may be occasionally gas on the bowels or more or less constipation. In behalf of this class we have need to offer very few suggestions in the matter of diet. They are usually blessed with a fair degree of appetite and are able to digest and assimilate their food with very little difficulty.

30:9.2 The other class of neurasthenics is represented by the emaciated, run-down patient, suffering from digestive troubles, some real and some imaginary, and it is this class that calls upon us for advice in regard to foods, diet, and digestion. And right in this connection I want to lift a warning voice against the process of superalimentation, as commonly practiced on these patients. This senseless cramming and over-feeding of these nervously deranged and digestively disordered sufferers is highly injurious and wholly uncalled for. We should pay attention to the more fundamental duty of developing the patient's appetite and not merely resort to this therapeutic gormandizing which in many cases, does more harm than good.

SOURCE	30: WORRY AND NERVOUSNESS
IX: THE PHYSICAL TREATMENT OF FUNCTIONAL NERVOUS DISORDER (Courtney 157)	
Too much emphasis cannot be laid upon the fact that in a dietary designed to favor the production of nervous energy, there is absolutely no place for fads of any sort.	30:9.3 First and foremost let me warn all neurasthenics away from dietetic fads.
	The impressionable neurasthene is prone to take up with any and every faddish dietetic system which he may read of or hear about.
	The patient should learn that it is not necessary to discover
The market is stocked with patented foods and near-foods of every conceivable kind.	some new patent food or other high-priced edible
	in order to be able to get over his digestive difficulties.
But in spite of the claims made for them, they are in no important respect superior to the unpatented sorts, and the sufferer—if he be wise—will spare himself much disappointment by making no experiments with them.	The neurasthenic will do well to discontinue all these experiments in the dietetic realm
	and make up his mind to begin the early enjoyment and successful digestion of common, ordinary foods which are easily prepared and which can be obtained without great expense.
All exclusive diets,	The various exclusive diet systems
	such as the meat diets, milk diets, raw food diets,
notably the vegetarian,	even the exclusive vegetarian diets

which deny us the use of milk and eggs—the two most valuable articles of diet for a debilitated and dyspeptic neurasthenic—[1]

also come under the ban (Cou 158).

should be discarded.

CALORIES REQUIRED

[contd] The need is for food that is generous in quantity,

30:10.1 The important thing is that the nervous patient of this class should have an abundance of food,

varied in character, and, above all, well cooked and well served (Cou 158).

varied in character, and that it should be well-cooked, tastily served;

and well masticated, but do not think about dietetics at meal time, keep the mind off your stomach.

30:10.2 I find that

The individual with a good appetite but poor digestion and assimilation ... feels that he must, in order to keep up his strength, eat heartily whenever he goes to the table; with the result that he is in the throes of dyspepsia most of the time.

many patients in their efforts at over-feeding have greatly over-taxed their nerve power and the capacity of their digestive system,

Such a person should begin the training of his digestion by reducing materially the amount taken at the regular meals.

and so they fare better and begin to gain in weight when the quantity of food taken is greatly reduced.

[If the above régime is conscientiously pursued, the individual soon discovers that his digestive troubles are on the wane and that he is gaining in flesh and strength (C 161).]

I have my patients, after their meal is finished, make a note of what they have eaten and then make weekly reports to me. In this way I am able to judge the number of calories eaten each day, and often I find that patients who have been suffering the terrors of nervous dyspepsia trying to assimilate 3000 or 4000 calories a day begin to improve and put on flesh immediately their rations are reduced, say to 2000 calories in twenty-four hours.

30:10.3 When I find it impossible to persuade the patient to take the amount of food required,

Under such a course

or when after their diet has been reduced as first suggested,

he will, at first, experience a feeling of faintness between the regular meal times,

they complain of faintness and all-gone feelings in the stomach between meals,

but this may be easily overcome by taking a raw egg or a scraped beef sandwich.

then I recommend that the regular diet be supplemented by egg-nogs

made in the following manner: Beat up one whole egg, separately, add to a large glass of cold milk which has been sweetened with one or two teaspoonfuls of sugar and flavored with a few drops of vanilla. In this way a patient can take from 200 to 300 calories in addition to the regulation diet.

The raw egg is an ideal article of diet for the nervously-weak. It is easily digested and assimilated and contains a phosphorus compound (lecithin) similar to that found in nervous tissues (Cou 160-61).

These egg-nogs are very easy of digestion.

The anticipatory disgust may easily be avoided if the egg is broken into a whiskey tumbler and a small pinch of salt added (Cou 161).

Some patients prefer to have a little salt added to this egg-nog.

STARCHES AND VEGETABLES

In the generality of cases the nervously weak are constitutionally unable, even under the most favorable conditions, to digest and assimilate most starchy foods,

30:11.1 Many of these patients find some difficulty in digesting starchy foods

and should therefore have all articles of diet belonging to this class well-cooked—thoroughly baked.

They will find it well to choose their starchy foods from the list including baked potatoes, well-toasted bread, the toasted flake breakfast foods, etc.

Many of these patients are also greatly troubled with gas when they eat

shell fish of all kinds (except oysters), raw fruits, nuts, cheese, certain sweets, baked beans and many other vegetables, such as turnips, carrots and radishes (Cou 162).

the coarser vegetables which are rich in cellulose, such as turnips, celery, carrots, cabbage, and radishes.

30:11.2 The neurotic patient must be warned against getting fictitious and faddish disorders in his digestive tract.

[*Note:* See 13:14.3, where Sadler states that many nervous patients suffer from genuine enteroptosis.]

I have found that these patients have a great tendency to get imaginary cases of dilated stomach, enteroptosis, etc., not to mention displacement of the kidneys and other organs.

And so from time to time we have various medical and surgical fads connected with both the cause and the cure of nervous dyspepsia.

SOURCE	30: WORRY AND NERVOUSNESS
	DIETETIC SUGGESTIONS
	30:12.1 The diet should include a liberal supply of cereals, fats, fruits, and vegetables, and a moderate quantity of nuts; milk and eggs in abundance, especially if the patient is eating a small amount of meat.
"NEURASTHENIA NOT A DISEASE, III" (Kellogg1 505)	
METHODS OF TREATMENT (Kellogg1 505)	
THEN THERE ARE THE VEGETABLES,	Then there are the vegetables
which are not remarkable for their nutritive value, but which afford variety to the diet,	which afford variety to the diet,
and in some cases give sufficient bulk to the diet to stimulate peristalsis in the intestinal canal, thus preventing constipation and all the ill effects which follow in its train (K1 512).	and in some cases give sufficient bulk to stimulate peristalsis in the intestinal canal, thus preventing constipation and all the ill effects which follow in its train.
Potatoes are especially valuable because of the large amount of alkaline salts they contain, which neutralize the acid secretions of the body.	Potatoes are especially valuable because of the large amount of alkaline salts they contain, which neutralize the acid secretions of the body.
Neurasthenics in general would do well to make potatoes and green vegetables the staple part of the diet.	Neurasthenics in general would do well to make potatoes and green vegetables staple articles of diet.
Cereals as well as meats serve to produce an acid state of the fluids, a condition which produces insomnia and other morbid conditions from which nervous people suffer (K1 512).	Cereals as well as meats tend to produce an acid state of the body fluids, a condition which aggravates insomnia and other morbid conditions from which nervous patients suffer.

SOURCE

Buttermilk may be used to advantage by those persons with whom it does not disagree; particularly those buttermilks which are made from a vigorous culture of *bacillus Bulgaricus,*

a bacillus which thrives in the large intestine and tends to overcome those bacilli which, in the colon, bring about putrefaction and the consequent production of maleficent toxins (K1 513).

THE DIET FOR THE NERVOUS PATIENT must also exclude spices and condiments of all kinds.

Pepper, mustard, horse radish, cayenne, capsicum and similar substances derange the digestion by irritating the delicate linings of the stomach and intestines,

crippling the digestive functions and thus making the ingested food liable to putrefaction, with its consequent yield of toxins (K1 513-14).

"NEURASTHENIA NOT A DISEASE, II" (Kellogg1 444)

THE CAUSES OF NERVOUSNESS (Kellogg1 444)

b. Poisons Produced Within the Body (K1 457)

THE CHIEF SOURCE OF THE POISONS PRODUCED WITHIN THE BODY is the colon.

Here, unless intestinal activity is normal—and it seldom is normal—

30:12.2 Buttermilk may be used to advantage by those persons with whom it does not disagree; particularly those buttermilks which are made from a vigorous culture of bacillus Bulgarius,

a bacillus which thrives in the large intestine and tends to overcome those baccilli which, in the colon, bring about putrefaction and the consequent production of maleficent toxins.

30:12.3 The diet for the nervous patient should also largely exclude spices and condiments of all kinds.

Pepper, mustard, horseradish, cayenne, capsicum and other similar substances derange the digestion by over-irritating the delicate linings of the stomach and intestines.

AUTOINTOXICATION

30:13.1 The chief source of the poisons produced within the body is the colon.

Here, unless intestinal activity is normal—and it seldom is normal—

SOURCE	30: WORRY AND NERVOUSNESS
large masses of ill-digested foodstuffs collect that undergo putrefaction,	large masses of undigested foodstuffs collect and undergo putrefaction,
giving off mischievous toxins that are absorbed into the circulation and carried to every part of the system, where they exercise a paralyzing influence on both muscles and nerve tissue (K1 457).	giving off mischievous toxins that are absorbed into the circulation and carried to every part of the system, where they exercise a paralyzing influence on both muscle and nerve tissue.
The very food we eat gives rise under certain conditions to the most malicious of poisons, while the nerves and muscular action give off waste products that are equally as toxic in character (K1 457).	The very food we eat gives rise under certain conditions to the most malicious of poisons, while the nerves and muscular action give off waste products that are equally as toxic in character.
"NEURASTHENIA NOT A DISEASE, III" (Kellogg1 505)	
METHODS OF TREATMENT (Kellogg1 505)	
THE IDEAL DIET, then, for the neurasthenic—as, indeed, for any other person for that matter—is one that will produce a minimum amount of poisons and that will so increase intestinal activity that foodstuffs will not collect and undergo putrefaction and give off toxins,	30:13.2 The ideal diet, then, for the neurasthenic—as, indeed, for any other person for that matter—is one that will produce a minimum amount of poisons and that will so increase intestinal activity that foodstuffs will not collect and undergo putrefaction and give off toxins,
that when taken into the circulation paralyze muscle and nerve tissue.	which, when taken into the circulation, paralyze muscle and nerve tissues.
Such a diet is not difficult to provide for one's self, for it is a natural diet based upon	Such a diet is not difficult to provide for one's self, for it is a simple diet based upon
natural foodstuffs, embracing the elimination of those foods and concoctions that are eaten chiefly because they please the palate and satisfy a perverted appetite (K1 510).	the known laws of dietetics coupled with the patient's experience.

DAILY OUTLINE OF TREATMENT

"HINTS ON PHYSICAL THERAPY. NEURASTHENIA" (*The Chicago Medical Recorder* 28)

30:14.1 As a suggestion regarding the physical treatment of neurasthenia,

The following is a daily line of treatment for a typical neurasthenic, taken from the records of The Chicago Institute of Physiologic Therapeutics:

I will cite the prescription I wrote today for one week's treatment of a typical neurasthene:

First day.—Fomentations to spine (terminal cold rubbing), incandescent light to abdomen in connection with hot foot bath, followed by cold mitten friction.

First day: Fomentations to the spine and arc light to the abdomen. Hot foot bath followed by cold mitten friction.

High frequency to spine or head breeze for three minutes.

High frequency spark to the back of the neck for three minutes.

Second day.—Arc-light to liver ten minutes.

Second day: Arc light and ice rub to the liver for ten minutes.

Full galvanic or sinusoidal bath followed by massage.

Full Galvanic or Sinusoidal bath, followed by a light full massage.

Third day.—Galvanism to abdomen and spine.

Third day: Local galvanism to abdomen and spine.

Short electric light bath, followed by cold mitten friction.

Short electric light bath followed by cold mitten friction.

Vibratory chair (5 min.).

Vibrating chair for five minutes.

Fourth day.—Alternate hot and cold (fomentations and ice water rubs) to the spine.

Fourth day: Hot and cold (alternate) to the spine.

Salt glow, followed by general spray.

Salt glow and rose spray followed by centripetal oil rub.

Fifth day.—Neurasthenic flashes (hot 128° 30 seconds, cold 60° 30 seconds, instantaneous alteration),

Fifth day: Neurasthenic spray flashes (hot, 128°, 15-30 second; cold 60° , 30-60 second, instantaneous alternations) five to ten minutes.

followed by massage.

Full massage.

Auto-condensation (10 min.).

High frequency electricity by auto-condensation, ten minutes.

Sixth day.—Vibration to spine with sinusoidal electricity to abdomen.

Sixth day: Vibration to the spine with sinusoidal electricity to the abdomen (short application).

Short electric-light bath, rose spray, oil rub (*CMR* 28).

Electric light bath followed by rose spray and an oil rub.

MEDICAL AND SURGICAL FADS

30:15.1 Greatly to be pitied is the nervous patient who falls into the hands of the physician or surgeon who has a fad. He is destined to be dieted, sweated, electrified, stretched, and rubbed, or to have his supposedly dislocated back bones forcibly put in place; or, if a woman, perhaps some trifling pelvic disorder will be treated and cauterized, or it may be that some other new and wondrous cure-all will be tried out upon them and fortunate indeed are the patients if, having suffered these many things from many physicians, they find themselves ready to begin scientific psychotherapy, no worse for their various adventures in the therapeutic and medical wonderland.

30:15.2 In this connection I want to say a word about surgery and its relation to neurasthenics—and since that is my chief professional pursuit, and not psychotherapy, I feel competent to speak with some degree of assurance—and after years of observation I feel it my duty to express what I am about to say on this subject.

30:15.3 There constantly come under my supervision nervous patients who believe they are in need of some major surgical operation. Some doctor at some time has dropped a careless word or hint regarding the possibility of tumors, cancers, floating kidneys, intestinal kinks, prolapsed stomach, or misplaced uterus. These ideas were immediately seized upon by the diseased mind of the patients, and all their miseries from that time on were assigned to these imaginary surgical conditions.

30:15.4 Now, if a neurasthenic really needs a surgical operation, the surgeon should not hesitate to perform it, after making every effort to get the patient in the best possible physical condition for the ordeal.

[*Note:* In 18:9.7 Sadler writes of an hysterical patient who had five operations for an already removed appendix.]

But I want emphatically to protest against this tendency in some quarters to operate upon neurasthenics and psychopathics. The results, I have observed, are invariably disappointing and sometimes the patient develops a veritable surgical mania or operative obsession.

30:15.5 Just the day before this writing there came into the office a woman who had had seven operations, five majors. The unfortunate soul looked as if she had been through the French and Indian war, and with tearful voice she insisted that I consent to the performance of an operation to stitch up a floating right kidney, which she was told she had nine years ago; and having had every other possible operation performed, every movable organ fixed and every fixed organ rendered movable, and all with no improvement at all in her nervous condition, she at last decided that all her miseries were due to this floating kidney, and that her future happiness depended upon undergoing another major operation and having it stitched up. And I may add in this connection that her kidney was no more a floating kidney than that which may be found in the case of half of the people who will read this book, and she would never have known she had a floating kidney if she had not been carelessly told that by the physician nine years ago.

30:15.6 I think it was Dr. William Mayo I once heard say that if nothing could be done to stop surgeons from operating on neurasthenics, there should be some legal enactment made which would at least provide for, say three or four months in the summer, as a closed season for neurasthenics in which it would be against the law to operate on them, and thus they might at least be afforded the same protection extended to numerous birds and other wild game.

[*Note:* I have found no pre-1914 source for Mayo's comment. In his 1921 article in *The Journal of the American Medical Association,* "The Medical Profession and the Public," Mayo writes: "To quote again from my brother [Charles H. Mayo], "All varieties of game are protected by a closed season. There is no closed season for the neurasthenic."]

SUMMARY OF THE CHAPTER

1. The problem of treating neurasthenia is not merely one of physical recovery and mental training. It embraces the larger problem of teaching the patient self-adjustment to modern society.

2. Some nervous patients do better when treated away from home. Others need the very moral training that is developed by getting well "right on the job."

3. The headaches of neurasthenics are not exclusively nervous in their origin. There is usually an associated element of auto-intoxication.

4. The fatigue products of the nerve cells are among the deadliest and most powerful poisons produced in the human body.

5. Neurasthenic headaches are treated by hot foot baths and cold compress to the head. Also by simultaneous hot and cold to the head.

6. It is a common mistake for neur-asthenics to over-bathe, especially at the seaside. When not overdone, baths are of the highest value.

7. In the treatment of neurasthenia, the electric light bath is preferable to Turkish or Russian baths, and should be followed by appropriate terminal procedures.

8. Following tonic baths, electricity, and massage, nervous patients should rest quietly for an hour or more.

9. Special courses of baths and massage can be adapted to the "low-pressure" of neurasthenics; as well as to the "high tension" of the pre-neurasthenic state.

10. The neutral bath (97° F.) is the treatment par excellence for insomnia.

11. Light massage, vibration, and manual Swedish movements are invaluable in the treatment of the various nervous states.

12. Electricity in its various forms is a valuable remedial measure and does most good to those patients who have greatest faith in it.

13. Neurasthenics do best when engaged in some light and regular employment occupying both hands and mind.

14. Active physical outdoor exercise to the point of gentle perspiration is a fine treatment for neurotics.

15. “Eurythmics” is a new system designated to develop harmony and reciprocity between mind and muscle.

16. The “rest cure “ is only used in certain cases of hysteria and in bed-fast neurasthenics.

17. Neurasthenics will do well not to sleep during the day. Then on retiring with a carefree mind they will enjoy sounder sleep.

18. Neurasthenics should keep busy, rest sufficiently, eat heartily, and in the winter, keep warm.

19. Nervous patients should shun dietetic fads. They should have an abundance of food, varied in character, well cooked, tastily served, and well masticated.

20. Don’t think or talk dietetics at meal time. Keep your mind off the stomach when eating.

21. While milk and eggs are good foods for neurasthenics, we do not approve of the modern indiscriminate stuffing fads.

22. Overeating may lead to auto-intoxication, and in this way greatly add to the patient’s disagreeable symptoms and sufferings.

SOURCE

30: WORRY AND NERVOUSNESS

23. Neurasthenics are especially in danger of being imposed upon by various medical and surgical fads and fancies.

24. In times past many neurasthenics have had numerous useless or unnecessary surgical operations performed upon them.

1. *Compare:*

> If [the neurasthenic patient] gains from one to two pounds a week he is going on favorably. If he does not, milk, eggs, and other easily digested, nourishing foods should be given him in large amounts (Collins 29).