

Home Course In Health Culture

X.—"Nerves" In the Home

By EUGENE L. FISK, M. D.
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NERVES are quite as pernicious an influence in the household as microbes. It is unfortunate that, unlike microbes, "nerves" cannot be boiled, fumigated or killed by antiseptics. It is true that fresh air, sunlight, exercise and simple diet are natural enemies of "nerves," as they are of microbes, but these remedies require time and the enforcement of a discipline which it is difficult to attain in a "nervous" household, and so it is regrettable that we cannot treat those pesky nerves as we do diphtheria germs and drive them from the home atmosphere with formaldehyde gas.

Prevalence of Nervous Diseases.
There is reason to believe that under the strain of modern conditions nervous disease is claiming an increasing number of victims. This belief derives little support from census returns or vital statistics in the large cities, if such statistics are taken at their face value, without close analysis. The bald figures show a marked decline in the death rate from nervous disease during recent years. But on digging beneath the surface we find that much of the decrease is due to the saving of infant lives from death by "convulsions," a cause of death reported under "nervous diseases." On going still further and ascertaining what changes have occurred in the mortality from degenerative diseases of the heart, arteries and kidneys, maladies largely caused by nerve strain and abuse of the nervous system, we find that during the past thirty years the mortality from these diseases in the United States registration area has increased 105 per cent.

The question naturally arises, is this excessive mortality, falling chiefly among the middle aged and elderly, a necessary accompaniment of our civ-



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lization? The answer is emphatically, No! Neglect and temporary failure of adjustment to conditions, which have changed with marvelous rapidity in the past half century, are responsible for this heavy loss of life. When the batteries of preventive medicine are fully trained upon this degenerative class of maladies, as they have been trained upon tuberculosis, typhoid and other germ diseases, a reduction in the death rate among the middle aged and elderly will take place quite as remarkable as that already attained among the younger members of the community.

Cause of Nervous Diseases.
The conditions that give rise to nervous derangement are so numerous that they could not be described within the limits of this paper. They may be grouped, however, under three general headings—heredity, overstimulation and understimulation. Between the two extremes last mentioned lies the "golden mean" of a well poised, harmoniously adjusted nervous system.

Overstimulation is the result of the demands and opportunities arising out of our rapidly developing and complex civilization, the strenuous life calling for a continuous and rapid adjustment of our minds to the kaleidoscopic changes which are going on around us. We sometimes forget that the incidents and experiences that formerly would have required a lifetime of 100 years may now be crowded into a tenth of that period.

Understimulation affects those who are outside of the maelstrom, who have drifted into the backwaters, whose lives are so narrow that monotony induces a spiritual starvation, finally reflected in a physical exhaustion of the nerve centers.

First Steps in Prevention.
Having learned that you possess a nervous system of amazing complexity, "smile and forget it." Only the strongest brain can indulge in critical self analysis, especially of a nervous system out of repair, without becoming morbidly self-conscious and exaggerating nervous manifestations which are often of trifling importance. With the latent knowledge that you have such a system and a very definite knowledge of the things that will

Injure it, go on your way with habits formed accordingly and with confidence in your ability to defy disease and the odds are all in your favor. Nerve strain, neurasthenia and a host of other troubles will pass by, leaving you unscathed.

Heredity is undoubtedly responsible for many cases of nervous failure and the maladies that follow in its wake. Individuals whose family history shows a tendency to nervous or degenerative disease would refrain from marrying the face of this globe would be transformed as if by magic within a generation.

Value of Early Training.
For best results we must begin early. Regularity, discipline and the up-building of self control are the watchwords in dealing not only with the nervous child, but with all children. Freedom from undue excitement and strain are likewise important. The nervous child must not be asked to compete either physically or mentally with more fortunately endowed children. The very principle of "competition" should be excluded from the home and school life and the principle of "training" substituted. Work and play for their own sake is a higher ideal than the mere desire to "beat the other fellow."

The habit of early retiring should be especially enforced with nervous children. Excitement in the evening home should be avoided and the child encouraged to seek its rest while in a normal, sleepy condition instead of in a state of high tension from romping or the reading of exciting tales.

Dangers of School Strain.
A clear brain and a sound nervous system are far more valuable possessions than a highly cultivated mind and a shattered nervous system.

The nervous system of the growing child is an exceedingly delicate and impressionable mechanism. If the demands upon it are too heavy the evil influence may reach far into adult life. This is especially true as affecting girls between the ages of twelve and seventeen. The school work should be carefully considered at this period, and if there is any sign of nervous instability or weakness freedom from the strain and confinement of school life is safer until the child's health and nervous control are fully restored.

Nervous children and, in fact, all children should be examined for any possible local source of irritation, such as eye strain, adenoids, enlarged tonsils, defective teeth, etc. Correction of these troubles may change the entire future of the individual and greatly simplify the work of training.

Nerve Strain in Adult Life.
"Overstimulation" has been mentioned as the second great cause of nervous maladies. This term would connote with intemperance in its broadest sense. Many prohibitionists are extremely intemperate not only in their language, but in their manner of life. They drink no liquor, but they often eat too much and drink too much tea or coffee or talk too much or work too hard and too long. I would not be understood as criticizing the prohibition movement or the average prohibitionist, but merely wish to show that "intemperance" covers a wide range of activities and indulgences which may be injurious in their effect. The society "climber," the business "climber," the "man about town," the speculator, the glutton, the debauchee, the average "daily" drinker, the drunkard, are all types of intemperance or overstimulation.

The business drudge, the household drudge, the laboring drudge, the mentally deficient, are all types of the understimulated class, upon whom monotony exerts its lethal power. It seems that when a life is confined within too narrow limits a condition of inequality or strain arises in the nervous system. One set of cells is used until they are "worn to a frazzle," and then the trouble comes.

The Tired Woman.
The tired woman is often the first phase of the nervous woman. The monotony of domestic routine, unrelieved by that daily contact with the outside world which often saves a man from hysteria, is a fertile source of nerve failure among women. It is my belief that every housewife needs a vacation occasionally.

There is reason to believe that intense grief, worry or remorse relating to matters really long since settled is often responsible for neurasthenia and functional nerve troubles. It is desirable to get such things "out of the system." Talk the matter over with your physician or your clergyman and ventilate the chamber of your mind in which it has been confined. The nursing of a "grouch" is a type of this trouble.

Effect of Prolonged Strain.
If the finest quality of bow is kept continuously bent it will lose its resiliency. Likewise the most finely poised nervous system if subjected to continuous and unremitting strain will acquire in time a warp or twist which requires the most skillful and patient treatment to remove. The business or professional man who presses steadily toward some mark, grudging even the time given to meals and refusing to take intervals of rest, often defeats his own ends. It has been contended that it is "worry" and not "work" that kills. Worry is certainly a terrible and often unnecessary health destroyer, but it is contrary to common sense as well as science to contend that the delicate tissues of brain and nervous system are not injured by overwork.

Wishing Them a Safe Voyage.
"Mabel and George, after much quarreling over the arrangements for their honeymoon, have decided to take the trip in an airship."
"Well, I trust that when they get above the clouds they won't have a falling out!"—Widow.

Look for the ad that describes the place you would like to own

EUROPEAN NEWS AND VIEWS

London, March 11.—Perhaps the largest volume of business being done in London just now is by the real estate agents and house furnishers and decorators. The dressmakers, too, have their hands full, but they have more time to prepare their orders than have the house renters and furnishers. Americans lead by far the foreigners who are taking houses for the coronation, which will be followed by the height of the London season. The house of the late Baroness Burdett-Coutts, in Piccadilly, which John Hays Hammond, special ambassador of the United States to the coronation, has rented, is one of the handsomest in London. It is splendidly adapted for large entertainments. The mansion was inherited from the duchess of St. Albans, by the late baroness and is now the property of her husband. It is interesting to note that Mr. Burdett-Coutts, who, by the way, has no title, is mentioned as a successful author for the hand of Mrs. Ava Willing Astor, the beautiful former wife of one of New York's leading multi-millionaires.

Fire in a Stanton Store.
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The loss is estimated at probably from \$5,000 to \$6,000. It is fully covered by insurance as follows: Insurance company of North America \$4,000, Fire Association of Philadelphia \$2,000, Delaware Insurance company \$1,000, Royal Insurance company \$2,000.

Babe Dies in Sleep.
Colome Times: While his parents, Mr. and Mrs. Frank Beaulieu of Winer were sleeping last Saturday night, their 2-months-old son died in his little bed, the death of the child not being discovered until the following morning, when an attempt was made to arouse him.

When the baby was put to bed Friday night he was apparently well and there appeared to be nothing wrong when the parents retired. When morning came, the mother's first thought was for her baby and she looked to see if he was all right. Noting the peculiar pallor on his face, the father and mother endeavored to arouse the little fellow, but could not. Frightened, a physician was summoned, who found that death had come during the night while the baby slept, either without a struggle or his cries were so feeble they could not be heard.

T. R. TALKS OF CITIZENSHIP.
Jackson, Miss., March 11.—Theodore Roosevelt was introduced by Governor Noel of Mississippi to a big crowd here today as the "foremost private citizen in the world; a man who is not afraid to do right."

Good citizenship was again the topic on which the colonel spoke. He told his audience that the man fitted to exercise powers delegated to him by the people must have three qualities—honesty, courage and common sense. After a luncheon in his honor by the chamber of commerce, he boarded the train for New Orleans.

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The program includes a reception followed by his public address and a banquet.

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Farmers or breeders of this vicinity are asked to give their attention to the great work being done by the Norfolk Commercial club in the way of bringing pure bred Belgian horses to this vicinity from Belgium for half the usual price. Every one of these animals should be bought by Norfolk farmers.

The Commercial club has been receiving many inquiries from people outside of this vicinity for these animals and in some cases large amounts of money are being offered the club for all the horses they can furnish. The club, however, cannot see the matter that way and are still holding a few more of these first shipment of Belgians for local buyers, who are asked to call at the Carlson barns or at the G. L. Carlson Horse Review office at the Oxnard hotel and get full information about the horses. Farmers should come in and get these horses while they last. Of course, if the farmers do not come for them soon the club will be forced to sell them to breeders outside the state at a profit. Members of the club declare they have no place for the horses and that they themselves, as a club, are not going into the horse breeding business.

Church Ready to Sign for Paving.
At the church meeting of the Congregational church last evening, the trustees were authorized by a practically unanimous vote to sign any paving petition that may be presented where it affects the church property, meaning that the church is willing to pave either North Ninth street or Norfolk avenue, or both.

The meeting of the Men's Brotherhood after the church meeting was addressed by Prof. Hunter on the subject of "Boys," which was one of the most practical, common sense talks of the kind ever given in the city. It was really a lecture, treating his subject from a high plane, under the guise of a short talk.

D. Rees gave a report of the recent meeting of the state association of brotherhoods at Lincoln, to which he

was a delegate, showing the growth and progress of the men's movement all over the country.

The evening closed with a social time and refreshments served under the supervision of Burt Mapes.

Though Blind, He is Active.

There's a man in Norfolk who, though totally blind, is a wonder when it comes to working. He is Fred Schiller, brother of George Schiller, proprietor of the Oxnard hotel, and likewise a brother of "Bob" Schiller, the manager.

If you should drop into the Oxnard you'd likely find Fred escorting guests to various rooms or giving a concert to his friends in the parlor of the hotel, on piano or violin.

Mr. Schiller is also a telegrapher and amuses himself during idle hours by talking to himself on the keys of the cash register. A News man who is also a telegrapher entered the hotel a few days ago after Fred had just returned from a visit with his parents at Ida Grove, Ia.

Sends Messages On a Safe.
Slight of figure but quite good looking, Fred was standing behind the cash register. Dots and dashes were flowing from the money safe as plainly as those from a real telegraph sounder and the man who cannot see made a splendid word picture to the News man who stood in the lobby and "took in" the message.

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Among the members of the club are: Hazel Pentress, Bertha Sewell, Esther Taft, Easter Currier, Jessie Hepperly, George Odiorne, Harold Anderson, McKinley Cronk, Gerald South, Dewitt Dunham, Robert Lemley, Carl Rankley, Ferdinand Miller, Chris Uecker, Fred Mass, Anning Smith, Walter Landers, Bryan Weekes, Ira Hepperly, David Deffenderfer, Clarence McWhorter, Waldo Rice, Guy Fariens, Raymond Beyer, Vern Velle, Elmer Beeler, Ward Blake-

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Beau of Columbus are guests of Mrs. J. Roy Carter.

Miss Ruth Snyder returned from Warnerville, where she spent a day's visit with friends.

Jack Bruce and A. Talasek of Verdier were in the city.

Traveling Auditor Sloum of the Northwestern road is in the city enroute to Sioux City.

Mrs. Leo Hight of Interior, S. D., is in the city visiting with her sister, Mrs. M. R. Green, and other relatives.

Mrs. F. G. Corsey returned from Lincoln, where she spent a week with her daughters, who are attending the university.

Born to Mr. and Mrs. Arthur R. Blomson, a daughter.

C. A. Gray and Pat Croty went hunting yesterday and got twenty-seven large ducks.

William Raasch is suffering from a badly injured thumb as the result of striking it with a hammer.

Harold Davey has gone to Fremont, where he has accepted a position as musician in the Bijou theater.

A horse valued at \$200, belonging to Emil Wachter of 207 North Seventh street, died from lung fever last night.

Because of the illness of Organizer C. A. Pray of the Owls at Hooper, there was no meeting of the local organization this week. A meeting is scheduled for next Thursday.

Little Tom Harter, son of Mr. and Mrs. Ed Harter, underwent an operation Friday and is reported as doing very well.

Frank Brubaker, an Omaha traveling salesman, passed through the city Saturday in an automobile in which he is making his territory.

The board of charities petitions are becoming popular with the public and many signers are attaching their names for membership. The petitions can be found in every bank of the city, or those desiring to become members can do so by calling on Secretary Ed Harter.

Rev. Edwin Booth, Jr., has returned from Crete, where he went to attend a meeting of the board of trustees of Doane college, of which he is a member. He reports the college in good shape and just closing up a campaign whereby it will add \$100,000 to its permanent endowment fund.

With the discussion among several firemen that an open air theater would be a paying proposition in Norfolk, comes the announcement from one party that he is arranging the purchase of a large tent and oper air theatrical equipment in Omaha and will open in Norfolk during the summer.

"Gosh, I didn't know Norfolk was a dry town," exclaimed a stranger coming out of the "dry saloon" on Norfolk avenue early Saturday morning, to Judge C. F. Eiseley, who was passing the place enroute to his office in the city hall. "I guess the stranger went into the wrong kind of a saloon," said Judge Eiseley later.

After planning for several weeks on "bumming" to Omaha, two Norfolk boys, one a former porter at the Pacific hotel, accepted the hospitality of Ralph Sternberg of Omaha and accompanied him to Omaha in his automobile Saturday noon. The boys resigned their positions in this city a few days ago and, having but little money, planned to beat their way via freight trains.

Funeral services over the remains of Thomas W. Shillington, the old time Omaha mail carrier, took place at the Masonic temple at Omaha Friday afternoon. The remains were brought to Stanton, where services were held Saturday afternoon. Interment took place at Stanton. Mrs. Joseph Piant and Mr. and Mrs. W. A. Kingsley and family of this city attended the funeral services.

Emmet Truelock, who substitutes for E. S. Monroe at the fire station next week, is busy building new lockers for the firemen's uniforms and books in the city hall. These lockers have been badly needed for some time and after the matter was brought to the attention of Chairman E. E. Coleman of the fire and police committee, orders were given to Mr. Truelock to build them.

"While I haven't much of a kick against the dry wags standing along Norfolk avenue," says one business man, "I do object to their standing directly in front of my store and handicapping farmers from coming in. Saturday is an exceptionally busy day and farmers are compelled to stay in the middle of the street to get out of the wagons into my store because of some dry wagon standing there for hours at a time."

E. S. Monroe has received official notification from Washington which makes him the permanent rural route carrier on route No. 5, Warren Rouse, who resigned this position, was succeeded by George Wheeler, a permanent substitute, who in turn will be relieved next week by Mr. Monroe. The contract for driving the fire wagon which Mr. Monroe signed does not expire until June 1, and under its provisions he must keep a team and man at the station all the time. Mr. Monroe says he can handle the night truck at the station to good satisfaction. For the present he will leave the regular horses there and Emmet Truelock in charge of the station.