

# That "Tired Feeling"? Just "Nerves"!

## Outwit Them and Stop Worrying Advises Dr. Josephine A. Jackson

Consult Physician First, Then, if No Demonstrable Disease Is Found, Shake Yourself, Get an Enthusiasm, and Memorize Catechism Given in This Article—Nature Will Do the Rest if You Give Her a Chance.

By Marguerite Mooers Marshall

HAVE you got that tired feeling which at this time of year especially—when vacation is so near and yet so far—makes most of us hate our jobs, our families, our lives?

Then cheer up, stop worrying and get an enthusiasm—for the anti-Prohibition parade, for the clothes you will take away on your vacation, for something or anything that will keep you from thinking about your sensations of fatigue. Before you know it, the sensations will be gone, and you can go off on your holidays ready to have a good time and not merely to "rest."

That is the invigorating message of Dr. Josephine A. Jackson, whose new book, "Outwitting Our Nerves," written in collaboration with Helen M. Salisbury, is likely to prove a boon to many readers of this nerve-racked generation. Dr. Jackson, frankly a believer in the theory and practice of the new science of psycho-analysis, takes middle ground between those irritatingly superior persons who scoff at nervous sufferers with the obvious remark that their troubles are "JUST nerves"—as if they didn't know it—and those other practitioners who coddle the nervous woman until she is convinced that her misbehaving nervous system is the most thrilling and interesting thing in life and that normality is a state to be scorned.

Dr. Jackson says, in effect, that nervous troubles cause plenty of genuine suffering, even if there is no organic disorder; yet that the way to cure them is not to pamper them but to forget them and redirect one's energies toward other things. For example, take what is perhaps the most widespread of nervous kinks, "that tired feeling."

"Fatigue," the doctor points out, "is a safety device of nature to keep us within safe limits, but it is a device toward which we must not become too sensitive. As a rule it makes us stop long before the danger point is reached. If we fall into the habit of watching its first signals, they may easily become so insistent that they monopolize attention. Attention increases any sensation, especially if colored by fear."

"He who learns to take his fatigue philosophically, as a natural and harmless phenomenon which will soon disappear if ignored, is likely to find himself possessed of exceptional strength. We can stand almost any amount of work, provided we do not multiply it by worry. We can even stand a good deal of real anxiety provided it is not turned in on ourselves and directed toward our own heads."

"It is a healthy sign that the rest cure is fast going out of style. Wherever it has helped a nervous patient, the real curative agent has been the personality of the doctor and the patient's faith in him. People suffering from 'nervous exhaustion' are likely to be just as 'tired' after a month in bed as they were before. Why not? Physical fatigue is quickly remedied, and what can rest do after that? What possible effect can rest have on the fatigue of a distressed instinct?"

"Since the best releaser of energy is enthusiasm, don't try to get that by lying around in bed or playing checkers at a health resort. "If you are chronically and perpetually fatigued, or if you tire more easily than the other people you know, consult a competent physician and let him look you over. He tells you that you have neither tuberculosis, heart trouble, Bright's disease, nor any other demonstrable disease, that you are a physician, and that you are nervous," give yourself a good shake and commit the following paragraphs to memory," prescribes Dr. Jackson. And here is her "catechism for the weary one:"

- WHY?
- Q. What is fatigue?
- A. It is a chemical condition resulting from effort that is very recent.
- Q. What else creates fatigue?
- A. Worry, fear, resentment, discontent and other depressing emotions.
- Q. What magnifies fatigue?
- A. Attention to the feeling.
- Q. What makes us weary long after the cause is removed?
- A. Habit.
- Q. Why do many people believe themselves overworked?
- A. Because of the power of suggestion.
- Q. Why do they take the suggestion?
- A. Because it serves their need and expresses their inner feelings.
- Q. Why are they willing to choose such an uncomfortable mode of expression?
- A. Because they don't know what they are doing, and the subconscious is very insistent.
- WHO?
- Q. Who gets up tired every morning?
- A. The neurotic.
- Q. Who fancies his brain so exhausted that a little concentration is impossible?
- A. The neurotic.
- Q. Who still believes himself exhausted as the result of work that is now ancient history?
- A. The neurotic.
- Q. Who lays all his woes to overwork?
- A. The neurotic.
- Q. Who complains of fatigue before he has well begun?
- A. The neurotic.
- Q. Who may drop his fatigue as soon as he "gets the idea"?
- A. The neurotic.
- Q. How can he get the idea?
- A. By understanding himself.
- Q. How may he express his inner feelings?
- A. By choosing a better way.
- Q. How can he forget his fatigue?
- A. By ignoring it.
- Q. How can he ignore it?
- A. By finding a good stiff job.
- Q. If he wants advice in a nutshell, here it is: Get understanding! Get courage! Get busy!
- "Outwitting Our Nerves" is published by the Century Company.

# Courtship and Marriage

By Betty Vincent.

DO young people who have been lovers and then broken off ever feel quite the same if they re-new their friendship?

This is a question which "A Constant Reader" asks, and I presume this same question has arisen in the hearts of many. Now it seems to me that the old saying about absence making the heart grow fonder applies very well here, and if two people truly love each other a separation of their love ought to greatly strengthen their love. Time is a great teacher of the human heart, and if young people feel that things are not the same after a separation it rather looks as if they never experienced the real arrow of love.

This particular young lady writes: Dear Miss Vincent—About six months ago an old friend of mine came back after an absence of about a year, explaining that circumstances kept him away. He claims that he is now in a position to marry and has declared himself, desiring me to say "Yes." But somehow I cannot feel the same way toward him. He continues calling on me and says he will not give me up until I am married to some one else. I am twenty-six and have no one else in mind. Do you think I will ever care for him in the old way?

One does not expect sentimental old lovers of years gone by to feel the same way toward each other any more than one can take an old pressed flower from a book and expect it to be as dainty and sweet as a new one. But young people who have only been separated a short time ought to feel the same glow of love. Are you sure you had the right feeling in the beginning?

"L. M. P." writes: Dear Miss Vincent—About one month ago I met a boy and was invited to a party at his home. Since then I have seen him a few times and he has asked me to come to his home again. Is it proper for me to go to his home? Why are you turning the table about? Why not have him come to your home?

"S. F." writes: Dear Miss Vincent—Is it bad luck to change engagement rings? My ring is white gold and a low setting, and my fiance wants me to have a high setting. Also, it is bad luck for another person to try on your engagement ring?

No, no, NO! For pity's sake, don't start your engaged or married life by foolish superstitions. You can change your engagement ring as often as your hat and let fifty people try it on every day and life will go right along just the same old way.

"Fayette" writes: Dear Miss Vincent—I have been keeping company with a young man for the last six months. Recently he was called away on business which detained him for a few days, and when he returned I noticed a change in his manner toward me. Do you think it would be proper for me to ask him the reason for his acting this way? Perhaps his business engagements are occupying his thoughts, or perhaps you imagine this change. By all means do not question him, but be as jolly and cordial as ever.

# WHAT Do You Know?

Copyright, 1921, by The Press Publishing Co. (The New York Evening World.)

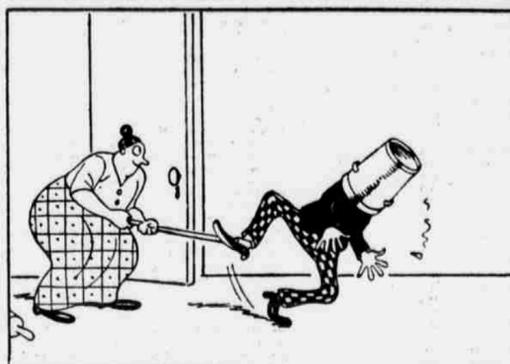
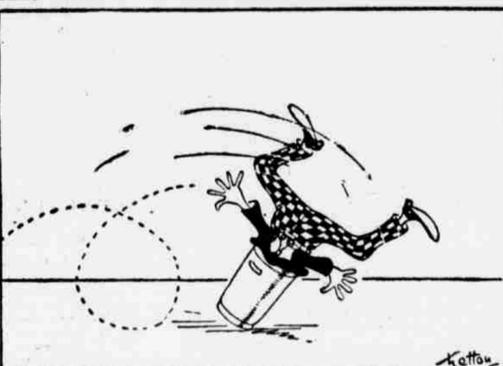
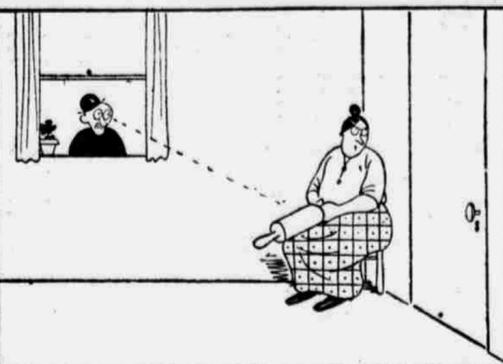
- QUESTIONS.
1. What is Marconi, the famous electrician and inventor's first name?
  2. What island is the site of the Chief of S. naval station on the Pacific Coast?
  3. What term is applied to maps of the world drawn with all parallels of latitude and longitude at right angles?
  4. For what manufacturing industry is Nottingham, England, noted?
  5. What branch of modern medical science is devoted to the prevention and cure of natural deformities?
  6. What is the richest tribe of Indians in the United States?
  7. To what country does the Mediterranean island of Malta belong?
  8. What State group name is given to Mississippi, Alabama, Tennessee and Kentucky?
  9. What is the State flower of Nevada?
  10. By what name is the Asiatic peninsula, formerly known as Corea, now called?
- ANSWERS.
1. Guglielmo; 2. Mare Island; 3. Mercator's Projection; 4. lace; 5. orthopedics; 6. Omsac; 7. Great Britain; 8. East South Central States; 9. sagebrush; 10. Chosen.

# DAILY MAGAZINE

## Can You Beat It!

Copyright, 1921, by The Press Publishing Co. (The New York Evening World.)

By Maurice Ketten



## "Tight Shoes, Nagging Wife—Comfortable Ones, Good Pal!"

DIAGNOSIS OF DR. ELINOR VAN BUSKIRK

And Here's Cheer for Husbands—American Women Are Wearing Their Shoes Larger and Larger!

By Fay Stevenson.

Copyright, 1921, by The Press Publishing Co. (The New York Evening World.)

WIVES when they wear larger shoes? Will breadth of shoe denote breadth of mind?

A despatch from London says that the Englishwoman's foot is growing larger and, according to London boot-makers, women who used to wear No. 4 now wear No. 5 shoes, and soon will wear No. 6 and 7. They attribute the development to her growing addiction to golf, tennis and other sports.

One of New York's largest shoe manufacturers declares that, despite the fact that skirts are up to the knees and most women inclined to cramp their feet for street appearance and dances, nevertheless every woman who buys a pair of shoes which are too small immediately buys a larger pair for country walking, tennis, golf or running her motor.

"There is no doubt about it, women are wearing larger shoes," said the manufacturer. "The average girl, that is the one who is tall and broad shouldered, calls for a No. 5 shoe and many ask for No. 6 and 7. We sell very few A widths, most women calling for B and many for C. And you will notice that, even though many women still wear high French heels and the baby French heels, they wear a long-toed shoe with plenty of space for the foot. Girls used to pinch their feet into No. 3s and 4s; now it's 5s and 6s. And, depend upon it, every time a woman buys a shoe which is a trifle snug she immediately asks for a round-toed, rubber-heeled sports shoe or an oxford tie, which she wants for outdoor wear or in her home."

"And if women continue to wear big shoes, good sensible No. 6s or 7s, with a B or C width, we shall have better pals and wives," says Dr. Elinor Van Buskirk of No. 605 West 111th Street. "The woman who wears a cramped shoe is bound to have a cramped disposition. She can't help being irritable, critical and quick tempered. She doesn't make a good pal, a good wife or a good business woman."

"Then with the breadth of her sole peninsula, formerly known as Corea, now called?"



"We might have a slogan like this: 'The bigger the shoe the better the chum,'" laughed Dr. Van Buskirk. "The girl who goes out with her head in a tight, cramped shoe doesn't make a good pal. She can't hike, and even if she hires a taxi for her, that stinging, piercing, plus-and-needles pain makes her critical, cross and she takes the opposite side of every question. I would be willing to wager that half the so-called lovers' quarrels are from the girl wearing tight shoes."

"And as to the nagging wife—well, it is usually the tight shoe which is the cause of her quick, ugly remarks. A wife who hobbles about the house in tight shoes, who reels around in a run over French heels, doesn't think pushing a vacuum cleaner or dusting furniture much fun. Carrying the dishes from the sink to the china closet is about as interesting as going over the Rocky Mountains in bed slippers. No wonder she shouts at her husband and screams at little Willie."

"If she goes out on a picnic jaunt, takes a boat ride or motor trip, she is a poor chum. Instead of enjoying the scenery and the fresh air and making a chum and pal of her husband she begins to notice he needs a haircut, his tie is askew and hundreds of things the matter with him, and yet, if she only had a pair of sensible broad shoes, she would want to pick wild flowers, make a denture."

me for treatment are suffering from the effects of tight shoes," replied Dr. Van Buskirk. "A high heel throws the balance of the body forward and consequently the strain comes on the lower part of the spinal column, a great centre of the nerves. That is why many who wear tight shoes can't help being irritable, no matter how stoical and placid she is naturally."

"Then, too, tight shoes will cause backaches, headaches and many serious complaints. Even rheumatism and neuralgia of the hip and thigh are commonly caused by tight shoes."

"But all this medical part of it has been explained time and time again," continued Dr. Van Buskirk. "This other side, the pal and chum side of it, sounds much more appealing. I believe women are wearing larger shoes, although a neuralgia of the hip and thigh are commonly caused by tight shoes. But it is true that the sports girl is getting real comfort out of it. And the motor car, tennis and golf, together with the present fad of week-ending in the country, have given many a woman a chance to wear comfortable shoes, so there must be a lot more pals in the world."

"A woman can wear any kind of tight clothing and forget it," concluded Dr. Van Buskirk. "But she can't wear tight shoes and expect to smile. It can't, can't be done. I can't do it and you can't do it."

"And neither can you, Sister Sue. Get your pal shoes out and enjoy life."

"Many of the women who come to me for treatment are suffering from the effects of tight shoes," replied Dr. Van Buskirk. "A high heel throws the balance of the body forward and consequently the strain comes on the lower part of the spinal column, a great centre of the nerves. That is why many who wear tight shoes can't help being irritable, no matter how stoical and placid she is naturally."

# Cheer Up!

By Neal R. O'Hara

Things Are Not So Bad as They Seem—You Have a House to Slap a Mortgage on, You Don't Need Coal, and You Can Still Get Three Wrong Phone Numbers for 15 Cents—And Here's Some More for Cheer—Read It and Stop Weeping.

DON'T be downhearted! Every citizen should be thankful he has a roof, not a roof garden, over his head. Rejoice that you have a home to slap a mortgage on. It is always darkest before dawn, and daylight saving has pushed dawn an hour nearer the ultimate consumer. Some one is always worse off than you! Think of the waltzers on Ziegfeld's roof. Nothing to do but spend the rest of their days in ease, but where will they spend their nights?

The Nation is improving. Seven hundred prohibition enforcers have been laid off. They tried to make the country dry by absorbing the moisture. They simply fell down on the job. There's was an easy job to fall down on.

This is not the time to be pessimistic. Coal is still \$15 a ton, but who needs coal to-day? Railroad fares are double what they used to be, but don't they let us ride twice as long to get to the place we're going? Thousands of actors are out of work, but think of the benefit performances they can appear in. This season's supply of ice is all it's cracked up to be. For a half dollar you get a block that's as big as a 50-cent piece. Think it over.

Movie stars in Los Angeles are being released faster than films. True, the Los Angeles business men owe a lot to the movie people, but the movie people owe a lot to the Los Angeles business men. But there ain't going to be a panic! The Eighteenth Amendment prevents all that. Hooch was the cause of all our ill-panics and cyclones and floods. There will never be another panic till they open the saloons again. But there'll be a panic then, all right. Think of the glories of peace. We

will never be another panic till they open the saloons again. But there'll be a panic then, all right. Think of the glories of peace. We



YOU DON'T HAVE TO HEAT THE WEATHER.

have the largest yarn appropriation in the world. We asked for nothing for finishing the World War, and we're getting what we asked for, minus the usual 10 per cent. We are a hustling Nation because every citizen is entitled to liberty. Trying to get it is what keeps us hustling.

Business depression rumors are bunk. Why, 1,600 new instalment collectors have been put to work in Newark alone! Things are getting better all the time. To-day a bank clerk doesn't have to steal half so much to keep his wife in clothes. Appendicitis is now within reach of the middle classes and Detroit is turning out 4,000 flivvers a day. That may make the Nation shaky, but it won't throw it into a panic.

Things are easier for the ultimate consumer than ever before. Three years ago it was "eat, drink and be merry, for to-morrow you die." Now we have cut down on that program. All you've got to do now is drink and to-morrow you die. The 5-and-10-cent stores have kept faith with the public. They haven't raised their prices in twenty years. The only trouble with the red front stores is that they don't have a meat department.

Telephone rates are higher, but the service remains the same. You can still get three wrong numbers for 15 cents. The furniture trade has cut down its price list 15 per cent. The Meat Trust has lopped off prices 20 per cent. And the bootleggers are reducing their product 50 per cent. Cheer up, partner. Things are not so bad as they seem. A phonograph, like a porcupine, is harmless without its needles. Isn't that something to be happy about?

# Cooking Helps

By Emilie Hoffman

Copyright, 1921, by The Press Publishing Co. (The New York Evening World.)

LIVER AND BACON.

LIVER and bacon is nice for a warm weather dinner. Fry thin slices of bacon and arrange around edge of platter. Cut liver in quarter-inch thick slices, wash and wipe dry, then roll in flour and fry in the hot bacon grease until well done. Put on platter with bacon. Stir flour into grease in pan, then add hot water to make a thick gravy and add a little vinegar—a teaspoonful will be sufficient for an ordinary pan of meat gravy. Pour over the liver and serve.

POTATO DUMPLINGS.

Potato dumplings are nice to serve with liver and bacon. Grate cold boiled potatoes and to one quart of the grated potatoes take one egg, one-fourth teaspoon of salt and sufficient flour to make the mixture stick together. Form into balls, roll in flour and cook about fifteen minutes in boiling water, well covered.

FRUIT CUSTARD PIE.

Line a pie plate with crust and put in a layer of fruit, such as berries, cherries, peaches or stewed fruit. Fill up with a custard. For an ordinary sized pie use three eggs, three tablespoons sugar, a pinch of salt, and three cups of milk. Bake like custard pie.