

NELLIE BLY'S 700 DOCTORS.

A PERFECT ARMY OF WISEACRES COME TO HER RELIEF.

QUEER WAYS TO CURE THAT HEADACHE

Her Experiences with the Seven Distinguished New York Physicians Interested Everybody All Over the Country—Medicine Enough Received to Stock a Drug Store—The Question of Toast Diet vs. Five Meals a Day—Prescriptions Galore—An Onion the Best After All.

I am still ill.

Two weeks ago I had seven physicians who charged large fees. To-day I have 700 physicians who diagnose my case and prescribe without charge.

The story of my ills has brought on me a shower of sympathetic letters. I never knew before how many friends I had in the world.

Indeed, it has made me regard my never-absent headache more as a blessing than as a curse, for without it I should never have known that while I labor with my work and my aches there are kindly people who would help me if they could.

In face of their example I cannot refuse to write this in answer to the pleading letters I have received from sufferers like myself. The burden of their plea has been:

"If you find anything that is beneficial please advise me, for I am a victim of headaches that no doctor has been able to cure."

MATERIAL FOR A DRUG STORE

I have received enough patent medicine in the shape of liquids, pills, wafers and powders to set up a good-sized drug store. The majority are sent through disinterested kindness; one did it as an advertising scheme, asking me to accept the medicine and acknowledge it in THE WORLD.

Some one in Chicago sent me a box of troches, with the advice to take one before breakfast, make no changes in diet and inconvenience myself in no way; that I will find them harmless, pleasant to take; will not cost 25c, and, if I care to know what they are, use the inclosed envelope for that purpose.

A man in Frankfort, Ind., sent me one powder that he claims will cure the worst headache in half an hour.

From a New York physician (retired) I received a pamphlet recommending some "cure." He underscored several lines, such as:

It calms the excitability of the nervous system.

Fits.

Pains often increase to such a point as to make her actually crazy.

Resuscitate in pace.

One who advises me to have nothing to do with doctors, but try the massage treatment, writes the following: "The New York World reaches Denver, and the Sunday editions are eagerly sought, for and pass the rounds of a good many readers for days together. Among the class of people that I was chiefly brought in contact with, viz., doctors, your visit to several of the profession living in New York, as described in THE WORLD, created quite a commotion. It is feared the contagion will spread and other reporters will be sounding the real or feigned knowledge of medical men all over the world." Dr. ——— justly remarked at an *antelope*, conducted by me on the body of a prominent citizen some time ago, "Gentlemen, the internal investigation of this body discloses facts that none of us knew or even suspected before, and shows that with all our boasted knowledge and science we are still grovelling in the dark. Well may we exclaim, "The science of materia medica is but an experimental one, after all." . . . Now, about your hard working self. A woman's lot in life, be it in luxury or otherwise, is ever so much harder than that of man's. But especially so with the working woman. It behooves them to look as young and beautiful as much and as long as possible, and ease in the pleasantest manner possible the many pains and aches of their lives. I honestly believe that massage can help to accomplish such results. Try it for your headache."

"DO NOT WEAR CORSETS."

The following advice sent me on a slip of

meals a day, sometimes three. This meant a light breakfast and a dinner at 6, with sometimes luncheon between.

Dr. DeLafield advised me to live on three slices of toast a day. Dr. Meyer told me to eat at least five meals a day. I followed Dr. Meyer's advice, and I can honestly say I feel better for it. I have effectually stopped several headaches with a bit of steak or an egg or even a bunch of grapes and a cracker.

I have often given myself a headache by drinking tea with buttered bread, and have given myself a sick headache and indigestion for days by my great liking for cold water before, after and during meals.

A Washington physician, who writes that he has prepared a paper on the subject of prescribing for the disease instead of the patient, to be read before a medical society, thanks me for my timely experience, which he says has furnished him the "terrible example," "points a moral," &c.

OMITTED THE MAIN POINT.

"But—and here's a good word for the doctors—he adds: "You didn't treat the doctors fairly; you kept back the most important information of all—that you were Nellie Bly; that you had been through an experience in an insane asylum enough to make most women insane, if not very strong (the fact that it didn't make you so proves your good health at that time); that you are continually on a strain which knows no intervals. It is no wonder that you have headache; no doctor can cure a continuing cause, and it is very difficult to keep a patient 'patched up' under such circumstances.

" . . . There I didn't mean to gabble so, but I want to thank you for what you did in the asylum particularly, and for all the good you try to do—and for the moral to my paper."

A PRESCRIPTION OF REST.

The Washington physician coincides with the opinion of a woman who served some years as a writer and who gives me a good prescription, but one hard to take, as follows:

"Still, my dear, I must say that I think you have done the doctors an injustice, inasmuch as you withheld from them the key; you should, in short, have told them that you were—Nellie Bly! I now propose to tell you, although I am no doctor, what is the matter with you. You have spent quite a sum of money to find out what didn't ail you. I shall now tell you what does ail you free of charge.

"You need rest! Complete and absolute rest. Let THE WORLD was as it will, you must have rest. The hint which your head has given you is not to be ignored."

It is easy to say rest. But when we think how much there is to do, how short life is, and how long a time will be that rest that comes at last, even the most weary get up again and return to their labors.

ONE WAY TO DO IT.

A gentleman writes his experience with two well-known physicians. Having a diathesis for gloves, his hands were always exposed to the weather. During a very cold spell a very irritating eruption made its appearance on the backs of his hands. The first physician he consulted gave a prescription for a salve, with instruction not to take any medicine. He consulted another physician who told him not to use any salves, as they would do no good, but to take the medicine which he prescribed.

The patient was in doubt what to do, both physicians being equally well known and eminent in the profession.

As a last resort he decided to use both remedies, which he did, and, strange to say, he was completely well in a couple of weeks. He wished to advise me to do the same by following the advice of all my physicians, but how I could eat five hearty meals a day and at the same time live on toast were two things he could not solve.

DECLINED VISIT THANKS.

It is impossible for me to visit those who have asked me to come to them and be cured. I am grateful, but I am too busy. I am also obliged to the physicians who have offered to treat me free of charge. I cannot accept, as under no circumstances do I tell that I am Nellie Bly, and without this information they are liable to treat free any that may call upon them with an ache.

There is one physician who does not ask me to come to him, and is so modest that he does not even sign his name to the letter he sends. He observes:

"You have had lots of fun with the doctors—and paid for it, too. Now there is just one thing left for you to do. Come over to Brooklyn and let us have a chance to diagnose your case, and we won't charge you such high prices, and might run the risk of curing you. But, seriously, from your own statement of your case, I am of the opinion that you don't need those 'nasty

...ed a pamphlet recommending some "cure."
He underscored several lines, such as:
*"It calms the excitability of the nervous system."
Fragile.*

Pains often increase to such a point as to make
her actually cry.

Requiescat in pace.
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with doctors, but try the massage treatment,
writes the following: "The New York World
reaches Denver, and the Sunday editions are
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... Dr. — justly remarked at an
autopsy, conducted by me on the body of a
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to look as young and beautiful as much and as
long as possible, and ease in the pleasantest
manner possible the many pains and aches of
their lives. I honestly believe that massage
can help to accomplish such results. Try it for
your headache.

"DO NOT WEAR CORSETS."

The following advice sent me on a slip of
pale paper is very sensible, to say the least.
Headache sufferers who have been testing all
sorts of medicine might try this as a change.
Your diet must consist entirely of fruits,
vegetables, graham bread and rice. Drink only
milk and water. Bathe once a day in tepid
water and rub your body thoroughly with a
Turkish towel. Walk in the fresh air two hours
a day. Keep your sitting and bedroom windows
always open a little. Use no drugs or medi-
cines. Eat when hungry. Do not overload
your stomach. Take a cup of very hot water
with juice of a lemon in it an hour after
meals. Do not wear corsets.
All the above directions must be strictly
followed. They are simple and easy. By so
doing nature will cure you. Do not read or
write more than six hours a day.

I thank M. P. M. for her kind offer, and also
am obliged to a very kind friend in West
Twenty-second street, who does not want her
letter published. I assure her that the persons
professing to know me are mistaken.
I am certain "Pure Bismuth"
ask me to be like a man in New York's country vil-
lage. He could positively cure hydrophobia.
His secret he learned late in life, after he had
lived a lonely and eccentric existence. On his
deathbed he refused to divulge his secret, be-
cause he had not known long enough to make
him rich, and he was determined no other per-
son should be benefited by it. So he died, and
the wonderful knowledge with him.

Now, my sympathizer has found a way
to break headaches, she should not ask me to
bury such enviable knowledge in my heart, so
I know she will forgive me for making it public.

A LITTLE REMEDIAL ADVICE.

"Don't eat light meals. Eat three hearty
meals every day."
That is good advice. I know a woman who
had been subjected to headaches for years, and
when one came on her doctor always advised
her to eat light meals, toast and tea, or some-
thing of that sort. While suffering severely
one day she decided to eat until she was com-
fortably satisfied. She did so, and much to her
amazement her headache disappeared. Ever
since she has been eating heartily and her head-
aches are further apart and less severe.

"Don't take cold drinks of any kind at meals.
A cup of black coffee, reduced to a blood heat,
with one lump of sugar can be taken with each
meal. Never use tea except once a day, if at
all, and that in the evening. Milk is often in-
ferious."
Tea with bread and butter is not a light meal,
and is hard to digest. The more food is un-
derstood the more easily it is digested, so that
bread and butter, with coffee and lamb or mut-
ton chops or beefsteak is really a light or easily
digested meal.

"An excessive use of salt will produce a pain
in the back, so use salt sparingly. Good health
is more easily retained by not drinking between
meals, so avoid food that produces thirst. If
having felt thirsty during the day a cup of cold
water can be taken on retiring for the night."
If those who have asked my advice are willing
to take it I should suggest giving the above di-
rections a thorough test.

Before I went to the doctors I usually ate two

well-known physicians. Having a dislike for
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tating eruption made its appearance on the
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DECLINED WRITE THANKS.

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"You have had lots of fun with the doctors—
and paid for it, too. Now there is just one thing
left for you to do. Come over to Brooklyn and
let us have a chance to diagnose your case, and
we won't charge you such high prices, and might
run the risk of curing you. But seriously,
from your own statement of your case, I am of
the opinion that you don't need those "nasty
drops," only a little rest. You have worked too
hard. Take a vacation and a little tonic, and
nature will do the rest.

"I'll give you a recipe, and gladly do so, with-
out money and without price," for it costs so
little to exist here in the goodly city of Brooklyn
that we can afford to work cheap. This pre-
scription, with a vacation, will cure your head
and heart aches."

A sufferer who has gone through similar ex-
periences with doctors, sends me her own reme-
dy, which is simple enough to deserve a trial:

"Rub the head and scalp often and freely with
whiskey or brandy."
From the New York Post-Graduate Medical
School and Hospital I receive the following let-
ter, which explains itself:

MEDICAL STUDENTS TO THE RESCUE.

"Having read of your various complaints in
THE WORLD, and recognizing the fact that you
are in great need of medical aid, we take the
opportunity of informing you that we have diag-
nosed your disease and recommend the fol-

lowing: "On rising in the morning, take a cold
sponge bath, followed by a vigorous rubbing
with a Turkish towel; then, lightly clad, exer-
cise with one-pound dumbbells as laid down
in "The Manual for Physical Culture." After a
month's work with the dumbbells, take
the exercise with chest weights. Eat three
good meals every day with no stimu-
lants. We think your trouble is simply too
much literary work with too little phys-
ical exercise, and that, having already paid
\$40 for medical advice, you are entitled to some
additional opinions gratis. Follow these ex-
plicitly and we are positive that you will event-
ually be free from headaches."

"FOUR MEDICAL STUDENTS."

A newspaper correspondent in St. Paul, Minn.,
says that after suffering from headaches for fif-
teen years he found a good remedy in some
kind of wafer, which he has been using since
April last, during which time he has not had an
attack of his old complaint.

As I did not receive the package containing
the wafer, I am unable to tell what his remedy
is.

AND HERE WE HAVE ONIONS.

Here is a letter that breathes of honesty as
well as onions:

"If you want to get away from your head-
aches, take and eat a raw onion every night
about ten minutes before you retire, and you
will feel as fresh as a lily in the morning. You
must not dread any smell from your breath, for
an onion will sweeten it; that is, a well-known
fact. If you should take a nice mild one every
night for a week, I will bet my last drop of essey
against a decayed apple that you will have no
more headaches. Those doctors know all that,
but there is no money in writing "onions."
Please do not look upon this as a joke, for it is a
fact."
"A JERSEYMAN."

I knew a girl in my school-days who had
the most beautiful complexion I have
ever seen. She always ate a raw onion before
going to bed. She said it did it to make and
keep her complexion perfect.

There are plenty of simple things here for
headache victims to test which, if not advised,
at least are perhaps likely to do them good.
Confidentially, I have tried the onion three
months I have eaten onions and for three days
thanks to "A JERSEYMAN'S ADVICE" my head
has not ached.