

up and go to the window and ~~xx~~ close it; anything to try to keep awake, but in the course of all that one missed a great deal of /what he said. Then I ~~xxxx~~ heard about NO-DOZ (sp?) (cap?) pills, they say, are as harmless as a cup of coffee. One of them give you, they say, as much five grains, which, they say, is the equivalent of a cup of coffee. So I got some NO-DOZ pills and I would take one during the class. This was only the last two or three years that I attended his lectures, but oh, what a relief it was to be able to stay awake without any effort. I used, however, comparatively few of these ~~xx~~ during that time. When I was in California about ten years ago and the Cummings took us with them to a concert in the Hollywood Bowl, as we were on the way there I felt terribly sleepy and I asked them ~~x~~ to stop at a drug store and I bought a bottle of NO-DOZ pills, and I took one of them and I was wide awake and felt fine all during the concert--a wonderful concert. Then we went back to the house and I went to sleep immediately so that it had no deleterious effect at all that I could see. Well, when I had this trouble three or four years ago in chapel talks I found that taking a ~~xx~~ pill like ;that just before going to chapel (or to a class) would be a great help. Incidentally I might mention in this connection also - no that's another subject. So I found that at the Shop-Rite they had the same thing--I imagine it's the same thing, although with a different name and somewhat cheaper, and so since that time I have been using perhaps the equivalent of between two and three cups of coffee each day--sometimes a little less, and it has been a great help and I have no reason to think it has had any harmful effect.