

# SUGGESTIONS

A MONTHLY MAGAZINE

Vol. 3. September 1, 1899. No. 2.

DEVOTED  
TO THE  
STUDY OF  
SUGGESTIVE  
THERAPY,  
HYPNOTISM,  
TELEPATHY,  
SUGGESTIVE  
EDUCATION OF  
CHILDREN,  
DREAMS, VISIONS,  
AND ALL PSYCHICAL  
PHENOMENA.

## CONTENTS.

THE MAN WITH THE HOE, FROM  
THE STANDPOINT OF THE  
ARTIST.

M. S. FIELDING.

HABITS: THEIR FORMATION  
AND CORRECTION.

BY THE EDITOR.

WHAT TO DO WHILE WE CON-  
TEND.

S. F. MEACHAM, M. D.

"SUGGESTION AS AN IDEO-DY-  
NAMIC FORCE."

W. XAVIER SUDDUTH, M. A., M. D.

A CLINICAL REPORT.

HERBERT A. PARKYN, M. D.

EDITORIAL.

BUSINESS DEPARTMENT.

ENQUIRY AND EXPERIENCE DE-  
PARTMENT.

HERBERT A. PARKYN, M.D.

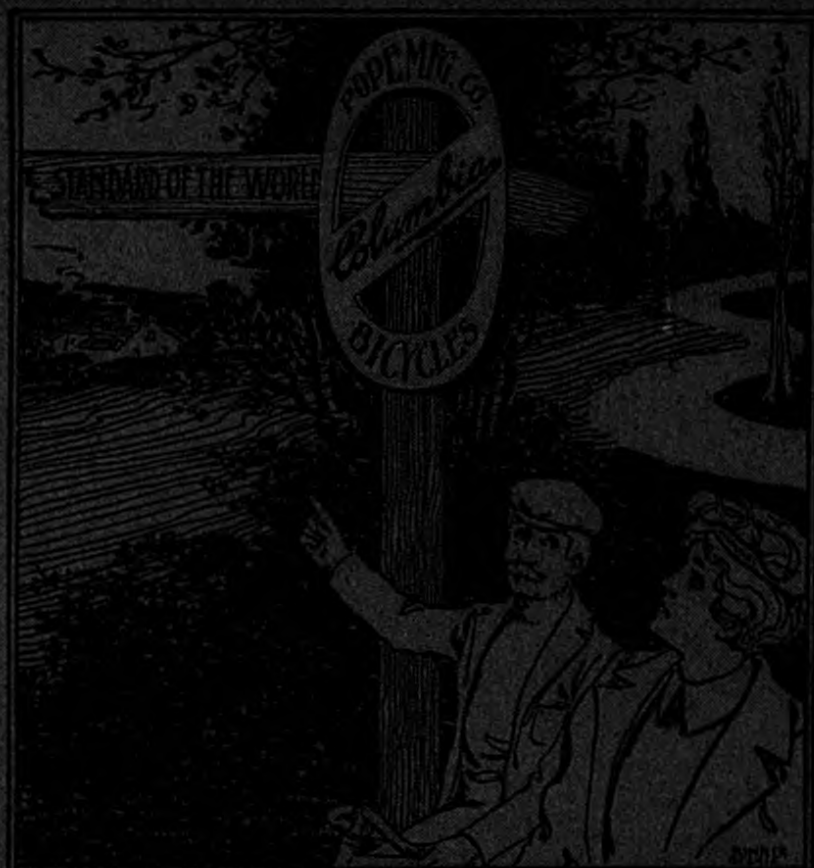
EDITOR.

PUBLISHED AT THE CHICAGO SCHOOL OF PSYCHOLOGY,  
..... 4020 DREXEL BOULEVARD, CHICAGO, ILL. ....

1.00 PER YEAR

SINGLE COPY, 10 CENTS.

Copyright 1898, by Chicago School of Psychology.  
Entered as second-class matter at Chicago Postoffice.



# COLUMBIA BICYCLES

YOU SEE THEM EVERYWHERE

POPE MFG. CO. HARTFORD, CONN.

*When writing to advertisers please mention Advertisers.*

ALFRED PEATS  
1899 PRIZE

WALL PAPER



**Samples Mailed Free** upon request. Our papers are all high-class and much cheaper than your local dealers' prices. New Floral, Chintz, Damask, Denim, Stripe effects, etc., etc., 5c. to 10c. per roll. Beautiful and high-class Tapestries, Louis XIV., Empire, Byzantine, Moorish, Rococo, Colonial, Embossed Leather, the New Greens and Reds, fine Satin effects, etc., etc., at 10c., 12½c., 15c., and up to 50c. per roll. These superior papers can only be bought from us or our agents. One price everywhere, and **We pay the Freight.** If you have only one room to decorate, see our new patterns before you select the paper.

**An Agent Wanted** in every town to sell on commission from our large sample books, showing hundreds of beautiful patterns. We furnish free, handsome advertising signs, illustrated circulars, and refer customers to our agents, who write us for samples. The business pays from the start, for no local dealer can carry one-tenth the variety of designs and colorings or sell as cheap. A pleasant and profitable business, requiring no capital or experience. Over 2,000 agents are now selling our papers every year.

For samples or particulars about the agency write to nearest address.

We will give \$1,000 in cash prizes for the five best wall paper designs. Contest closes July 1, 1899. Book of instructions and full particulars can be obtained of our agents.

NEW YORK

CHICAGO

41-43 W. 14th St.

141-143 Wabash Ave.

ALFRED PEATS & Co.

When writing to advertisers please mention SUGGESTIONS.

# Popular Books on Mental Science

.....AT POPULAR PRICES.....



|                |  |        |
|----------------|--|--------|
| Bigelow.       | The Mystery of Sleep . . . . .   | \$1.50 |
| Brooks.        | Mental Science and Culture . . . . .   | 1.50   |
| Bernheim.      | Suggestive Therapeutics; a Treatise on the Nature and Uses of Hypnotism, 8vo. cloth, 420 pages . . . . .   | 3.50   |
| Binet & Fere.  | Animal Magnetism, 12mo. cloth, 378 pages . . . . .   | 1.50   |
| Bjornstrom.    | Hypnotism: Its History and Present Development, 8 vo., cloth, 126 pages . . . . .  | .75    |
| Cocke.         | Hypnotism. How it is Done; Its Uses and Dangers, 12mo. cloth, 373 pages . . . . .  | 1.75   |
| Courmelles.    | Hypnotism. 12mo. cloth with 42 illustrations . . . . .   | 1.50   |
| Corning.       | Headache and Neuralgia . . . . .   | 2.75   |
| Deleuze.       | Practical Instruction in Animal Magnetism, 12mo. cloth, 524 pages . . . . .  | 2.00   |
| Du Prel.       | The Philosophy of Mysticism, 2 vols. 8 vo. cloth, 332 and 316 pages, the set, net . . . . .  | 8.75   |
| Flower.        | Hypnotism up to Date, in cloth . . . . .   | 1.00   |
| Fletcher.      | Menticulture . . . . .   | 1.00   |
| "              | Happiness, or Forethought minus Fearthought . . . . .  | 1.00   |
| Fari.          | Hypnotism, Mesmerism and the New Witchcraft, 12mo. cloth Illustrated . . . . .   | 1.50   |
| Hudson.        | The Law of Psychic Phenomena. A working Hypothesis for the study of Hypnotism, Spiritualism and Mental Therapeutics, Etc. 12mo. cloth, 409 pages . . . . . | 1.50   |
| "              | A Scientific Demonstration of the Future Life . . . . .  | 1.50   |
| Mason.         | Telepathy and the Subliminal Self . . . . .  | 1.50   |
| Mann.          | Manual of Psychological Medicine . . . . .   | 3.00   |
| Moll.          | Hypnotism. 12 mo. cloth, 410 pages . . . . .   | 1.25   |
| Podmore.       | Apparitions and Thought-Transference, Examination of the Evidence for Telepathy, 12 mo. cloth, 401 pages, illustrated . . . . .                            | 1.25   |
| Sextus.        | Hypnotism, Its Facts, Theories and Related Phenomena, 8 vo. cloth, 308 pages, illustrated . . . . .  | 2.00   |
| Sinnett.       | The Occult World, 16 mo., cloth, 228 pages . . . . .   | 1.25   |
| "              | The Rationale of Mesmerism, 12 mo. cloth, 232 pages . . . . .  | 1.25   |
| Schlafhoelter. | Hypnotism Explained . . . . .  | 1.00   |
| Tuckey.        | Psycho-Therapeutics . . . . .  | 2.00   |
| Tuke.          | Influence of Mind over Body . . . . .  | 3.00   |
| Ulcent.        | The Elements of Hypnosis. The Induction of Hypnosis, its Phenomena, its Dangers, and value, 12mo. cloth . . . . .  | 1.75   |
| Williams.      | Vibration the Law of Life . . . . .  | 1.25   |
| Wetterstrand.  | Hypnotism . . . . .  | 2.00   |

Any of these books will be sent Post Paid on receipt of the price quoted.

ADDRESS, **SUGGESTIONS,**

4020 Drexel Boulevard, CHICAGO, ILL.

# SUGGESTIONS.

VOL. III.

SEPTEMBER, 1899.

No. 2.

---

## THE MAN WITH THE HOE, FROM THE STAND- POINT OF THE ARTIST.

M. S. FIELDING.

The voluminous and diverse criticism of Mr. Markham's wonderful poem is extremely interesting to the student of psychology, and goes far to prove that the highest forms of art are largely suggestive, and leave much to the imagination, therefore, the interpretation put upon them depends on a greater or lesser degree upon the intelligence and point of view of the beholder.

Taking the works of Millet in the aggregate, they are photographically correct representations of French peasant life. He has neither softened nor exaggerated the hard conditions of these people; but has given us his complete impression with unerring faithfulness and infinite pathos. He has added no theatrical trappings to mar the dignity he found in labor, even when accompanied by poverty. That there is dignity in the creations of Millet, none will deny.

The charm of these rude peasant pictures lies in the fact that they are so intensely human, so realistically true. Millet

knew all the bitterness of poverty himself, he bent his back in the fields beside his toil-worn mother, earning his coarse fare by the sweat of his brow, but, oh, glorious inheritance! he had the soul of an artist, and the understanding of the divine in human nature, which manifests itself in the lowliest walks of life. The man with the hoe is a type of the toiler, but I do not think Millet saw in him "humanity betrayed." He knew him too well to ignore the fact that kindly human feelings for his kind kept him human. In the picture "First Steps" we see another toiler with hands outstretched and attitude and expression instinct with affection, stoop to encourage his little child in its first efforts to walk. The peasant mother carefully guards the uncertain footsteps of the baby, the beautiful motherhood tenderly regardful of her child is suggested in every line. That subtle something which belongs to true art, yet baffles description, speaks to us of the common humanity under the rude garb of the peasant and the velvet of the kingly alike. These were the people among whom Millet passed his youth, and to whom he returned to spend the last eventful twenty-seven years of his life, years marked by his greatest achievements. There, in a three-room cottage, at Barbazon, a village on the outskirts of Fontainebleau forest, he wrought out the story of peasant life. He painted what he *saw*. "Jules Breton has colored the days of toil with sentiment; others, like Courbet, whose eccentric Funeral at Ormans attracted more notice at the salon of 1850 than Millet's Sowers and Binders, have treated similar subjects as a vehicle for protest against social misery; Millet alone, a peasant and a miserable one himself, saw true, neither softening nor exaggerating what he saw." A letter from Millet, published with sketches from French artists, and translated by Lillian Whiting, tells something of the inner life of the artist.

"BARBAZON, May 30, 1863.—There are those who say that I ignore the charms of the country; for me the country has more than charms—it possesses infinite splendors. I am as sensible as my judges of the smallest flower, of which Christ

said not even Solomon in all his glory was arrayed like one of them. I heartily recognize beauty in the most insignificant weed, at the same time that I gaze with delight upon the sun, which riding far above the earth, reflects its glory upon the clouds. But I see little that is charming in the plain below, where horses smoke with labor, and where, in a rocky pathway, a man whose voice from early morn has rung in our ears, wanders silently, that he may steal the privilege of breathing. The drama is enveloped in splendor. That is not of my invention, and it is some time since the expression, 'the cry of the earth' became familiar to ears polite. My critics are undoubtedly men of education and taste; at least, I fancy so; but, as I cannot change my skin for theirs, and as I have never lived anywhere but in the fields, I endeavor to delineate, to the best of my ability, what I have seen and what I have felt while working there. Those who would do better have certainly the opportunity.

J. F. MILLET. "

But Millet's pictures are not suggestive of misery alone, of "humanity betrayed," nor are they "shapes fraught with menace to the universe;" they are one and all representations of the life of the toiling peasant, whose condition is hard, but surely not hopeless.

"What gulfs between him and the seraphim!  
Slave of the wheel of labor, what to him  
Are Plato and the swing of Pleiades?  
What the long reaches of the peaks of song,  
The rift of dawn, the reddening of the rose?"

Nature in her sublimer aspects appeals to the soul, and although her appeal may be met dumbly, it is nevertheless felt, even by the least cultivated. Whence came the genius of Burns, and of Millet himself? The Man with the Hoe doubtless bowed his head to the sound of the angelus, recognizing its call to the spirit of reverence within his soul. He may have looked upward after the soaring lark flooding the air with melody; and the rift of dawn and the reddening of the rose were not, let us hope, totally unobserved by him. He slept the sleep of the weary, and enjoyed his frugal fare with a zest the satiated appetite of the millionaire could never know. Baby hands stroked his rude face, and the portals of life and

death opened and closed for him, bringing the blessed experiences of joy and sorrow. We cannot sidetrack him from his kind, and call him "brother to the ox," who has known the blessedness of human love, and the eternal hope of Heaven beyond. French and German peasants are intensely religious. They regard this world as a vale of tears at best, where labor is constant and joys are few, but their faith in the "eternal rest" beyond is a sustaining and ever-present factor in their lives. They perform their share of the hard work of the world ungrudgingly, and take whatever comes along in the way of recreation whole-heartedly.

If Millet had given us a series of pictures of the life of the man with the hoe, we should have seen him dancing with as much agility as his stiff limbs would permit; for the French peasant dances when he is quite an old fellow, and if his attempts fall short of the gambols of a spring lamb, it is because of the stiffness of his joints, and not from lack of desire to distinguish himself.

The industrial and social conditions of the man with the hoe are no graver than those of the man in the factory, and the same solution of economic problems will effect both. Through selfish monopolies and trusts, the inventions (which should reduce labor and increase opportunity for intellectual improvement) are turned against the toiler as weapons for his defeat; and his struggle for existence becomes more serious. The remedy lies, as Mr. Markham says, in the application of the spirit and principles of the Man of Nazareth. Every man, rich and poor, should perform his just share of the labor of the world. Equality of opportunity for all humanity should be the watchword. The optimist sees this outcome ahead, for the general drift is towards the brotherhood of man, although the movement is slow, not having received the momentum necessary for a quicker realization. The masses of the people are blind to the fact that selfishness is the stumbling block in the way of advancement. Yet, with all our undesirable conditions, we have only to glance back to feudalism to see what



evolution has done towards the liberty, welfare, and happiness of the people. The growth of evolution is like the imperceptible movement of the glacier, which slowly but surely transforms a continent, carrying with it the detritus and depositing it in the sea of oblivion.

Mr. Markham's all-embracing sympathy sees in the oppressed toiler only the tragic elements, and leaves out of his calculation what evolution must do for him, as well as others in the valley and the shadows of life's way. The Russian serf, the starved Hindoo, the waif of humanity in our cities, all mutely invite better conditions, and these will come when a better solution of the social and industrial problems is formulated and understood. Notwithstanding the beauty and strength of the poem, the fact forces itself upon us that it is one-sided, and in a manner exaggerated. That Mr. Markham mistook the intention of the artist who painted *as he saw*, can hardly be denied.

Concerning "The Man with the Hoe" and the circumstances under which it came to be written, Mr. Markham says: "Through my deep interest in the problem of the painter and through my long study of this creation, I came to see that this is no mere peasant that Millet puts before us. No, instead of that it is betrayed humanity; it is the toiler ground down through ages of oppression, through ages of social injustice. By bad industrial conditions he has been pushed away from the land, through the monopoly of those who fail to use the land, till at last he has become a mere serf, with no mind in his muscle and no heart in his handiwork. I see in the picture the slow, sure, awful degradation of man, through endless, hopeless and payless labor. This picture is more terrible to me than anything in Dante. It is just as hopeless, and its scene is more real, more human. I see in "The Man with the Hoe" the working of long, hard, industrial conditions. This man's battle with the world through his long train of ancestry has been too difficult, too brutal. A certain amount of obstacle is necessary to the development of every man's powers; but when the obstacle becomes too

great, the struggle tends to brutalize. All effort that develops the soul is good; but the battle that destroys it is evil."

Sociologists and those whose lives are devoted to the uplifting of humanity do not despair of the outcome, neither do they anticipate a rebellion of the toilers of the world. There is a better solution of the question, which, though slow, is absolutely sure. The Consumers' League is one of many organizations that is feeling its way towards the betterment of oppressed workers. The prohibition of child labor the world over is another movement. The Czar of Russia has adopted more humane measures in dealing with Siberian prisoners. Prison reform is afoot. The Man with the Hoe is included in the plan of emancipation already begun. Glance back a century or two and compare the immeasurably improved conditions of humanity in the aggregate; then look forward, for the awakening has come, and nothing can turn aside the stream of progress. Hopefully, courageously, each one may do his share towards the fulfillment of the prophesy of the good to be.

The Man with the Hoe is not to be altogether judged by appearances; he is related to the Infinite Oversoul. Perhaps his environment was the best his development demanded. Who knows?

"All I could never be;  
All, man ignored in me;  
This I was worth to God, whose wheel the pitcher shaped."

## HABITS: THEIR FORMATION AND CORRECTION.

BY THE EDITOR.

(CONCLUDED.)

### HABITS OF THOUGHT.

Every human being has certain habits of thought. Some of these are commendable, while others are undesirable. It is the latter class we shall deal with, chiefly, in this course.

A study of the formation of a habit of thought will make the indications for the treatment of this complaint very evident.

It is pointed out elsewhere in this volume that every impression a man receives through his senses is stored up in the minute cells of his brain. These cells are all in relation to one another, so that each impression is associated with those which have preceded it through the same avenue of sense. These brain cells are nourished by the blood and are active or inactive according to the amount of blood supplied to them. The more active any group of cells is kept, the more likely are the impressions stored up in these cells to be in one's unconscious mind. It is the continual stimulation of one group of cells which produces habits of thought.

Every one, at some time or other, has had a musical air or a piece of poetry "running through his head"—sometimes for days at a time. It stays with us till another group of cells is stimulated into activity, or until the mind is completely absorbed in other things. Then the cells get a chance to rest. If a musical air is bothering us we can rid ourselves of it by humming something else; and so it is in overcoming undesirable or unhealthy lines of thought in a patient. We place new thoughts in his mind by repeated suggestions, and when the treatment is kept up each day for a length of time, and the patient is constantly going over these suggestions himself, the new thoughts take the place of the

old ones ; the old ones become inactive, and the stimulation of the cells, from which they spring, diminishes. It is impossible to blot anything out of a man's mind, but if it contain undesirable thoughts, we can overcome their effects by placing new ones there. The new thoughts will replace the old ones, provided the suggestions are repeated very often.

In some patients the habit of thought only appears when they are in an abstract mood, while in others they seem to fill the mind during every minute of consciousness.\* The degree to which the thought absorbs the attention depends upon several things, i. e., the physical condition of the patient, his individuality and occupation, as well as upon the nature of the thought itself. The object of the treatment is to reduce the length of time each day given over to the habit.

Most patients suffering from thought habits have many functional disorders. These should be removed first. In fact, I have seen many of these thought habits disappear with a return to good physical health ; the reason for this being that as the nutrition to the brain improved the patient's reason also improved, thus enabling him to assist in downing the thought at will until it was finally overcome.

I will give the history and treatment of a case of pure thought habit which I have successfully treated, recently.

Mrs. B., aged 37, was in a very sad mental condition when first brought for treatment. One year before, while preparing for a pleasure trip with some friends, she noticed that her child of three years seemed peevish and fretful. Thinking it was simply a slight indisposition, she started on her trip, leaving the child in care of an inexperienced nurse. The nurse paid but little attention to the child's restlessness, until he became so sick that it was necessary to call in a physician, who made a diagnosis of diphtheria. The mother was telegraphed for, but it required three days' travel before she could reach home. When she arrived the child was dangerously ill, and some friends of hers advised calling in a young physician who had a reputation for being up to date in the treatment of this malady. She was thor-

oughly satisfied though to allow her old family physician to continue to attend the child, but when in the course of a few days it was seen that the child was likely to succumb, the young doctor was called in. The child died and the young doctor, who required a course in suggestion as well as ethics, informed the parents that he could have saved the child's life had he been engaged sooner.

The mother at once commenced to upbraid herself for neglecting the child and refusing to call in the other physician when advised. She went over and over in her mind the scenes and incidents of the whole affair, always looking for some avenue of escape—for something to turn up which would change things, but always ended in the same mental condition. She went over this line of thought so often that it finally filled her whole mind and she could give her attention to nothing else.

This condition of mind had been present for nearly a year when she came to me for treatment, although change of scene had been tried several times.

I found her physical health to be very fair and so commenced at once to treat the habit of thought. I explained to her what a thought habit is, how it is formed, and outlined the treatment. She said she would do every thing in her power to assist me, but that she did not believe anything could help her. I made her promise me that the moment she became conscious of the fact that she was in her old line of thought she would commence to think of what I said to her during treatment, and that she would dwell upon the suggestions given, at the same time trying to think of their meaning.

The suggestions I gave her in the suggestive condition were something like the following :

"You are resting quietly now. Your whole attention is riveted upon what I am saying. Every word I utter will be indelibly imprinted upon your mind. You will dwell upon the thoughts I express to you and they will become your own thoughts. You will accept every suggestion I make to you because you wish it to come true. You will believe everything I say to you. Every-

thing I will say to you is the absolute truth and you must accept it as such. You have much to live for in this world. You will devote yourself to making your husband and children happy. They have been longing for your care and affection and you will reciprocate their devotion. You will force yourself to do what you can to please them and the pleasure they show will induce in yourself a sensation of happiness and pleasure. You will become bright, happy, cheerful and ambitious again. Do you hear? Bright, happy and ambitious again. You had ambitions. They have simply been dormant, but are arousing again. You are bright, happy, cheerful and ambitious. You will try to interest yourself in everything, and everything will find an interest for you. You have many blessings and you will count them each day, many times. The moment you feel the old thought returning you will think of what I have said and will interest yourself in something at once. This requires a little effort of the will on your part, but you will exert it every time because you have promised you would. You will be bright, happy, cheerful and ambitious all the time. Your old energies will return to you, and you will become the admirable housewife and mother you always intended to be. You will see the bright and happy side of everything. Every time you use auto-suggestion you will think over what I have said and what you desire to have happen. Your thoughts will take form in action," etc.

The reader will notice that I avoided touching on the death of the child. It was not necessary; all I wished was that she should think the thoughts I suggested. Why should we care what becomes of the darkness when the sunlight enters a room? I wished her to think sunny thoughts, knowing if I could get them into her mind they would soon replace the old ones. She had but a certain number of hours each day which could be given to the old thoughts and every moment given to the new ones lessened the old. Besides, we planned a time-table for her each day, thus forcing her attention on other things.

The treatment worked admirably. From the first her mental condition improved. She acted upon all the suggestions and

at the end of a month was as happy as anyone could wish. At the end of that time she was able to refer quite unconcernedly to her "old habit of thought," for it seemed to her then "simply like a bad dream."

#### HABITS OF SENSATION.

Under this head come drug habits, including alcohol, morphine, cocaine, tobacco, etc.

The treatment for pain habit is really that for hypochondria, and has been covered in another number of this magazine.

It is not the first smoke or the first dose of a drug which creates an appetite in the individual. The word appetite is not correctly used in speaking of drug habits; for it is not the taste of any of these drugs which makes them so enticing. It is the bodily sensation and mental stimulation which make them so alluring. It is a well known fact that unpleasant bodily sensations produce unpleasant mental conditions, such as are known as the blues, which accompany an attack of biliousness. In this same way, these drugs, when taken into the system, produce a pleasant bodily sensation, and the victim's mental condition is raised to the seventh heaven. In this state he is above the "petty" mental and physical annoyances of daily life. I am speaking now more particularly of the effects of morphine, cocaine, and alcohol, than of tobacco; for while the latter does produce slight stimulation, still, I think that the chief attraction about smoking or chewing lies in the fact that it gives the habitue something to do and something to have in his mouth. It is the restlessness for lack of something to do which affects a man in giving up smoking. If he be occupied, he does not feel the necessity for it. It is different with the habitues of other drugs. They lack the physical and mental stimulation of their drugs if they are long without them; and when the effects have worn off a little, they are miserable until they fill up again, no matter in what pursuit they may be engaged. Many a business man does not smoke from morning till night and has no desire to do so, be-

cause his attention is on business. Given a holiday, and he becomes restless unless he has a cigar in his mouth. He requires something to do. On the contrary, the drug fiend can get along with less of his drug if less effort is required of him.

When a man is continually under the influence of a stimulant he loses track of his normal condition and feels abnormal if he is required to do without his drug. The effects of the first dose of a drug are recognized as abnormal, but, if the use of the drug is persisted in, the stimulated condition becomes the normal one. The chief trouble then in curing a drug habitue is in getting him accustomed to the sensation of doing without his stimulant. The natural inference drawn from this fact is that the sooner a drug is taken away from a man and kept away—the sooner he will be well. This is true in the case of tobacco, alcohol, and cocaine, but it has been demonstrated over and over again that the gradual withdrawal system is the best for the morphine or opium habitue. Serious consequences frequently follow the sudden withdrawal of large doses of morphine. An eminent authority claims that this is due to the formation of an alkaloid in the system, which neutralizes the effect of the morphine, and that when the morphine is suddenly withdrawn, this alkaloid acts as a powerful poison. The best plan is to cut the amount of the drug in half each day for the first few days; after that lessen it about one-third each day until completely withdrawn. Substitution treatment is generally given in these cases and it should always be given in the hands of a physician. The drug treatment of this habit must be found elsewhere. We have to deal simply with the suggestive treatment. Suggestion should be used to overcome the restlessness of drug patients for the first few days after withdrawal, and, in the case of morphinism, while the drug is being withdrawn. The nausea, restlessness and insomnia may be controlled during withdrawal. After withdrawal, suggestion should be used to stimulate the various functions to do proper work and to build up the manhood and will power of the victim.

Individuals who possess great will power seldom return to



a drug once given up, unless their health runs down, so that a training in hygiene and suggestion is an excellent thing for an ex-drug fiend.

Voluntary attention or will power must be built up in these individuals. They must be taught to overcome inclinations of every sort, and to do things requiring an effort of the will each day. The tendency to go the way of the least resistance is very great in them. Prof. James, in speaking of the necessities for building and sustaining will power, says: "Keep the faculty of effort alive in you by a little gratuitous exercise every day. That is, be systematically ascetic or heroic in little unnecessary points, do every day or two something for no other reason than that you would rather not do it, so that when the hour of dire need draws nigh it may find you not unnerved and untrained to stand the test. Asceticism of this sort is like the insurance which a man pays on his house and goods. The tax does him no good at the time, and possibly may never bring him a return. But if the fire *does* come, his having paid for it will be his salvation from ruin. So with the man who has daily inured himself to habits of concentrated attention, energetic volition, and self denial in unnecessary things. He will stand like a tower when everything rocks around him, and when his softer fellow mortals are winnowed like chaff in the blast."

#### HABITS OF LIFE.

Under this heading come all the functions of the body and such habits as eating, drinking and sleeping. To understand the treatment of abnormal habits of life, one must have a thorough knowledge of the normal ones. To obtain a thorough knowledge of the habits of life of a healthy man, the student must make a thorough study of Physiology.

The mind has control of the various organs of the body, and, when properly directed by suggestion, abnormal habits of the various organs may be corrected—provided the demands of nature are being satisfied. How absurd it would be for one

to direct his thoughts to overcoming an obstinate constipation, if he were not drinking more than a pint of fluids in the twenty-four hours. I had a physician ask me to tell him how to reduce his heart's action by auto-suggestion. He said that he had tried for some time to do so himself, but had failed. Enquiry showed that he had suffered from constipation and dyspepsia for several years, and that he had neglected his fluids. In this case I advised the "sipping and thinking treatment" until the stomach and bowels were working; after which, I had no doubt the auto-suggestion would control the heart's action.

I have had patients say to me, when advised to change their habits of drinking, "Well, Doctor I don't understand why I should force myself to drink more. I believe in leaving things to Dame Nature and she will tell me when to drink." I have replied, "Yes, that is very true, but possibly you do not remember the time when you neglected nature's calls, until she has ceased for years to call you." The child's nourishment for his first year consists chiefly of fluids. Little by little solid foods are substituted, but do not entirely take the place of the fluids; and a child if left to himself will eat a little then drink a little; in other words, he finds it natural to drink with his meals. Many a parent has forced his child to eat a meal without drinking a drop, simply because the family physician ordered the dyspeptic parent to avoid fluids at meal times. In this way the restraint placed upon the child has defeated the demands of nature, and a desire for fluids has been overcome. Again, children in school are forced to go for hours without a drink of water. Indeed, some of them have orders to drink nothing but the boiled water at home. In this way, no doubt, the desire for fluids is overcome so frequently that it is no longer recognized. I have pointed out elsewhere that habitual constipation is frequently produced by neglecting nature's calls.

Menstruation is another habit of life which can be regulated by suggestion properly used. This function has shown itself to be subject to the control of expectant attention. Many women know to the hour of the day on which menstruation is

likely to commence, be it a day or two later or sooner than normal time.

A conviction of pregnancy has been known to retard menstruation for several months. Experiences in the Chicago School of Psychology have demonstrated the fact that in cases of delayed menstruation and metrorrhagia, the influence of the mind is sufficient in itself to rectify these irregularities. At one time two such cases were under treatment at the same time. Outside of the menstrual trouble, each appeared to be in good health. The suggestions given to both at each treatment were almost identical; being to the effect that each should keep in mind the exact date that menstruation should occur normally. It was pointed out that just as the sipping and thinking could produce an action of the bowels at a certain hour each morning, so it could bring around menstruation every four weeks. Each one was directed to keep a calendar in her room and to study the situation every morning, striking off each day as it passed. The result obtained in each of these cases was perfect, although I must say that such success is not always to be expected the first month of treatment. Usually it takes two or three months to get this function perfectly regulated, and when the patient is but poorly nourished to commence with, it is apt to require even a longer period. Not more than one month's suggestive treatment by an operator is required for these cases, for they are then able to carry out the treatment themselves, if they have been properly instructed.

I have known persons to be in poor health all their lives on account of incorrect habits of breathing. A man may live for three weeks without touching a particle of food, but when we remember that he cannot live for more than a few minutes without air, it becomes very apparent that much attention should be given to the quality of the air we breathe, and the best manner in which to receive it. An incorrect habit of breathing should be treated as a habit of motion.

Proper mastication of food is another desirable habit of life to cultivate.

Irregular menstruation is not the only improper habit of the

circulation. The Insomnia Habit may frequently be traced to acquired habits of the circulation, and I have touched on this point fully in an article devoted to insomnia. Sick headaches and Epilepsy are said by some to be influenced or actually produced by habits of the circulation; and in treating these troubles this point should be kept in view and an effort should be made to control them by Suggestion.

Abnormal desires for certain unwholesome food or fixed dislikes for other wholesome, nutritious foods should be corrected by directed suggestion as soon as discovered, since their existence is likely, sooner or later, to interfere with the health of the individual.

There are many other incorrect habits of life besides these I have mentioned—for instance, those of the functions of reproduction and micturition, including such troubles as impotence, polyuria and bed-wetting. Besides using suggestion daily to overcome the latter trouble, I adopt a plan which was conceived by the fertile brain of the well-known medical writer and lecturer, Dr. W. F. Waugh of Chicago. This consists in sewing a marble or large glass allie in a strip of cloth which is then tied around the child's waist in such a manner that the marble is over the spine. If the marble be large, the child will soon learn to sleep on his sides, for the pressure of the marble is always sufficient to arouse him the instant he lies on his back. It has been said that a child wets the bed only while lying on his back. If this be an established fact, the practical value of this suggestion is obvious. A suggestion it is, for does not the marble say to the child, "You must form the desirable habit of lying on your side and every time you attempt to return to the old habit I will say to you, "It is proper to lie on your side while sleeping, so lie on your side again, at once."

I do not consider it necessary to give any more illustrations of the control and formation of habits of life, for I feel certain that by this time the student will have accurately formed an idea of the *modus operandi* which I would likely advise in any habit of body not touched on here.

The treatment by suggestion of all incorrect habits of life may be summed up thus:—Compare the patient's life habits with those of a normal healthy man and determine his shortcomings; next inform him how a healthy man should live and explain the use of auto-suggestion; then, when he is in the suggestive condition, *imagine you are addressing the healthy man*, and keep telling each day what *he does* to maintain his health. The patient in front of you will act upon every suggestion you make, and in a short time your patient will actually be transformed into the healthy man.

Remember that the body is controlled by the involuntary mind, and that the involuntary mind may be controlled by suggestion. Suggest and think, then, only as you would control.

## WHAT TO DO WHILE WE CONTEND.

S. F. MEACHAM, M. D., OAKLAND, CAL.

Ever since we have had any record of man, he has been a contending animal. Discord, strife, and opposition have been among his chief occupations. Different points of view render the theories of life and nature diverse. The opinions held are numbered only by the different standpoints possible and the number of different intellects, speaking qualitatively, that exist. This is only what one might rationally expect.

Let us look at nature and on whatever plane we may look, up to man, and even including all save a few of the brightest and most altruistic of the race, we find that some kind of contention is the rule. —

We have disputed about everything that has appealed to our senses or intellect. At some period of the history of the race everything, save the mere fact that we really do exist and feel, has been disputed. We are still at the same trade. Some kind of repulsion is as necessary, in nature's scheme of existence and progress, as is attraction. In their desire to unify nature and causes, some minds have claimed that attraction is the only force existent, and that it progresses through the different phases of centralization and co-operation up to unselfish love in a few grand minds. These thinkers forget that if we have attraction, we just as truly have repulsion. It does not matter what thing we may espouse, vibration or any other, repulsion is just as surely present and active as attraction. If the one means unification, co-operation, love, the other means diffusion, opposition, individuality.

Society, as it is constituted, could not exist without both, and it is with the world, as it is, that we are compelled to deal, not with some ideal, possibly never to be realized. It is out of this contention and strife that progress comes. Our first advance

is in fleeing from pain, and throughout life we are goaded from behind as well as attracted from in front. No avocation but that seems to need its storms and lightning and wind to purify its atmosphere. But the liberal minded man, who honestly desires to keep as nearly in harmony with the eternal verities as possible, is at a loss to know how to proceed in the face of so many opinions; he cannot decide which one to choose where so many pretend to be correct, yet run in diverse directions. So I ask this question: What shall we do while the fight goes on? I wish to apply this to the case of physicians. There never has been a time when it has been as hard to decide as now, for the number of schools and methods of cure are constantly on the increase. The standpoints of these are as diverse as can be imagined. They range from crude materialism to absolute spiritualism—meaning that the entire universe is in some sense spiritual and that all cause must originate in mind. With these two and every possible grade between them, how are we to decide?

Here, as almost everywhere else, where trouble exists, the difficulty arises from the wrong point of view. It is a prevalent tendency to adopt a theory and, from that time on, look at things from that special standpoint. In so doing we assume the theory to be true, and instead of keeping in mind that the truth of the theory is assumption, we act as though it were a positive fact and that all experience must be forced to square with it.

The dogmatism of the many schools is thus made plain. At this point I wish to quote a remark of Wm. James:

"In psychology, physiology and medicine, wherever a debate between the mystics and the scientifics has been once for all decided, it is the mystics who have usually proved to be right about the facts, while the scientifics had the better of it in respect to the theories.

The above statement is of vast importance to us, supposing it true; and, that it is true in a great measure, one can easily verify by an examination of the literature of their disputes.

When we look dispassionately at the progress of the two classes of minds, the above is what we would expect. The mys-

tic usually starts from stray or erratic phenomena, which refuse to be classed as other occurrences are. The interest in these leads to the experience or discovery of others similar in nature. The grouping of these and the attempting to explain them leads to theories relative to their nature.

The scientists, on the other hand, usually adopt a theory of classification and origin of occurrences and then examine the facts from this outlook. Stray facts, that refuse to keep company with those coming within the theory, are either denied or ignored. In the case of the mystic it is the very fact of strangeness that gives to the occurrences their interest. Hence the scientist, in spite of himself, is constantly trying to demonstrate the truth or falsity of a theory and grows an acute vision for principles; the mystic, on the other hand, pays so much attention to facts that he becomes theory blind and fact acute.

The above explains why the devotees of some special theory, if of a scientific bent of mind, are led to ignore or deny the facts of some other theory; and why non-scientific searchers after erratic or occasional phenomena more nearly agree as to fact, but grow wild when the simplest principles are in question; so wild, in fact, as to deny all material existence and to make many other equally absurd claims.

It seems to me that the course of all who wish to be in harmony with the real verities, and to get at the correct explanations of them, is perfectly plain, but it may be difficult to travel.

The way is—

First—Keep an eye open for facts.

Second—Remember that too close an adherence to a theory distorts or hides facts.

Third—Endeavor to give a rational explanation of stray facts.

The above would lead to harmonious development.

It would also lessen to as great a degree as is possible the friction of schools.

But what shall we do while we are learning to follow this course?

My answer is: **Keep at work.** Speculate, guess, theorize all



you please, but keep at work. Examine all the schools you wish. Criticize their theories to as great an extent as you deem necessary, but remember that you are simply bandying guesses; keep your eyes open for facts, and keep at work. If you for one instant forget that your theories are only assumed, not known, they become colored glasses and for that time color all seen. Let us apply these principles to a few of the many schools of practice.

The Christian Scientist claims that the spiritual is the real; that as spirit is eternal, it cannot be sick; for, if it could be sick, it could die; hence disease is not real, but an error of thought, and the true course is to deny it away, to ignore its existence, and rely wholly on spiritual aid. But while theoretically denying the claims of the body, he does not allow his theory to interfere with all the claims of diet, dress and worldly advancement. His theory does not square with his action. The scientist, the rationalist, turns from him with disgust on examining his claims. He refuses to examine further. Meanwhile, the Christian Scientist keeps at work—gives silent treatment, teaches his optimism, teaches relaxation and silent thought, directs the minds away from disease toward health, and thousands of sufferers are benefited physically, intellectually and morally. Those, who have been long sufferers and failed elsewhere, are cured by him or get well under his directions. The fact of cures is the dominant thing in his mind, and this confirms him in the truth of his theory. He forgets that facts are eternal verities, entirely independent of theory, and thus claims, erroneously, that the cures could not take place, unless the principles claimed were true. He forgets that this same claim is made by every other school in existence, and that despite the fact that the claims are as opposed as heat and cold, or even as attraction and repulsion, the cures are constantly being made by all. The rationalist has the theory in mind, and, as this is to him ridiculous and enables him to see the many inconsistencies of their claims, it leads him to ignore the facts of cure, and even to deny them outright, or say that they are coincident. What ought he to do? Keep the above

distinctions in mind, accept all well authenticated cures, all facts, and endeavor to find a rational explanation of them.

Similar remarks could be made of the metaphysicians and mental scientists. Their theories are in the clouds and do not square with the experiences of every day life. They seem to have wings only; being able to soar, but not to walk. Yet the cures occur. The sick get well. All I really know is, as once they were blind, now they see; once lame, now can walk. So let the good work go on, and let all sensible people spend some of the time they are now spending trying to get criminal proceedings, or prohibitive legislation, in trying to find sensible explanations and a rational setting of the facts; keeping in mind ever that theory and fact do not yet square perfectly with each other.

The hypnotizer, who claims that the sleeping state is necessary to the perfect accomplishment of his results; the suggestionist, who imagines that the heavens were suggested into existence and that the waters obey its dictates, who thinks the hypnotized subject never asleep and always acting a part; and the magnetizer, with his fiery and wonderful fingers, are all advocating partial views only. None of them has all the truth and all of them have much error, yet thousands are flocking to them and many splendid results are obtained.

The osteopath, with his purely mechanical views of life and disease, of etiology and therapeutics; with his machine body and crippled wheels, while obviously at fault in this limited view, has thousands of splendid cures to his credit.

And even the drugging doctor, who would legislate all others off the earth, who claims to be the oracle of all truth and all virtue, while others are but ignorant pretenders for fame or pelf, even he is theoretically knock-kneed and awry. Thousands, after having tried his drugs in vain, have found relief at the hands of some of the drugless methods, thus disproving his claims that medicines are essential to cure. Neither will his ignoring all mental cause and cure stand any close examination; yet, he, too, has cures by the thousand to his credit, and

cures, we believe, that could not have occurred in any other way. For, theory aside, we yet must have material aid in many cases, if we would have the best results.

The above hints illustrate fully the disparity between fact and theory, and show how necessary to true advancement it is, that we keep at work. No partial view can contain all the truth. Out of the strife and opposition will come broader views and better explanations and theories.

So let each one work on in his own good way, feeling that he is adding to the sum of eternal verities by demonstrating facts. He is increasing the sum total of human happiness in proportion to the number of truths proven true, and theories must and will be broadened to include all outside truths, that are true indeed.

**"SUGGESTION AS AN IDEO-DYNAMIC FORCE."**

BY W. XAVIER SUDDUTH, M. A., M. D., F. R. M. S. \*  
CHICAGO, ILL.

It is an undoubted fact that many of the chronic ails of the body are the direct results of the misuse of drugs, mostly self-administered, be it said in defense of the medical profession. All drug stores, many dry goods stores and even groceries sell drugs and patent nostrums to anyone who desires them without let or hindrance. It is true that attempts have been made by legislative enactment to control the sale of a few poisons, but these measures have been made almost wholly inoperative by the lack of restriction on the sale of patent medicines which may and do contain any or all of the prescribed poisons. The question is becoming a serious one and must be met by legislation in the near future. Medicine is largely to blame, however, for the strong hold that dosing has gotten upon the people by reason of the fact that she has pinned her faith too greatly in the past to material remedies, thus inculcating a similar belief in the laity. My own first arrest of thought was had early in my career by reading a little book by Prof. L. Lewin on the "Untoward Effect of Drugs." Up to its publication no systematic treatise on the subject had made its appearance, and there is need even now for more extended enlightenment in this direction by reason of the numerous additions that have been made to our pharmacopias since its advent. \* \* \* \*

As we have before seen all function has its inception in the sensorium, and any derangement in this center, either functional or organic, is liable to find expression in disordered functional activity. Diseased mental states, however, are much more common than we are wont to think, because they do not show as such directly, but are oftentimes reflected in different parts of the system. The emotions, fear, grief, anger and hate, have

\* From a paper read before the Chicago Academy of Medicine.

long been known as having a marked effect upon the human barometer and should receive careful consideration at the hand of the general practitioner. Fear is especially most subtle and lasting in its influence. Many cases might be cited where fatal results have been produced through fright, and on the other hand, joy is also said at times to kill. The quickest way to effect cures in bodily ailments arising from emotional causes is to go directly to the seat of the disease, the mind, and disabuse it of its hallucinations by appealing to its understanding rather than to the organs, which only reflect the central disease. It is generally well to treat urgent symptoms from the standpoint of general therapeutics, because most patients have been brought up with the material idea of the potency of drugs, consequently the strongest suggestion that can be made under such circumstances is the administration of some mendicant with the action of which they are more or less familiar, the idea being to create the quickest and firmest mental impression possible. But every physical suggestion, even if it is only in the nature of a placebo, should be accompanied by verbal suggestions. Many a case has been relieved by similar lines of treatment and a permanent cure established by continued suggestion directed toward the restoration of healthy function. There is hardly a diseased functional condition to which the human body is prone that may not be directly benefited, if not permanently cured, by the aid of suggestive therapeutics; not only this, but many organic lesions are improved, indirectly, by controlling the vascular supply and inhibiting destructive metabolism until vital processes may be restored.

Pain may be thus inhibited, a fever lowered and the pulse controlled. Nervous dyspepsia is often permanently cured. Also neuropathic affections, including hysteria, insomnia and paralysis, have been cured. The various forms of nervous prostration are specially amenable to treatment by suggestion. Chorea is easily handled; epilepsy controlled as by nothing else and dysmenorrhea cured. Organic diseases of the nervous system are improved indirectly by relieving the reflex symptoms and thus doing away with the strain upon the organism as a whole. Stau-

mering, in cases where there are no physical lesions, which are seldom found, readily succumbs to suggestion. The extended field of reflex neuroses are benefited by suggestion and nearly all the disagreeable symptoms of rheumatic affections relieved. Alcoholic and other forms of inebriety, including tobacco and other vicious bodily habits in general, are successfully treated in almost all cases. Perversions of the sexual instinct<sup>o</sup> are most happily handled by suggestion. Melancholia and paranoia in general form a fruitful field for its application.

\* \* \* \* \*

Suggestion may be administered in the waking state, but the happiest manner of presenting it is in the hypnotic state, because in that state there exists the special form of passivity which is most conducive to the highest receptivity of suggestion. After a patient has been hypnotized several times this method is dispensed with and suggestions are made in the waking state. By reason of the fact that the subjective mind is incapable of inductive reasoning, it is necessary that the successive steps to be pursued in the treatment of any given case should be specifically outlined at the beginning of each sitting, in order that the best results may be attained. This rule is equally applicable to suggestive treatment in the waking state, as such methods are based on pure psychologic grounds and tend to secure the greatest degree of confidence in the line of treatment adopted and best operate to secure the establishment of ido-motor and ideo-dynamic impulses in the restoration of healthy function.

For convenience, I have divided these reasons into five stages, which will be seen to be logically progressive steps in the education of the patient in the science of mental healing. They are as follows:

Willingness, faith, desire, necessity and acceptance.

1. Willingness.—In order that the patient may receive any benefits at all from suggestive treatment, he must be willing to experience the sensations incidental to the process. The same conditions that tend to produce the mental state known as sub-

jectivity may be brought about in the waking state by a line of logical reasoning looking to the desired end. When, however, there is no special objection to hypnosis, it should be induced for the first few sittings, at least, as the speediest and most efficient means of obtaining control of the will which forms the condition known as willingness. Control of the will does not, however, mean its subjugation, as is proven by subsequent treatment, in which the freest action of the will is required to obtain the results desired. What is meant by control of the will is the putting aside, for the time being, of all antagonizing ideas, and the fixation of the attention upon the thought suggested. A condition of monoideism is thus established in which the vital force of the entire nervous system may be settled upon the accomplishment of the suggested idea. This is essentially aided by the setting aside by suggestion of the influence, generally inhibitory in character, of previous personal experiences.

2. Faith.—In order that the patient may successfully proceed with the treatment he must have faith. He may be ever so willing, but if he lacks faith, his desire will fall short of actual accomplishment. Begin, therefore, by inspiring faith—faith in himself and in the means to be employed in the treatment of his case. Get the acquiescence of the patient, if only by the simplest act, as faith grows by that it feeds upon.

3. Desire.—Desire is the well-spring of ideo-motor impulses, and success in life is always in direct ratio with the intensity of the desire. Accompanying the desire for any object or result must be the belief in its attainability in order that the end may be successfully accomplished; otherwise, desire simply becomes a wish without intrinsic value as a curative agent.

4. Necessity.—Not only must desire be based upon faith in attainability, but the inhibitory action of the will must be set aside as before indicated and a mental state established which is best indicated by the words "I must" or "I will." The object or result sought becomes a necessity to the individual and the attention is firmly set upon it, with the result that the most favorable conditions are established for its attainment. Sometimes

the results are hastened by appealing to the patient's combativeness by assuring him that the object is his by right and that some evil-disposed person is trying to prevent him from obtaining his rights.

5. Acceptance.—Not the least important step is yet to be considered. With the first step looking toward the fruition of our hopes, faith is strengthened and desire and will power become intense. Assumption, however, is half the battle of life. Many fail because they refuse to cross over and possess the land. That which the objective continually asserts as true, the ego comes finally to accept as truth. "As a man thinketh in his heart so is he." Belief forms the basis of fruition, "therefore I say unto you all things whatsoever ye pray and ask for, believe that ye have received them and ye shall have them." Therefore, "I say unto you, arise and walk," and they did arise and were healed every whit of their infirmity. Man differs not an iota from what he was in the olden time and may be influenced now, even as then, had he but the faith of the fathers.

\* \* \* \* \*

The phenomena of perverted functional activity have long been before us, the fullest application of the cure is yet to be made, for as yet we have only caught a glimpse of the boundless possibilities of suggestive therapeutics coupled with a judicious use of specific drugs.



## A CLINICAL REPORT.

BY HERBERT A. PARKYN, M. D.

The following report will be found of especial interest, inasmuch as it shows clearly that the credited power of magnetism is nothing less than our old friend, suggestion.

The patient was a married German woman, and when she presented herself for treatment could not speak or understand a word of English. At the first treatment it was necessary to have an interpreter to find out from what the patient suffered. The following history was elicited :

M. T., female, age 35, complaining for past fifteen years of constipation, dyspepsia, insomnia. The dyspepsia was so severe that the patient suffered almost continually with pain in the region of the stomach. It was impossible for her to eat any meat, and but few articles of any description were digested properly. The constipation had existed nearly all her life and menstruation had always been painful. The insomnia, as a general rule, was not very severe, but was influenced by the condition of the stomach and bowels. She suffered also from neuralgic headaches and nasal catarrh. The pulse was about ten beats to the minute below normal and the patient was easily exhausted. She had been treated during these fifteen years in Germany, without relief, and did not think the work would assist her, but had been urged to give it a trial. The patient was quite stout and sallow, but the superfluous adipose had an unhealthy appearance.

At the first treatment she was given, through the interpreter, some general instructions about her diet, and was told that it would not be necessary for her to bring anyone with her the next time she came ; that it was merely requisite to come regularly for treatment and that when she came the physician would make some passes over her and carry on some manipulations.

Having closed the patient's eyes, regular "magnetic" treatment was given her, with massage over the bowels. The hands

were passed lightly over the body, resting now and again where there was most pain. This simple treatment was given whenever she came and it was all that was used until the patient was perfectly cured.

Although the patient was totally ignorant of the English language, some of the students present understood German and each day inquiry was made relative to the patient's progress. All verbal suggestions, however, were scrupulously avoided.

The patient reported when she returned for her second treatment that the bowels had moved for two days without assistance and that the pain in the region of the stomach was greatly lessened. She had slept well, enjoyed her food more and felt stronger. At the third treatment she reported that the bowels had continued to move naturally, she had slept well and all her food was agreeing with her.

The improvement went along in this way without interruption and the patient passed an almost painless menstrual period, during which time she attended to her household duties. For the first time in years she had been able to work at this period; previously she had always been confined to her bed for a day or two.

The patient was dismissed cured at the end of a month's treatment. When dismissed she could eat and digest any article of food without any distress, whatever, and although she felt ten times as strong physically, she had actually lost ten pounds in weight. As the patient was extremely stout, this last result was a source of much gratification to her.

N. T., age 24, married, weight 109 pounds, was suffering from St. Vitus' dance. She had suffered a severe attack, which lasted three years, when 8 years of age. From that time till she came for treatment she was subject at intervals to attacks of nervousness, and during these attacks the St. Vitus dance would return. Careful inquiry showed that the attacks were dependent upon her state of health and were worst when she was run down.

When the patient came here for treatment she was suffering greatly from nervousness. There was a great deal of jerking of

the muscles of the face as well as of the hands and feet. In addition to her physical condition, the patient was also in a deplorable mental state, having lost a baby girl a few weeks before coming here. She was extremely irritable, suffered from constipation all her life, had no appetite, and food did not agree with her very well. Her heart beat ninety times to the minute and was irregular. There was also some insomnia, and severe headache came on at least once a week, sometimes lasting three days.

As a rule, St. Vitus' dance is confined to childhood, except when it is congenital. When the muscular contractions continue into adult life, the contractions are generally caused by a "habit of motion," for unless congenital the causes of the trouble nearly always disappear in young adult life.

In this case this habit seemed to return whenever the patient became run down, and, on careful inquiry, it was discovered that the patient's childhood days were spent next door to an aunt who suffered all her life from St. Vitus' dance. She could remember the muscular contortions of this particular relative very distinctly, and believed her own trouble to be hereditary.

In all, seven treatments were given, and at the end of that time, three weeks, the patient was pronounced in perfect health, for the insomnia had disappeared at once and the weight commenced to increase very rapidly. As the physical condition commenced to improve, the patient became less subjective, the contractions ceased and have not since returned. In one week the heart had returned to its normal condition, the constipation and dyspepsia disappeared, and inside of three weeks the patient had gained over six pounds.

The suggestions given in this case were directed to the building up of the appetite, the toleration of certain kinds of foods, and the voluntary control of her temper and muscular contractions. The decided improvement in her amiability was one of the first changes noticed by her friends. Her mental condition is all that could be desired; the grief over the loss of her baby having given way to philosophical resignation. When this patient first entered the school for treatment, her cheeks were pallid, her eyes dull

and the sight weak. She was compelled to wear glasses, even when walking in the street. Before the third treatment she was able to discard the glasses, her eyes grew bright and in less than two weeks there was a color in her cheeks that many a society belle might envy. Her stomach now digests all kinds of food and she sleeps soundly every night.

---

An auto-suggestion (self-suggestion) is that which arises within one's own mind from some thought or bodily sensation, either real or imaginary. One's whole education is a great aggregation of auto-suggestions, and since we act only in accordance with what is in our minds, it behooves us to see that our auto-suggestions are of the right nature.

When treating by suggestion it is important that the patient's auto-suggestion does not conflict with the suggestions given. In nearly every instance this may be avoided by a little tact or logic, and the control of the auto-suggestion may be secured by the physician to aid him in his work.

The auto-suggestions of the insane may be overcome by repeated suggestion. After continued treatment they begin to make the suggestions given their auto-suggestions. In some people an auto-suggestion may be overcome by the repeated suggestion of an operator, especially if the auto-suggestion is not deeply rooted. When the intelligent co-operation of a patient is secured it is possible to overcome any adverse auto-suggestion he may have in his mind. Outside of the insane and extremely ignorant, it is possible to obtain the voluntary assistance of a patient's auto-suggestion.

For therapeutic purposes we employ either voluntary or involuntary auto-suggestion—sometimes both, depending entirely upon the individuality of the patient.

# SUGGESTIONS

PUBLISHED AT

THE CHICAGO SCHOOL OF PSYCHOLOGY,

4020 Drexel Boulevard, Chicago, Ill.

*Devoted to the Study of all Natural Phenomena, the Dissemination of the most advanced ideas in Suggestive Therapeutics and Suggestive Education of Children, as well as facts gained from experiments in Hypnotism, Telepathy, Crystal Vision and other Occult Sciences.*

---

HERBERT A. PARKYN, M. D., Editor.

---

Suggestions will be issued on the first of each month.

Annual Subscriptions for the United States, Canada and Mexico, \$1.00; single copy, 10 cents. Foreign countries in the Postal Union, 5s.; single copy, 7d. Payable in advance.

Remittances should be made by draft or check, bankable in Chicago, or by postal or express money order. Other remittances at sender's risk.

Change of Address.—The address of subscribers will be changed as often as desired. Both the old and new address must be given. One month's notice is required.

Manuscripts should be typewritten on one side of the paper only, in correct literary style, and must be accompanied by postage for return, if found unavailable.

Complaints.—Subscribers who fail to receive the magazine, should immediately notify this office.

Advertisements.—Copy for advertisements must be received at this office not later than the 20th of the month preceding the issue for which it is intended. Rates sent upon application.

Agents.—Active agents are desired in every part of the world, to whom liberal inducements will be offered.

Communications intended for the Editorial Department should be addressed "Editor, Suggestions, 4020 Drexel Boulevard, Chicago, Ill." Those intended for the business department should be addressed to "Suggestions, 4020 Drexel Boulevard, Chicago, Ill."

The Editors of Suggestions do not assume responsibility for opinions expressed by contributors.

---

## EDITORIAL.

**X** When this paragraph is marked with a red and blue cross it shows our friends that their time has expired, and we shall be happy to receive a renewal of their subscription soon.

## THE RED AND BLUE CROSSES.

If the first editorial page of your magazine is marked with a red and blue cross, it shows that your subscription has expired. After it has appeared twice, we shall have to discontinue sending the magazine to you unless we receive remittance for renewal.

Most of the red and blue crosses will disappear this month, owing to the large number of renewals received. However, there are still some delinquents and this paragraph is addressed to them. Please send in your renewal at once and select one of our premiums.

---

## OUR PRINTING OUTFIT.

By a special arrangement with the manufacturers, we are enabled to offer our subscribers a complete printing outfit for 25 cents. It consists of five alphabets of rubber letters, two sets of figures, a three-line holder, a self-inking pad and pair of tweezers. Every one should have one of these to stamp his name and address on envelopes, letters, books, magazines, etc. Any name and address can be set up in a few minutes. It is a great bargain. Sent postpaid upon receipt of price, or given as a premium with a year's subscription to SUGGESTIONS.

---

"Suggestion is all right in its place. If I had it in a bottle I would carry it in my medical case and use it when necessary." This remark was made to the editor of this magazine a few weeks ago by the editor of one of the best known medical journals in the United States.

To the student of suggestion such a remark will appear very puerile, for it shows on the face of it that the worthy medical editor has no more technical knowledge of the use of suggestion, from a therapeutic point of view, than an astronomer has of the diet on which the inhabitants of Mars subsist.

Just fancy the Doctor attempting to bottle up suggestion! Why, he would have to bottle up himself. Are not his personal appearance and attitude when he enters the sick room suggestions to his patient? Does he not use suggestion every moment he is in the sick room? And if he understood suggestion thoroughly, wouldn't he employ it for the benefit of his patient intelligently? Bottle it up, indeed! A physician, who is ignorant of the practical workings of suggestion, is just as likely to use it, unconsciously, to injure his patient as he is to employ it for benefit.

"Oh!" I fancy I hear the Doctors say, "Everyone knows what a bright, cheerful word or a kindly manner will do for a patient." Yes, Doctor, that is very true. A commercial traveler, also, knows enough not to approach a customer just before a meal, and that he is likely to have good success with him after a hearty dinner. You have both found this out from experience or hearsay. But do either of you know the scientific reasons for these phenomena? If you don't, then again I say you are just as likely to injure your patient by employing, unconsciously, an agent about which you know nothing; and I advise you to proceed to bottle it, if you can, and seal the cork securely, for suggestion is a dangerous poison in the hands of physicians who are ignorant of its psychological and physiological effects.

---

Suggestion is the only exact therapeutic agent in the hands of the medical profession to-day. In using it, one can tell exactly the effects he will obtain in cases of disordered function.

Within the last two years I have witnessed personally the cure of over five hundred cases of constipation, with but two failures; and in these two cases, one patient did not wish to be cured and the other had a paralysis of the whole lower half of the body since childhood.

I have seen an equal number of cases of dyspepsia relieved, with less than half a dozen failures. All these cases were treated in the same way, with the same suggestions. Now, what other

agent or combination of agents or alkaloids will show such a result? There are many drugs which will move the bowels and aid digestion, but none of these can be counted on as a certainty. They will not affect two consecutive patients alike; and when they have spent their physiological effects, how is the patient? Certainly not cured, but waiting for his next dose. On the contrary, when a patient's bowels are moved or his dyspepsia relieved by suggestion, he has no further trouble, for the simple reason that the effects are produced by a force within himself and he is taught how to keep that force active.

---

Of late years charlatanism has spread at a terrific rate, especially those forms of it known as Christian Science and Mental Healing. That these sects are curing many chronic and acute cases is an undeniable fact, for scientific research in the realm of Psychology has shown us that the mind has a marvelous influence over the functions of the body, and that the law by which these cures are wrought is the law of *Suggestion*. The Christian Scientists, however, believe these cures are demonstrations of the correctness of their theories of religion, and the masses, for want of a simpler explanation of these miracles, are flocking by thousands to the Christian Science standard.

Nearly every great movement in the history of this world has had a religion behind it and the Christian Science religion is a very fascinating one. If they have a devil at all it is the physician and his drugs.

Charlatanism has flourished like a green bay tree under the most rigid legislative restrictions, and the Christian Scientists bid fair to overthrow the remnant of legalized medicine, thus giving full sway to every form of Charlatanry.

A bill was brought up in the Illinois Legislature a few months ago, framed to prohibit any one not a duly qualified physician from attempting to treat patients by any means whatever. The Christian Scientists of this state, however,



were on hand when the bill was brought up, and were powerful enough to have a clause inserted "*Exempting from Prosecution all Mental and Spiritual Healers and Persons treating without the use of Drugs;*" thus making the bill defeat the very object for which it was framed.

Now, does the reader know what this means? It means that at the rate at which this sect is growing it will be but a short time before these people will be able to say to their "devil," "Get thee behind me, behold, we will have none of your knives or drugs." This is not an extreme view of the case, by any means, and a few minutes quiet reflection will convince you of the fact. I know whereof I speak, for my office is directly opposite their magnificent Temple in this city, and I have every opportunity to ascertain what they are doing. It is nothing to see the boulevard on which their church is situated jammed for two or three blocks with the handsomest carriages in the city, when an ordinary service or "experience" meeting is being held.

The question then arises, what is to be done? I would answer, let us study the force by which these people make their cures, use it ourselves and teach our patients that the wonderful cures of these Charlatans are made by a natural force which the physician alone should employ for therapeutic purposes. Our patients, sooner or later, will want to know these things and we must be in a position to give them a satisfactory explanation and then be able to demonstrate our claims. It is natural for man to grope for knowledge and unless he can get a simple explanation for something he does not understand he is bound to accept a more difficult one.

Our physicians have studied the anatomy and physiology of the brain, but have sadly neglected the study of one of its chief functions—thought. These charlatans, in a round-about way, manage to direct a man's thoughts in certain channels and occasionally a cure is the result. Our physicians by a study of suggestion will understand exactly how these cures are wrought, but will be able to call it into use scientifically whenever the time is opportune.

**BUSINESS DEPARTMENT.**

- (1) We will render thanks unto you for mentioning SUGGESTIONS to your friends.
- (2) We will be glad to receive renewals from all our old subscribers.
- (3) We will mail SUGGESTIONS free for one year to anyone sending us two new annual subscriptions.
- (4) We will mail our Special Mail Course and SUGGESTIONS for one year to anyone sending in ten new annual subscriptions.
- (5) We will give a free scholarship in the Chicago School of Psychology to anyone sending in thirty new annual subscriptions.

---

**RENEWALS AND PREMIUMS.**

With the last issue a large number of subscriptions expired. Renewals are already coming in rapidly, but as a special inducement to all to renew their subscriptions, at once, we are offering the following premiums:

- For \$1.00 SUGGESTIONS for one year and our printing outfit.
- For \$1.00 SUGGESTIONS for six months and Vols. I. and II.
- For \$1.00 SUGGESTIONS for one year and Vol. No. 1.
- For \$1.50 SUGGESTIONS for one year and "Consumption and Rheumatism," by Geo. Dutton, M. A., M. D. (\$1.00 cloth.)
- For \$1.50 SUGGESTIONS for one year and Horace Fletcher's "Happiness as found in Forethought Minus Fearthought." (\$1.00 cloth, gilt edges.)
- For \$1.50 SUGGESTIONS for one year and Horace Fletcher's "A. B. C. of Menticulture." (\$1.00 cloth, gilt edges.)
- For \$2.20 SUGGESTIONS for one year and both the works of Horace Fletcher mentioned above.

We cannot speak too highly of these works of Mr. Fletcher. Every one should read them. In fact, so great is the mental and physical stimulation which invariably follows their perusal that

at the Chicago School of Psychology an effort is made to have every patient read them. No one can read them without feeling better for having done so.

---

## ENQUIRY AND EXPERIENCE DEPARTMENT.

D——, TEXAS, Aug. 15, 1899.

EDITOR SUGGESTIONS—Dear Sir:—

Not wishing to appear arrogant or as if assuming an air of importance, I will only say that there is but little in the realms of remedial agents that I have not investigated. I am, by profession and in due legal form, a physician and lawyer. I have never been adverse to any teachings, and if in doubt, like Thomas of Holy Writ, dive in for further evidence. In this, also, I have gained much.

Now I know there is much in mental influence over the physiological functions that is unaccountably strange. I will give you some illustrations which have occurred in my practice.

A negro came to my office, wearing an expression which indicated acute bodily suffering. His hand was tied up in a sling and he informed me that he had been suffering for some time, the cause being part of a broken needle supposed to be lodged in the fleshy part of the thumb near its base. In an endeavor to locate and extract the needle, the hand had been cut into and explored by several physicians before he came to me. A very ugly, pouting wound presented itself. His wife had been mending his trousers one night and left the needle sticking in the waistband. Being a farmer and engaged in plowing during the corn plowing season, next day, while turning his team, he caught his hand on the needle, which broke. Not being able to find one-half the needle, he came to the conclusion that it was lodged in his hand. So great did the pain become that he found it necessary to quit work and seek relief.

After a thorough examination, I was satisfied that the painful part existed only in the patient's mind and that there was no

needle in his hand. To satisfy the patient, however, I decided to resort to a little trickery. Having ascertained the size of the needle which had caused all the suffering, I procured one of about the same dimensions and concealed one-half of it between the blades of my forceps. I then carried it to the bottom of the wound and after probing around a little I suddenly withdrew the plague. As soon as he saw it he exclaimed, "Now I reckon I can clean my crop. I's done got dat ting what done gib me all dis trouble." He at once fixed it in a stick for safe keeping till he could take it home to show to his wife. I did not see the patient for a long time, and when I did he assured me that immediately after I extracted the needle he began to clean his crop, which was almost lost, and became perfectly well without further trouble.

Now I call this a pure mind cure, the cause of the trouble having been removed to the satisfaction of the reasoning faculties. A merchant friend of mine, who was present, saw me fix the needle in the forceps and, some time after the negro was well, said to him, "The doctor fooled you nicely, didn't he? Why I saw him fix that needle to make you believe he took it out of your hand." The negro replied, "You git out dar. You mean say I didn't done see de doctor git it outen dar, an ain't I got de ting at home? Yous can't fool me. I dun suffered too much for dat."

One of my patrons, whose family practice I had attended to for several years, had unbounded faith in me, for I had been successful with every patient I had in his family. One time when I was off on a vacation this individual was suddenly taken seriously sick. He was naturally of a very excitable temperament. When I returned to the city I was met by the sad news that Mr. A. was very ill and not expected to outlive the day, and that repeated calls had come for me to attend him. Two doctors had been in attendance on him all the time.

I visited the patient's house at once and found him surrounded by many friends who came to be present at the death bed scene, for he was a great society and prominent business man.

When I entered the room his wife exclaimed in her agony, "Oh, if you could only have been here sooner, I believe my husband would have lived, but you are too late." I made my way through the circle of weeping family and friends, placed my fingers upon Mr. A.'s pulse and was at once satisfied that the impression upon Mr. A. and family was a mistake. I tapped him on the shoulder and said, "See here, old fellow, dog gone it, can't I go away for a few days without your trying to die on me? Here, look at me! This is Dr. W. talking to you. You are not dead nor dying. What's the matter with you?" At this he opened his eyes, turned towards me and said, "Doctor, I have a heap of faith in you, but you are too late. I have told Nancy what to do with me and am ready to go." I said, "Well, you will have to tell her again, at some time more favorable for your departure, for you are certainly not going to leave us now."

To make a long story short, in two minutes Mr. A. was sitting up in bed, telling me how glad he was to see me again, etc. The multitude seemed shocked and were greatly astonished. His wife exclaimed, "Great God, what faith!" Knowing Mr. A., like myself, was fond of good coffee at that time of day, I said to his wife, "Mrs. A., I think Mr. A. would enjoy a cup of good coffee just now. If you have some ready, I wish you would bring us each a cupful." The coffee was brought, and Mr. A. and myself conversed while drinking. He was able to be up and at business in two days. He survives his wife, who passed away a short time ago.

Now then, the question is, would Mr. A. have breathed his last if I had not reached him at the time I did? He certainly was passing through mental death and, I firmly believe, would have died had I not come to the rescue.

If I have a patient in a low condition, one whose recovery is doubtful, I never allow a feeble bodied or weak minded person to enter his room; but sometimes may pass in a stout, cheerful, magnetic visitor, who will go in with a cheerful countenance, take the patient's hand in a warm grasp, look him square in the eyes and say, "Mr. A. or B., I am glad to see you looking so

well." Such a person, with good, bright, cheerful words, will do much to help along a sick person. He imparts animal magnetism and an electric force to the sick that beat too much medicine unaccompanied by such treatment.

You may publish anything you find interesting in these experiences, but for reasons that must be clear to you I will ask you to withhold my name. Yours truly,

\_\_\_\_\_  
L. W. \_\_\_\_\_, M. D.

### A CASE OF PAINLESS CHILDBIRTH.

ST. PAUL, MINN.

EDITOR SUGGESTIONS:—

Here is a report of my last case of confinement, which I handled by Osteopathic and Suggestive treatment, with great success:

The patient, Mrs. X., twenty-six years old, second pregnancy, was treated five times with suggestive treatment during the two weeks previous to her confinement. The suggestions I gave her at each treatment were to the effect that she would be able to relax all her muscles at any time, at will. That she would do everything I asked of her at all times and that her muscular system would relax perfectly when I required it. That if she would do this and pay strict attention to what I said to her, especially at the crucial time, she would have a painless labor. I also explained to her the importance of correct living, and what that was (of course, according to my own ideas). She carried out these ideas to the letter. I also explained the osteopathic treatment to her, which was to the effect that by desensitizing certain nerve centers the muscles would relax, thereby lessening the chances of pain.

This patient had a great deal of confidence in my ability to effect anything I promised, and of course to this fact I attribute my great success in her case.

The night she was confined she prepared the supper and entertained some friends, as usual, until 11 p. m., when she retired and fell into a sound sleep. After sleeping for an hour or two,

she awoke complaining of a peculiar feeling in the abdomen and some pain. I was sent for at one o'clock. Arriving about half past one I found her standing in the center of the room, apparently in pain. I had the bed arranged at once, and ordered her to lie down, close her eyes and relax all her muscles. I then proceeded to desensitize a few of the nerve centers, giving suggestions all the time that she was feeling easier and that she would have no more pain; that all the muscles were now relaxed and nature would continue to perform her work without further pain; that the next contraction would not hurt her.

The five treatments, mentioned before, had prepared her nicely, for she followed out every suggestion I gave her. At two a. m., just twenty-five minutes after my arrival, she was delivered of a fine ten-pound boy. Twenty minutes later the placenta was delivered without pain.

After proper attention I put the patient to sleep, her babe by her side. She slept soundly till 8 a. m., when I called and found both mother and babe in excellent condition. In four days she was sitting up, and in one week was about the house doing her work as usual. As I said before, this was the patient's second confinement. On the first occasion two regular physicians of the old school and five assistants were in attendance, and their little seance lasted from early evening till ten a. m. next day, the patient nearly losing her life. Next morning, after telling me this, she said: "My God, what a difference!"

Yours truly, DR. F. L. MATTHAY.

---

PHILADELPHIA, PA., Aug. 12, 1899.

EDITOR SUGGESTIONS:—

Will you please answer the following question?

Can Suggestion cure a case of catarrhal deafness? I have been afflicted with this trouble for the past ten years. The hearing in my right ear is almost completely destroyed, and I can hear but little with the left. During all these years I have had a singing in my head which sometimes I think will drive me crazy. I have consulted numerous specialists. They all say

that so far as they can tell there is nothing the matter with my ears themselves, but think that the catarrh has extended up the eustachian tube to the inner ear.

Now did you ever cure or hear of such a case being cured by Suggestion. I have been urged to try such treatment, but would like to have your honest advice on the subject before submitting to such treatment.

I am also a sufferer from various idiosyncrasies, and obstinate constipation. Yours truly, PHILIP MADIGAN.

It is almost impossible, sometimes, to do anything by any method of treatment for these long standing cases of what is commonly known as catarrhal deafness. The treatment by suggestion is the most logical one I know of. This statement may seem absurd at first glance, but a few minutes' reflection will show that it is correct.

Catarrhal deafness is not a disease. It is a symptom—a symptom of imperfect nutrition. Nasal catarrh, also, is a symptom of the same trouble. Invariably, functional troubles in the organs of nutrition precede these conditions—for instance such troubles as constipation and dyspepsia. When general nutrition is interfered with, the first place in which the symptoms of the failing nutrition are felt is the head. This is owing to the force of gravity, the heart having to overcome this force in driving blood to that part of the body. Memory and concentration grow poor. The various brain centers, including the auditory center, fail to perform their functions as well as when the individual is in perfect health. Sometimes the first marked symptoms are noticed in failing sight or hearing, but oftener in nasal catarrh.

It is evident, therefore, if nasal catarrh or catarrhal deafness is a symptom of imperfect nutrition to the head, that all the medical or local treatment in the world will prove of little avail and could be of no permanent benefit, unless the general circulation were worked up. Blood is the healing medium, and it stands to reason—if these conditions are due to changes in the circulation, brought about by functional troubles in the organs of nutrition—that nothing but a return of the normal circulation to these parts



will ever cure them. Now I am not using idle words, nor am I simply carried away by enthusiasm when I make the positive statement *that suggestion is a specific cure for functional troubles in the organs of nutrition and elimination.*

I have known physicians who tried in vain to cure these cases of deafness by suggesting to their patients, day after day, simply that they would hear better after each treatment. Is it any wonder such treatment failed? It is such treatment as this which injures Suggestive-Therapeutics. I have known a few cases of catarrhal deafness to be cured and have seen a large number of them greatly benefited by Suggestion. The improvement is necessarily slow and the suggestions must be directed to overcoming the functional troubles of nutrition. As the general improvement which follows nutrition to the head increases, the auditory centers and the ears, among other things, receive the stimulation which they have been denied, and, unless great organic changes have taken place, the hearing and catarrh are bound to improve. A month's treatment always starts the patient's health on the up-grade, and then time will work the cure, unless too great structural changes have taken place.

Mr. Madigan says he also suffers from idiosyncrasies. These are other symptoms of lack of nutrition to the brain. With improved nutrition to that organ reason improves and the individual is better able to control the idiosyncrasies. The fact that Mr. Madigan has suffered from obstinate constipation for years goes to prove the correctness of the theory I have advanced. Obstinate constipation is a symptom of imperfect nutrition, for when nutrition is perfect every organ in the body performs its functions properly. I have seen catarrhal deafness in patients who were apparently well nourished, but careful enquiry has elicited the fact that even these patients dated their troubles to a portion of their lives during which they were in poor health for an extended period. No doubt during this period structural changes had occurred.

## ACME HYGIENIC COUCHS.

"LASTING LUXURY."



No. 5214, 37 in. wide, 3 ft. 1 in. long, lat spring edge, seat and head. 26 springs in plain view from bottom. Price in best Corduroy and Velours, any color, freight paid **\$8.00**

Identify Acme Couches by our printed Guarantee Card, patented construction, as shown, great durability, comfort and cleanliness in use. Finished alike on both sides. Filling all moss and cotton.

Spring section composed of oil tempered steel springs, intercolled into steel woven wire fabric, steel wire holding steel springs in place, no twisting or welding to wear out or break down. If dealer cannot show you an "ACME" Hygienic Couch we will ship direct on receipt of price.

**A WRECK** This picture shows the result of the attempt to hold steel springs in place by means of twine and cloth. The springs wear through the twine, catch up through the covering and the cloth strips are sure to give way—as shown. Couches have been made in this manner for many years. The "Acme" Couch is the only one constructed on correct mechanical principles.



Picture View of Acme Couch shows twine and cloth strips are sure to give way—as shown. Couches have been made in this manner for many years. The "Acme" Couch is the only one constructed on correct mechanical principles.



**FREE**

To introduce our \$10.00 "ACME" Hygienic Mattress we will for 30 days include with every order a free 12 in. Guaranteed Metal Bed free, like our choice of widths—3, 3 1/2, 4 and 4 1/2 feet, and one of our celebrated supported "ACME" Bed Springs. Same as adopted by the U. S. Army after 6 months of the most rigid tests, but combining the great virtue, comfort, durability and cleanliness. Send us one dollar, state size of Mattress and Bed wanted and we will ship them promptly. When they arrive at your railroad station you can examine the goods and pay agent the balance—\$74.00—less freight charges—only when satisfied that they are exactly as represented. Where all cash—\$12.00—is sent with order we will include, without charge, one pair of Acme Hygienic Feather Pillows, and prepay all freight charges from this end.



Further, we will make shipment with the express understanding that if, in your judgment, the mattress alone is not worth \$15.00 and better than any other mattress, no matter how costly, you can have your money back.

### Our ACME Hygienic Mattress

depends largely on air—the most resilient force known to science—for its remarkable softness and elasticity, having for its center an air and spring section consisting of 26 steel springs intercolled into woven wire fabric at top and bottom. Around this is placed an elastic pure white cotton felt. Making the mattress pneumatic, self-ventilating and of downy softness. Better than any other mattress at any price.

On request we will send duplicate of personal letters of endorsement from the celebrated Chicago surgeon Dr. J. B. Murphy; Washington Healer, late postmaster of Chicago; Mr. Joseph Ringel of Ringel, Cooper & Co. of Chicago; and B. W. C. of Chicago, and many other well known people, of the merits of this mattress.

ACME SPRING BED CO.,

567 W. 43d St., Chicago.



Place of Honor in the Picnic Hamper

should be accorded that dainty luncheon or ample meal—

## Van Camp's BOSTON BAKED Pork and Beans

Delicious hot or cold. Open the can and they're ready for eating. Van Camp's are the original pork and beans. Others are steals on name and idea. All grocers sell them. Send 6c in stamps for sample can. Booklet free.

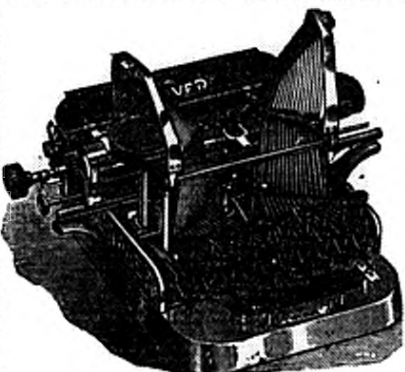
Van Camp's Macaroni and Cheese, with tomato sauce—something new—the choicest kind of eating. Cans at grocers, 10c, 15c, 20c.

VAN CAMP PACKING CO.,  
310 Kentucky Ave., Indianapolis, Ind.

## The Oliver Typewriter

Shows every word as you write it—You can learn to operate this machine in one day. It took 25 years to find out

that typewriters have been built up-side down. The Oliver is built right-side up, where the work is in sight.



The Oliver SELLS

because it is an up-to-date typewriter, not in the Typewriter Trust, and sold to agents at a price that enables them to make a handsome profit.

OLIVER TYPEWRITER COMPANY,  
Cor. Washington and Dearborn Sts.,  
CHICAGO, ILL.

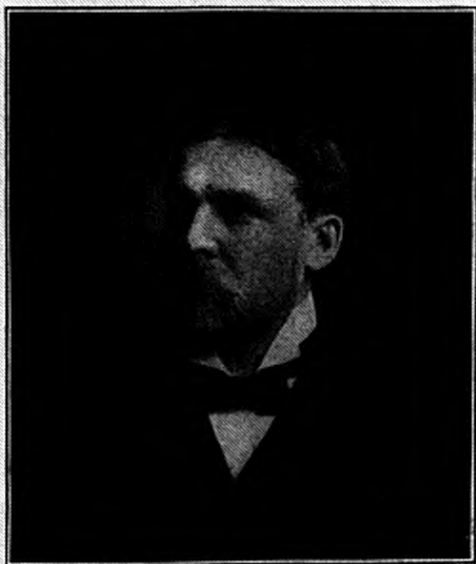
When writing to advertisers please mention Suggestions.

# ..Special Mail Course..

## In Hypnotism and Suggestive Therapeutics

By HERBERT A. PARKYN, M. D.

*The most complete, practical and comprehensible Mail Course of any sort to-day. It is the result of observations from the personal treatment of over 4,000 cases. These cases have been treated since most of the text books were published.*



*No Text Books are required with this course. It is complete in itself. This is not a type-written course of twenty or thirty pages. It covers over 200 pages of printed matter; and each of the thirty parts is nicely bound.*

HERBERT A. PARKYN, M. D.,

PRINCIPAL AND FOUNDER OF THE CHICAGO SCHOOL OF PSYCHOLOGY (INCORPORATED)  
THE FIRST SCHOOL OF SUGGESTIVE THERAPEUTICS ESTABLISHED IN AMERICA.

**This Special Mail Course** has been published in order to satisfy the demands of many who are unable to spend the time or money required to complete a regular school course in Suggestive Therapeutics and Hypnotism.

Over One Year was spent in preparing it for the publisher; and the flattering testimonials which are pouring in from all sides from those who have received it show that the time was well spent.

This work is different in theory and practice from anything taught elsewhere or published in books.

Everything is made so clear that a child could apply its teachings. It tells what to do and how to do it. What to say and how to say it.

The course is printed on fine, hand-made paper, and consists of THIRTY PARTS; all of which are SHIPPED AT ONE TIME.

For particulars address

### SUGGESTIONS,

4020 Drexel Boulevard.

# Sunart Cameras

Guaranteed.

If you want a first-class instrument investigate the merits of SUNART products . . . . .



SO easy of adjustment and manipulation.

SO excellent in manufacture.

SO certain in results.

The most expert and exacting will find them satisfactory.

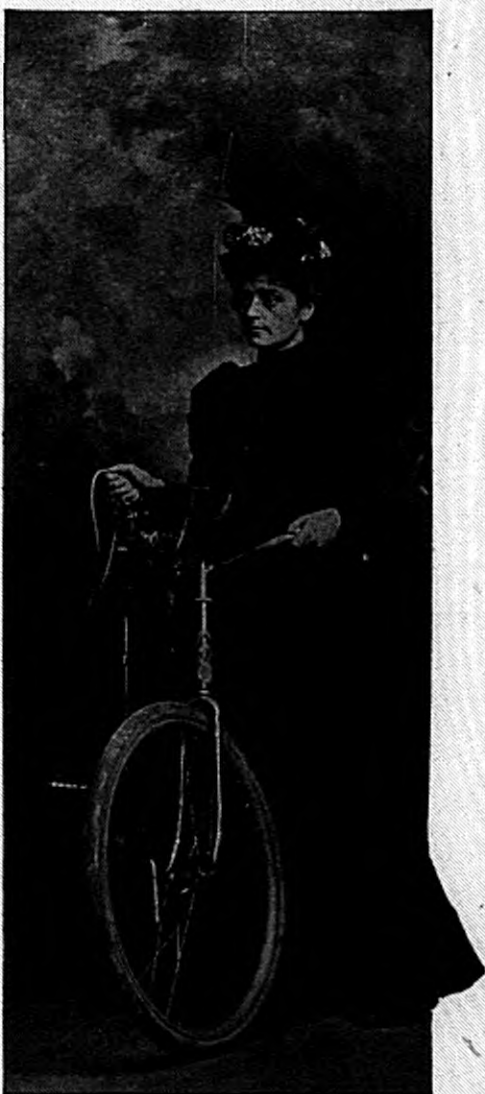


We manufacture a full and complete line of

## CAMERAS

at prices from

**\$5.00 to \$100.00**



Latest Designs. Our Illustrated Catalogue tells all about them.

## Sunart Photo Co.,

No. 311 Aqueduct St.,

ROCHESTER, N. Y., U. S. A.

*When writing to advertisers please mention Suggestions.*



**THE  
SMITH  
PREMIER**  
THE MIGHTIEST  
WRITERS

are those who do the actual work in the vast correspondence of a nation. In this work one :: :: :: ::

**Smith Premier Typewriter** :: ::

is equal to scores of pens. The pen has given place to The Modern Writer, The Smith Premier, the machine typical of progress, the acknowledged leader in improvements. :: :: ::

SEND FOR CATALOGUE.

THE  
SMITH PREMIER  
TYPEWRITER CO.,

Syracuse, N. Y., U. S. A.

**SECURE A COPY**

Vol. 1, of Suggestions, sent to any address in the United States or Canada, on receipt of

50c. Fifty Cents. 50c.

**SUGGESTIONS,**

4020 Drexel Blvd, Chicago, Ill.



**WHITE DIAMOND**  
TRADE MARK  
**LIQUID  
GLASS & SILVER  
POLISH**

THIS LIQUID IS VERY CAREFULLY FLOATED AND PREPARED FROM OUR CELEBRATED  
**WHITE DIAMOND POWDER**

ALL GRIT GLASS REMOVED AND CONTAINING NO ACIDS, POISONS OR ARSENICALS IS GUARANTEED NOT TO INJURE THE FINEST METAL OR GLASS.

WE TRUST YOU WILL FIND THE BEST PREPARATION THAT IS POSSIBLE AND NEVER USE ANY OTHER.

- GOLD SILVER NICKEL FINE BRASSES
- MIRRORS TABLE WARE SILVER MOUNTINGS
- SURGICAL INSTRUMENTS BICYCLES
- SODA FOUNTAINS HEADLIGHTS
- REFLECTORS NICKEL ON STOVES &c

Every household will use no other after trying this

**DIRECTIONS**  
SHAKE WELL AND APPLY WITH SOFT CLOTH OR FINE SPONGE. WHEN DRY, FINISH WITH CLEAN SOFT CLOTH OR CHAMOIS.  
PREPARED ONLY BY THE  
**MATCHLESS METAL POLISH CO.**  
CHICAGO, ILL. U. S. A.



**Dietz Driving Lamp**

IT is the only perfect one.  
IT throws all the light straight ahead from 200 to 300 feet.  
IT looks like a locomotive headlight.  
IT gives a clear white light.  
IT burns kerosene (Coal Oil)

**It will not blow nor jar out**

**SPECIAL OFFER.** CUT THIS ADVERTISEMENT OUT and send it to us and we will send book describing our lamp, and will agree to send you one single lamp or a pair at our wholesale price (very much less than the retail price).

**R. E. DIETZ COMPANY, 60 Laight St., New York.**

ESTABLISHED 1840.



**DIETZ**

When writing to advertisers please mention Suggestions.

"MULTUM IN PARVO."

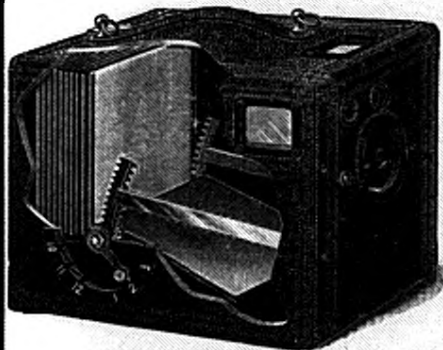
# The Psychic Digest and Occult Review of Reviews.

Ten Cents per Copy—One Dollar per Year.

Edited by ROBERTSHEERIN, M. D. A monthly compendium of the contemporaneous thoughts and writings of the World on Mental Science and Occultism. It will be quite conspicuous from all other publications devoted to these subjects. Instead of furnishing the reader with original articles, editorials, or reviews, it will give an able *digest and review* of the best opinions, thoughts and writings of all the important psychological and occult papers, Magazines and Reviews, gathered from the world over. It has no editorials of its own. It is not its purpose to present the views of its editor, but to represent the best thought, the latest discoveries and writings as far as expressed in the Psychic and Occult Science Literature of the world. The reader will be kept thoroughly posted on these subjects by regularly perusing its pages, and he will find all sides of such subjects represented *fairly and fully*, with no attempt on the part of the editor to mold his judgment in reading. Most Psychic and Occult students have neither the time nor the money to spend on the vast array of periodicals devoted to their line of study, and it is the purpose of the **Psychic Digest and Occult Review of Reviews**, to supply their wants in this respect. You will profit more from a few hours' reading of this Journal than in weeks of study put upon other periodicals. You cannot possibly gain better satisfaction for many times the expenditure elsewhere. This Journal is clubbed with *The Suggester and Thinker*—both sent one year for \$1.50. Write for other premiums. *Send 10 Cents for sample copy. No free copies.* Address

ROBERT SHEERIN, M. D., 178 Summit St., Cleveland, O.

## "Adlake Repeater"



Our new rapid action Magazine Camera. Has the finest single achromatic lens money will buy fitted into a lens holder instantly removable for cleaning. Has the New Adlake Metal Shutter with four stops. Has patent cover catch that holds. Has exposure register with self-locking lever allowing plates to move but one at a time. Takes twelve perfect pictures on glass without opening box. Twelve pictures in ten seconds if you wish, but wise amateurs never hurry picture taking. The best camera for the least money.

Adlake Repeater  $3\frac{1}{4} \times 4\frac{1}{4}$  \$5.50  
Adlake Repeater  $4 \times 5$  \$8.00

New Size **Adlake Regular  $3\frac{1}{4} \times 4\frac{1}{4}$  \$6.50**

Has all the patented Adlake devices that have made these cameras famous in this and foreign countries. Twelve metal plate holders, light tight, dust proof. One or more plates may be removed in broad daylight without exposing the entire dozen. No dark room necessary.

**Adlake Regular, with 12 Metal Plate Holders \$10.00** **Adlake Special, with 12 Aluminum Plate Holders \$12.00**

New devices on all 1909 Adlake Cameras: Adlake Metal Shutter, mounted on metal. Not affected by warping or shrinking of shutter board. Portrait attachment for taking cabinet. Devices for taking panoramic pictures free with all Adlakes. The new Multiplex Attachment for taking two or four pictures of same object in different positions on one plate \$1.00 extra. Any camera expressed prepaid in U. S. on receipt of price. New 1909 Adlake Booklet for your name on postal. Sample photo 6c. stamps.

**The Adams & Westlake Co., 112 Ontario St., CHICAGO.**  
Makers of X-Rays and Acetylene Cycle Lamps. Adlake Bicycles.



When writing to advertiser mention Suggestions.

# Women's Suits

For Street and Outing Wear.

We are offering extraordinary values in Women's Stylish Suits and Skirts.

Send for Descriptive Circular.

## Our \$15.00 Silk-Lined Tailored Suits

The best values, we think, that have ever been offered for \$15.00. Silk lined throughout, well made, stylish models, excellent fabrics.

No. 211—Like cut—a splendid value in brown, royal navy and black chevrons. Entire suit lined with black tulle silk. Sizes 24 to 44. Price..... **\$15.00**

No. 212—Like cut—black, brown, royal and navy chevrons; silk lined throughout. Splendid value. Price..... **\$15.00**



## Bicycle and Outing Suits and Skirts

Both separate skirts and complete suits for bicycle, golf or rainy-day wear, are shown by us in unusual variety—among them these:

No. 213—Stylish blazer suit in heavy checked suiting, in browns and grays; jaunty 18-inch jacket and skirt 32, 34 and 40 inches long, suitable for your wheel or rainy weather wear, rolling. Price..... **\$12.00**

No. 214—Like cut—a decided novelty—a bicycle, golf or rainy weather skirt that can be reversed. The plaid side shown in the cut makes it a golf or bicycle skirt, while the plain side of the double-faced plaid makes it a modest rainy-day skirt. It comes in a variety of colorings, including new blues and browns. Price..... **\$12.50**



# CARSON PIRIE SCOTT & Co.

STATE AND WASHINGTON STS.  
CHICAGO.

If you writing to advertisers please mention Suggsions.

The  
**Chicago School**

—OF—

**Psychology**

(INCORPORATED)

4020 Drexel Boulevard,  
Chicago, Ill.

HERBERT A. PARKYN, M. D.,  
Medical Superintendent.

**E**STABLISHED June 15, 1896, for giving instruction to physicians and students in the treatment by Suggestion of **FUNCTIONAL DISORDERS**, such as Chronic Constipation, Dyspepsia, Diarrhoea, Dysmenorrhoea, Amenorrhoea, etc. **NERVOUS DISEASES**, including Locomotor Ataxia, Chorea, Epilepsy, Stammering and Asthma. **MENTAL TROUBLES**, such as Melancholia, Mania, Idiosyncrasies, Illusions, Delusions, Hallucinations, Stage Fright, Self-consciousness, etc. **Liquor, Drug and Tobacco HABITS**. Headaches, Rheumatism and Insomnia.

A handsome steel engraved shepskin diploma, 14x18 inches, awarded to every graduate.

Special rates will be given to students joining our classes commencing July 1st and August 1st.

For Terms of School Course, Private Treatments, or instruction  
by mail, address

SECRETARY.

**The Chicago School of Psychology.**

4020 Drexel Boulevard.

CHICAGO, ILL.

Ransom Publishing House,  
844 E. 52th St.



# Women's Suits

For Street and Outing Wear.

We are offering extraordinary values in Women's Stylish Suits and Skirts.

Send for Descriptive Circular.

## Our \$15.00 Silk-Lined Tailored Suits

The best values, we think, that have ever been offered for \$15.00. Silk lined throughout, well made, stylish models, excellent fabrics.

No. 311—Like cut—A splendid value in brown, royal, navy and black cheviot. Entire suit lined with black taffeta silk. Sizes 34 to 44. Price..... **\$15.00**

No. 312—Like cut—black, brown, royal and navy cheviot; silk lined throughout. Splendid value. Price..... **\$15.00**



## Bicycle and Outing Suits and Skirts

Both separate skirts and complete suits for bicycle, golf or rainy-day wear, are shown by us in unusual variety—among them these:

No. 315—Stylish bicycle suit in heavy checked suiting, in browns and grays; jaunty 19-inch jacket, and skirt 26, 38 and 40 inches long; suitable for your wheel or rainy weather wear, golfing, **\$12.00**

No. 316—Like cut—a decided novelty—a bicycle, golf or rainy weather skirt that can be reversed. The plaid side shown in the cut makes it a golf or bicycle skirt, while the plain side of the double-faced plaid makes it a modest rainy-day skirt. It comes in a variety of colorings, including new blues and browns. **\$12.50**



# CARSON PIRIE SCOTT & Co.

STATE AND WASHINGTON STS.  
CHICAGO.

When writing to advertisers please mention Suggestions.

The  
**Chicago School**  
—OF—  
**Psychology**

(INCORPORATED)

4020 Drexel Boulevard,  
Chicago, Ill.

HERBERT A. PARKYN, M. D.,  
Medical Superintendent.

**E**STABLISHED June 15, 1896, for giving instruction to physicians and students in the treatment by Suggestion of **FUNCTIONAL DISORDERS**, such as Chronic Constipation, Dyspepsia, Diarrhoea, Dysmenorrhoea, Amenorrhoea, etc. **NERVOUS DISEASES**, including Locomotor Ataxia, Chorea, Epilepsy, Stammering and Asthma. **MENTAL TROUBLES**, such as Melancholia, Manias, Idiosyncrasies, Illusions, Delusions, Hallucinations, Stage Fright, Self-consciousness, etc. **Liquor, Drug and Tobacco HABITS**. Headaches, Rheumatism and Insomnia.

A handsome steel engraved sheepskin diploma, 14x18 inches, awarded to every graduate.

Special rates will be given to students joining our classes commencing July 1st and August 1st.

For Terms of School Course, Private Treatments, or instruction  
by Mail, address

SECRETARY,

**The Chicago School of Psychology,**

4020 Drexel Boulevard.

CHICAGO, ILL.

Ransom Publishing House,  
344 E. 55th St.