



SUGGESTIVE THERAPEUTICS

Edited by SYDNEY FLOWER, LL. D.

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SUGGESTIVE THERAPEUTICS.

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EDUCATION DURING NATURAL SLEEP.

By H. T. Howard, M. D., Astoria, Ore.

The mind of an infant is like a sheet of white wax, ready to receive and retain every impression made upon it by the stylus of time. The child's entire knowledge of the external world is obtained through the five senses, and having no means of judging of the value of the sensations received, all are alike accepted and recorded as true. As the child grows older the reasoning faculties gradually develop and begin to pass judgment upon the impressions received, but faith and unquestioning belief are still marked attributes of the child mind. Hence, children are eminently suggestible.

This is true of the waking state and during sleep, when the reasoning powers are entirely quiescent, the suggestibility is increased. As children do not readily awaken when spoken to, an excellent opportunity is afforded for treatment by suggestion, which experience has shown to be equally effective in natural sleep as in the hypnotic state.

In June, 1897, I commenced to treat my little boy, then two and a half years old, for incontinence of urine, diurnal and nocturnal. Like the climate of Oregon, he was constantly and

continuously wet. The first suggestions, given just after he went to sleep, were immediately effective, and he slept dry for the first time. The good effect continued the next day and night, but there was a relapse on the third night, due to his being up late. After that there was no more trouble.

Occasional lapses have occurred at long intervals, but always due to some exciting cause. The suggestions were given in a low tone of voice, telling him first that it was his papa talking to him and he must not wake up, that he was sleeping soundly and would not wake up while papa was talking. Then followed the particular suggestions that he would not wet the bed, and would always wake up and call mamma when he wanted to relieve himself. Directions were also given as to his conduct during the day, and the treatment was brought to a close by telling him to sleep soundly all night. After the first few days he always awakened about ten o'clock and called his mother to take him up.

A few months after this he commenced to stammer, but the incipient habit was quickly checked by suggestion.

A curious thing was noticed then, that the day after receiving a treatment during sleep he would stammer worse than ever, but the following day the improvement would be marked. After that he was treated only once in three or four days.

One other habit remained for correction, that of thumb-sucking. This had been formed when he was only a few months old, and was indulged in whenever his attention was not otherwise engaged, and invariably on going to sleep.

Occasional suggestions had broken him of the habit in the daytime, but he insisted that he could not go to sleep without sucking his thumb. On his third birthday I took the matter up in earnest, and gave him a series of vigorous suggestions, telling him that he was getting such a big boy that he did not like to suck his thumb any more, that he could go to sleep without sucking it, and particularly that it did not taste good any more. This last suggestion was supplemented by painting the thumb with an acid solution once or twice, and the treatment was entirely successful after the third night. About a week after there was a slight relapse, noticed when he was half awake in the morning,

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but a few more suggestions checked it, and since then there has been no tendency to suck the thumb at any time.

In suggestion during sleep we have a valuable method of training for children, and I am satisfied that tendencies of any kind can be fostered or eradicated by its use.

It is a subject that should be brought to the attention of every mother and father in the land.

SUGGESTION IN SNUFF-TAKING.

By Prof. Edwin F. Bowers, Masonic Temple, Minneapolis, Minn.

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April 23 a Mr. Headstrum, about 26 years of age, came to our clinic; was afflicted with the habit of chewing snuff. Upon questioning him, it was found that he partook about every half hour; it was his strong desire to quit, but the craving was so great that he could not; was profuse in his promises that we would have his most thorough co-operation, and of course it was impressed upon him that such a position was very necessary. He had no physical disability except a light heartburn and occasional palpitation, which no doubt were caused through his excesses.

He was placed in the chair and put into the receptive condition by the simple Nancy method of eye-gaze, with suggestions of sleep.

The suggestions for his habit were as follows, given with considerable force: "You are to be cured of this habit. The very next time you take a pinch of that stuff in your fingers, every element of manhood within you will come to the front and say, 'No, drop it!' and you will drop it. Whenever the thought of taking any of it comes into your mind you will cast it out immediately; it's not a part of any man, and you are a man. This is nothing but a habit—nothing but a habit—and you are not going to let any habit be master over you. You will have a mighty battle between self and habit, and you are going to win, because it is not a part of any man to let habit rule over him. Cured of this habit, and your physical ailments are at an end. You will leave this office to-night brighter and happier in the thought that you

are to be absolutely cured of this habit; there is to be no more craving for this weed, no more heartburn, no more palpitation. Your whole system will start with renewed vigor and your life will have in it a new purpose. A fight between self and habit now and you will win. Come back to our next clinic and tell us of your battle."

April 26th the patient returned and reported the craving ceased for about half an hour after the first treatment. Before going into the chair he called the operator on one side and said: "Say, I want to be honest with you; I wasn't asleep the other time." The reply, "That makes no difference at all to our results," was received with some surprise, but with apparent satisfaction. Again he said: "Say, I have had a good many things to worry me lately and I want to know if you can't kill two birds with one stone." "Certainly," we said, and a few questions were asked to ascertain his troubles. Money was his chief worry, or rather the lack of it, because of some debtors from whom he could not collect.

With the statement that he would try very hard to sleep he took the chair and was put into the state of receptivity by the same method as was employed upon the previous evening. The half hour suspension of his craving was used emphatically as a lever to drive home the suggestions for that evening. "The fact that you threw the stuff away for a single half hour proves absolutely that you can do it for all time; proves that your cure is at hand. You will not find it hard to say 'No' after to-night; the craving will be gone absolutely." The suggestions of the previous evening were gone over, with variations, ever keeping that half hour of success prominently in the foreground. A short sermon on happiness and life in general was given him to cheer his despondency, with the added suggestion that, cured of this wretched habit, his physical, mental and moral beings would all pull together and make him a stronger and happier man.

April 28th he returned with the report that he had been all right the past two days, but that it had been a hard struggle. His suggestions that evening were that the struggle would grow constantly less, and that very soon such thoughts would not even

knock at the door of his mind for entrance; that he had conquered in this fight, had won the battle and it was a most splendid victory.

He was at the clinic April 30th and May 3d, with the report that he was feeling much better in every way and that the craving was nearly gone. Was dismissed cured.

Inquiries as late as May 12th reveal the fact that he tells his friends "I've quit forever."

In this case is another instance which proves conclusively that good results may be obtained without the presence of deep sleep or even light sleep. This patient did not go farther than what we might call light drowsiness, and yet after two treatments he was broken of a long-established habit.

Notice that the suggestions were entirely along the manhood line. No idea was given him that he would be deathly sick. We believe a cure through an appeal to manhood is preferable, if it can be done. It depends, of course, upon the condition of the patient's morals, and the successful operator is quick to perceive which of the two methods should be used. One can scarcely make a mistake, however, in starting out with the manhood method. In this case it was eminently successful.

In our next report we will give in detail the cure of a case of hallucinations induced by a too free acceptance of the doctrines of spiritism. Many cases of this kind have come to us for treatment, and it is well to know that suggestive therapeutics will cure even fixed delusions.



WORKING THOUGHTS.

By the Editor.

Jackson, Mich. A pretty place this, half city, half village, with roads of light-brown earth, and apple trees in blossom. We take life easily in Jackson, and are not so concerned about the passing of the years. From the centre of the town a five-minute walk in any direction will land one in the country—surely a pleasant sight to a city-weary eye. Furthermore, it offers an agreeable variation to the day's proceedings to be at the depot when the train comes in. Frequently there are people on the train who get off at Jackson, and variety is the spice of life. For the utter confusion and perplexity of the stranger, Jackson has adopted a double mensuration of the moments—a city time and a standard time. There is half an hour's difference between them, and the method serves the valuable purpose of making the wanderer half an hour too early for his dinner and thirty minutes too late for his train. I have met some charming people in Jackson, but am more in love with the place itself. The pear trees are shedding their blossoms, and the effect of the white flakes against the green lawn grass is very curious and puts one in mind of the stage snow-storm, with its serviceable and unmelting crystals of white paper.

The Jackson School of Suggestive Therapeutics was opened in the City Bank Building, and there I made friends with two energetic house spiders, whose webs lent an air of industrious neglect to the surroundings. My friendship for these interesting creatures cost me my first patient, a woman, whom, doubtless, suggestive therapeutics could have benefited, but who went away, like Naaman, in a rage, before I could take her name and address. While she was recounting her symptoms, which indicated a neurasthenic condition, one of my spiders engaged in a fierce leg-to-leg conflict with a fat aldermanic blue bottle, and appeared to be

getting rather the worst of it. Owing to the fact that the nation is now measuring its strength against a foe, the struggles of the humblest of its insects become a matter of interest, and I approached the arena. Doubtless in my enthusiasm, I endeavored to put before my visitor a picture, however imperfect, of the complete spider and her ways, but the patient's sympathies were elsewhere.

(You will note, as an important point, that in the condition of neurasthenia the mental attitude is introspective. When it is possible for you to turn your patient's thoughts away from their own condition, from their sufferings, aches, pains, nerves, and sensations, the state of nervous irritability, due to nerve-exhaustion, will have ceased to exist. Perhaps in the case alluded to the change was too abruptly attempted.)

Among the cases treated at this school is one of stammering, to which I call your special attention, as the cure was made in one day, and without hypnosis. The method is my own—that is to say, I have not heard or read of anything of the same kind being attempted, and it is therefore at your service, as

This journal is intended to be helpful, and to teach certain things. To enrich oneself is not the highest aim, and it does not seem to me worth while in this short life to monopolize anything of therapeutic value. I look very shyly upon institutions which profess to cure stammering, believing as I do that the cure lies solely and entirely in removing nervousness, checking haste, improving the breathing, and quickening the memory. All the rules for practicing certain vowels, consonants, and phrases, seem like so much useless detail, serving the purpose only of making the patient believe that he is getting his money's worth. Following is the treatment of this case:

"Sit in this chair. Make yourself passive. Arms heavy and relaxed. So. Perfect muscular relaxation. Close your eyes. Now keep quiet for five minutes while I write a letter. Breathe slowly and easily; nothing will disturb you." * * * "Now you have had time enough to become passive. Your mind is receptive. What I say to you will impress you. You will remember, and carry out, my directions. From this time you will breathe

only from the abdomen. Never mind your chest; let your lungs take care of themselves. Breathe from the abdomen, so that you feel the expansion at the pit of the stomach. Never attempt to speak until you have expanded the abdomen, and then speak only four or five words at a time. They will exhaust the falling breath. Then stop. Fill the abdomen again with air, and finish your sentence. If more than five words are to follow, stop at the end of your breath, and expand the abdomen again fully before you proceed. Your speech will sound jerky at first. Don't let that worry you. Don't be in a hurry. You can make up for lost time later on. Speak less, and you will not stammer. Never try to speak on an ingoing breath. Breathe out when you speak. Four or five words at a time are enough. Take time. Why should you hurry, when you have twenty or thirty years ahead of you to speak in? Speak as I tell you to speak, and let the other man listen. In a little while you will have forgotten how to stammer. It is a fact that you will have forgotten how to stammer. Follow my directions; and now mark the most important point in this treatment. At present you think too quick. You think like lightning; all stammerers do. We must introduce an obstruction to the process of thought. Here it is: You must form in your mind the sentence you wish to utter before you speak. Suppose a man says to you, 'It's a fine day;' you must say to yourself, 'Yes, it is—very fine,' before you make that reply aloud. Don't hurry. Don't be afraid. You will not stammer. You cannot stammer if you follow these directions. It will take you a little while to get used to watching yourself closely, but it is worth the trouble. Now, don't think you know better than I do, because you don't. If you did you would not stammer. I told you to close your eyes because by so doing you put yourself in a condition of voluntary passivity, in which my words impress you. Remember what I've said. Say your sentence in your mind before you speak it; breathe from the abdomen; content yourself with four or five words at a breath, and in a month you will have forgotten how to stammer."

The patient was given ten days daily treatment according to the above method, for the purpose of imprinting the suggestions deeply upon his mind, but he did not stammer once after his first

treatment. He is the son of a baker in Jackson, Smith by name, is twenty-four years old, and has stammered since he was four years of age. He gave his earnest attention and co-operation in the treatment.

* * * * *

Since the above was written Jackson has been shaken to its centre. Two circuses struck the town simultaneously. Making a virtue of necessity, I closed the school and betook myself to the Wonderland Pavilion to watch the performance of Madame Pianka and her lions. An interesting vaudeville preceded the appearance of the star, and the dialogue of the "Comedy Duo" was quite up to precedent:

He (with a concertina): Do you know why this concertina is like my brother's mother-in-law?

She: Like your brother's mother-in-law?

He: Yes'm. Like my brother's mother-in-law.

She: No, sir, I do not know why that concertina is like your brother's mother-in-law. Why is that concertina like your brother's mother-in-law?

He: Because it's hard to shut up.

The conscientiousness of the interlocutor in impressing upon the audience the exact terms of the conundrum is never, it seems to me, properly appreciated.

Following the comedy duo came, according to the programme, "The World's Greatest One Leg Exponent of Songs and Dances," and when the exponent had retired, Madame Pianka appeared. I came to scoff, but remained to admire. Truly, it was a performance requiring the highest form of courage;—nerve;—the courage of cold blood. I was especially interested in this performance because of a curious theory advanced, as you may remember, by Dr. Hudson, in his *Law of Psychic Phenomena*, to the effect that animals recognize subjective power in man, and can be controlled by telepathic communication from man to beast. Armed with nothing but a riding-whip this woman entered the cage wherein were two lions and two lionesses, and proceeded to put the brutes through their tricks. She cut them across the hindquarters with the whip, and they jumped, in sloven-

ly fashion certainly, yet with a clumsy alacrity, through flaming hoops, and over small gates. Also she pried open the mouths of a lion and a lioness, and put her head in the cavities. But there was one of the quartette which showed a savage temper, and responded to every cut of the whip with a growl, and a menace of the paw. This animal I watched, and noted that Madame Pianka also kept her eye continually upon him. In conversation with the attendant at the close of the performance, I learned that he (not the attendant) had bitten her hand through some months previously, and that she gave in sufficiently to his sullen temper to be somewhat afraid of him. I asked the attendant how she controlled her lions, and whether she relied upon the riding-whip alone, to which he answered, "Not much! She uses her eyes mostly." That was an interesting point, but let us see how much telepathic communication has to do with the subjugation of these lions. "The subjective mind," says Dr. Hudson, in effect, "knows no fear." Again, "When Daniel was thrown into the lion's den, he passed into the subjective condition, in which he was enabled to establish a sort of mental communication with the brutes, and they, recognizing his superiority, refrained from molesting him." These are not Dr. Hudson's words, but I rely upon my memory to reproduce the gist of his argument. I contend that fear is a purely subjective condition, and that courage is objective, or due to cerebral activity. In support of this I would point out that fear is paralyzing in its effect upon both physical and mental action, and during a severe fright the reasoning power is blotted out. Madame Pianka felt some fear of her surly lion; in other words, her subjective self was not sufficient to cope with him. But to the relief of the subjective came the objective. She mastered her lion, not by telepathic communication, but by the determined front established by the employment of her will—in other words, her Intellect. Putting aside the tones of her voice, and the whip, it may be said that her steady eye was due to the exercise of objective power, or the action of the higher centres of the brain.

The objective and subjective is a very convenient classification, or rather definition, of the dual mentality of man, but it is impossible to accept this division as accurate. We cannot draw

any such arbitrary distinction between the two thought processes. Dr. Hudson makes the subjective mind or soul an intangible something which is superior to the physical senses. I maintain that the subjective mind, if you wish to call it so, can only be reached through the physical senses, and call your attention to the following very pertinent experience:

While in Minneapolis, I had two clinical patients, women, middle-aged, sufferers from catarrhal deafness, and certain nervous disorders. Both of these patients passed into deep passive somnambulism, with amnesia on waking. The sleep was profound in both cases. By speaking loudly into the ear of either one or the other, suggestions in the form of dreams would be accepted and realized. There was an excellent condition of subjectivity present in each case. Yet, a suggestion given in a low tone of voice was unheeded, and the command to wake had to be given in the same loud tone as we employed when speaking to these patients in their waking state. In other words, there being an obstruction in the form of mucus and inflammation of the membrane of the ear passages, the subjective mind was impotent to receive a message directed to it in a low tone of voice. Mental suggestion was equally ineffective. The subjective attention had to be reached in the same way as the objective attention, i. e., by the medium of the physical senses. I am a great admirer of the Law of Psychic Phenomena, but its chief value lies in its effect upon the masses with respect to investigating psychic phenomena. Most persons are afraid of the mystery of their own mentality, and Dr. Hudson's book has done yeoman's service in bolstering up their courage, and stimulating their curiosity. Every student of this work should read it, not once but many times, and even when he is of the opinion that he has gone beyond its conclusions, he will find himself harking back to it, and unconsciously borrowing from its pages.

As criticism is in order, it may be as well just here to say that Hypnotism up to Date is unsound in its teaching. It is too elementary in its scope to be of much practical value, save to a beginner, and even he must unlearn much of what is recorded in its pages as fact. It is still a good book for a beginner to read, be-

cause it is simply written, and can be assimilated at once, but it is not a book to rely upon. There are some glaring errors which I should be disposed to pull to pieces if I were not of the opinion that the little book has served its purpose, and is not of sufficient importance to molest.

A very valuable book for the student to possess is Lloyd-Tuckey's *Psycho-Therapeutics* (\$2.00, postpaid, Psychic Publishing Company). This is perhaps the most helpful of all our books to the physician, student, or beginner. I should place its value even before Bernheim's *Suggestive Therapeutics*, as it contains more practical instruction, point for point, than the latter.



SUGGESTION IN NERVOUS PROSTRATION AND AMENORRHEA.

By C. O. Sahler, M. D., Kingston, N. Y.

On December 24th, 1895, a mother brought her daughter to me, a young lady about twenty-one years old, with the following history: From early childhood she had always been healthy. At the age of thirteen years menstruation came on without disturbance, regular and natural. She was then a school girl attending one of the city schools, finally entering the academy and graduating. For a few months all went well. Gradually she began to lose strength, became nervous, lost her appetite, could not sleep well, her menstrual period growing less and less. She finally broke down with nervous prostration, and was obliged to come home, giving up college life entirely. She was treated by some of our best physicians up to December 24th, '95, when she was brought to me. She then had not menstruated at all for more than six or seven months. Upon examination I could find nothing particularly wrong, and told her mother my opinion was that she should be put upon tonics, encouraged to be out in the open air a great deal of the time, and to associate with young people freely, to which, by the way, she had an aversion, seeming to shun all society, and living within herself. I further suggested dilatation of the cervix and the use of electricity, especially applied to the abdominal organs and one pole inserted in the uterus, also massage of the abdomen and uterus. I had her under treatment from December 24th, '95, to January 27th, '96, following up thoroughly the above methods of treatment, but there seemed to be no response from treatment. Menstruation did not return and she still had that listless, weak life. Among other symptoms she

complained of loss of appetite, poor digestion, constipation and restless nights. After some months of persistent treatment, and not receiving as much benefit as she ought, the patient gradually drifted from my hands. I did not see her again as a physician until January, '98. I was then called to attend her for an attack of grippe. Found her with the usual symptoms of the grippe, which passed over in a couple of weeks. She was very anemic, languid, not sleeping well, constantly tired out, unable to do anything, nervous, inclined to despondency, a slight cough, and in this condition she had been for quite a long time previous to the attack of grippe. I was told by her sister, her parents being away at the time, that something needed to be done for her. They could see she was rapidly declining. Upon inquiry I discovered she only took nourishment once in twenty-four hours, and then not enough for a small child. She seemed to think that her stomach could not retain food and it gave her distress, that there was no need to punish herself by eating, so she had continued to abstain from eating to this extent, only taking a little nourishment once during the twenty-four hours. Inasmuch as I had given her such thorough treatment nearly two years before without success, I felt somewhat restrained from asking her to try suggestive treatment. A few days later an aunt who had received treatment from me by this method asked why her niece could not be treated in the same way with benefit. Her niece knew nothing about suggestive treatment, but I explained this science to her carefully, what we did, and what we required of the patient. She grasped the idea quickly and said she was willing to do anything to be restored to health. I told her that with this feeling she would make a good patient, and if she would follow my instructions we would have satisfactory results.

I am frequently asked my method of producing the hypnotic state for such treatment. I answer these questions as follows: I do not adopt any set method. After having a conversation with my patients regarding their ailments I measure up the case according to their mental and physical conditions and the grade of intelligence. I then adopt my plan of procedure, and it is sel-

dom two cases will be treated precisely alike. So I will give the method used with this young lady somewhat in detail.

After I had made her fully comprehend what was required, she at the same time sitting on an ordinary chair, I stood beside her, placed one hand on the forehead, the other one at the back of the head, and gave her suggestions something like this: "You will now begin to feel a warm, soothing sensation where my hands are touching the head, both in front and behind. This warm feeling is soothing to you, it makes your nerves feel quiet and produces a drowsy, sleepy feeling all over you. You will now keep your thoughts on sleep; not intensely, but just simply, quietly think of sleep. Do not try to think of forty and one things at this time, but simply keep the mind on sleep. You now begin to feel drowsy. A drowsy, sleepy feeling is creeping all over you from the crown of your head to the soles of your feet. You feel so sleepy—so drowsy. Your eyes are feeling tired and sleepy—and are closed. They feel heavy and sleepy, you feel so sleepy all over; you care for nothing, you feel so drowsy. Your muscles are now relaxing from head to foot; it makes you weak and limp." With one hand on the forehead and the other on the back of the head I could begin to feel her muscles relax and the head inclined to droop, which I quietly allowed it to do. In a few seconds by the repetition of these expressions her head began to drop until her chin rested on her breast; she was then "off." I gave her the suggestions as follows: "Every time I treat you, you will go to sleep quicker, more easily and deeper. It will make you feel well and strong. It gives you an agreeable feeling, and you will look forward each day to the time of your treatment. It will lift you; it will make you feel well and happy. To-night when bedtime comes you will have a drowsy feeling steal all over you; when you lie down you will sleep and you will sleep soundly. You will wake up in the morning invigorated and strengthened by sleep and when you come in to-morrow you will yield to treatment more quickly and thoroughly. When you go out of here this afternoon it will seem as though the world were brighter, you will feel more happy. You will wake up on 'three,' thoroughly rested and strengthened. One—two—three, wake up." She

then took her departure and at the same hour the next day returned again with a smile on her face and said she had had a lovely night's sleep. At this treatment I told her to take the large chair, which is a physician's chair. I tilted the chair back until she was lying in a horizontal position, placed one hand on the forehead, told her to close the eyes and think of sleep, and with my other hand grasped one of hers, giving her the suggestion that she felt sleepy, drowsy and sleepy all over, that this produced a soothing, quiet feeling, and would make her feel healthier, stronger and happier. That all the organs of her body would perform their work as nature intended, naturally. That when she went to bed that night that feeling of drowsiness would begin to steal over her; when she lay down in bed she would feel sleepy, and would rest as peacefully and happily as a child; when she woke up in the morning she would feel so invigorated and strengthened from her sleep that it would give her courage, perseverance and joy the next day. It will be noticed that I am not alluding in my suggestions thus far to her stomach, bowels and menstrual period. First, I wished to establish a thorough hypnotic condition, and as her stomach was one of her worst points I wanted to lead up to it gradually, first establishing thorough hypnosis. The next day at the usual hour she returned. Placed her in the reclining chair, and after giving her the preliminary suggestions I gave her emphatically the following suggestions: "To-night you will have a good night's sleep; it will be so refreshing, so sound, you will forget about everything. You will sleep well, and when you wake up in the morning you will be invigorated, and at the breakfast hour you will go with the family to the table and take a large dish of oatmeal with cream—that is all. It will digest well; it will taste well; it will make you feel that you want more the next morning. At dinner time you will sit down to the table with the family and eat with them whatever they may have for dinner, and a fair quantity of the same. It will digest well, taste well, and it will strengthen you. At supper time you will take a dish of rice and hot milk. You will enjoy it." I may here state that during this period she followed out the suggestions every day in regard to her eating without the slightest disturbance of digestion, ex-

cepting once on the third or fourth day she had one vomiting spell, but by appropriate suggestions there was no repetition of nausea. Since then her digestion has been perfect, and her bowels regular every day. I continued with this course of treatment for about two weeks longer, everything working splendidly. She began to fill up in the face, her lips became red, her cheeks began to show a good color, and she said her clothing began to feel rather tight; that she was sleeping well every night, was about the house helping with the work and on Sundays would walk to church, a distance of a mile or more. During the week days she drove out for herself, and enjoyed life. This line of treatment, with the suggestions I have given, was followed up every day for a month. Two weeks later she informed me that menstruation had begun, for the first time in four years.

I shall keep her under suggestive treatment until she has passed over two or three menstrual periods, then the case will be discharged as finished. And I may here add that during her course of suggestive treatment she has not taken a remedy of any kind or nature.



SUGGESTION IN NEURASTHENIA.

By Geo. C. Pitzer, M. D., 3955 West Belle Place, St. Louis, Mo.

Suggestive Therapeutics is an established fact. Suggestion is rapidly taking its place as a principal remedial agent. Wherever we go, and in every case of sickness, we witness the power of suggestion. While it sometimes becomes very necessary to place our patients in receptive conditions by hypnotic methods, this is not always required, and we benefit, even cure, many of our patients, by taking them in the waking state. Suggestion simply means the presentation of ideas to the minds of our patients, under conditions and in a manner that will correct any morbid tendency of their thoughts, excite lively processes of mentation in a proper direction, and result in a complete restoration to healthy conditions of every organ and function in their bodies. Now, when we can do this while our patients are in a waking state, we always do so; but when we cannot exert the influence required without it, we resort to hypnosis. In one or the other of these conditions, we absolutely can control our patients—persuade them to accept our advice and adopt our measures—and in all cases where cures are within the bounds of possibility we do succeed.

We are treating all kinds of patients here, and have been amazed at the results in many cases. Heretofore, it has been held by many that none but functional, nervous diseases could be remedied by psychical methods; this is absolutely untrue, and we have demonstrated it time and again. The same power that was instrumental in producing anatomical changes and fixed, organic diseases, can be brought into service for the removal of all foreign deposits; the same forces that were engaged in disturbing nutrition, disarranging the atoms, cells and molecules of different organs and members of the body, may be rallied in the legitimate efforts of restoring to their proper arrangement, every

atom and cell in the body. This will bring health, let the case be what it may, functional or organic disease.

We have implicit confidence in our methods. We know we can cure. No mistake about it, for there are no exceptions to Nature's laws, and when we come in harmony with them and work with them, success is certain. Everything is governed by immutable laws. There are no such things as accidents. Knowing these things, we engage in and pursue our work in earnest and in all confidence.

We at the very first engage to inspire our patients with the same zeal and feelings of confidence that we ourselves enjoy. We give them such suggestions as will at once effectually drive from their minds all freezing fears of things not wanted, and displace all depressing thoughts by exciting the expectation of things earnestly wished for, and arousing and establishing hopeful emotions. Our cure is now more than half made.

A maiden lady, age 42, who has been sick for six years, comes with a terrible tale of woe. She has been doctored for special troubles for seven months, by one physician, who gives her local treatments, as he calls them, but from no physician, in all the six years, has she derived any benefit. She is thin, swarthy complexion, dyspeptic, backache, neckache, melancholia, pains in her sides, and feels that she is a confirmed invalid. She has had domestic troubles, bereavements, and she mourns over these, and is really sick all over. She talks feelingly about herself and her surroundings, and looks the picture of distress. She suffers by spells from neuralgia, and is really a great sufferer.

I examine her carefully, very carefully, for I want to be prepared to tell her the truth, and be able to cure her if possible. I find she has no special female trouble, for which she has been doctoring, and upon which she has had her mind firmly fixed for six years. I say I find that she has nothing of this kind. She is suffering from neurasthenia, neuralgia, myalgia, indigestion, torpid liver, perversion of kidney functions, etc. After finishing my examination, I quietly meditate over the case a little, and then I rise and tell her exactly all about her ailments. I explain to her, as nearly as I can, her actual condition, and as I do this, I make it a point to disabuse her mind of the leading idea, that she had some

special female trouble. I tell her to now, and forever, banish from her mind any thought of any such trouble as female disease, for there is not a sign of it about her. I talked long and hard to her upon this particular thought, for it was the one idea upon which she had dwelt for six years, and to cure her we must get rid of this depressing thought. After disabusing her mind of this idea, I next told her I could positively cure her, and that she would begin to improve at once, and that she would make a rapid recovery. I forbade her conversing with people about her troubles and ailments, except that if asked about her health she should reply that she was doing well, then turn the conversation and permit nobody to drag her into a conversation about any of her troubles. I also gave her the proper suggestions for neurasthenia, neuralgia, dyspepsia, etc. She has been with us three weeks, is now in better health than she has been for six years, will soon be well. She is delighted—is living a comparatively new life.

When I have organic troubles to treat, I oblige the patients to fix their minds upon the parts, and have them see the changes that are taking place; if enlargements of any kind, I say they are softening, melting away, melting away, going away, etc. If tendons are contracted, I say they are relaxing, relaxing, the limbs are getting straighter, straighter, straighter—straight!

If I have surgical operations to perform, I place the patients in hypnosis, produce anaesthesia by placing my hand on the part to be operated upon and say, "You are sound asleep, sound asleep from head to foot. You have no feeling in your hand (if it is the hand), no feeling in your hand." I now make ready for the operation and just as I am ready I place my hand on the part and say this: "You are sound asleep, sound asleep from head to foot. Forget everything you ever knew, forget everything you ever knew. You are now sound asleep, you know nothing, you feel nothing, you feel nothing, you know nothing, you feel nothing," and I go on and operate, and the patient knows nothing, feels nothing. I keep on making the suggestions while I am operating, and the patient comes out from under the operation without shock or distress of any kind.

LIMITATION OF SUGGESTION.

By Albert H. Burr, M. D., Sec., and E. Perry Rice, M. D.

The very favorable reports from this clinic of selected cases must not be taken for the assumption that all cases coming to us for treatment are benefited or cured, and that we do not have our proportion of failures.

Bernheim, on page 211 of his excellent work, says, "Therapeutic suggestion is not infallible, though it gives good results in a very large number of cases. It may fail even when it is intelligently and persistently managed. The cause of the failure is inherent sometimes in the disease, sometimes in the subject. * *

* I do not speak of incurable diseases, certain manifestations of which may, however, be favorably acted upon by suggestion. Even in affections which are not very serious, and which seem to be simply functional, psycho-therapeutic hypnosis fails at times, although the subject may be perfectly susceptible to suggestion." This we have found eminently true. And here the diagnostic skill of the trained physician comes in to differentiate these cases, and to make intelligent selections of those especially appropriate for this method, and to account for pathological, physiological, or psychological barriers to success, a skill to which no man or woman outside of a medical training can possibly attain, no matter how intelligent they may be in other fields of human knowledge. Ofttimes it is most essential to carry on *pari passu* necessary medical treatment as well. The one is by no means antagonistic to the other; the one cannot always be substituted for the other; they may be mutually dependent on each other for complete success in many cases. Who can solve these problems more safely, more expeditiously, more successfully, the layman or the physician? Suggestive therapeutics is more than Christian science, more than faith cure, more than any pathy or ism. It is a part of the broad domain of scientific medicine and co-ordinate

with its many branches, and its indiscriminate use and abuse by the laity can result in harm too often and serve to bring the cause into disrepute and distrust with the public.

Under a misapprehension many applications come to this school from the laity, for instruction or for information as to terms and course of study. The Illinois College has never opened its course to any students outside of physicians and dentists. This course it will adhere to in the future without exception.

The following cases will show specific instances in which little has been accomplished by suggestive measures, though persisted with under effective hypnotic states. In our April report we gave the happy results of suggestion in the cure of incontinence of urine, in two adults of four and eight years' standing respectively. Indeed, suggestive therapeutics has acquired the repute of being a specific for functional enuresis.

CASE I.

Alfred B., aet. 16. When seven years old had an operation for stone in the bladder, since which time has had daily incontinence of urine, but has no trouble during the night, while in bed. This latter fact led us to hope that day control might also be established, notwithstanding the surgical lesion at the neck of the bladder, which seemed to be the cause of the derangement. He was readily placed in deep hypnosis. So strong was the cataleptic phenomenon that we have on occasion lifted his rigid form, and placing his heels on the edge of one chair and his head on the edge of another, formed a bridge of his unyielding body. Moreover, he takes the somnambulistic state, and has amnesia on waking. His treatment began Jan. 14, '98. After one month's treatment he showed improvement to the extent of being able to hold his urine for three hours, during the forenoon. After mid-day there was no gain, nor has the forenoon improvement been constant. Last clinical note May 2, '98. Patient says he goes by spells, sometimes he can hold the urine for hours without difficulty and again is unable to control it. Were it not for the surgical injury to the neck of the bladder this case would readily yield to suggestive treatment. But it will be asked why has he control at night?

Simply because of his recumbent position, gravity carries the weight of water back toward the sacrum, relieving water pressure from the weakened sphincter.

CASE II.

Wm. —, aet. 23, immature and poorly developed, shuffling gait, averted gaze, self-conscious and embarrassed, slow and hesitating in speech, dull of perception. Has uncontrolled temper spells when crossed, or when he can gain his own way by it. Makes faces at strangers, and has spells of giggling without any apparent cause. At sixteen years of age was taken from school on account of stupidity, although up to twelve or fourteen years of age was considered of average mental ability. The picture is typical of excessive masturbation. Although fair degrees of hypnosis could be induced in which automatic movements and catalepsy were present, no improvement in his distressing habit could be noted nor in his violent temper. To remedy the first the advice of Krafft Ebing was adopted, the puella cure; for the second strap oil well applied. Systematic gymnasium work is making an improvement in physique, and the suggestive treatment is continued with some signs of improvement in his general morale. Indifferent success here lies in the indifferent mental material to work upon.



SUGGESTION IN SYMPTOMATIC LOCOMOTOR ATAXIA.

By Herbert A. Parkyn, M. D., 4020 Drexel Boulevard, Chicago.

There are a number of diseases encountered by the physician which are generally considered incurable. Whenever a cure of one of these diseases is reported, there is always a suspicion that an incorrect diagnosis has been made and that the disease cured was not actually one of the incurable. We frequently hear of marvelous cures of these diseases being made by Christian Science, Divine Healing, electricity, etc., but frequently the diagnosis of the trouble has been made by an incapable physician, or by the healer, and oftener by the patient himself.

Occasionally a patient will present himself at the clinic, and, when asked of what he is complaining, will say that he knows he is afflicted with a certain disease, and is sure of it, because his symptoms are similar to those of some friend, or because he has read up his symptom in some medical book, or patent medicine pamphlet.

Such a patient came to the clinic a short time ago and said that she had Bright's disease. On being asked her reasons for thinking so, she replied that her father had died of that disease, and she was satisfied that her symptoms were similar to his. The patient was unquestionably in poor health, but on examination of the urine, no indication of Bright's disease was found, and after a month's treatment this patient was dismissed in perfect health.

Another patient said that she had an ovarian tumor, and that two of the best doctors in her town of fifteen thousand inhabitants had suggested an operation. The tumor disappeared at once after her first treatment here, and the most rigid examination failed to locate it. This was undoubtedly a "phantom tumor," and the condition is considered a rare one, although I do

not doubt that many of the tumors cured by healers are of this nature, and that it is not such a rare condition as is generally supposed.

Now these are two instances in which a diagnosis has been made of diseases which are supposed to be incurable. As a matter of fact, the patients were not suffering from these diseases at all. Had these patients consulted a mental healer, or any other charlatan who accepts the diagnosis his patients bring to him, they would probably have been cured, and the healer would have had the credit of "curing an incurable disease."

Without doubt, many apparently wonderful cures have resulted from an incorrect diagnosis, and in reporting the following case, which has several times been diagnosed as locomotor ataxia, I shall simply give the symptoms, treatment and results, and will leave the reader to draw his own conclusions. This patient had all the symptoms of locomotor ataxia, but when his treatment was finished he appeared perfectly sound.

Locomotor ataxia is considered incurable by our best authorities, and although they mention the fact that cures of this disease have been made, yet they advise that the diagnosis of a case in which a cure is reported should be looked upon with suspicion.

A patient was brought here for treatment by his physician, who said that as the patient had undergone extended treatment with well-known specialists, both in New York and Chicago, he did not feel justified in taking him for further private treatment, and so had recommended suggestion. After examining the patient, I also said that I should not feel justified in asking the patient to take further private treatment, but that we would do our best for him if he would attend the clinic. This was agreed to, and the following history is taken from the clinical reports.

U. E. A., broker, age 50, married, complained that eight years ago he had contracted a slight attack of syphilis which he believed had been cured by medicine. Four years later he had his collar bone broken in a street car accident, and it was set with plaster of paris bandages which were kept on for six weeks. When these were taken off, the skin was very sensitive, and the bones seemed sore. He then commenced to suffer from severe

pains which shot down the lower limbs and were followed a little later by a binding feeling around the chest and upper part of lower limbs. At this time there were marked changes in sensation in the feet, and the skin over the whole body and especially the chest was very sensitive, so much so that he was unable to wear woolen underclothing, and was conscious of this sensation all the time, under any circumstances.

The next thing noticed by the patient was difficulty in co-ordinating the muscles of the lower limbs, great difficulty being experienced in walking, especially in going up or down stairs in the dark. After this the "knee jerk" entirely disappeared, the binding and pains became more severe, and vision was slightly affected. All this time the patient had been taking treatment, and had undergone among other things several months of "suspension treatment."

The patient had all these symptoms when he came here for treatment on Dec. 28th, 1897, and was using cocaine injections to control the pain in the legs. We found the knee jerk and other reflexes of the lower limbs abolished; the patient was emaciated, anaemic, dyspeptic, constipated and suffered greatly from exhaustion and insomnia. The weight was 127 pounds, and the pulse was weak and compressible, registering sixty beats to the minute. There was also loss of memory and inability to concentrate the attention, and the patient had given up all business pursuits in his search for health.

The patient was a reasoning individual, and not at all amenable to positive suggestion, so we determined to use a line of argument with him which would build up his hope and thereby give us a chance to hold him for a length of time for suggestive treatment. We pointed out that the tendency of nature always was to repair; that when the circulation was in good condition and he was thoroughly nourished, he would grow stronger and heavier; that as the tissues were built up in a severed nerve, so the tendency would be for nature to form healthy tissue to replace the diseased or destroyed parts of the spinal cord. He said he believed this, but that he was afraid that his disease would prevent the building-up process. He was told that if he would come reg-

ularly for treatment he would be certain to gain; and a promise was exacted that he should come regularly for a month.

Our whole attention was then directed to getting the stomach and bowels in good order and relieving by suggestion, as much as possible, the pains and binding.

From the first treatment the patient commenced to improve. On the third day the bowels moved without any assistance, and have continued in this way. The patient started in at once to sleep every night; digestion and assimilation became perfect, and in two months the weight had increased to 138 pounds—a gain of eleven pounds. The injections of cocaine were stopped at once, and have not been found necessary since; for the pains left within the first two weeks and the binding grew less and less till he would go for days without feeling it in the slightest. During treatment one morning of the third week, the patient volunteered the statement that he was able to run up and down stairs in the dark without any trouble. Co-ordination improved rapidly and one morning, in the sixth week of treatment, I wished to demonstrate to the students the absence of the knee jerk, when, much to my surprise and amazement, we found it had returned, and from that time it improved. The knee jerk had been absent for three years.

It is now five months since the first treatment was given, and the patient is in such splendid health that it has not been considered necessary to treat him for the past two months, and he has gone into business again. Not one drop of medicine was administered to this patient.

SUGGESTIVE THERAPEUTICS.

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CHICAGO.

A NEW SCHOOL.

The Chicago School of Suggestive Therapeutics has been opened for the treatment of nervous disorders functional derangements, and bad habits, including all drug habits, and for the instruction of laymen in the science and practice of Suggestive Therapeutics. I leave to the other Chicago schools the work of instructing physicians and dentists in the practical application of suggestion, and am content to teach men and women of the lay brotherhood only. They especially should know what can be, and what cannot be, done with suggestion in the education of the young and the treatment of disease; and I am pleased to say that so far I have not had one failure among my students. It is well to know how to put yourself or your sick friend to sleep, since sleep is the great restorer of vitality; but it is just as important to know how to make suggestions, and what suggestions to make. All these things are taught at my school. A full course lasts one month, and at its conclusion the student is equipped with a certificate, and has at hand a stock of knowledge which can be immediately turned to profitable account. The school is for the

present held in the Times-Herald Building, Washington street, Chicago, Room 212; and I shall be glad to meet readers of this journal there at any time.

Please note that the address of The Psychic Publishing Company is changed from 56 5th avenue to 211 Times-Herald Building.

RENEWALS AND SUBSCRIPTIONS.

The Journal of Suggestive Therapeutics should be found in every home and library. We send this journal one year, including choice of two premium books, "Hypnotism Up to Date" or "A Study in Hypnotism," to any address in the States or Canada, upon receipt of one dollar. Show your copy to a friend and advise him to subscribe.

THE MAGIC HYPNOTIZER.

Last month we carried the advertisement of a small instrument for inducing hypnosis, which our readers will do well not to overlook. The name and address of the inventor are H. H. McPherson, Jonesboro, Tennessee, and the cost of the instrument is 50 cents. It is worth the money.

MENTAL SCIENCE.

So many of our readers are interested in phases of psychology, which we but lightly touch, or not at all, that a little assistance as to their choice of periodicals along this line may be appreciated. We recommend three—The Metaphysical Magazine,

Leander Edmund Whipple, editor; *Mind*, John Emory McLean, editor; and *The Journal of Practical Metaphysics*, Horatio W. Dresser, editor. These are broad, liberal magazines, edited with marked ability, and unlimited in scope. There is an organ devoted to the spread of Christian Science, but I cannot look even with toleration upon an attempt to circumscribe this work. Mrs. Eddy's position might be put in fable form as follows:

Once upon a time there was a small, beautiful Lake surrounded by Mountains, and on the other side of the Mountains lay a vast Ocean. The Lake was first discovered by a Woman, a very clever Woman, and she named the Lake Christian Science. Then she built a city by the edge of the Lake, and drew many people to live in the houses which she built, collecting her rents regularly. Now the people living by the Lake were told by the Discoverer that the Lake was indeed the Ocean, and they believed the saying, knowing no better. But occasionally the dwellers by the Lake grew restless and climbed the Mountains for exercise, and so caught sight of the great Ocean spread before them. Then they went no more back to the city by the Lake, but left their belongings to the next comer, and their places were filled immediately. Now there were dwellers upon the mountain-top who combined a view of both the Lake and the Ocean, and they said, "How beautiful is that tiny patch of water beneath us; how beautiful and how insignificant!" For they looked to see the tiny Lake dry up in the heat of the summer sun, and were much amazed that it diminished not in extent. For both these people and the Discoverer herself were ignorant of the fact that the Lake was fed by the Ocean by subterranean passages. And the name of the Ocean was Suggestion.

They were a very select people, and a devout people, who lived by the Lake, and they were happier than the rest of the world, because the Lake supplied their wants. It was generally fair weather down there, but sometimes a sudden storm arose without warning, and they who were caught in their frail craft upon the bosom of the water were engulfed at once, even the very best families, and their places were filled by others. There were not so many lives lost on the great Ocean, because they of the

other side were prepared for tempests, and built themselves ships which would stand buffeting, and were by no means pleasure craft. So it came to pass that they who wished to live most comfortably in the valley seldom trusted themselves upon the bosom of the Lake, but sat by their doors, or swung in hammocks, looking out upon the Lake, and enjoyed themselves exceedingly, in a quiet way, saying ever, "To-morrow we will go for a sail upon the Lake"—but they rarely ventured.

A CHANGE OF NAME.

With the May number died the name "Medical Hypnotism," so far as this journal is concerned. We begin the new volume with a fairer title, one that has never been sullied and degraded. It was supposed on our part that we might in time educate the public to the extent, at least, of robbing the word "Hypnotism" of its terrors, and of reinvesting it with some shreds of dignity. But public prejudice is not so easily allayed, and we are fain to confess ourselves beaten on this tack. It is advisable, therefore, to accept defeat with unconcern, and acknowledge that we cannot afford longer to kick against the pricks. The new venture, an old friend with a new face, is commended to your care, and we trust that our readers will welcome this nursling, which, with urbane demeanor, we present for their delectation and information.

HUMOR IN SUGGESTIVE THERAPEUTICS.

It cannot be too strongly impressed upon the minds of those who are making practical use of this science, that humor, or any approach to levity, is a serious blunder, and may dissipate a good

condition of subjectivity. The gravity of the Indian is to be cultivated, and pushed, drug-fashion, to its extreme limits. It is better to be stolid and impassive, when treating a patient, than to permit even the ghost of a smile to play about the mouth, or brighten the eyes. Earnestness is impressive, and your business is to impress. Humor is a suggestion of instability—of willowy bendings hither and thither, whereas it is your purpose and intent to resemble the gnarled oak, and permit the ivy, in the shape of patients, to lean upon your strength. Cultivate severity of demeanor, and dignity of deportment. Remember that the man who laughs with you is not so apt to ask your advice, as the man who thinks you reserved, even disagreeable—but safe. I am giving you good advice, and trust you will heed it carefully, because it means success to you in this business. A man will respect you the more the less he knows you, and you would be committing an error to forfeit his regard by unbending. A tolerant amiability is not to be altogether condemned, and is useful in dealing with children, but grown children will take advantage of even this concession. Study effect. Hold yourself in hand, and in the course of time you will actually become the thing you affect. So perfect is the working of assumption! You can make yourself what you please. You can repress emotion until there follows an anaesthesia of the feelings, and the jars of the world do not shake you. You can become a mummy or a vibrating, quivering harp, reflecting every discord, every harmony within your circle. The mummy will endure, but the harp will wear itself out. Consider the existence of the toad in the rock. For hundreds of years shut up in a cleft of stone, but at the end of that time, able to hop; able to croak. Consider the wise men of India. Removed from all the discord and turmoil of the world, these grave and reverend signors reach the astounding age of more than two hundred years. They pass days and days in silent reverie, communing with their own souls; they sit with their heads bent and their eyes fastened upon the ground, in a condition of self-induced hypnosis. How different our Western civilization from this. Here we fight and strive, suffer and die, for a few miserable years, eating the bread of discontent, and playing with the shifting

dust. We tear a passion to tatters, and rave and rant, and call it life! Life? Think of the toad in the rock. Think of the mummy—calm, immutable, changeless—a type of reserve force! What is the bubbling laughter which we call Love in comparison with the tranquility of the toad? What—but it is useless to pursue the subject further. Avoid even the shadow of humor in the application of suggestive therapeutics.

THE WAR WITH SPAIN.

Our business, as philosophers, is to stand with our hands in our pockets, and our hats tilted slightly to one side, musing upon the complex mentality of man, and wondering at those needs of the hour which seem to render the doctrine of non-resistance, taught by Jesus the Christ, quite inconsistent with the love of country. Men, brethren, and fathers, hearken. I am an Englishman, who thought he knew something of the American people, but the war spirit of the Americans is something a European can never comprehend if he live to be a hundred. In England the standing army is kept for the purpose of fighting, and the civilian does not concern himself therewith, but here a man drops his business with the same indifference to go to war that he displays when preparing for his summer vacation. The keynote of American character is the nervous energy of the American spirit. Concentration upon the thing in hand at the time, whether it be work, war, or play. This means success, and a courage that is resistless. Let us hope that this war will result, as seems probable, in a firm-knit Anglo-Saxon compact to maintain the peace of the world. Meanwhile the incongruity of the appeal of both nations to Heaven for a blessing upon their attempts to smash each other moves me to indite the following battle-prayers, which depend for their effectiveness upon the point of view of the reader:—

SPAIN.

Mary, Mother, Thou, Divine,
 At Thy feet we prostrate lie;
 May the cause of right be Thine;
 Heed Thy suppliant people's cry.
 Lay the curst disturber low;
 Yet his sons shall bow the knee,
 Humbled by the righteous blow,
 Struck for Honor, and for Thee.

All his insult, all his greed,
 Lust of power, and boast of gold;
 In his hour of darkest need
 Thou requite a thousandfold.
 Bless the arms we, goaded, bear;
 Stand Thou near us in the fight;
 Thine the praise; in Thee we dare
 All for Honor, all for Right.

AMERICA.

God in Heaven, we too long
 Have forborne to wage the strife.
 Give us victory over wrong,
 Guide the bolt, and point the knife.
 In Thy name our fathers bled—
 On our knees we cry to Thee,
 By the memory of the dead,
 Grant to us the victory.

See in this Thy bounteous land
 How the despot bath distress,
 Fire and blood on every hand,
 Desolate and all oppress.
 God in Heaven, hear our cry,
 Set this outraged people free.
 Lo! our banner to the sky—
 "Cuba—Death or Liberty."

SOMNAMBULISM.

Induced somnambulism is the condition in which many of our patients earnestly desire to be put, in order that they may see visions and dream dreams. It is not a very common condition, however, and is not, as many writers suppose, an inevitable result of hypnosis. On the contrary, a good degree of hypnosis may be obtained, and sleep induced, without there being any evidence of somnambulism, either active or passive. Somnambulism means simply that condition in which hallucinations and illusions will be accepted and realized by the patient at the insistence of the operator. But we may draw a sharp line of distinction between the condition of hypnosis into which all persons of intelligence may be put, and the condition of somnambulism. Hypnosis is present when the patient is unable to open his eyes or raise his arm when the operator suggests that such acts are impossible. This shows a degree of receptivity to suggestion sufficient to govern voluntary muscular action, and the hypnosis is then deep enough for

therapeutic purposes. But the presence of somnambulism implies a greatly lessened power of resistance to suggestion, and is only seen in its perfection when the patient under treatment is not mentally of a strong, vigorous nature. In other words, and this is very important to remember, hypnosis and sleep may be induced in the strongest and most intelligent with as much ease as in the weakest; but the phenomena of perfect somnambulism can, as a rule, be witnessed only in those who are mentally, as one might say, "not quite up to the mark." Hence, I take it that the conflicting opinions of Charcot and Bernheim may to some extent be reconciled. I have never had any difficulty in inducing hypnosis, and frequently sleep, in a person of strong intellect, but I have never succeeded in turning such a man into a somnambulist, and for this reason: When we have explained the simplicity of hypnosis to a patient and enlisted his co-operation, his assistance in the work will go just far enough to permit him to control his voluntary movements at our suggestion, so that he is divided against himself. He knows that he can open his eyes, but he will not do it. He tells himself that he cannot, and it becomes impossible. He is with us to that extent. But when it becomes a matter of accepting a delusion or a hallucination, his self-respect is touched. He is unwilling, and we meet at once with resistance. We overcome his resistance to the control of voluntary movements by appealing to his reason to aid us—by showing him that when he believed that his eyelids were fastened he could not open them; but we cannot appeal to his reason to aid us in foisting a hallucination upon his senses, because his reason will not accept it. He is unwilling to believe. The resistance of individuality cannot be overcome, and in all men or women of good intellect this resistance is present in a marked degree. It is not so in weaker natures. They accept and believe what the operator tells them, because their mental condition carries in the waking and sleeping state both less resistance than the well-balanced mind. Hence, I agree with Charcot that hypnotism, as he understood it, is a symptom of neurosis; but agree also with Bernheim that hypnosis or susceptibility to suggestion is natural to every human being, and can be best induced in the soundest persons. But I disa-

gree with Bernheim in his supposition that deep hypnosis or somnambulism can be induced with equal facility in the mentally vigorous. There must be drawn here a line of demarkation between temperaments.

Understand this clearly. We can induce sleep in the strong because they wish to go to sleep; we have their assistance. We cannot induce hallucinations in the strong because we have not their assistance to that extent.

In suggestive therapeutics we rule out experiments in somnambulism as being foreign to our line of treatment. These experiments breed either resistance and failure or acceptance and excitement. If accepted, they increase nervousness; whereas our work is to allay nervousness. Whether accepted or rejected, they are prejudicial to the work.

TERMINOLOGY.

There is much confusion of terms in this work, and it is well that you should have clearly before your minds the distinction of meaning attaching to such terms.

A suggestion is anything, voice, gesture or object, by which the mind of another may be impressed.

A mental suggestion is a thought by which the mind of another may be impressed.

An auto-suggestion is a tone, thought, gesture or object by which one impresses, or seeks to impress, one's self.

Suggestibility is the natural condition of youth.

Susceptibility to suggestion is the mental condition induced by persuasion, command or argument.

Hypnosis is a condition of special or marked susceptibility to suggestion, with or without sleep.

Induced sleep is sleep plus hypnosis, or sleep brought about by suggestion, and during which the patient is in touch with the operator.

Natural sleep is sleep occurring either spontaneously or by suggestion, during which the patient is not in touch with the operator.

Catalepsy is a condition of muscular rigidity due to suggestion or auto-suggestion, and developed by practice. It is present with or without sleep.

Active somnambulism is sleep-walking, during which the lower centres of the brain are abnormally active, and the action of the higher centres of the brain is in abeyance. There may or may not be amnesia, or loss of memory on waking.

Passive somnambulism is identical with the above, except that the power of locomotion or movement is absent

Profound lethargy or coma is a condition of arrest of function, and apparently of life. It is not induced by suggestion, but by auto-suggestion, and is evidence of a pathogenic condition. It occurs spontaneously after some sicknesses, and should not be disturbed.

A pre-hypnotic suggestion is a suggestion given before hypnosis is induced, to take effect during the hypnosis.

A post-hypnotic suggestion is a suggestion given during hypnosis, to be carried out after the hypnosis.

TELEPATHY.

Many of our readers have been kind enough to express curiosity as to the editor's personal attitude towards telepathy, or the supposed power of mind to communicate with mind. I have on more than one occasion pointed out to you that my opinion is only my opinion; it is subject to change and amendment, and is at best a negative attitude. In this first number of Suggestive Therapeutics it may be well to state this opinion.

Telepathy, then, according to my limited knowledge of its working, has been proved to be a fact, but is so capricious in its operation that we can at no time rely upon it as a factor, or confi-

dently make use of it, in suggestive therapeutics. Even the examples we have had of its successful operation are found to be, when examined, communications of the simplest and most elementary information. Even these frequently fail of achievement. Success seems to demand as its essential condition a strong personal sympathy between the parties experimenting, and if this sympathy exists, a transference of thought would seem to be possible. But it must be added that personal sympathy alone will not make telepathic communication a success, and the fault I have to find with all mental science, as it is called, is that it accepts as evidence of telepathic communication results which may be attributed to expectant attention, and the working of the imagination; in other words, to simple suggestion. We know nothing of the working of the law (if there be a law, and there must be) of telepathy. It seems to depend largely upon mental concentration and—something else. Possibly that something else is spirit. We do not know what the process of thought is. We do not know what spirit is. We have many definitions of them at hand, but definitions are only personal theories, and leave us where we were before. We are dealing with mysteries. Here is a certain substance which we call brain. Within that substance, which we can touch and handle, goes on a process which we cannot understand, because we cannot touch and handle it. Thought, an intangible process, is generated in a tangible substance. Memory, a collection of thought impressions, is walled up, held, contained, in this brain-substance. The tangible is the home of the intangible. There's your mystery, and a great one it is. As great as the mystery of life eternal. A little more humility on the part of our mental science friends would not come amiss. When I read that a mental scientist can heal a sick person ten or a thousand miles away by projecting thought upon that person, I confess I am sceptical. In nine cases out of ten this thought-projecting seems to be exercised for a monetary recompense. According to my present opinion upon telepathy, it will only succeed when there is no question whatever of worldly advantage to either party.

Telepathy is claimed to be of common occurrence. The facts

show that it is rare. It is claimed to be valuable. Such examples as we have to generalize from are without value; without use. They prove that mental communication is possible; they do not prove that at this stage it is of use to the world. It will be of use when we know how to apply it. At present we do not know this.

MENTAL TELEGRAPHY.

In the early days, some years ago, before the Society for Psychical Research was founded, an American, whose name you may have heard before, set down in writing certain strange experiences which had befallen him, and christened his phenomena "Mental Telegraphy." The man was no other than our well-beloved Mark Twain, and he first thought of including his opinions on this subject in his book, "The Innocents Abroad," but recognizing, fortunately in time, the fact that his readers would treat such an introduction with pardonable levity, he kept his manuscripts by him, and later converted them into a magazine article. This article came into my hands some weeks ago, and from it I cull an experiment which our readers may wish to try for themselves. It is very simple, and, so far as I have tested it, seems to produce results which are quite remarkable. This is the experiment:

If you wish to receive a letter from a friend from whom you have not heard for a long while, sit down and write that friend a letter, saying something as follows: "My dear X.—It is a long time since I heard from you, but I presume you have been too busy to attend to letter writing. I wish, however, to hear from you, and while I am writing this you will feel an impulse come upon you to sit down and write to me. You may resist the impulse for a while, but it will not be shaken off. Then you will take your pen in hand and send me the letter I wish for. I shall expect to hear from you by the time this would reach you. Yours very sincerely, etc."

But you are not to send this letter. It is only necessary to write it. After writing it, it is to be torn up. Mark Twain says this process never fails him. Let us collect a few facts regarding this. Suppose one thousand readers of this Journal try this experiment in three different cases, and send me results on a post-card. We should then have 3,000 tests from which to generalize, and, making allowances for coincidences, there should be bulk enough left upon which to found a fairly accurate opinion. Try it. The best time to experiment is when the house is quiet, but the hour of the day is not, apparently, of consequence.

SUGGESTION.

The definition of the word suggestion may be found in another part of this number, but the definition of suggestive therapeutics is not easily condensed into a few words. It means more than the introduction of an idea into the mind of another. It defines the nature of the idea, and determines that the idea must be, and is, strengthening, helpful and curative. Moreover, there are certain fixed principles in suggestive therapeutics which must be ever present in the operator's mind, and which should be closely held by every person, whether parent, physician or friend, who holds intercourse with the young or with the sick.

The first of these principles is the grand basis of man's divinity—that evil is acquired in the absence of good; that evil is not hereditary, but is suggested and developed by suggestion. Therefore that evil habit or evil thought is the result of defective education in good, and that the quickest way to remove the evil is to suggest, and so instil, the good.

Just as we may make a man sick by officiously suggesting sickness to him, so we may make a child bad by suggesting badness. But we accomplish a result in both cases which we are far from intending to accomplish. In the first case our misdirected sympathy produces or confirms the sickness. In the latter, our

earnest desire to turn the child from evil leads us to impress upon his mind only the fact that he is evil, and that we are very sorry on that account.

We cure our patients of nervousness by impressing upon their minds the fact that nervousness is not a necessary part of their character; that they can, and will, do without it. That it is an artificial condition, and is now done with—put away—cast off like a garment. It takes time to drive that impression into the mind, but I have seen its effect in one treatment. The fact remains that the cure is accomplished by making the patient understand that he or she is NOT nervous.

So with respect to the child. Instead of deploring his evil temper, envy, hatred, malice, destructiveness, and what not, it is our business to drive into the child's mind the FACT that these things are expressions in him of bad suggestions, but that he is by nature good. Not bad, but good. Perhaps this also takes time, but the result will be more speedy than in the case of the adult, simply because it is the child's nature to accept suggestions readily. He is bad because he accepted suggestions. He will be good because the right suggestions are made to him. Differences in temperament in children will be a factor in determining how soon the right suggestions will have weight, but there comes in the value of induced sleep to strengthen the effect. Bear in mind that, as I wrote some months ago, to tell a boy he is bad is to make him bad. To tell him he is idle is to make him idle. To tell him he is a dunce, clumsy, destructive, a liar, is to make him each of these things. To tell him he is a coward is to exaggerate the condition of fear in him. But to impress upon his mind by positive suggestion, during induced sleep, that he is good, diligent, bright, obedient, and brave, is to make him so. The law of suggestion is absolute.

Chicago, May 10, 1898.

Editor of Suggestive Therapeutics:

Dear Sir—In the May number of your journal, page 204, Dr. Willis I. Cattel introduces his article on "Suggestive Therapeutics" with this statement: "The first instance of the employment of suggestive therapeutics of which we have any definite data, we find recorded in the first part of the third chapter of Genesis. There we are told that the serpent was more subtle than any beast of the field which the Lord God had made, and that, having some theories concerning the therapeutic effects of a certain tree which grew in the midst of the garden, upon the optic nerve and the retina, he prescribed it—suggesting its effects—to the first woman. * * * Who can estimate the results of this first essay of this enterprising practitioner?" Now it strikes me this is giving the devil more than his due. At the risk of seeming a little captious, I must demur. In the first place there was nothing "therapeutic" about the suggestions of the serpent anyway. It was a temptation to do a forbidden thing. Eve said, "The serpent beguiled me." He did not heal or cure her of anything. In the next place, if we could by any means torture this "instance" into an illustration of suggestive therapeutics, it would not occupy the "first" place in point of time. I read in the chapter preceding the doctor's quotation: "And the Lord God caused a deep sleep to fall upon Adam and he slept, and he took one of his ribs, and closed up the flesh instead thereof." That was suggestive anaesthesia, for a surgical purpose, and makes God the father of hypnotism rather than the devil. The satanic origin of this most beneficent art has been attributed to it too long already by the ignorant and superstitious and needs no encouragement. I repudiate "this enterprising practitioner," in toto. By inference the good doctor would make him the father of medicine also.

With one exception the balance of Dr. Cattel's article is enjoyable and instructive, and we commend it, especially when he says, "The physician who would employ hypnosis indiscriminately among his patients would be a consummate fool." When he adds, however, that "complete hypnosis is admissible in only a

few cases and should only be used as a last resort," we must refer him back to his Bernheim and tell him to drink a little deeper of the doctrines of the Nancy school. The cases are not few, but many, that are relieved only by efficiently induced states of suggestibility. Moreover, it should not be a "last resort" remedy. Dernier ressorts are such measures as are put last, because of special dangers, or difficulties, in their employment, and to be used when other expedients have failed. Now, suggestive therapeutics is the least harmful of all curative measures, and not attended with the difficulties of application incident to many other procedures. We can assure the doctor, from much experience, that he will find he can save valuable time, annoyances and disappointments to a growing number of his patients if he will employ as complete hypnosis as he may be able to do as a first instead of last resort.

Very truly yours,

ALBERT H. BURR, M. D.



HYPNOTISM MAKES NEW FACES.

A Chicago Woman's Plan for Preserving Youth—Wrinkles and Crowsfeet
Due to Habits of Thought.

The modern woman has constantly before her two ideals. One is to keep moving; the other is to keep young. Unfortunately these ideas do not fulfil themselves harmoniously; there is antagonism here. To keep moving uses up energy, breeds care and anxiety and lines the face. To keep young it is necessary to keep still; to sit at home in calmness and passivity; to avoid haste and such feverish excitement as springs from dabbling in those affairs of moment which make life. This, at least, has been the teaching of the new school.

But to the rescue of those who mean to act their part in life, to do what is to be done, and see what is to be seen, regardless of any damaging effect this may have upon their looks, comes the teaching and work of a still newer school, established by a Chicago woman, Mrs. (Col.) Alsbau, who asserts that the seamed and lined face can be remade, not by any surgical operation, but by purely natural methods of treatment, coupled with a little artificial assistance.

From the results of her work it is apparent that nature has by no means been niggardly in her gift to women, since a new face, with a real, genuine "baby skin," can be had almost for the asking. All that is necessary is an interview with Mrs. Alsbau, the transference of some cash, and a week's seclusion from the public eye on the part of the patient, and lo! the scarred and seamed one emerges from her temporary confinement with the unpowdered pinkness of a year old infant. So it has come about that women of fifty and sixty years, lean, mayhap, and wrinkled with the ravages of time and illness, have bloomed anew upon their friends and acquaintances, and have plunged again, with all the ardor which a youthful appearance generates, into the busy game of life—active, bustling, stirring life—and their talk is once more of love and war—upon men!

At her pretty rooms in the Reliance Building may be seen by the inquisitive the trophies and relics which Mrs. Alsbau has won in her battle with woman's arch-enemy, Time.

"Here," she explained, showing a film-like piece of wrinkled epidermis, preserved in a fold of lint, "is the nose of a prominent leader of society. It came off beautifully. You see that it is perfect."

It was indeed the outer skin in its entirety of a well-developed nose—aquiline, from the shape of the relic.

"And this," she continued, "is the forehead of a hard-working

woman, who was much furrowed. She has not a line on her brow at the present time."

It was learned that the owners of the fragments of epidermis betrayed no further interest in the fate of their former coverings; they were cast off and viewed with the same indifference with which a lobster may regard his outworn shell. Shells they were, indeed—the shell of a nose, of an ear, of a forehead, of a cheek or a chin.

"It is not a painful process," she remarked, "and in competent hands is not in the least degree dangerous. There is no cutting or burning, but I teach my secret to none. Physicians have watched my work, and noted its results, but have contented themselves with approving and exclaiming. They have not entered into competition with me. I have two methods. One I call 'The Encroachment' and the other 'The Heroic.'

"The Encroachment consists of smoothing a good skin and removing such surface disfigurements as blackheads, acne, pimples, etc. I remove here only the outer cuticle, and am not so much impressed with the importance of this method as with the other.

THE HEROIC METHOD

is my pet work. Of this I have made a science, and on this I have lavished more time in years than I dare count. A patient comes to me to-day, pitted with small-pox, we will say. In half an hour you could not, with a microscope, discover a single pock-mark on her skin. In thirty-six hours the old skin comes away, peels off, as the rind comes off an orange, and the pink baby-skin is fully formed underneath. Nevertheless, I do not allow those who have been thus treated to go unprotected into the air until six days have elapsed. The process is as follows: I first cleanse the face thoroughly and apply a certain lotion to the skin which is to come off—perhaps the whole face needs treating, perhaps only a nose; in this latter case, some fine work is necessary in order that the change may not be too marked—a shading of tint is aimed at. This lotion causes some smarting, and this is the only pain which is endured by the patient during the whole process. It ceases inside of thirty minutes in the most severe cases. During this space of thirty minutes the change takes place in the face which we desire to see. The tissues become firm, the lines are obliterated, the birth-marks, scars, wrinkles, folds or pock-marks disappear; the contour of the face changes; that is to say, the loose tissue, the ligaments and muscles of the face regain their firmness. A miracle seems to have been performed. As soon as this lotion has been absorbed the patient is told to look at herself in a glass. Individuality shows itself at this point. The face is red and plump. Some patients laugh

hysterically, others cry softly, others are simply amazed, but they all give vent in some form to pleasurable emotions. A woman's looks mean so much to her. The next thing to do is to protect the face. I cover the part treated with a soothing liquid spread on strips of tissue-paper. This hardens into a mask eventually, and the patient is sent home heavily veiled. It is only necessary for her to see me once again, that is on the third day, when I remove the skin which is peeling off with the tissue-paper, and apply more of the soothing lotion. No matter how old the woman is, there is never any pain about this peeling process, and there is never any change in the beauty of the new skin; it is always pink, clear and transparent. I never use a knife or cut any part of the face. Such methods are barbarous and dangerous. Nature must do the work, and she never fails. In five days or less all the old skin is removed, and the face is protected then by an oil which is applied every night for a few weeks. I have cured a bad case of eczema by this method, and there has been no return of the disease. I do not believe in treating the blood for most forms of skin disease. Local treatment alone is indicated.

"There is this difference between the Encroachment method and the Heroic, that the former leaves the skin white, while the latter leaves it pink. This pinkness wears off in some degree in from ten to twelve days, but the transparency increases up to three months, and seems to improve up to a year; then it remains stationary for at least a period of twelve or fifteen years, possibly longer. I have not had an opportunity of observing the effect for a longer period than this, but I see no reason why it should ever be necessary to repeat the process. The improvement may continue till death. I can only speak of my work as far as I have been able to follow it. My first case dates back fifteen years, and the skin is still fresh, clear and unwrinkled.

A PSYCHOLOGICAL EFFECT

seems to be present in these cases, which assists the results. We know how much the mind affects the body, and it is most probable that the content and happiness which come to a woman who has regained her looks are to a large extent answerable for the increased vigor and health which follow this treatment. It is only reasonable that her digestion and assimilation of food should be benefited by the fact that her mind is at rest, and I have seen the thin woman regain flesh after her looks had been improved. Why should we be content with wrinkles when we can get rid of them so easily? A woman is never old at heart; why should she look any older than she feels? Or, if you prefer it, why should not a woman be always young? She can be."

(Mrs. Alsbau's address is Suite 1100 Reliance Building, 100 State street, Chicago, and all communications received by her are held in strictest confidence.)