

THE "NEW WAY" SERIES
OF
HEALTH BOOKS

BOOK No. 8

The Principle and Practice of Healing
BY
**Conscious Auto Suggestion
and the Curing by Faith**

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DR. ADOLPH SELIGE, N. D.
DRUGLESS PHYSICIAN

PUBLISHED BY THE GOOD HEALTH CLUB
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The New and Easy Road to Health.

All the world is looking for an easy road to health, the easier the better, one that required no personal sacrifices and denials, no long drawn out treatments, no drugs or operations, and so the new method of Conscious Auto-Suggestions is hailed with great delight as the ultimate solution of all our physical and mental ailments.

Naturally many will be disappointed in this new panacea for health and happiness, but there are thousands to whom it will be a great blessing.

If the law of cause and effect, the nature of health and disease were better understood, these so called "Wonder Cures" would lose their mysteriousness and appear quite natural after all.

Not only that, but knowing the cause of disease, we could not only learn to cure disease, but also prevent its attacks upon us.

The most modern of these scientific miracle workers is ^{Emil} Alfred Coue, a French scientist. He belongs to the "New Nancy School" of psychological research and has been practicing this art of healing for the last twenty years, during which time thousands have testified to the efficiency of his cures by means of "Conscious Auto-Suggestion", and his fame is now spreading through the civilized world.

The Power Within

There is only one power that can heal, and that is the latent power within us, no matter what name we attach to it, or what specific method we use to arouse it to activity; once it becomes active it can, and often does, cure all human ills both physical and mental, if conditions are right and favorable.

Even the new born infant comes equipped with this mysterious power, for the power that heals is the same power as that which built the body, form a single cell to its full completeness.

The vital power within expresses itself in a number of characteristic ways. It can be felt as a living force flowing from the hand of the magnetic healer, its tingling sensations is like that of a gentle electric current. It is even possible to photograph it as it streams from his finger tips and makes contact with the body of the subject.

This current of "Odic Force", as it is often named, can be directed at will to any part of the body and into any organ or part. A noticeable degree of heat developes under the healers hands and a feeling of ease and quiet is felt by the patient.

Healing by the laying on of hands has been practiced by the ancients and is often referred to in the Bible.

Some particularly sensitive persons have an "aura" which is clearly visible in a darkened room, emanating from the body as one would see a faint phosphorescent light.

That the electro-magnetism in one person is often repellant to another is also an often demonstrated fact.

Thought is a force - Cases of thought transference are frequently met with and absent healing has been practiced since time memorial. Absent treatment depends upon the same natural laws as the megaphone sending the vibrations of sound into the ether, or the wireless station sending its vibrations forth until it reaches a receiver that is attuned to it.

Man can be compared to an electro-magnetic battery, he receives from the ether and sends out thought vibrations, that disturb the etheric waves. If he is attuned to certain waves, he will receive them. He will receive the impression of good thoughts or of bad thoughts, as he desires them or is attuned to them.

A wireless apparatus out of repair and clogged with obstructions can no more receive the fine ether vibrations, than can a human body full of disease poisons.

Scientific Proofs

Faith, prayer and emotions are powerful agents to stir up the slumbering forces of mind in the body.

Professor Elmer Gates has demonstrated that every emotion of a false and disagreeable nature produces poison in the blood, which affect the health of the germ cells. Fear, anger, fright, jealousy and similar unhealthy emotions have a destructive influence and produce decided chemical changes in the body.

During his experiments Professor Gates passed the breath of a patient through a tube and condensed it by cooling it with ice.

The patient was then told something that made him quite angry and within five minutes when tested with a certain chemical, a brownish precipitate appeared, a chemical was produced by the violent emotion. This was extracted and administered to humans and animals and was found to produce disturbing poisonous effect in the nervous system.

Extreme sorrow produces a gray precipitate - remorse a pink one. All malevolent and depressing emotions generate poisonous compounds of nutritious value, which stimulate the cells to manufacture energy.

Professor Gates experimented with children with vicious propensities, with dispositions toward cruelty or anger, addicted to stealing and other bad habits.

He found a way of directing the powers within in such a way as to cure them of their bad habits, by creating a mental condition of the opposite character and continuing until the old tendencies had disappeared.

He also applied his method of habit building to overcome alcoholism, tobacco habit and other vicious habits.

He claims that he did not need the assent of the patient, only his willingness to take the course of lessons he prescribed, but that those who did not care to give up their evil habits were permitted to continue them until the treatment produced such a strong aversion that their craving disappeared entirely.

All power of healing rests within ourselves.

If there was not such a power to heal within us, no one would dare to slash into the human body to remove the thyroid glands, the tonsils, an appendix, unless he felt perfectly safe that the wound would be healed and the damage to the blood vessels, nerves and tissues would be repaired by an agency other than the surgeon's.

But the lazy mind of man never thinks as far as that, for if it would, it might come to the logical conclusion that an inner intelligence possessing such a healing power, would perhaps be able to correct the abnormal condition of the organs that were extirpated.

This inborn power may lie dormant, but it can be awakened and it can be depended on to cure as long as our vital power is not entirely exhausted or as long as the integral parts of our body are not damaged beyond repair.

Qualities of the Sub-conscious Mind.

are more familiar with the conscious mind and its faculties than with the subconscious.

The conscious mind of the new born infant is dormant and must be trained and the child must be educated in a most painstaking way before its intelligence will reach the level of its surroundings.

But the subconscious mind is perfect from its very beginning and works out its plans in a most intelligent manner, just as though it had done the same thing a thousand times before.

Its intelligence is marvelous far beyond anything displayed by the conscious mind of the greatest inventive genius that ever lived. It looks after the welfare of the human body with loving care and considers all the most minute details, seldom making an error.

It not only builds the body after a carefully mapped out plan and looks after the repairs constantly needed, the replacing of broken or torn tissues, the healing of wounds, etc., it also attends to all the functions of the various organs and glands and tissues and parts of the body.

The conscious mind cannot remember of its own accord, it draws on this subconscious storehouse of memory for whatever information wanted. Mind is also the seat of memory, all the experiences of the past and of more recent date are recorded there and nothing is forgotten, if it has made ever so slight an impression.

Among the impressions that we have inherited from the dim past, are fear, doubt, distrust and many superstitions - and these are the thoughts that will crop out at the slightest provocation, so that we often find ourselves filled with depressing emotions and controlled by imaginary limitations of all minds.

Man is still on the upgrade, his inherited natural inclinations tend backwards, towards the crude state from which he has developed, by educating his conscious mind, by making valiant efforts to overcome his bad habits, and thus lifting himself on a higher plane mentally, morally and spiritually.

Children show this tendency of reverting back on this former crude state. They seem more ready to take on bad habits and traits than good ones - and it requires constant effort and great persistency to teach them to "be good".

It seems to require more effort to be good than to be bad, but if we have already assimilated a number of good ideas, it becomes easier to impress our subconscious mind with "good" ideas. They accumulate so much faster where there is a nucleus of good thoughts present, and so the more good and constructive ideas we harbor the more readily ideas of the same kind can be stored up in the subconscious. The more ideas of health we have stored the easier can we overcome the tendency towards destructive thoughts, of misery and of impending disease.

The subconscious is not only easily impressed with thoughts and ideas, but has a peculiar way of accepting them without doubting or reasoning, as true and real, unless some stronger, previously conceived idea, happens to be more convincing.

In fact, all the ideas and predominant impression that control our daily life, our habits, our business, our politics, our religion, are the thoughts that were once accepted and stored in our subconscious mind.

Once an idea has been accepted, it becomes "true" and "real" to the subconscious, no matter what its real value - and so, if we can manage to impress upon our subconscious a constructive, uplifting idea of health, efficiency, happiness, etc., it will take these ideas to be "true" and "real" and hold them as such.

Ideas, whether true or untrue, proven or unproven, if put into the subconscious mind and not disturbed, but rather repeated and strengthened, are the things we "imagine" to be real and true, and they become the absolute truth and a reality to the subconscious.

The mind then uses this idea to produce a condition in the physical body or in the habit or morals of the individual in conformity with this idea.

If the thought is "Health", it will impress you with health, and as long as health is the predominating idea, it will be acted upon and made true and real; if the thought is "Disease" it will just as readily produce the reverse condition.

Imagine an organ to function well, and it will do so, imagine an organ does not function right, you will get the impression of being sick and you will feel sick.

These are scientific facts and they can be proven in our daily lives - we are all slaves of preconceived ideas and the predominant impression which happens to be on top, is the one that will direct our thoughts and actions. So beware of wrong thoughts, for "As a man thinketh in his heart, so he is".

Diseases And its Causes are Subconscious.

Physical and mental abnormal conditions arise when we assume an unnatural mode of living, or, if we in some way produce inharmonious conditions within the domain of our subconscious activity.

When the subconscious intelligence rebels against conditions that interfere with the harmonious functioning of the body, we may experience a reaction. If, for instance, the toxins produced from overeating or eating wrong food combinations or the wrong kind of food, or toxins due to harmful emotions, block up the bloodstream and irritate the sensitive nervous system, then a powerful reaction will be set up through the subconscious mind, so that the intruding elements are forcibly cast from the body.

This often causes pain and inconvenience and great disturbance to body and mind. We are in the habit of calling this eruptive, self-protective action "Disease" and not understanding the real cause we lay the blame for disease to almost anything except where it belongs.

All acute disease is self-limited and the disturbance will take its natural course and stop of its own accord. If we refrain from committing the same original error again, then there will be no more of the same disease, we are cured.

If we persist in creating the same disease condition again and again, if it becomes habitual, then we often establish a condition of tolerance, the acute feature will cease, but the disease will become chronic.

COUE'S DISCOVERY

Alfred Coue made the discovery that our actions are not controlled by our will - but that they are controlled by our imagination, or rather that we act according to ideas which had been previously accepted into our subconscious mind.

We may be conscious or not that we had previously accepted the ideas that are dominating us, but they are there just the same. They crowd out any other idea or suggestion until some other, still stronger suggestion, perhaps backed by more logic and reason, usurps their place.

When these predominating ideas come to the surface we find they are identical with what we are used to term "Imagination".

Often we are full of fear, we are despondent, we think of all the dreadful things that might happen to us and we are suffering from imaginary terrors, although the suffering is real enough.

These wrong ideas, superstitions, fear thoughts and imaginations so impress the subconscious mind, they are accepted as truth and in the end become truth. They lead us into bad habits, interfere with the harmonious and normal functioning of our organs, disturb the vibrations of our cells, and these vibrations cause physical and mental conditions which are called disease.

If one of your aunts or grandmothers had died of cancer and you fear "Catching" the same disease, you may get it - although cancer cannot be inherited and is not contagious at all. It is really the fear of cancer that produce it.

If disease can be caused by the action of the mind, by destructive thoughts, then it is reasonable to suppose that constructive thoughts, persistently applied can remove the cause and produce a cure. Knowing that the subconscious mind is the director of all functions, and that all organs must obey its dictates.

Upon this reasoning are based all methods of curing by mental effort, no matter what the name, and unless this principle is active in all other methods or systems of healing, no matter whether allopathic, homopathic or drugless, they will not meet with success.

RELAXATION.

Not every suggestion is accepted, for we have the power to discriminate and we can reject suggestions that do not appeal to us. If a suggestion is refused, it fails to become an Auto-suggestion.

The subconscious is not always in the mood to receive a suggestion. There are times when it is busy with other affairs in the course of our daily activities, so we must watch for a time when it is not too busy to listen to us.

The best time is during certain periods of relaxation, when the conscious mind is still and subdued, and in a state of content and drowsiness.

These periods can be produced artificially or we can select the time when they are natural, as for instance the time just before we sleep or the time after we awaken, but yet not entirely aroused.

This is the time when we can reach the subconscious best and impress it most forcibly - when we can expect it to accept a suggestion readily, and by acceptance turn it into an auto-suggestion, which it then proceeds to carry into execution.

So we have within us a wonderful force, a benevolent power that can heal all our ailments, give us comfort and happiness.

Though close to us, it is almost unknown to us, either because we are lacking faith in the potency of this Divine power within, on account of the limitation we have placed upon our own selves.

How can we bring this power of the subconscious within our reach - this power that deserves to be valued above anything else? It seems so difficult a task and still, the principles of the modern method of healing through the re-education of the subconscious are easily practiced by anyone, with a little patience and perseverance.

And what are the requirements?

In the first place, we require relaxation of body and mind - secondly, the proper suggestion must be given and then the suggestion must be accepted by the mind and transmuted into an auto-suggestion. Have faith, be confident that your desire will be fulfilled - repeat again and again.

IMAGINATION.

Inasmuch as "Imagination" plays such a great role in our lives, and as "Imagination" is always caused by suggestion of some sort, whether consciously or unconsciously received, Alfred Coue prefers to use the term "Imagination" to any others in explaining and demonstrating his methods and theories.

He asks his pupils to "Imagine" certain things, in other words, he gives them certain suggestions, which they accept and transmute into auto-suggestions; as auto-suggestions they become "Imaginations" and as such do they become a driving power in their lives.

Coue goes out from the standpoint that we can hold a given thought to the exclusion of any other thought and so he insists on his pupils to hold on to a given suggestion to the exclusion of any other idea, so that nothing will interfere with the process of transforming this suggestion into a predominant idea. It then becomes an imagination to become real and true in the minds of the pupils.

In order to demonstrate this principle the pupil is requested to stand up straight, the eyes closed, with his ankles the only movable part of his body. He is then told to lightly swing to and fro and then to rest. Coue steps behind him and instructs him, after a little preliminary talk;- "You are standing perfectly straight and can well maintain yourself in this position, but when I say "fall" then you will gently fall backwards into my arms".

He is requested to accept this suggestion, to incorporate it into his mind - to imagine himself falling when the word is given, and, if he is a good subject and sensitive to suggestions, he will do promptly what he is told to do. He imagines he will fall at the word of command and he will not fail to do so.

Another interesting example used by Coue is the following:-
Supposing a plank fifteen inches wide was laying across the floor of your room, it would be perfectly safe for you to walk along this plank without any danger of falling - in fact, it would hardly come within reach of the most vivid imagination to picture yourself falling off this plank and breaking your precious bones. As soon as we shift the location of the plank, say to the height of the highest church steeple we know of, no matter how securely fastened, our imagination would go on a rampage and most vividly picture the danger of falling off that very same plank that is so safe on the floor; that is, we "Imagine" we will fall and there is no question about the result, in spite of all the will power we may exert.

This is another demonstration of the fact that our Imagination controls our lives in many ways, and how our thoughts, ideas, and actions can be influenced by good or bad suggestions.

SCIENTIFIC EXPERIMENTS.

It has been proven by Dr. Albert Abrams of electronic fame, that any idea, which has been accepted and is uppermost in the mind, can be consciously directed and will, separately from any physical assistance perform according to directions given.

In some of his early scientific experiments he would use a sensitized pith-ball, attached to a rubber rod by a silk thread.. Experimenting with a patient, who had been diagnosed as suffering from a disease, say cancer, he would dangle this pithball in close proximity of the "cancer area" as he calls a certain part of the body where the electronic reaction of cancer can be felt.

The ball would oscillate in a certain way and indicate cancer. Then Professor Abrams would instruct the patient to say in a determined and positive voice, "I have no cancer" - and the oscillations of the pith-ball would get weaker and weaker and finally register the reverse and give no indications of cancer.

When the patient was told to express great fear of cancer - the pith-ball would revert back and show a strong and positive reaction registering cancer.

Suggestions and auto-suggestion evidently play a great role in every diagnosis and treatment of disease and in all his writings Dr. Abrams emphasizes the value of Positive and Constructive suggestion in connection with any treatment of disease.

You have probably heard of the "New Way" method of eye culture, and how imagination is called on to prevent and cure eye troubles of all kinds.

Dr. Bates, a medical doctor, is an eye specialist of thirty-five years standing. After having witnessed many remarkable and miraculous experiences he has come to the conclusion that anyone who can "Imagine perfect sight" is capable of curing all refractions and all diseases. That a person with a cataract generally considered incurable who is able to "Imagine perfect sight" with his eyes closed or open, will recover and the cataract will disappear.

Dr. Bates, who wrote this before he was aware of the existence of Alfred Coue, admits he does not know "the how, the where or the why" of it, he simply states the facts as he has observed them.

The story of Panurge is another great example of the action of Imagination. Panurge, a French rascal, was riding on a boat, together with a merchant, against whom he had a grudge. This merchant was carrying a flock of sheep across the lake and in order to get revenge, Panurge bought the biggest sheep the merchant had, and threw it into the water. He was certain beforehand that the entire flock would follow.

People like Panurge's sheep, readily accept the suggestions and ideas of others, then they find themselves following their examples, adopt their habits, their thoughts and opinions, merely because they imagine they cannot do otherwise, in fact, they think these are their very own thoughts and not adopted from others.

Drunkards imagine they cannot stop drinking, but it is really their imagination, not their lack of will power that keeps them slaves to their habits and it is the same with other bad habits. Many men have suffered defeat in this battle of life, simply because they imagine they can never be well or successful.

All these conditions are produced by conscious or unconscious auto-suggestion, and as well as it can bring us disease and unhappiness, so can auto-suggestion procure us health and Happiness.

Take any task physically possible. If you think and feel it is possible for you to do, then you can do it. If however you imagine you cannot do it, then you will find the task impossible. It all depends on what your imagination says.

We can trace nearly all of our ills, physical or mental, to some consciously or unconsciously received suggestion. Therefore imagination of the right kind is a powerful antidote and weapon in combating all manner of conditions that have their beginning in wrong suggestions.

Self-culture, by means of the re-education of the sub-conscious mind, by using the powers of conscious auto-suggestion, creating new wholesome and constructive imaginations and by replacing all the unwholesome and destructive ones, in the keynote to the situation.

Conscious auto-suggestion is an efficient means for the control of this great power of imagination, so that we are able to use it at will for good or for bad.

Alfred Core deserves credit for another important discovery, for he has found it to be a fact that when the "Will" and the "Imagination" are opposed to another, the Imagination always wins out, but whenever they are in agreement, they will assist another.

Somehow, when one particularly important thought occupies our attention, there is not room enough for another besides it.

When we choose to think of chicken we need not permit ducks or geese to come into our mental yard, unless we choose to do so, we can close our mental door behind us and keep out all undesirable thoughts.

It is also a psychological law that every thought that fills our mind completely, has a tendency to become true and real for us. The pictures and fancies of our Imagination are to us as true and real as can be. The grievances and sorrows of our own Imagination are true and real to us - but to us only. They are the children of our own Imagination and they are not realized and felt by others, who have no interest in our affairs.

So every one of our Imaginations has the tendency to become a reality, and by educating our subconscious into building good and constructive and helpful thoughts into our imagination, we can make them real and true and there is no limit to the things we can achieve for ourselves.

TESTING YOUR POWERS OF IMAGINATION.

If you wish to test the power of Imagination on yourself, you may try the following experiment:-

First relax thoroughly, become still and quiet in body and mind, so that you will be able to hold one thought to the exclusion of others.

Clasp your hands tightly, hold the thought that you cannot unclasp them as long as you think that one thought. When you let go that thought your hand will unclasp easily.

This is quite an interesting experiment and easy to perform, if the subject is in a quiet subdued mood, and his mind undisturbed, for otherwise it would be difficult to hold on to the thought.

A subject who is fairly sensitive can be put through the following test:- Make him put his hand firmly on top of a table, pressing hard, then let him hold the thought or let him imagine that his hand is stuck to the table, and his hand will stick in exactly the degree in which he is able to imagine this to be true, for his imagination will hold it there, though he may make strenuous efforts to pull his hand away.

A force so powerful as to overcome all the laws of physics, of common reasoning and logic is indeed a tremendous force, and if it can be properly harnessed and put to work, it will work veritable wonders for us, in fact, it has been proven beyond a doubt that it can under the right conditions, cure all human ills, physical, mental and moral.

The method of cure is within easy reach of all. It can be self-applied, anybody can use it who is willing to give it a fair trial, its success depends upon its proper understanding, and faithful application, but as fear and doubt, hesitation and self-limitation are apt to crop out of their hiding place in your ability to demonstrate this subconscious power, it is often best to place yourself under the guidance of a competent teacher, preferably one who is acquainted with the psychological ones, and if possible, select a teacher who is acquainted with the modern methods of drugless healing.

SELF-TREATMENT

When you are ready for self-treatment you should seek a relaxed condition and hold yourself open for the reception of the healing suggestion.

When fully relaxed and still, repeat to yourself the words:- Day by day, in every way, I am getting better, or some similar sentence which carries the proper suggestion.

Then dwell on the particular ailment you wish to be cured of and imagine it is getting better - try to picture yourself and your various organs to be in perfect health. If you cannot do so at first, practice until you become perfect.

Hold these ideas as long as you can, if you practice this at bedtime, you should carry the healing thought with you into your sleep.

The best time is at night, just before dropping into sleep, and in the morning, just after awaking, and while still drowsy.

To practice self-healing by auto-suggestion requires time and patience and great persistancy and one is apt to lose interest or forget, and so it is generally more satisfactory to have the assistance of a healer.

HOW TO TREAT OTHERS.

The subject should be in a relaxed and quiet state of mind, his eyes closed so that his attention is not distracted. Use any of the various methods by which such a relaxed and receptive state can be brought about.

The operator then proceeds to make preparatory suggestions,. It is important to impress the subject that he must be conscious of the fact that the suggestions to be given will enter his mind, will be accepted and become an important part in his mental make-up, and he must be made to feel that his entire organism will unconsciously but surely carry out the very ideas and suggestions that his mind is going to accept.

He is told how the subconscious mind controls all the body functions, the activities of the organs and glands and tissues and blood-vessels and nerves, and that through suggestion, we can influence the subconscious and restore normal and harmonious conditions in body and mind .

He is told to accept these assertions for the present without reserve, to believe them to be true, and if possible, to anticipate the healing process by picturing in his imagination, a healthy, normal body, an accomplished cure.

It cannot hurt him to stretch his imagination to the extent to visualize health, although he still is sick, for his intelligence is not insulted by expecting him to take the attitude that he really is well - that he is cured already - that there is no pain.

For one to say "I have no pain", while his body is torn with suffering is one thing, and to accept this statement to be true is another thing, but almost anyone can, in between moments of suffering, "Imagine", or "visualize" health and a condition that is free from pain.

So it is suggested to the subject that his body will be free from pain, and it is suggested that he imagine such a condition, it is suggested that he visualize perfect health.

The operator then goes into further details and suggests to the subject that he will sleep well, that he will be cheerful and happy, that he will lose his fears and his depressions; that his bad habits can readily be overcome and supplanted by good and wholesome habits, that he will become strong enough to master all temptations and build up a strong character, full of confidence in his ability to make good and regain health and efficiency and happiness.

He is told to remember and carry in his subconscious - that day by day, in every way, he is getting better, and for him to repeat this little phrase twenty to more times in succession at least five times a day.

He is told that now, since he has learned the laws of life, he will practice to live right, to think right, to eat and drink and bathe and clothe and exercise and rest properly; that he will digest and assimilate his food and derive strength and energy from it and that he surely will get it.

These suggestions are given in a monotonous and soothing tone of voice, the subject is relaxed and more or less drowsy, and his conscious mind is thinking of nothing in particular, while his subconscious mind is in a favorable condition for the acceptance of suggestions.

Sometimes the patient is cured in one sitting, but not often, generally he feels much relieved and refreshed after the first treatment, his pain has disappeared, but treatments must be repeated and the suggestions must be renewed until finally a permanent cure is established.

Learning to live a natural normal life will hasten the cure considerable. To eat and drink the proper foods, to breathe and bathe and exercise and relax properly is important and the subject must pay strict attention to these rules of living.

The fundamentals of healing are alike in all the various methods we have to rely on the "Power within" to do the work under the direction and leadership of the mind and there is no question that all cures can be hastened greatly by adopting a suitable diet, by providing the organic mineral salts and vitamins needed in the work of neutralization, elimination and repair, accompanied by proper breathing, exercising, relaxing, sleeping, bathing, clothing and proper general surroundings.

If we understand the law of healing crisis, and the manner in which the body eliminates its toxins through the skin or mucous membranes and the regular organs of eliminating, we are tempted to make foolish attempts to interfere and suppress these evidences of healing, but we can serenely wait and let the subconscious do the work as it knows best.

We must trace our troubles to its very source, which we often find in the erroneous ideas we entertain about food and drink, about bathing, clothing and other details of our civilized lives.

SUGGESTION IN BRINGING UP CHILDREN

Realizing the far reaching effect of suggestion on the pliable and impressive minds of children, mothers and fathers should be careful in their actions in the presence of the keen eyed little ones. Do not blame the child for learning bad manners or using bad language, unless you set them a perfect example.

Don't call children lazy or good for nothing unless you want them to be that, for your suggestion will impress itself upon the child mind like indelible ink, and it will become that which you said it was, or would be. Rather teach them kindness, politeness, self-confidence, willingness, reasoning, toleration, for "as you sow, so shall you reap".

By training children by suggestion, you should begin very early. By training them early, we protect the child against bad spontaneous suggestions.

By the use of Auto-suggestion, children learn self-control. They will develop physical and mental energies. They will learn to overcome bad inclinations, temptations and bad habits.

The best time to influence a child is during its sleep. If conditions are right, although children are easily influenced in waking hours. It requires however, tact and perseverance.

CURING BAD HABITS

It is not only possible to cure physical and mental illness, but also moral difficiencies by the use of auto-suggestion.

Some children grow up in the wrong surroundings, under the constant influence of bad suggestions and they will naturally have a warped conception of right and wrong. They will become dishonest untruthful, trickery, as well as steal, lie and fight and commit many other acts not countenanced by our moral code.

Some of the fortunate ones are sheltered by the protection of a friendly parental home. They will learn in time that it is to their advantage to hide their mean little tricks, under a coat of polished manners, but they will not forget them entirely.

Others less fortunate are sent to the reformatory where they get into contact with others of their own kind and where they are kept under the constant influence of the worst kind of suggestions and so it is no wonder if a great percentage of them finally graduate into jailbirds, and inmates of penitentiaries, houses of ill fame and the insane asylums.

Suggestions as a means to correct moral defects and short comings would appeal to those who are devoted to child welfare work and to the officers of juvenile courts, who will find this one of the most effective means of turning seemingly bad children into good and useful citizens.

AUTO SUGGESTION IN EVERYDAY LIFE .

We meet with auto-suggestion and the results of auto-suggestion a thousand times in our everyday life, beginning with the first days of our existence.

When a mother croons over her baby in the cradle when she hums the tune of a lullaby, this is merely one of the ways in which suggestion induces quiet, drowsiness and sleep.

Later, when the baby can toddle on its own feet, and while venturing about in search for adventure, it hurts its little fingers or receives a bump on its head, and crying, it seeks the mother's comfort and protection.

What does the mother do? Whether she knows the power of suggestion or not, she will pat or kiss its wounded finger or head and soothingly say, "Now it is better, now it won't hurt any more."

The child who has implicit faith in her mother readily accepts her suggestions. She concentrates on the thought of "healing" rather than on the thought of pain, and runs away forgetting all about it.

Another mother, just as loving and as anxious for the comfort of her child, but not realizing the danger of negative suggestion will exclaim, "Oh! you poor baby, you hurt your dear little fingers; you've bumped your dear little head. Too bad, I know it hurts" and so forth, keeping awake in the child, the thought of pain and distress. These children will get into the habit of crying about nothing at all, on account of the negative influences of a thoughtless mother's suggestions given in babyhood days and continued in one form or another through her young life.

Ideas impressed upon the receptive brain of our children are the foundation for their habits and their thoughts and imaginations in later life, and we should guard ourselves well in what we teach our children or permit them to see and witness, for their little eyes and ears are quick to perceive and their subconscious mind is easily impressed and will remember things for all time to come.

Cautioning children that they will catch a cold if they go out

when the weather is cool, that they will catch the measles if they play with the children next door, often demonstrates that suggestion has a great tendency to produce that which we fear, for that anticipation involves into imagination. It is constantly kept in our minds, finally developing into a case of cold or measles or whatever it may be, if the body is susceptible at all.

Can merely thinking of disease or the mere suggesting of disease produce it? Is not disease due to germs and infection and contagion?

Medical students often take fiendish delight in selecting one of their companions as the victim for an experiment in suggestion. Six or eight or more are in on the plot. They approach him one by one, asking how he feels, telling him how badly he looks and when he resents the insinuations that he looks or feels sick, they insist and continue to do so until their suggestions have become auto-suggestions, until they have finally been accepted by his subconscious mind.

His subconscious accepts the suggestions as true, they fill his imagination and proceed to become real and so the boy will go into the throes of a fever and experience all the regular symptoms of whatever illness has been suggested to him.

Later, when their purpose has been accomplished, the boys inform him of their trick and with much hilarity and through positive and constructive suggestions, his subconscious is cleared of its idea of sickness and the patient recovers rapidly.

Reading the advertisement of a new patent medicine, or hearing of a new cure or treatment, we note the various systems listed, and we can easily locate quite a number of them in our own anatomy just as described so suggestively in the advertisement.

The advertising men who make it a business of writing this class of advertisements, are experts at using the power of suggestion and appealing to our imagination, not for our good, but to our detriment.

Many of the supposed results of heredity can be traced to suggestion, for scientists declare that suggestion can and does act on the unborn child. These pre-natal impressions are later reinforced during the early years of childhood, when the child's plastic mind is ready to imitate good or bad traits or habits or modes or thinking, but one of the greatest factors in many cases of supposed heredity is the belief that certain things are and must be, or will be inherited.

Some folks who pretend to be benefactors of mankind and who are making great pretense of warning the public against the attacks of tuberculosis, cancer and other fearful maladies are not ignorant of his law of suggestion. If they were honest men, they should change their methods into constructive channels, or they will hold themselves liable to be accused of deliberately using the power of suggestion for ulterior motives.

Many well meaning folks have a habit of discussing their ailments or the diseases of those dear to them most freely, and operations are described in minute detail and vividly enough to send the creeps down the hearers back.

There is no more powerful means of spreading and encouraging disease than this, especially when these discussions take place in the presence of afflicted and sick people, or of the young who have a very impressive mind.

A great part of the dread and the fatalities resulting from childbirth is due to the pernicious habit some well meaning but thoughtless people have of frightening expectant mothers and picturing a perfectly natural process of nature as a most terrible ordeal. When these poor mothers suffer, it is not so much on account of the natural pains but on account of the imaginary horrors that had been implanted into their receptive minds.

The subconscious mind will lend itself very readily to our purposes, for good or for bad. Many suggestions are given without realizing what their result might be. Many suggestions are revived absolutely unconsciously and they are stored in that great reservoir of knowledge and experiences, the subconscious mind - to come forth sometime and wield their benevolent or baneful influence whatever they are.

The habit of arising at a certain hour has its seat in the subconscious mind, if however, we want to go fishing and desire to get up an unusual hour, then we impress our subconscious with this idea and if we have made our impression strong enough, if we are really keen enough to go, then there is hardly a chance out of a thousand to oversleep.

Have you ever seen somebody yawn without following his suggestion and yawning yourself? Have you ever heard somebody telling a story about "Cooties", without unconsciously scratching yourself? Did you ever hear of someone having worn a piece of clothes that had been worn by one with a skin disease, without the power of suggestion causing you a lively itch?

Amulets, talismans, tokens, charms, are often met with in our every-day life. Their power is entirely due to suggestion.

When you carry a buckeye or a rabbits foot to protect you against some ill or other, you have planted a suggestion deep into your subconscious. It stays there as long as the charm remains in your pocket and the idea or wish or imagination is transmuted into a reality by the natural processes that control these phenomena of life.

So watch your step. Do not permit any suggestions to enter your subconscious that have no business there, and on the other hand, fill it with a wealth of good suggestions that will bear you a crop of health and happiness and efficiency and prosperity.

NATUROPATHY TREATMENT - THE NEW WAY TO HEALTH.

There is some good in every kind and method of healing, but the closer it cooperates with Nature's own methods of healing, the more effective it is.

A certain number of sick people get well from whatever ails them by almost any method whatever - Allopathic, Homeopathic, Osteopathic, Chiropractic, Naprapathic, Hydrapathic, Dietetic, Christian Science, Mental or Divine Healing. They all bring some results in some cases, in fact, acute diseases very often run their course if left alone, and get well without any treatment.

Drugs do not cure. No treatments or methods of cure, of themselves, have any curing power, Nature alone is the great Healer, so give Nature a chance.

The principles of Nature Cure are founded upon this truth, and the Naturopath uses only methods that will assist Nature in its effort to restore Health, and his Science must consist of the best that can be found in all the various healing arts.

Nature Cure is like a harp of many strings, and the tune it plays is in harmony with the song of Life and Health and Cheer.

Nature cure is often the last resort, when you have failed to get results from all other Methods of Healing, Give Nature Cure a trial - Many patients that have been given up as incurable, will recover under Nature Cure Treatments -

Dr. Adolph Selige, Naturopath,
12 Havlin Bldg., Miami, Fla.

"READING FROM THE EYE" or the science of "Iridology" is the latest method of Diagnosing your state of Health. The ancients declared the Eye to be the window of the Soul. Modern science finds that the eye reveals the secrets of your Physical Self. There are thousands of little nerves in the Iris of the eye, connecting it with every nerve fiber of the Sympathic Nervous System. Through this means every abnormal condition of any organ or Tissue is registered in the Iris, the colored part of the eye, by certain signs and marks and coloring.

The Art of Reading these signs and understanding their meaning gives us a wonderful glimpse into the mysteries of Life and often conditions are revealed that cannot be discovered through any known method of medical diagnosis.

Disease conditions dont happen overnight. They are built little by little, day by day, and through Iridology we can see the conditions that are coming as well as those that are present.

If you want to know the present condition of your organs and your chances for a long and healthy life, get a reading from the eye, or if not convenient read No.7 of the "New Way" Series of Health Books, by Dr. Adolph Selige, "Iridology for Home Use" - Price 50¢, published by the Good Health Club, 12 Havlin Building, Miami, Florida.

ADOLPH SELIGE, Naturopath,
Dietitian and Expert Iridologist.

GOOD HEALTH CLUB LECTURES

Free Public Lectures of the Good Health Club will be given from time to time - either at the Women's Club Bldg., or at some other Hall, Watch the Daily Papers for the Announcement of the dates.

These Lectures on Health and Natural living are based on the most recent and authentic discoveries of Science, and strictly up to date.

Nature Cure means Natural Living, it teaches the laws of right living, of right eating, drinking, breathing, bathing, exercising, and thinking, and proper surroundings.

The world needs more information on matters of Health - let us not waste too much time studying Disease, but let us study Health, for Disease, after all is said and done, is nothing but perverted Health.

For Special Classes for the more intensive study of Health and the prevention and cure of Disease, also special classes for women only - see the President of the Good Health Club, Mrs. Bertha Charlotte Selige, at 12 Havlin Bldg., Miami, Fla.

WRONG FOOD HABITS OF CHILDREN THE CAUSE OF DISEASE.

"Children suffering from over-indulgence at the table, or wrong foods, are not able to play or study hard and find it difficult to keep up with their classes. Children who feel full, lazy, indifferent, tired, are slow of movement and backward in their lessons, and are usually so on account of errors in diet.

Children of this kind are the ones that are afflicted with enlarged tonsils, adenoids, chronic sore throats, measles, chicken pox, and other childrens ailments.

Mothers will find it to their advantage to look into, and correct the food habits of their children, and learn whether there are not some faults that can be corrected. By teaching the children to live right, mothers will save themselves the anxieties that accompany sickness, and they can avoid dangerous operations on tonsils, adenoids, and appendix, vaccination and serum injections.

Most all of childrens' sickness and especially operations are unnecessary. They are destructive and not constructive, and need not be where children live a sane, wholesome and orderly life."

From Mrs. Selige's "New Way" Book of Lunches, Sandwiches and Beverages for School Lunches, Picnics, Parties and Travel - Price 25¢ - Published by the Good Health Club, Miami, Fla., Room No. 12, Havlin Bldg.

EVERY MOTHER SHOULD HAVE ONE OF THESE BOOKLETS.

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EVERY MOTHER SHOULD HAVE ONE OF THESE BOOKLETS.

Now complete and ready for delivery - The "New Way Cookbook", by Mrs. Bertha Charlotte Selige, N.D.

The First three numbers of the "New Way" Series of Health Books comprise Mrs. Selige's "New Way Cookbook".

The First Book deals with the preparation and cooking of vegetables the "New Way".

The Second Book deals with the preparation of fruit and vegetables salads.

The Third Book deals with bread, pie, cake, and other products of grains and all three contain a great deal of useful information for those who seek health and efficiency and a long life.

As we grow physically, mentally and spiritually, we need to bring into our being foods that are compatible and in harmony with our vibrations. We do this by eating foods with their life elements preserved, just as we find them in their natural state.

By modern methods of treating food they are often devitalized and robbed of their best elements, but the author has succeeded in presenting a practical method of preparing foods in a palatable way, appealing to the most fastidious taste, and at the same time preserving.

Malnutrition and many diseases are due to ignorance of the food we eat, how to select and how to prepare it.

This is the book that will teach you how you cannot afford to be without it - it is worth its weight in gold.

Price 50¢ for each single book - \$1.00 for the set of three. Order from the Good Health Club, #12 Havlin Bldg, Miami, Fla.

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THE "NEW WAY" METHOD OF EYE CULTURE, by DR. A. SELIGE, M.D.

Many new discoveries in the healing art have been given to the world in recent years for the benefit of suffering humanity and not the least of them is a new system of treatment for eye defects and diseases evolved by an eminent specialist after 35 years of patient study and experimenting. The fact that the principles involved are not generally accepted by those who follow assumed authorities blindly, does not lessen their value one bit, those who care to investigate can easily test out their soundness and convince themselves of their scientific and practical value.

The beliefs of the majority are not always the truth, but truth will live, whether held by the minority or the majority. Truth is always simple, never complex, and so is this truth about the cure and prevention of eye troubles so simple, a child can learn the method of treatment and make a success of it. The discoverer of this wonderful treatment, who is an M.D. claims that it will absolutely prevent eyestrain, which is generally conceded to be the cause of defective eyesight, if used intelligently and according to his directions, but he further claims absolute cures for all kinds of eye diseases and aberrations - farsight, nearsight, astigmatism, squint, rhinitis, glaucoma, cataract, even many cases of total blindness.

Full directions are found in the "NEW WAY" Method of Eye Culture by Dr. Adolph Selige, M.D. Published by the Good Health Club, 13 Havlin Bldg., Miami, Fla. Price 25¢ - Eye Test Card Free.



VEGEX SUGGESTIONS.

Dissolve $\frac{1}{2}$ teaspoonful of vegex in a cup of hot water to make a refreshing and stimulating drink without the bad features of coffee or tea, or can be served as a bullion.

VEGEX BISQUE: Take 3 cups of meal, bring to boiling point but do not permit to boil. Add 2 teaspoonsfuls of Vegex. If necessary add a very little of celery salt or plain cooking salt to season.

VEGEX CUCUMBER SANDWICH is made by spreading butter on wholewheat bread and placing between the two pieces a lettuce leaf and sliced cucumber, with a little Vegex. This makes a delicious sandwich.

CELERY, NUT AND VEGEX SANDWICH is made by making a paste out of chopped celery, grated nuts and spreading it between wholewheat bread and vegex to taste.

FOR YOUNG CHILDREN from one to three years old - SPINACH and VEGEX -- Cook spinach the "New Way" - chop fine - mix with equal parts vegex bullion and serve.

CARROTS AND VEGEX - Wash and scrape young carrots and grate them - heat thoroughly in covered vessel or bake oven - mix and beat up butter and a little vegex and spread over the top.

PEAS AND VEGEX - Cook fresh peas the "New Way" put through a colander - add vegex and butter and a little whipped white of eggs - serve while warm.

Vegex is an extract made from yeast for the purpose of separating the vitamins and other wholesome elements from the rubbish.

Yeast contains vitamins, it is true, but it also contains a great deal of material that is detrimental to the body and not conducive to health.

Use vegex instead of yeast and get good results.

Vegex has the advantage of being pleasant to the taste, tastes similar to beef extracts, but does not contain the toxic features of the latter. It can be used in place of beef extract but is far superior in its effects on health.

Read the "10 LITTLE LESSONS" on Vitamins by Eugene Christian - a \$2.00 book. We will send a copy of it free with an order for \$5.00 worth of Vegex.

Vegex is packed in Porcelain Jars.

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The Reader will please tear out and mail this page properly filled and signed to the GOOD HEALTH CLUB of MIAMI, No. 12 Havlin Building, Miami, Florida.

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GOOD HEALTH CLUB OF MIAMI,
Mrs. Bertha Charlotte Selige, President,

Please put me on your mailing list. I am interested in Health and right living and particularly in the following:

Nature Cure - Food - Diet - Fasting - Exercise -
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