

Kasauli. There was a wistful looking monkey who had bitten his master and who had been left for observation never to be reclaimed. Of the host of snakes that I saw on my last visit in 1913 there were none left. One cobra was a recent gift. I just missed his being fed. An assistant at the Institute is very expert in handling snakes. The venom is collected by making the snake bite on a stick or through a cloth stretched over a glass. The venom runs down through the hollow fangs. It is of an amber colour and very quickly solidifies after it has been ejected. It is used in the preparation of anti-venene. Before going down into the dispensary I visited the research laboratory, where sections of the brains of dogs are examined for rabies and I was shown the rabic bodies found in the brain substance, usually in the hippocampus major. No organism has yet been isolated. The virus will pass through a porcelain filter.

The scene in the dispensary was a most interesting one. The patients were lined up in three queues. Dr. Turkhud and two assistants undertook the injections. On a large table were two Bunsen burners beneath vessels containing boiling oil. There were three large beakers containing the solution to be injected. Ten C.C. constituted a dose. One by one the patients passed by the Doctor and his assistants and received 5 C.C. into each side of the abdominal wall. The empty syringe was then passed back to the table by an assistant, refilled, the needle dipped in the oil and passed back to each worker. Only once I heard a cry of a child, although men, women and children passed by in their turn. In less than a quarter of an hour, so great is the dexterity acquired, all the patients numbering 275 had received their injections. After the injection the patients receive disc bearing the number of their injection. This disc they take to the office where their attendance is registered. Fourteen injections I think are given. There can be no doubt of the immense benefit of this Institution. The Indian villager, no less than his more educated country men, is beginning to realise the value of immediate treatment, and thus an increasing number of lives are being saved yearly by the work carried on by Dr. Turkhud and his skilful assistants.

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BETTER AND BETTER IN EVERY WAY.

An appreciation of Mons. Emile Couée and his method of Auto-suggestion.

BY MRS. P. BENNICKE PORTER.

ARRIVING home from India last Spring it seemed almost impossible to converse for any length of time without hearing the above quotation from M. Emile Couée's famous sentence. It was as popular as any music-hall tag and was used equally carelessly by all and sundry; even from the firmest adherents to M. Couée's method it appeared in a spirit of gaiety that is foreign to most serious tenets. Nevertheless the enormous influence of this new

prophet of health was patent on every side and almost forced any intelligent new arrival into an inquiry as to the theory and practice of the new school.

Auto-suggestion is as old as the hills, and the methods of applying it as various as the trees thereon; M. Cou   has enunciated one law, however which is new to the present generation of psychologists, namely:—The *imagination*, not the will, governs the subconscious which in its turn regulates the functions of mind and body; moreover, if the will and the imagination are in conflict, the latter invariably wins. Perhaps the simplest example, to illustrate this is the one Cou   uses himself, but very little consideration will supply many others. If a plank one foot wide is placed on the floor it will be easy to any one to walk several yards along it; but raise it even five feet above the ground and many will have difficulty in proceeding across it, and if it be raised still further to say the height of a house, few will venture to attempt it. And why? The imagination sees a picture of the person falling therefrom, no matter how strongly the will may urge the entire lack of danger and the necessity for progress; few if any untrained people could walk three yards along the raised plank. The reason of the trained workman's immunity lies in the fact that he does not imagine himself falling because it is "all in the day's work."

This axiom is the nucleus from which M. Cou  's method grows. He does not attempt to control the sub-conscious by the will, but to educate it through the imagination; nor does he advocate control or education by suggestion from another person. He maintains that every one has within all the powers necessary and that outside suggestion is only influential to the extent that it is consciously or unconsciously accepted by the imagination and thereby translated into an auto-suggestion or the reverse. Unconscious auto-suggestion is one of the greatest danger to which we are all subject. How many people say "I should like to but," with that "but" raise a mountain of difficulties? How many people think as they set off in the morning "How tired I shall be when I come home" and thus place a picture of their weariness before their imagination to be carefully converted into reality by the time of the contemplated return. Again how many people say to another "How ill you are looking," "You will catch a cold if—" "You cannot do this or that," all kindly well meant thoughts, but if accepted and realised by means of auto-suggestion what a lot of unnecessary troubles they may bring. Look round and see what mischief this *unconscious* auto-suggestion is doing every day, because by this means it is possible to realise that *conscious* auto-suggestion must be the greatest aid and safe-guard to bodily and mental health ever discovered.

The root then of all M. Cou  's teaching is this:—Use your imagination healthfully. His method of doing this is so simple as to appear to those who have not really tried it almost silly. First, put the will as nearly as possible out of action by relaxing all the muscles both mental and physical. Lie in a really comfortable position with the whole body at rest and let the mind just drift. A state just removed from sleep is the best. Second, draw a

picture in the imagination of the state it is desired to attain, making it as complete in detail and surrounding as possible, and at the same time repeat either in a low voice or merely with the lips some simple formula as mechanically as possible. Couée's own formula is the best for all general purposes. "Every day and in every way I am better and better," this he suggests should be repeated twenty times at least twice a day, before getting up and before sleeping. The object of the repetition of the formula being to keep the mind from wandering to alien subjects. Should sleep supervene, so much the better for the imagination will continue to dwell upon the thought during sleep and thus a very strong auto-suggestion will be secured. This method sounds so ridiculously simple as to be almost nonsense, but it is neither the one, nor the other. To begin with, complete relaxation requires practice and cannot be attained at once by the average person; moreover, it is not easy to imagine oneself with beautiful healthy teeth happily chewing chocolate caramels when racked with toothache, never-the-less the mere effort to do so helps immeasurably and gives faith to persist. It is this persistence which is so necessary in all cures by auto-suggestion. Medicine may, often does, give instant relief, on the other hand many drugs only cure by repeated doses spreading over a long time. So, too, by auto-suggestion instantaneous cures have been effected in many cases, but it is not magic and the instantaneous cure is not the general one, nor does M. Couée consider these the most satisfactory. The quiet steady cure means the persistence in true education of the imagination in the control of the sub-conscious and consequently the permanent adoption of a healthy mental and physical condition.

WINES.

TAKEN FROM A TEXT-BOOK OF "MATERIA MEDICA" FOR NURSES (pp. 82-83).

BY LAVINIA L. DOCK.

WHITE wine contains about 10 per cent. of alcohol, and is made from grape juice without skins, stems or seeds.

All wines contain various acids and traces of mineral substances. Those which are free from sugar are called "dry" wines.

The red wines—claret, port, etc., are made from colored grapes with the skins, and have considerable alcoholic strength. Port wine, *vinu portense* contains from 30 to 40 per cent. of alcohol, but is rarely pure.

As stimulants, and in narcotic power these wines stand next to brandy and whisky. They contain some tannic acid and are astringent, causing constipation and disordering the stomach. They also tend to raise the temperature.