

A correspondence course of instruction in vitaopathy / by Thomas F. Adkin.

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**A CORRESPONDENCE COURSE
OF INSTRUCTION**

IN

VITAOPATHY

BY

THOMAS F. ADKIN,

President of the Institute of Physicians and Surgeons,

Rochester, N. Y.

REVISED EDITION

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PREFACE.

IN preparing this course of instruction, I have, as far as possible, eliminated all technical terms, for the reason that I expect it to go in the hands of people of all classes.

Reader, do not express an opinion regarding the course until you have given it a good, fair and honest trial. Try it thoroughly. Experiment with different kinds of diseases. Do not simply read it over and say the course is "good" or "bad," but prove it thoroughly by a practical application.

SPECIAL NOTICE.—Students should carefully study the positions illustrated by the different engravings, as they can be applied to nearly every disease. You will find they will aid you wonderfully in mastering this course of instruction.

Very truly yours,

THOS. F. ADKIN.



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VITAOPATHY.

LESSON 1.

I have treated patients by Magnetic Healing and Suggestion for years. I have made a careful analysis of their effect upon patients, and am convinced that by a combination of forces I can cure a larger percentage than by any single method; as Magnetic Healing, Suggestive Therapeutics, etc. Vitaopathy, as I use it, is a combination of Personal Magnetism, Magnetic Healing, and Suggestive Therapeutics. The basis of each of these sciences is suggestion.

From the moment I turn my eyes upon the patient, I commence the treatment by using what is termed Personal Magnetism. This is done without the patient's knowledge, and is accomplished as follows: As the patient is being shown into my office, I stand facing the door, ready to receive him. As he enters, I look at him between the eyes, at the root of the nose, with a pleasant expression. I hold out my right hand, at the same time concentrating my mind upon the following mental suggestions: "I can cure you." "I will make a good impression upon you." "You must like me." I repeat these suggestions three times, as he reaches to take my hand. I drop my eyes a moment to see his hand, grasp it quickly and firmly (but not so hard as to hurt him), taking as much of his hand in mine as possible; draw it towards me, then quickly raise my eyes to the former position, (the root of the nose), and hold them there until the patient's eyes drop (which they will do quickly). In a pleasant (not loud) tone, I say, "How do you do, Mr. Jones?" After he replies, I again say, "Please be seated," placing his chair so that the light may shine upon his face. This

gives me a good opportunity to study his characteristics. I ask him to state his trouble. While he is speaking I look at the root of his nose a few moments, then look away occasionally, so that he may not think I am staring, repeating the mental suggestions before mentioned, "I can cure you," etc. When he has finished speaking, I say, "Mr. Jones, I have had remarkable success in treating like cases, and am positive it will take a short time to effect a cure in your case." I then mention a case similar to his that I have cured.

In order to impress the patient with your ability, it is necessary to make him feel that you are competent by every word and action. While it is not necessary, in order to effect a cure, that the patient have faith in your treatment, still you should give him the impression that you know your business, and to do this you must make him think you have treated such cases before. Say you are positive you can cure him, and that you know this system of treatment has been used very successfully in similar cases.

The foregoing instruction is given to those who expect to practice. Lesson II is for those who do not intend to follow the profession.

LESSON 2.

DIRECTIONS FOR THE NON-PROFESSIONAL. Students who do not intend to follow Vitaopathy as a profession, may handle the patient as follows: First, ask the patient to describe his symptoms. All the time he is talking to you, look at the root of the nose and concentrate your mind as explained in Lesson I. When the patient has finished his explanation, say to him, "Mr. Jones, I can cure you; I can banish your disease." Then give the treatment for his disease according to the instruction explained later.

HOW TO USE THE EYES. The use of the eyes plays a very important part in the treatment of

disease, by my method of Vitaopathy. Heretofore very little weight has been attached to this, by practitioners of any school. I use the eyes in healing, and I advise every student to do the same, because a larger percentage of cures will be thus effected. When before the patient, keep your eyes fixed upon the root of the nose as much as possible. If you are behind the patient look at the base of the brain. Have you not often, while in church, caused a person who is sitting in front of you to turn his head around? You do this by looking at the base of the brain and thinking that he must do so. You did this without his knowledge. This shows that the human family is susceptible to impression by thought waves. Therefore, instead of concentrating your mind to induce the patient to turn his head around, concentrate it on the following: "You are feeling better." "I can cure you." "All this disease is leaving you." "You are feeling better." "Every hour from now on you will feel better." "You will notice a great change in your condition." Keep repeating these suggestions mentally, all the time you are looking at the patient, and it will aid you to a great degree in effecting cures. Form the habit of looking at persons at the root of the nose during conversation, wherever you may meet them. In this way you can read character much better, as you can take in the whole face at one glance. You will, with a little practice, be able to read the subject's thoughts by noticing changes in expression. You will also notice that they will drop their eyes quickly when you look at that point. Your friends will begin to comment upon the change in your appearance. Some will say, "What peculiar eyes." "They seem so fascinating." "I like to be in his presence." These are only a few of the many comments which will be passed upon you. Do not explain the reason to any one when you hear these remarks, but pass it off lightly. Practice looking at every one you meet

as instructed herein for one year, and you will then realize its importance more than you do now, and more than by any other means.

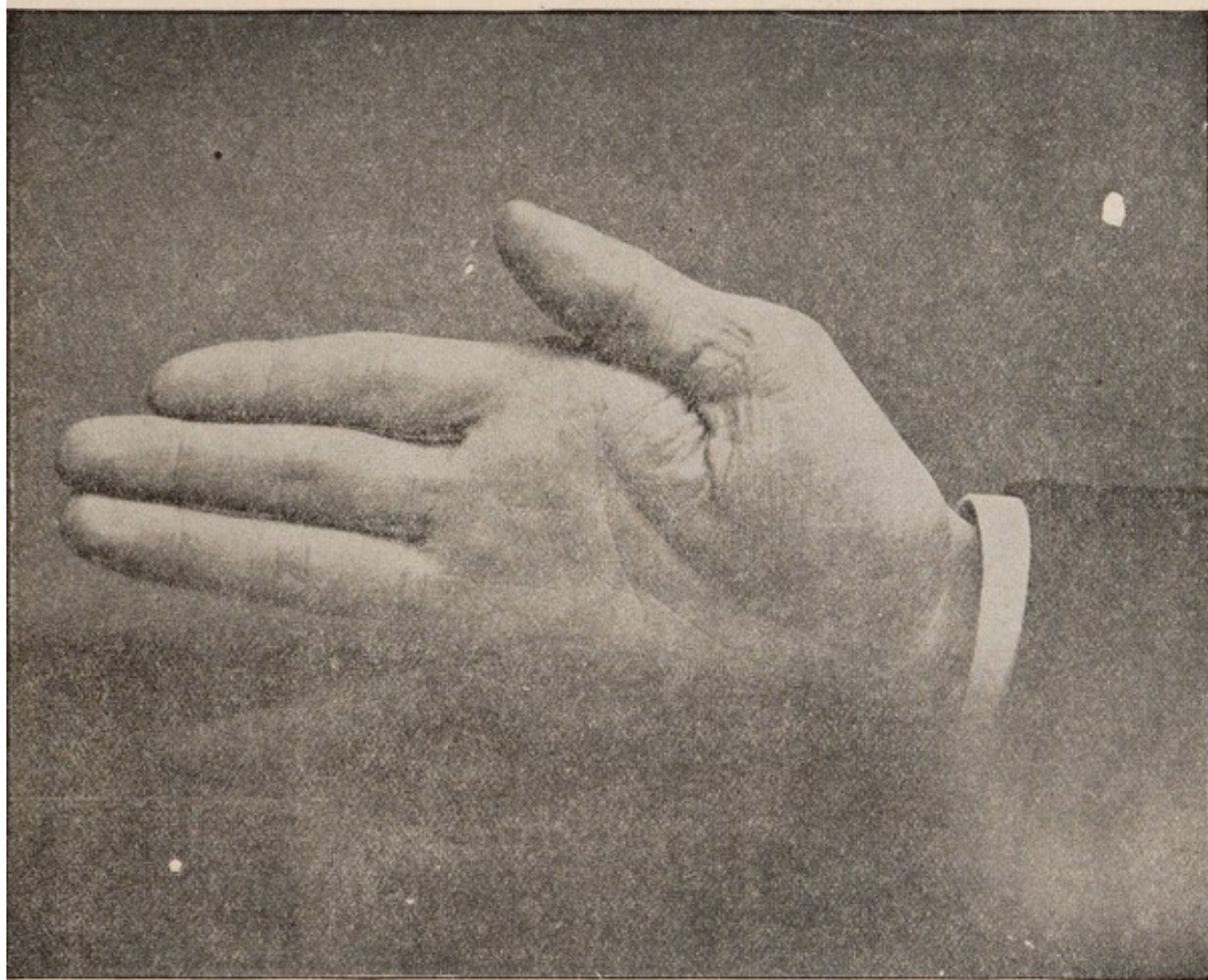
LESSON 3.

HOW TO USE THE HANDS WHEN TALKING TO PATIENTS. Gestures should always be made downward in a positive manner, with the hand open, and palm towards the floor. When recovering from the gesture, close the hand when it comes up, opening it as you make another. In making passes over the patients, use the three fingers and the base of the thumb (as shown in illustration 1), using only that portion of the hand in all treating passes. If the student has only one hand, he will have to make twice as many passes as if he had two.

HOW TO USE THE VOICE IN MAKING VERBAL SUGGESTIONS. Do not speak loudly or drawl your words. Give the suggestions in a low voice, positively and distinctly. Many students think that to speak positively they must speak loudly, but one may speak very positively even in a whisper. Do not, however, whisper in giving suggestions to patients, but give them in the following manner: "When-I-awaken-you-all-this-pain-will-be-gone," etc. To find the quality of voice most effective, try various tones upon different patients, and ask each which tone seems to affect him most. By this method you will soon get the proper tone.

HOW TO USE THE WILL IN TREATING PATIENTS. Make up your mind you are going to cure them. Concentrate your mind as much as possible, not allowing other thoughts to enter during the treatment. Keep suggesting mentally during the entire treatment, "I can cure you." "You are feeling better." "Every time I treat you, you will improve." "I am curing you." "You feel a great change in your condition." "You must believe I can cure you." This practice develops your will to a wonderful degree in a short time. Keep your mind upon your

ILLUSTRATION No. 1.



THIS ILLUSTRATION shows that portion of the hand to be used in healing. The dark, shaded part should not touch the patient. This is thoroughly explained in the course.

ILLUSTRATION No. 2.



THIS ILLUSTRATION shows how to use the hot breath in treating rheumatism of the wrist. This is thoroughly explained in the course.

patient during the treatment; do not let it wander. By repeating the above mental suggestions you will have marvelous results.

THROW HANDS. In making magnetic passes while treating, it is customary to throw the hands away at the end of each pass. This is done for the purpose of keeping the operator from contracting the disease. It is therefore very important, each time you make a pass, to throw your hands away as if you had some substance thereon that you wish to get rid of quickly. Do this in every case. This expression will be found frequently in this course. Throw the hands away in treating every disease, unless otherwise directed.

All the time you are treating the patient he should have his eyes closed. As soon as he closes his eyes, you should look at the seat of pain, keeping your eyes fixed thereon during the time you are treating him, and determinedly will, "All the pain is going." "You feel the effect of this treatment." "All this disease is leaving you." "It is all going." "It is all gone." Keep repeating this while the patient is taking the treatment, and do not fail to keep your eyes upon the seat of disease, and talk (mentally) to the disease just as if it were a person you wished to get out of your house. As soon as you command the patient to open his eyes, you should look at the root of the nose, as before explained. Do this whenever the patient is in your presence with eyes open.

HOW TO USE THE BREATH. In my system the breath is used in nearly every disease. (See illustration No. 2.) This is important, and I want every student to study it carefully. I use what is termed the hot breath, in treating some diseases, and cool breath in treating others. To use the hot breath, fold a handkerchief or napkin so that you can force your breath through it. You may have to fold it in four thicknesses, depend-

ing upon the texture of the cloth. Then lay it on the affected part, and place your mouth on the handkerchief firmly so that the breath will not escape at the sides. Your mouth should be shaped as in saying "Haw." It should be open so that you might place two fingers, one above the other, in it. Fill your lungs completely, and exhale it through the handkerchief upon the affected part. This warms it. The heat also has a good mental effect upon the patient, giving him confidence in your treatment. You should breathe hot breath through the handkerchief about four times. If the patient has more than one trouble use the hot breath the same number of times on the different parts affected.

COOL BREATH is made with the lips in a position to say "Oh." (See illustration No. 3.) The mouth should be nearly closed, so that it will require some effort to force the breath through. In blowing upon the affected part, do so on the bare flesh, starting about six inches above the part affected, continuing to about six inches below, or off some extremity. For instance, if the fingers are burned, you should start at the back of the hand, and blow all the way down to the end of the fingers.

It will be observed that the mouth may be placed in position, and the warm breath exhaled by one impulse, but in exhaling cool breath the mouth must be first placed in the proper position, and then by another effort the breath is blown, not simply breathed.

LESSON 4.

POSITION TO HAVE PATIENTS WHEN TREATING. If you intend to follow Vitaopathy as a profession, I would advise you to have a physician's chair, as it will make a good impression. Of course, you can get along without it, but as soon as you can afford to buy one, you will find that it will be

money well spent. You may use a flat couch if you have no chair, and in some cases it would be more comfortable than the chair. Whenever you find it necessary for the patient to lie face downward, you should, of course, use the couch. Have the patient lie in an easy position, and in such a way that it will be convenient for you to reach the affected part, and treat him without tiring you. It is preferable in treating headache, earache or any disease of the head, to have the patient sit in a chair. If the patient is so ill that he cannot do this, he may lie down.

HOW TO APPEAR IN THE PATIENT'S PRESENCE. Never see patients while you are perturbed, nor allow them to see you in a condition of that kind, because they will be apt to take on your condition. Never tell your troubles to a patient, as it will lessen his estimation of your ability. When he comes to see you, always meet him with a smile, and express surprise at his improved condition. Look critically at his eye by raising the lid with the thumb of your right hand, and say: "Your eye looks ever so much brighter." Survey him from head to foot, and comment upon his improvement and changed appearance since you commenced the treatment. This you should do after you have given him a few treatments, or at any time he expresses himself as feeling better. Do not, under any circumstances, allow yourself to become irritated in his presence. Endeavor to make your patient like you, and long for your society, as it will assist you, if he feels kindly toward you. If you have habits that people do not like, try to overcome them. You can do so by making up your mind positively that you will. Always be polite.

HOW TO MAKE MONEY IN TREATING. From a financial standpoint, your investment in this course is a good one, and should return you compound interest.

It is not necessary to tell you that you can make money by treating. Look around you and see the suffering on all sides. What are the afflicted seeking? Relief. They will pay for it. Ask anyone who is afflicted, and he will tell you that he would give anything to be relieved. I have known people to pay as high as \$1,000 for being cured. I have also known people after being cured of some disease, to show their gratitude by taking their jewelry, such as diamonds, gold watches, rings, etc., and forcing their benefactor to accept them. A person who has been ill for years, months, or even weeks, and has spent a fortune in doctors' bills, is only too eager for a chance to be cured. He is like a drowning man grasping at a straw.

You might make an agreement that if you effect a cure, the patient should pay you a stated sum. We would suggest, however, that you charge a certain price, say \$1.00, for each treatment, or \$5.00 for one week's treatment. It is advisable to treat by the week or month. Many graduates are coining money by this plan.

Another good plan is, to say to a patient you know will pay, that he may hand you whatever he thinks your services are worth. I have known this class to pay \$100, whereas, if the healer had set the price, it would not have been more than \$5.00. However, I wish to warn students to be careful and make this arrangement with those only whom they know to be trustworthy. Those you are in doubt about, should always pay in advance. After you have cured a few, your fame will spread, and if you watch your business, you will soon be making from ten to twenty dollars a day.

In order to get started, it might be advisable to have a small circular printed, which, with your card, send to the sick in your vicinity. Offer to give one treatment free, and after you

have treated a few successfully, use their names as references. This will give you a start. I know that you will be successful if you will follow this plan. Students who come to the Institute, and take a personal course of instruction, have the privilege of treating people while they are here. Many of the students have thus effected wonderful cures.

LESSON 5.

HOW TO CURE PATIENTS WITHOUT THEIR KNOWLEDGE
You will often find it necessary to treat people without letting them know the kind of treatment you are giving. If they ask what kind of treatment you are giving, say, "I have better results when the patients do not know what I am doing than when they do. You came here to be cured, and it is the result you want." Then treat them according to instructions given for the disease with which they are afflicted. Another plan is to say, "I can rub your disease away, just let me try. I have often done so, and I am positive I can do so for you." Either of these plans will do.

FOR PHYSICIANS OR DENTISTS. As a rule physicians or dentists do not care to have the public know they understand these forces, because, if known, their fellow-practitioners might criticise them and injure their practice. To avoid telling the patient, the physician should say, "Mr. Smith, I have a medicine here which is a specific in such cases. It is a new and very powerful preparation which has met with wonderful success. Close your eyes so that it will not make them smart." Hold it away from your face as if you were afraid of it. When he closes his eyes tell him not to open them until you say so. You can use any drug that is pungent, and when the patient has his eyes closed, hold near enough to his nose for him to smell it, then rub a little upon the affected part, following with the regular passes and suggestions given later.

Dentists may use it in the same way in relieving toothache. If a patient asks if you ever use hypnotism, answer by saying, "I understand it, but never use it upon my patients unless so requested." Should he ask you if you use magnetism, you may reply, "I use Suggestive Therapeutics."

LESSON 6.

ADVICE. Do not boast of your ability; leave such talk to others. Do not criticise physicians, even though they should criticise you. If you adhere to this rule, you will soon receive the sympathy of the public, for the public always sympathizes with those criticised. Never lose your temper, and always wear a smile in the presence of your patients, and as far as possible in the presence of those with whom you come in contact. Male practitioners should require each lady patient to be accompanied by a friend, who, however, should not be permitted to talk during treatment. Always be courteous. Never do anything which might lead your patient to believe you were insincere; and the best way to manifest sincerity is to be sincere. On the other hand, try to gain the confidence of your patients, and when won, respect it.

Be neat in your appearance, and careful to have your hands and nails clean.

Be sure your breath is not offensive; otherwise it may neutralize your labor.

Permit no foul odors in your office.

Do not tell your troubles to your patients.

Try to have a pleasant word for every one.

Never see your patients when you have the blues.

Many students make a great mistake by impressing their patients with the idea that they are beginners. If, by word or action, they are led to believe this, they will be much harder to cure,

ILLUSTRATION No. 3.



THIS ILLUSTRATION shows how to use the cool breath for a burn on the back of the hand. This is thoroughly explained in the course.

ILLUSTRATION No. 4.



THIS ILLUSTRATION shows how to treat heart troubles. The pass is made in a half-circle, starting in the same position as in the illustration above, drawing half way around until the finger tips come to the center of the chest. For full explanation see instruction on heart troubles.

because they will have very little faith in your ability. You should never say, (as many students have), "I am just learning and do not know whether I can affect you or not, but I will do the best I can." Such a course will never lead to success. Many errors might be overlooked by your patients, if not mentioned by you. Remember this, and you will not be embarrassed in the least. Always make them think you know your business, whether you do or not. You may be truthful without being too frank. The physician knows that too much candor on his part, might be attended with fatal results, and physicians are not apt to overrate the power of impressions.

Do not discuss the ailments of a patient with others.

Never let others know whom you are treating, unless you are sure the patient would not object.

LESSON 7.

MAKING PASSES. There is a diversity of opinion in regard to making passes. Some claim that there is nothing in a pass; others, and perhaps the majority, claim the reverse. I shall speak from my experience only, and let the student decide this point for himself. I have cured a larger percentage of patients when I have made passes in contact with the flesh, than when I have treated without making them, and as long as I have better success in making passes, I shall continue to do so.

In making passes, the student should always use the thumb and three fingers of each hand; also that part of the palm which would remain if the little finger and part of the hand were cut off from between the little and third finger to the wrist. (See illustration No. 1.) The pressure should be light, and the pass should always start from four to six inches above the seat of

disease. There are a few diseases in the treatment of which passes should not be made. These particular cases I will mention, and give special instruction for treating them. In treating some diseases, I tell you to massage the patient. To do this you roll and work the muscles between both hands, in the same manner as you would knead bread. This is only used when the patient's muscles are weak, and the circulation is poor. It is also a good plan in these cases to slap the patient over the affected parts, also down the spine, commencing at the neck. This treatment is especially efficacious in paralysis or chronic cases of kidney and liver trouble; in fact, it is good in all cases of long standing where there is no danger of weakening the patient. It should not be applied while patients are suffering great pain.

QUIVERING PASSES. In making quivering passes the operator should allow the pass to go over that part of the body as explained in the treatment for the various diseases. To quiver the pass you quiver the hands as they are passing along the body. This is done with nervous energy. While the operator is making these quivering passes, he should, as determinedly as possible, concentrate his mind as follows: "You will feel better." "You are positively feeling better." "This treatment will positively cure you," etc.

TREATING UPON THE FLESH. Better results may be obtained by treating upon the flesh, although I have made some of my most startling cures while the patient had on ordinary clothing. Treatment over the clothing is desirable for patients extremely sensitive about its removal. After a few treatments they may be less sensitive. A sheet should be used as a covering for the patient, under which the hands may readily be placed. The patient instinctively respects the operator who has regard for his feeling and for the amenities of life. When treating patients upon the flesh,

be sure not to keep them exposed any longer than is absolutely necessary, and I wish to say most emphatically, no gentleman will take advantage of the patient's ignorance of this system of treatment.

Under no circumstances, take advantage of the confidence the patient has placed in your integrity or your honest intentions.

While treating patients, have pure thoughts if you expect good results. If you have a lady patient, treat her with the same respect as you would were she your mother or sister.

LESSON 8.

SUGGESTION. It is often better to use Suggestive Therapeutics alone, in treating some obstinate cases, than the regular magnetic treatments; but the student should always try magnetic healing first; then, if the disease does not seem to yield to the treatment, Suggestive Therapeutics should be employed. Habits of every description should be treated by Suggestive Therapeutics. In using this force for treating diseases, one must necessarily understand Hypnotism. Later, I will give the modus operandi for producing the hypnotic sleep. (I advise every student to read the book "Hypnotism as It Is," and a "Correspondence Course of Instruction," by X. La Motte Sage, A. M., Ph. D., LL. D. It gives the most complete instruction for practical work in Hypnotism, Personal Magnetism, Magnetic Healing, etc., ever gotten out, and I will be glad to furnish his address to any student.) It has always been understood that it was necessary to get the patient into a deep sleep before diseases could be cured by Suggestive Therapeutics. This is entirely wrong. I have found from long experience that in many cases a patient might be cured in his waking state, when he could not in the stages of deep sleep. Therefore, whether you get your patient

to sleep or not, give your suggestions for the cure just the same as if he were in a deep sleep. I repeat, if patients go to sleep from your suggestions, well and good; if not, give your suggestions just the same. This is a very important point, and I request the student to firmly impress it on his mind, and also on that of the patient. Patients who do not understand your method, or its effects, need not be told, unless they get the idea from your suggestions that they must be put in a deep sleep; then it is well to explain to them. It is always a good plan after you have cured a patient without getting him into a deep sleep, to cite the case to your other patients, and say in conclusion, that he thought he had to be put to sleep, but you soon convinced him otherwise. You might also add, "If anyone tells you that you must be put to sleep before you can be cured, they are not informed of the latest methods of Suggestive Therapeutics."

LESSON 9.

THE USE OF PERSONAL MAGNETISM IN CURING HABITS. In curing habits you must gain the complete confidence of the patient; to do this, you must use Personal Magnetism. To accomplish this result, have the patient give you the history of his case; then say to him kindly, "Mr. Jones, I am especially interested in cases like yours, and aside from my regular desire to benefit humanity, I take special pains in treating cases of this nature. Now I want you to have confidence in me, and I want you to assist me in every way you can; I want you to use your own will force; I can tell from the expression on your face that you have a strong will, and I know with the assistance of your own will we shall be able to effect a cure." If the patient has the liquor habit, say to him, "Mr. Jones, I want you to get a bottle of whiskey and place it in this drawer; and whenever you want a drink come here and get it. You can have all

you want, but I want you to promise me, upon your word of honor, that you will not take a drink except in my presence." Secure his promise. Then place your hand upon his shoulder and say, "Mr. Jones, I like you (looking at the root of the nose) and I feel that I am going to meet with entire success in your case; I want you to help me in every way you can, and it will be but a short time before this desire is completely overcome." After he gets the whiskey, promise him that you will not put a thing in it, that you desire to have it in your presence to see how much he takes, and also to know that he has confidence in you. Treat him according to instructions given later, but use the above instructions before treating the patient the first time; after one treatment, say, "Now Mr. Jones, when you feel you must have a drink come and get it, but don't come unless you are compelled to do so; use your own will force." When he comes and wants it, give it to him, saying, "Mr. Jones, you don't know how I dislike to see you take it, but that will soon be over." Every time he comes to be treated, or to take a drink, tell him (always looking at the root of the nose) that he will require less. Make him like you, and you will soon cure him. The same method can be used in every form of habit, by simply changing the word liquor, to morphine, cocaine, tobacco in any form, etc.

LESSON 10.

DETAILS FOR TREATING BY VITAOPATHY. The foregoing is a careful explanation of the leading principles of Vitaopathy, and as this course was prepared with a view to giving the student practical instruction, I will now proceed to give detailed information for treating various diseases. If I do not touch upon any certain disease you might desire to treat, I will be glad upon hearing from you, to give this information free of charge. Remember, there is a great similarity in

all of the work, and when you know how to treat a few diseases, you will experience no difficulty in meeting any emergency which may arise. If you do experience difficulty, I shall be glad to assist you.

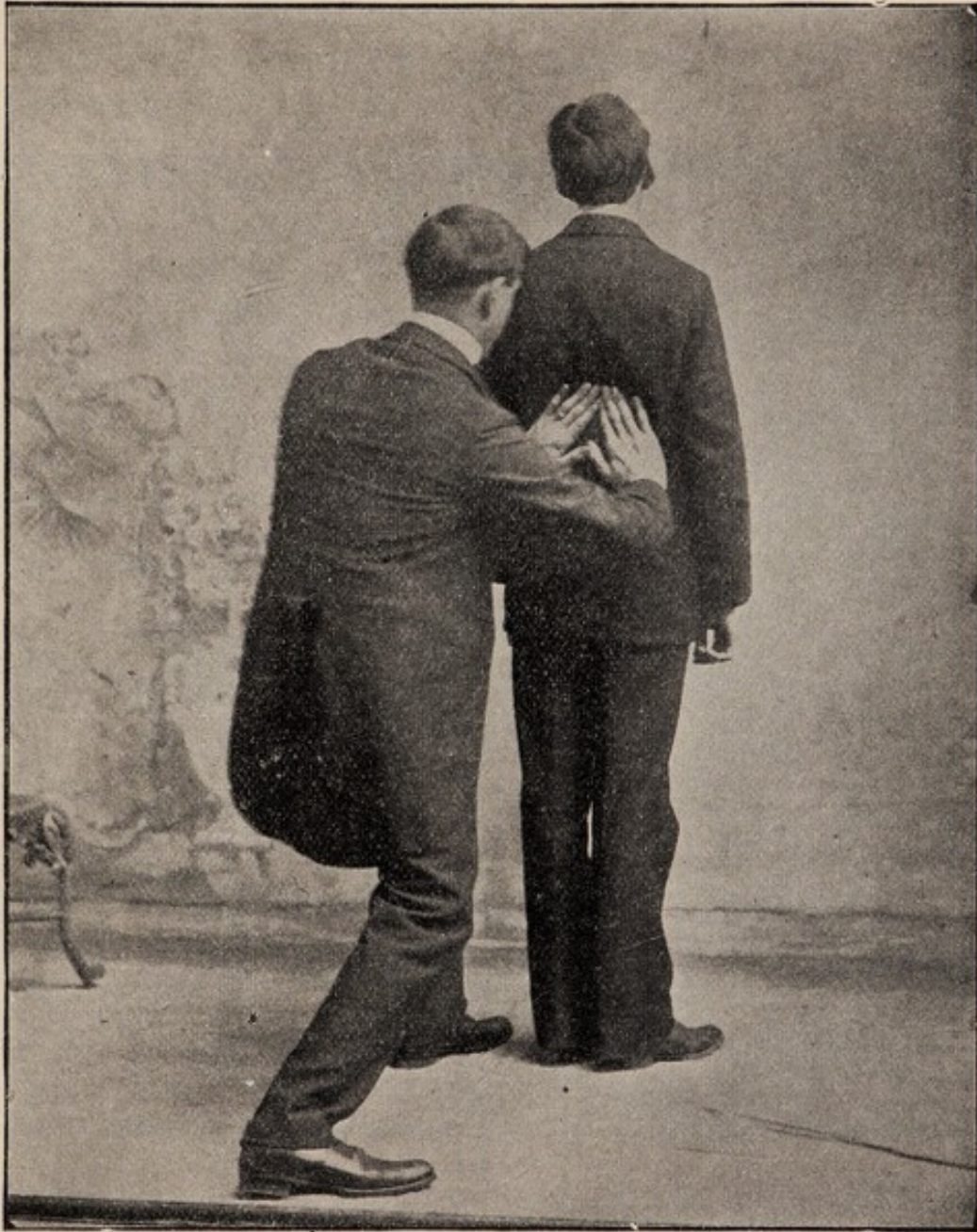
TO TREAT TOOTHACHE. Have patient seated in a chair; tell him to close his eyes; then make passes with the first three fingers of both hands over the affected parts, starting a little above the tooth that is aching; if on the lower jaw, make the passes downward along the jaw, until you come to the chin, then throw your hands away as if you had some substance thereon, as explained before.

Make these passes for ten minutes, then blow the hot breath in the ear, on the side which is affected. (Both ears, if front teeth ache.) Do this four times, then make ten more passes over the lower jaw; then place the palm of your right hand on the side of jaw over tooth, and let it rest there for a minute, quivering the hand with nervous energy, then say to the patient, "Take a long, deep breath (see that he does it) and exhale it as quickly as you can." Make patient do this three times, then stand in front of him and say, "Open your eyes." The moment his eyes open, point your finger at him and say positively, "It does not hurt you now." Your face should express the thought that you would be surprised, if he said it did hurt. Study this lesson carefully, and practice it together with other detailed instructions over an imaginary patient in your room, without any one being present. After you have practiced it until you are sure you know what to do, try it at your first opportunity.

LESSON 11.

TO TREAT HEADACHE. First ask the patient where the pain is located; then ask him to be seated in a chair and to close his eyes. (See illustration No. 7). Stand behind him, letting his

ILLUSTRATION No. 5.



THIS ILLUSTRATION shows how to treat liver and kidney troubles. The hands should pass down and across the hips quickly. For full explanation see instruction on liver and kidney troubles.

ILLUSTRATION No. 6.



THIS ILLUSTRATION shows how to put patient to sleep by suggestion. The right hand of the operator should pass across the forehead, over the temples and down to the cheek bone, and repeat several minutes (10 to 15), suggesting verbally: "You are so tired and sleepy, you feel drowsy, everything is getting dark to you, you hear no sound but my voice, when I count ten you will be sound asleep. 1-2-3-4-5-6-7-8-9-10, sound asleep, sound asleep." Repeat the suggestions several times. Then the patient is prepared to receive your suggestions for the treatment. For full explanation see instruction on Suggestive Therapeutics.

head rest against your body. Make passes with both hands, starting with the fingers in the center of the patient's forehead, and pass around the head as far as possible just above the ears. Throw the hands away at the end of each pass. Do this for five minutes, then exert a strong pressure, with both hands, for about thirty seconds, by placing left hand at the back of the head, and right hand on forehead. Then exert the same pressure on the sides of the head, for the same length of time; then step in front of the patient, and make a half-dozen passes with the three first fingers of both hands, starting in the center of the forehead and gliding over the temples, pass your hands off at the cheek bones, and throw hands away. Place the same fingers on the center of forehead; tell patient to take a long breath and exhale it quickly; make patient do this three times; then just as he lets out his breath, make the same pass (over the temples, etc.); then clap your hands sharply over the head (do not strike the head) and say positively, "Open your eyes." The moment the eyes open, point your finger at patient and say, confidently, "Your head does not ache now." As you say this, look at the root of the patient's nose, determinedly willing, "Your head is better." "You are positively better."

TO TREAT NEURALGIA OF THE FACE. Have patient seated in a chair; stand behind patient, blow hot breath in both ears; then make light passes with both hands over the affected parts (as in headache) for ten minutes (see illustration No. 7); then grasp the patient's head, left hand at the back, right hand at the forehead, and press firmly for thirty seconds. Stand in front of the patient and say, when I clap my hands I want you to open your eyes and you will find all the pain and soreness gone. Then clap the hands sharply (as in treating headache) and command firmly, "Open your eyes." As his eyes open (look at the

root of his nose) point your finger at him and say, "It does not hurt you now."

All forms of neuralgia of the head should be treated in the same manner.

RHEUMATISM OF THE WRIST. Have the patient seated in a chair; tell him to close his eyes (see illustration No. 8). You should be seated in a chair facing him; rest the patient's hand upon your knee, and start passes about six inches above the wrist. If it is the patient's right hand that is affected, you rest his hand upon your left knee; then your left hand should pass downward along the upper part of the arm, and your right hand should pass downward along the under part. Make the passes down the arm to the tip of patient's fingers, and throw the hands away at the end of each pass, always starting the new pass six inches above the wrist. Do not rub up and down. Make the passes for about fifteen or twenty minutes; then blow the hot breath three times upon the part which is affected. Make a few more passes. Have patient take a long breath and exhale it quickly four times, and say, "When you open your eyes all pain will be gone," or, "You feel much better." Then say, "Open your eyes." Point your finger at him (looking at the root of the nose) as his eyes open and say, confidently, "You feel better, don't you?" All forms of rheumatism of the arm or legs are treated in the same way. Remember, in treating the arms, to make your passes to the finger tips, and in treating the legs make the passes to the end of the toes; also remember, that during the treatment of any disease, you should determinedly will, "All this trouble is leaving you." "This pain is gone." "You are positively feeling better." "You will notice a great change in your condition." You can repeat this mentally, but in some cases, it is better to speak in a positive, yet low tone, making each word distinct. You can try the patient without speaking, and then try by suggest-

ing verbally, noting the difference, and adopt the plan which produces the best effect.

LESSON 12.

TO TREAT EAR TROUBLES. All diseases of the ear are treated in the same manner (see illustration No. 9). Have patient seated in a chair; eyes closed; blow hot breath in each ear for five minutes; then place in each ear, at the same time, the second finger. You should stand in front of the patient, quiver the fingers (lightly) in the ear with nervous energy, for thirty seconds; draw them straight out from the ear about six inches from the head, and throw away the hands; do this fifteen times. All the time you are making these passes, determinedly will, "All this trouble is leaving you." "It is all gone." "You are feeling better." Repeat this mentally, as you make the passes; then make ten more passes and repeat suggestions, verbally. Then say to the patient, "Take a long breath and exhale it quickly." Make him do this three times and say, "When I count three, open your eyes." Then count. As his eyes open, point your finger at him and suggest, confidently, "You feel better, don't you?"

TO TREAT BACKACHE. Have the patient stand with eyes closed (see illustration No. 5). Stand behind him, and make passes with both hands, starting about six inches above the location of the pain, and passing down over it and across the hips, and throw away. The right hand should cross the patient's right hip, the left hand the patient's left hip; make these passes at the same time with both hands, for ten minutes, then blow the hot breath on the affected part four times. Make quivering passes over the affected parts for one minute, down the back and across hips as given above. These quivering passes should be made with nervous energy on your part, concentrating your mind all the time you are treating patient, as

follows: "All pain is leaving you." "You are feeling better." "You notice a great change in your condition." "It is all gone." Make a few passes as first directed, and repeat the above suggestions, verbally, four or five times, saying to the patient, "Take a long breath, expel it quickly (have him do this four times), and when I count three you will open your eyes, and feel much better." Then stand in front of the patient and count; as his eyes open, point your finger at him and say, confidently, "You are feeling better, are you not?" If the patient is so ill that he cannot stand, have him lie face downward. When you get ready to give your suggestions as his eyes open, you can turn the patient over, but the same passes are used as if he were standing.

TO TREAT PARALYSIS. All forms of paralysis, locomotor ataxia, etc., are treated in the same manner. It is necessary to have the patient undressed for this treatment, but cover him with a sheet. Have him lie face downward, and slap the entire spine (see illustration No. 10), commencing at the top, gradually working downward to the end of the spine. This slapping should be kept up rapidly for about five minutes, and as hard as can be borne by the patient without too much pain. Try to have the back a ruddy glow when you get through. Make light passes with both hands, starting at the neck and going down the spine to the end, for ten minutes, then massage the affected parts. This is done by placing both hands around the limb affected, and roll the hands back and forth quickly. Do this five minutes; then knead the muscles the same as you would bread, for two minutes, making light quivering passes over the entire body for two minutes, starting at the back of the head and going over the entire body to the tip of the toes. Turn patient on his back, and make passes over the sides of the face, down over the front part of the body, to the end of the toes. Throw hands away at the end of each pass;

blow the hot breath four times at the base of the brain, and also at the small of the back, and over the heart. Say to the patient, "Take a long breath and exhale it quickly." Have the patient do this four times. Then say, "Open your eyes." As his eyes open, point your finger at him and say, confidently, "You are feeling much better, are you not?" After the patient has rested for five minutes, he should attempt to walk. If the trouble is in the legs, assist him as little as possible. He will tell you that he cannot move, but make him. He may think he cannot move, because the muscles and the brain have been lying dormant, but they must be forced into action. Have him walk a little farther each day; he should be treated daily, and should attempt to walk a little every hour in the day, but should not over-exert himself. He will soon gain confidence and readily take to this exercise. If affected in the arms, have him stand and swing them in a circle. He may not be able to do this at first, but have him make the effort and exercise the arms as much as possible. The affected parts will grow stronger the more they are exercised. This is the hardest treatment to give, and I suggest that the student give it very careful study.

LESSON 13.

TO STOP HEMORRHAGE. To stop the flow of blood, passes should be made upward (see illustration No. 12). For instance, if the patient has his hand cut across the back or palm, you should have the patient seated in a chair with eyes closed. Make passes with both hands upward, letting the right hand pass over the upper part of the arm and the left hand pass up the under side of the arm. Passes should be started about an inch above the cut, going upward as far as the shoulder; then close your hands and bring them back to the original starting point.

Repeat this fifteen or twenty times, using the cool breath, starting it a little below the cut, going upward along the upper part of the arm. All the time you are making these passes, determinedly will, "All this pain is leaving you." "This blood will stop." "The wound will contract." "You are feeling better." "This will heal rapidly." As you finish the last pass, say to the patient, "Take a long breath and exhale it quickly." Make him do this four times, and say, "Now when I tell you to open your eyes, you will find this bleeding will stop." "Open your eyes." As his eyes open, point your finger at him and say, "It has ceased to flow." If it has not, try again. It is also a good plan to use cold water upon the wound by placing a wet cloth upon it, and be sure that the cloth is clean.

All other hemorrhages are stopped by the same plan. If the cut is in the back, you should make passes upward from an inch above the wound, following instructions given above; if in the leg, make the passes upward to the hips; if in the stomach, or bowels, upward to the top part of the chest. In all dangerous cases, when the flow of blood is liable to cause the patient's death, if not stopped, I advise the student to call a surgeon.

STOMACH TROUBLE. Have the patient lie down on his back and close his eyes. Make passes for ten minutes with both hands, commencing with the tips of the fingers in the center of the patient's chest, going down over the stomach until the tips of the fingers reach the bowels. Then the right hand should pass off the left side of the patient's body, and the left hand off the right side of the patient's body. At the end of each pass throw the hands away as explained before. Blow the hot breath at the pit of the stomach for two minutes, then place the palm of the hands on the pit of the patient's stomach, and tell

ILLUSTRATION No. 7.



THIS ILLUSTRATION shows how to treat headache. The patient's head should rest against the operator's body. The hands should pass around the patient's head, coming off just above the ears, then throw the hands away. This should be done for ten minutes. Then exert a firm pressure on the sides of the head, also front and back. For full explanation see instruction for headache.

ILLUSTRATION No. 8.



THIS ILLUSTRATION shows how to treat rheumatism of the wrist. The operator's hands pass downward until the tips of the fingers reach the tips of the patient's fingers, then throw the hands away. All rheumatic troubles are treated the same way, except that the hands pass over that part of the body affected, to some extremity. For full explanation see instruction for rheumatism.

him to take a long breath and exhale it quickly. Have him do this three times. As he exhales, you should make one pass as before explained, while the patient is exhaling. It should be done quickly. Then say to the patient: "When I tell you to open your eyes, you will feel very much better." "Every time I treat you, you will notice a great change in your condition." "Your stomach feels relieved." "It will soon be well." Then tell the patient to open his eyes, and as his eyes open point your finger at him and say confidently, "You feel better, don't you?"

DISEASES OF THE BOWELS. Diseases of the bowels should be treated as follows (see illustration No. 11): Have the patient lie on his back with his eyes closed; make passes with both hands from the stomach down over the bowels, to the lower part of the body passing the hands across the front part of the hips and throwing them away. Make these passes fifteen or twenty times, then blow hot breath four times upon the part where the patient feels the trouble. Make ten or fifteen more passes, all the time repeating mentally, "All this trouble is leaving you." "All this pain is gone." "It is all gone." "You feel ever so much better." Then tell the patient to take a long breath and exhale it quickly. Make him do this four times, then say, "Now when you open your eyes, all of this pain or trouble will be gone from you." "One, two, three, open your eyes." As his eyes open, point your finger at him and say, confidently, "You feel better, don't you?" Every disease of the bowels is treated in the same way. It is not necessary for the operator to know the nature of the disease; all he needs to know is its location. This applies to all diseases.

LESSON 14.

Constipation comes under the head of bowel troubles and should be treated in the same manner. It is also a good plan with this disease, to

have the patient eat considerable fruit, preferably, apples and figs. They should be eaten at breakfast. Two apples will not harm the patient, or half a dozen figs may be eaten.

Diarrhoea is to be treated like diseases of the bowels.

HEART DISEASE. All forms of heart trouble are treated in the same manner. Have the patient lie on his back or seated in a chair (see illustration No. 4), and close his eyes; make passes with both hands in a half circle on the body, over the heart. The half circle should be made to the right or in the same direction as the hands of a clock move. Make these half-circle passes for ten minutes, starting a little below the collar bone and passing around the left breast, the hands coming off about two inches above the pit of the stomach. Blow the hot breath right over the heart five times; make ten more half-circle passes; then make the quivering passes in the same direction for three minutes; then say to the patient, "Take a deep breath and exhale it quickly." Make him do this three times; then say, Now, when I tell you to open your eyes you will find all this trouble gone." "You will be feeling better and continue to do so." "Open your eyes." As his eyes open, point your finger at him and say, confidently, "You feel better, don't you?"

LIVER AND KIDNEY DISEASES. To treat these diseases have the patient standing with his back towards you, or lying face downward with eyes closed (see illustration No. 5). Make passes with both hands, commencing at the bottom of the shoulder blades, going down the back and passing the hands off the hips, the right hand coming off the patient's right hip, and the left hand off the patient's left hip. At the end of each pass throw the hands away. Make these passes for ten minutes, then blow the hot breath first over the liver and then over the kidneys, three times at

each point. Make quivering passes (following directions for passes before mentioned) for two minutes. Then place hands, open, on the small of the patient's back and tell him to take a long breath and exhale it quickly. As he exhales it, make the pass quickly, same as first directed; do this four times; then turn patient on his back and place your right hand open, upon his forehead, and say, "Now, when you open your eyes you will find that you are feeling ever so much better," "All pain is leaving you." "You will feel better than you have for a long time." "From every hour on you will feel better." "When I count three, open your eyes." Then count three, and say, "Open your eyes." As his eyes open, point your finger at him and say, confidently, "You feel better, don't you?"

LESSON 15.

ST. VITUS DANCE. To treat this disease the patient should lie face downward with eyes closed. Make passes over the entire body as in paralysis, commencing at the back of the head and going downward over the entire body, passing hands off at the heels. Make these passes for ten minutes; then turn patient upon his back and make passes with both hands, starting at the temples and continuing down the face to the breast, and down the body to the limbs, then over the limbs to the toes. Do this for ten minutes. Blow the hot breath over the heart and turn the patient upon his face again. Blow the hot breath upon the base of the brain, and the small of the back. Turn patient upon his back again; then suggest aloud to the patient, "When you open your eyes you will feel much better." "This nervousness is gone from you." "You feel a decided improvement." "From every hour on you will feel better." Then say to patient, "Take a long breath and exhale it quickly." Make him do this three times. "Now when I count three open your eyes, and you will feel bet-

ter." "One, two, three, open your eyes." As his eyes open, point your finger at him and say, "You feel better, don't you?"

NERVOUSNESS. Have the patient lie down with eyes closed. Make general passes and use the hot breath and then the quivering passes over the entire body, back and front, as explained in treating St. Vitus Dance. Say to the patient, "When I tell you to open your eyes you will feel better." "All your nervousness will be gone." "You will sleep well, nights." "Nothing will make you nervous." "You will notice a great change in your condition daily." Tell the patient to take a long breath, make him do this four times; then say, "When I tell you to open your eyes you will feel better." "Open your eyes." As his eyes open, point your finger at him and say, confidently, "You feel ever so much better, don't you?"

GENERAL DEBILITY. Have patient lie on his back and close his eyes. Make passes with both hands, starting in the center of his forehead and down over the temples, and the cheeks to the chest, then down the body to the toes. Do this fifteen minutes. Blow the hot breath over the heart, turn the patient over, and blow the hot breath at the base of the brain, and the small of the back. Turn patient upon his back again, place your right hand upon his forehead and say, "When you open your eyes you will feel like a new man." "You are getting stronger." "Your appetite will improve from this time on." "You will sleep well nights, and every morning you will awake, feeling refreshed." Make quivering passes for two minutes. Take a long breath and exhale it quickly. Have patient do this four times; then say, "When you open your eyes you will feel ever so much better." "Open your eyes." As his eyes open, point your finger at him and say, confidently, "You feel better, don't you?"

TUMORS. In treating this disease the patient should lie in a position so you can reach the

tumor, and close his eyes. Make passes over it with both hands downward. If the tumor is on the left breast make passes starting three inches above, and coming down over it to about four inches below and throw your hands away. Do this twenty minutes; then blow the hot breath upon it five or six times. Make twenty quivering passes over it, as first directed; place your right hand upon it and say, "Take a long breath and exhale it quickly." As he exhales it, pass downward over the tumor quickly. Do this four times; then place right hand upon the patient's forehead, saying, "When I tell you to open your eyes you will find that you feel better." "Every hour from now on the tumor will decrease." "It will get smaller daily." "You will notice a great change in a very short time." Then say, "Open your eyes." As his eyes open, point your finger at him and say, confidently, "You will find a great change in the tumor in a very short time."

LESSON 16.

WOMB TROUBLES. All womb troubles are treated in the same manner, with the exception of excessive flooding, instruction for which is given separately later.

Have the patient lie on her back and close her eyes (see illustration No. 11); make passes with both hands, starting at the pit of the stomach with the finger tips and drawing straight down the abdomen over the lower part of the body, and throw hands away. Do this ten minutes, then blow the hot breath on the abdomen over the womb four times, and make quivering passes for two minutes. Then place your right hand upon the patient's forehead and suggest verbally, "When I tell you to open your eyes you will feel a great improvement." "You will feel better every hour." "Each day you will notice a great change." "You will be more cheerful." Repeat these suggestions

over five or six times, then say to the patient, "Now I want you to take a long breath and exhale it quickly." Make her do this four times, saying, "Open your eyes." As the eyes open, you point your finger at her and say, confidently, "You feel better, don't you?"

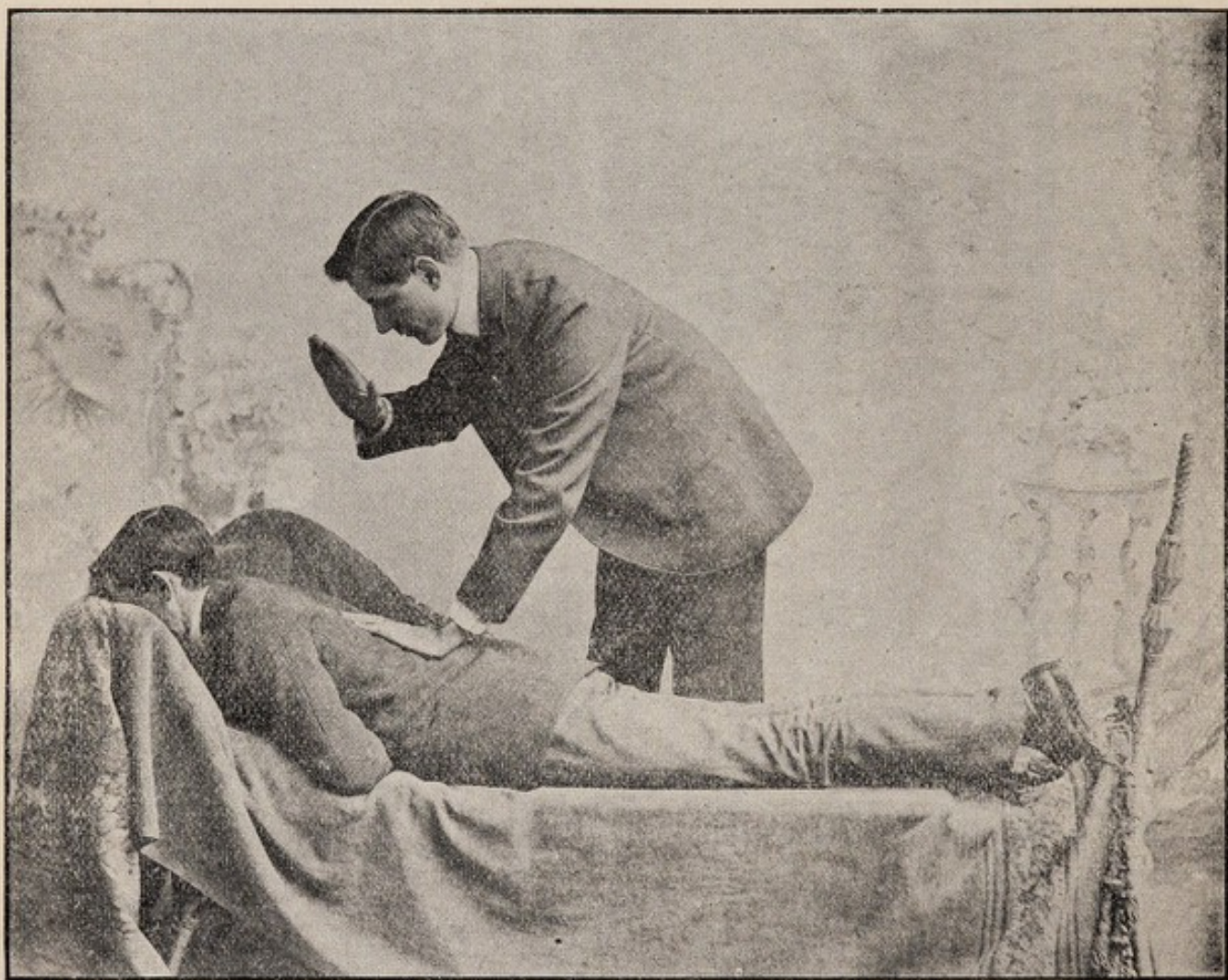
EXCESSIVE FLOODING. In this treatment you are trying to stop the flow of the blood and it is necessary to make passes. Therefore, have the patient lie on her back and close her eyes. Stand by her side with your back towards her head, and place both hands upon the lower part of the body, with a firm pressure (see illustration No. 12), and quiver them for a half minute; then release the pressure somewhat and draw slowly upward until your finger tips reach the upper part of the abdomen below the pit of the stomach, keeping your eyes upon the part under which the womb is located and determinedly will, "All this flow will cease." "All the muscles of the womb will contract." "This trouble is all gone." "You are feeling better." Keep repeating this, mentally, in a determined manner, while you are making the passes, which should be continued for fifteen minutes. Blow the cool breath, starting at the lower part of the body up over that part of the abdomen where the womb is located. Do this four times, then place your right hand upon the patient's forehead, and repeat the suggestions given above, verbally, six times. Then say, "When I count three and tell you to open your eyes, you will feel better." "All this trouble will soon stop." Don't have the patient take the long breath in this treatment. Then say, "One, two, three, open your eyes." As her eyes open, point your finger at her and say, confidently, "You will feel better." The patient should keep very quiet and should lie on her back as long as possible, without tiring. It is better to treat this trouble upon the flesh, but if treated with clothing on, dispense with cool breath, otherwise the treatment is the same. It

ILLUSTRATION No. 9.



THIS ILLUSTRATION shows how to treat ear troubles. The second fingers of the operator's hands are placed in the ears of the patient, and quivered lightly with nervous energy, for thirty seconds. Then draw straight out from the sides of the head about four inches and throw the hands away. For full explanation see instruction for ear troubles

ILLUSTRATION No. 10.



THIS ILLUSTRATION shows how to treat paralysis. The operator is in the act of slapping the spine. For full explanation see instruction for paralysis.

would be better in severe cases of this kind to call in a surgeon to assist you, if you are not one yourself.

LESSON 17.

CANCERS. In treating this disease keep your hands about half an inch from the flesh (without contact), and use the cool breath instead of the hot; otherwise the treatment is the same as for tumors. I wish to warn the student to be very careful in treating cancers. If you have a dangerous case, secure, if possible, the services of a physician to assist you.

LUNG TROUBLES. All forms of lung troubles should be treated alike. Have the patient lie on his back and close his eyes. Make passes with both hands, commencing at the upper part of the chest, continuing down until the finger tips reach the lower part, then draw them quickly across the body to the sides and throw hands away. The right hand should pass off the patient's right side, and the left hand should pass off the patient's left side. Make these passes for ten minutes, then blow the hot breath over the right and left lung four times. Make quivering passes over the chest for two minutes. All the time you are doing this concentrate your mind upon the following suggestions: "It is all gone." "You are feeling better." "Your lungs feel stronger." "Every day you will feel better." Then place your right hand upon the patient's forehead and repeat the above suggestions, verbally, six times. Then say, "Take a long breath and exhale it quickly." Making patient do this three times, after which say, "Now when I tell you to open your eyes you will feel much better." "Open your eyes." As his eyes open, point your finger at him and say, confidently, "You feel better, don't you?" Do not treat consumption in its advanced stages unless a physician is in attendance.

THROAT TROUBLES. Have patient lie on his

back and close his eyes. Make passes with both hands, the right hand starting at the left side of the patient's neck just below and back of the ears, the left hand starting at the right side. Make the passes with both hands at the same time, draw them towards the center of the neck, the finger tips coming off the Adam's apple. Throw hands away. Make these passes for ten minutes. Blow hot breath upon the affected parts four times, and make a few quivering passes. Do this for one minute; then rest both hands upon the throat for half a minute, and tell the patient to take a long breath and exhale it quickly. Make him do this three times. As he exhales his breath make one pass each time he does it, then place the right hand upon his forehead and say, "Now when you open your eyes all of this trouble will be gone." "You are feeling a great deal better." "Every hour from now on you will feel better." Repeat this three times, then say, "Open your eyes." As his eyes open, point your finger at him and say, "You feel better, don't you?"

BURNS. Have patient lie down so that you can reach the affected part, his eyes closed (see illustration No. 3). If the back of the hand is burned make passes with both hands without contact, starting at the wrist or about three inches above the burn, and continuing down the fingers to the tips, throwing the hands away. These passes should be made about half an inch from the flesh. Do this for fifteen minutes. Blow the cool breath, starting at the upper part of the wrist and continuing down over it to the finger tips. Do this four or five times, then place your hand upon the patient's forehead and suggest, "Now when you open your eyes all this pain will be gone." "It is all gone." "It will heal rapidly." "You are feeling better in every way." Repeat these suggestions four times, then tell the patient to take a long breath and exhale it quickly. Make him do this four times, then say, "Open your

eyes." As his eyes open, suggest, "It does not hurt you now." All burns are treated in a similar manner, applying this treatment to any other part of the body that may be burned. Always make passes toward some extremity.

CONTAGIOUS DISEASES. Never under any circumstances treat contagious diseases, as you are not only liable to contract the disease yourself, but to communicate it to your patients. You cannot afford to take the chances. Physicians do not incur as much risk.

DANGEROUS CASES. Without the aid of a physician never accept a case when the patient is dangerously ill. You would be more severely criticised for the loss of one patient, than a physician for the loss of ten or twenty. If you think the patient is in danger call a physician and work with him, then if the patient should die, you will not be held responsible.

EYE TROUBLES. Have the patient lie on his back with eyes closed. Make passes lightly over the eyes, starting at the eyebrows and continuing over the eyes and across the cheek bones and throwing away the hands. Do this for ten minutes. Blow the hot breath on both eyes four times, then make ten more light passes, as first directed. Place your right hand upon the subject's forehead and suggest, "Now when you open your eyes you will find all this trouble gone from you." "You feel better." "Every time I treat you, you will notice a decided improvement." Tell the patient to open his eyes. As his eyes open, point your finger at him and say, confidently, "You feel better, don't you?"

LESSON 18.

CONTRACTED MUSCLES. Have patient lie down and close his eyes. Make passes over the contracted parts for about ten minutes, starting four inches above the affected part and continuing down

over it to a point about the same distance below. Massage the muscles and cords well, for five minutes. Straighten out the member that is contracted and rub it with the right hand briskly, while you keep it straightened with the left. Blow the hot breath upon the affected part four or five times. Place your right hand upon the patient's head and suggest, verbally, "All your muscles are relaxing." "You are feeling better." "You will feel better every hour." "Every time I treat you your muscles will become more supple." Repeat these suggestions several times, then say, "When I count three open your eyes and you will feel better; one, two, three, open your eyes." As his eyes open, point your finger at him and say, "You feel better, don't you?" Tell the patient to exercise the muscles as much as possible, and try to straighten the members, several times daily. Also have some one in the family straighten them for the patient several times daily, for five minutes or so, each time.

Bladder troubles are treated in the same manner as bowel troubles.

TO CURE YOURSELF. You can cure yourself of any disease or bad habit by giving yourself what is termed Auto-suggestions (Self-suggestions). These suggestions can be made in the waking state, just as well as in the sleeping stages. The best time to take Auto-treatment is at night after you retire. When you begin to feel drowsy, concentrate your mind as follows: "To-morrow when I awaken, I will feel better--this habit will positively leave me" (or whatever the trouble may be you wish to rid yourself of). Make up your mind without allowing other thoughts to enter, that the results will be satisfactory; that each day you will continue to improve; that you will feel better in every way. It is also a good plan to lie down once or twice during the day, and repeat such suggestions as you wish.

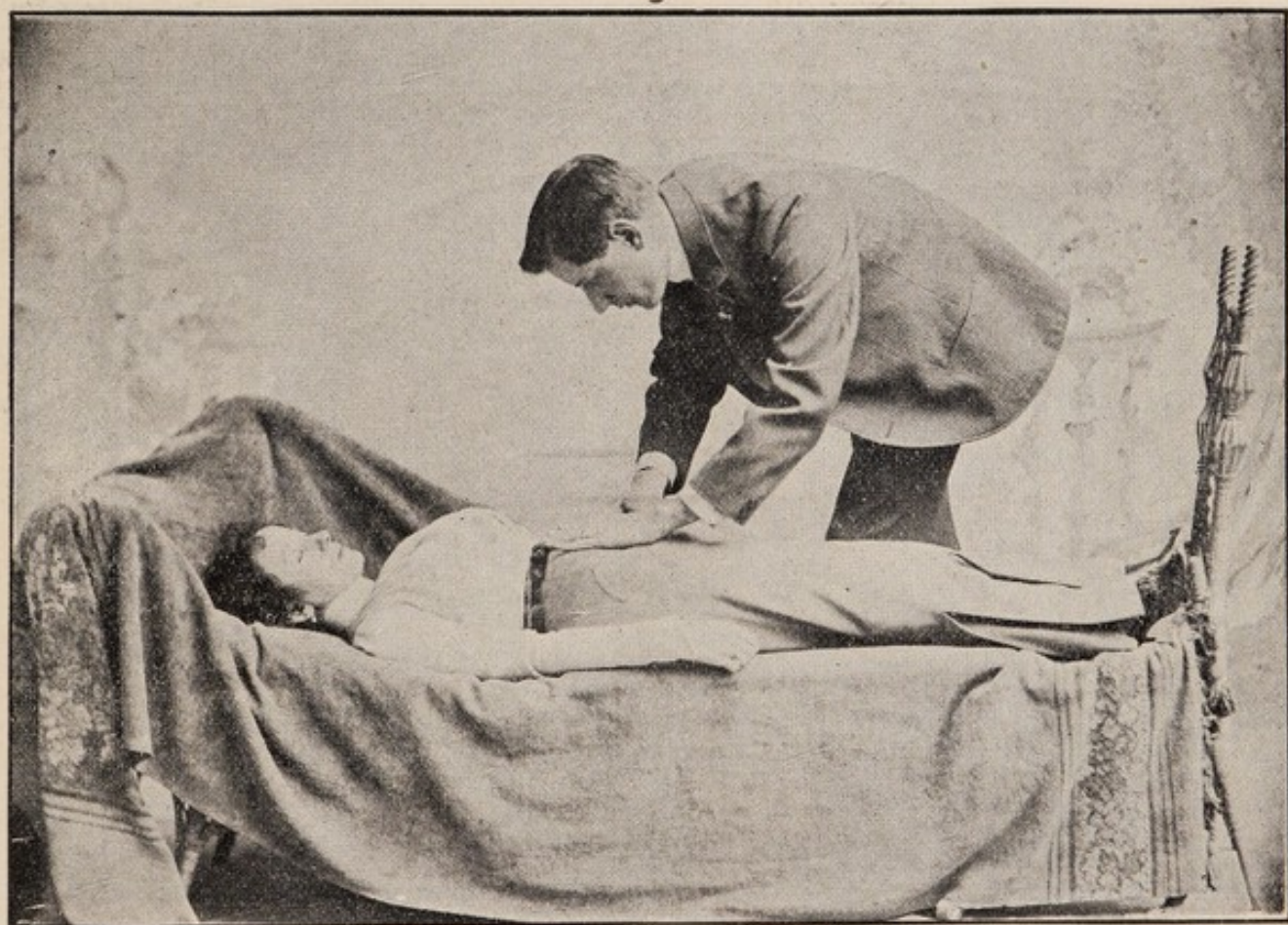
The reason these suggestions cure either in the waking or sleeping stages is because you specialize certain brain cells, which have been lying dormant. When one's mind is dwelling upon a certain disease he has, he is continually specializing brain cells which aggravates the diseased parts. As an illustration: when an individual is ill, he is continually thinking about it, thinking how bad he feels, talking with people about his complaints. Every time you allow your mind to dwell upon your disease you specialize new cells which aggravate it. The reverse is also true. If you will force yourself to look upon the bright side of life, and associate with cheerful companions you will specialize brain cells which will produce health and vigor. As an aid to cheerful thoughts repeat mentally: "I am feeling better." "I will soon be well." "I will not allow disease to exist in my body," etc. If you will do this, you will be surprised at the results obtained. This same rule applies to strengthening the memory, increasing the power of concentration, or developing Personal Magnetism. By repeating mental exercises you can develop any faculty you desire, and if you will experiment with this you will soon be able to cure yourself of any disease. You cannot cure yourself of a habit or a chronic disease in a day. It usually requires a few weeks. It depends upon your power of concentration and force of will. Some people can specialize brain cells more quickly than others. Those who will follow this instruction enthusiastically and determinedly will reap an abundant reward.

HOW TO GIVE ABSENT TREATMENT. Tell the patient to go by himself in a dark room, at a stated time when it will be convenient for him and for yourself; lie down upon a bed or couch, close his eyes, relax his muscles, and concentrate his mind upon the suggestions which you write him. Tell him to repeat them again and again during the

entire treatment, which should last about fifteen minutes. After the time has expired he should stand, take a long breath and exhale it quickly, four times, at the same time repeating, mentally, the suggestions you have given him. If he is in such a condition that he cannot stand tell him to take the breath lying down. If it is a case of rheumatism you will tell him to suggest, mentally, "All this pain is leaving me." "It is all gone." "I feel a decided improvement," "Every hour from now on I will feel better," or, any suggestion you wish him to take. At the same time he is taking this treatment, you must determinedly will the same suggestions, only that you repeat, mentally, "All this pain is leaving you." "It is all gone," "You feel a decided improvement," etc.

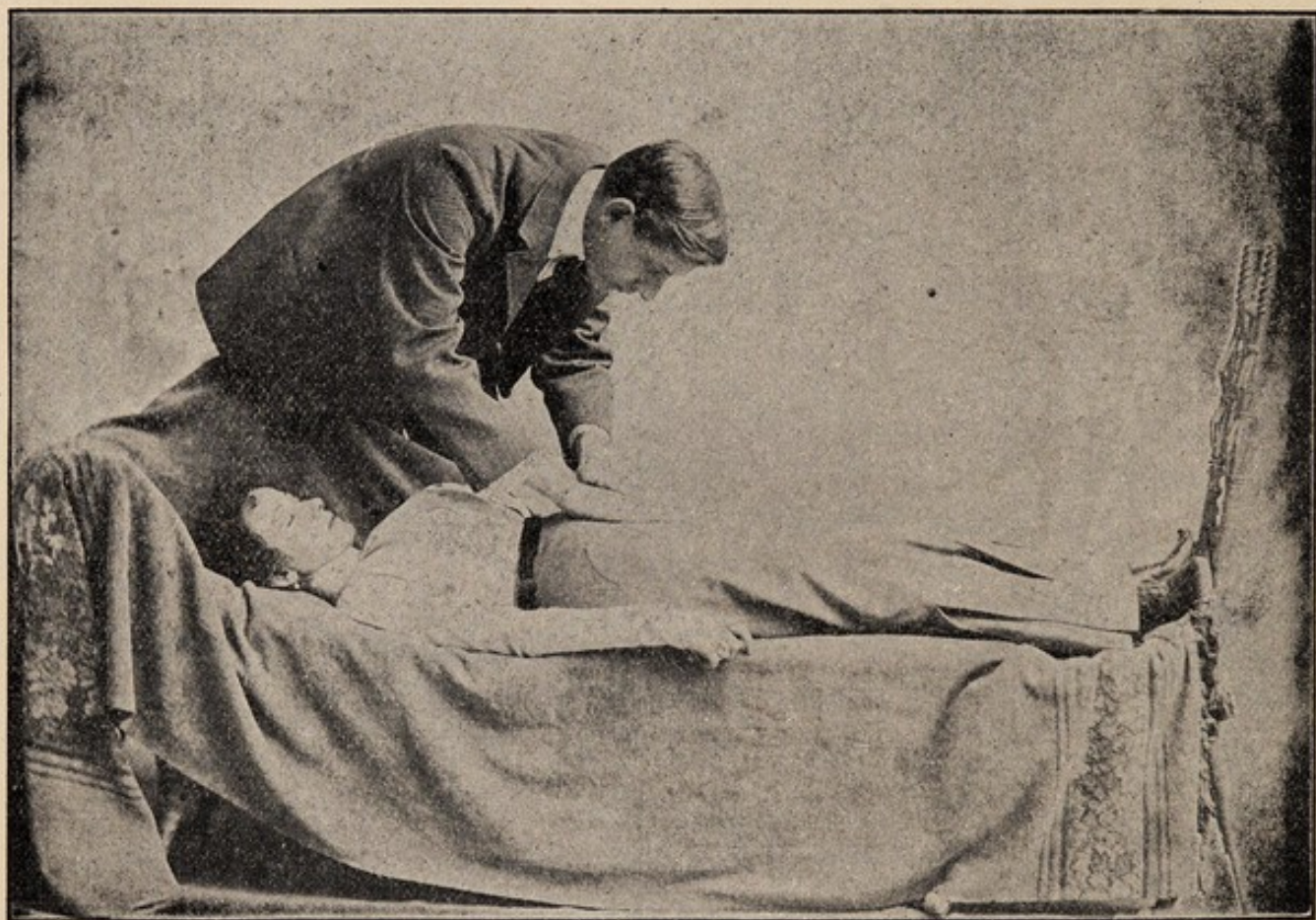
Both operator and patient should give these mental suggestions, not allowing other thoughts to enter their minds. All diseases, treated at a distance, should be conducted in the same manner except as to suggestions which should be varied to suit each case. If either party should miss the time for any cause whatever, the treatment will still be efficacious, but not as much so as if both parties follow the instructions given.

ILLUSTRATION No. 11



THIS ILLUSTRATION shows how to treat bowel troubles and other diseases in that locality. The passes start at the pit of the stomach, going down to the lower part of the body. For full explanation see instruction for bowel trouble.

ILLUSTRATION No. 12.



THIS ILLUSTRATION shows how to treat excessive flooding, falling of the womb, etc. Also gives the student an idea of how to stop the flow of blood from cuts, etc. Note that the passes are reversed. For full explanation see instruction under the head of excessive flooding.

SUGGESTIVE THERAPEUTICS.

(Hypnotic Sleep).

LESSON 19.

To use Suggestive Therapeutics it will be necessary to tell the student how to put the patient to sleep. To do this you should study illustration No. 6.

Have your patient lie on his back or right side, hold his right hand with your left (see illustration No. 6), letting your thumb rest in the center on the back of patient's right hand about half the distance between the knuckles and the wrist, letting the fingers of your left hand rest in the palm of the patient's right. The right hand of the operator should pass across the patient's forehead over the temples and down to the cheek bone. You should make these passes with the right hand for ten or fifteen minutes, suggesting, verbally, "You are so tired and sleepy." "You feel very drowsy." "Everything is getting dark to you?" "You are so sleepy." "You cannot hear any voice but mine." "When I count ten you will be sound asleep." One, two, three, four, five, six, seven, eight, nine, ten; sound asleep, sound asleep, s-o-u-n-d a-s-l-e-e-p. Repeat these suggestions five or six times. Then place your right hand over the patient's heart and as he exhales his breath you press downward and, as he inhales, release the pressure, at the same time suggesting, "You are breathing deeper." "You are breathing deeper." "You are sound asleep." "You cannot hear any sound except my voice," "Everything is dark to you."

Repeat these suggestions several times; then

the patient is prepared to receive your further suggestions for the habit he may have. Now, understand, it is not necessary to get him into a deep sleep to give him these suggestions. The patient should be treated every day, suggest to him for fifteen or twenty minutes and, whether you get him to sleep or not, give your suggestions for the cure. Be sure and impress upon his mind that it is not necessary to get him in a deep sleep to cure him. Some patients imagine that they must be put to sleep before you can effect the cure. Explain to the patient that this is not the case. It was formerly held that it was necessary to get the patient into a deep sleep in order to cure him, but by long experience we have found that this is not the case.

To awaken the patient in case he goes into a sound sleep, make a few passes upward, starting at the hands, going up along the outside of the arms to the cheeks, over the temples to the top of the head; make these passes for two minutes, then say to the patient, "Now, sir, when I count three you will wake up feeling better than you have for a long time. You will not be nervous in any way and will wake up quickly. One, two, three." As you say three, clap your hands together sharply, about four inches from the top of the patient's head, then say, positively, "Wake up, wake up, wide awake." Then again clap the hands sharply over the patient's head. If he does not seem inclined to awaken slap the back sharply, striking it a glancing blow upward with the palm of the hand. It may be necessary to slap him on the back in this way two or three times. Keep talking to your subject all the time, repeating, positively, "Wake up, wake up, wake up," until the subject or patient smiles. Nine times out of ten they will smile as soon as they have been restored to their natural condition. If the patient should apparently awaken then drop back to sleep again, simply go through the awakening process again.

You can tell by the expression on their faces whether they are in a normal state, but it is usually customary for operators to keep suggesting, "All right, wide awake," until they smile.

In the majority of cases it will not be necessary to continue as long as the instruction above would indicate, as most subjects awaken quickly, but I have given this instruction to you so that in case you find trouble in awakening certain subjects, you need never fear if these directions are followed closely. If the patient or subject were left entirely alone he would awaken of his own accord, in from twenty minutes to three or four hours. In rare cases, subjects have been known to sleep all night, and awake at the usual time next morning. Do not let any one cause you the least alarm by telling you that subjects have been known to sleep themselves to death. These stories usually emanate from the mind of some sensational newspaper reporter.

This course is written for the purpose of giving the student instructions in healing, therefore I shall not devote much time to Suggestive Therapeutics or hypnotism, but give the student enough that he may understand how to cure habits. I have found the above method the most efficacious in producing the hypnotic sleep, although there are many other methods for producing this state. For curing habits it is especially good, because the patient is in a splendid position to receive suggestions for the cure. I will now give you the details for curing habits by Suggestive Therapeutics.

CIGARETTE HABIT. Put your patient to sleep (see illustration No. 6) by the method before mentioned or try to put him to sleep, then, after you have worked on him from twenty minutes to half an hour, repeat the following suggestions: "Now, sir, when I awaken you all this desire for cigarettes will have passed away. You will not care

for them any more. Every day I treat you you will require less. Your system will not require the stimulant. It will not make you nervous to stop. All your desire is gone. The smell of a cigarette will make you deathly sick. If you attempt to smoke it will make you sick at your stomach. You will be perfectly disgusted with them."

Repeat these suggestions again and again, then awaken the patient. A good plan to follow is to hand the patient a cigarette and to say to him, "Mr. S., try this cigarette, and while you are smoking it I want you to look at me." Look at the patient at the root of the nose. After he lights the cigarette, tell him to keep his eyes on you and keep looking at you all the time, then place your right hand on the pit of his stomach and say to him, "This cigarette is making you sick at your stomach. It is making you deathly sick." Keep suggesting these until the patient gets sick at his stomach. Then say to the patient, "Now, sir, I am going to take away that sick feeling, if you ever attempt to smoke another cigarette, that sick feeling will return." Then make a few passes over the pit of the stomach with both hands, going downward, and tell him "All that sensation is gone, it has all gone."

In many cases it will not be necessary to give your patient but one treatment, especially if he gets very sick at his stomach when you give him the suggestions to produce that effect. If he does not get sick at his stomach it may be necessary to give him several treatments. If not cured after the first few, you should continue giving treatments for at least a month, and, usually, by the end of that time you will have effected a cure.

CHEWING OR SMOKING. Put your patient to sleep (see illustration No. 6), and say to him, "Now, sir, when I awaken you, all this desire for chewing or smoking (whichever it may be), will

leave you. Your system will not require it. You will not care to smoke or chew any more. The desire is all leaving you. Every time you attempt to smoke or chew it will make you deathly sick. It will not make you nervous to stop. Your health will improve daily. You will be perfectly disgusted with it. You will not allow anyone to try to influence you to smoke or chew. You will use your own will force to fight against it. Every day you will require less." Then awaken the patient. He should be treated daily until cured.

LIQUOR HABIT. Put your patient to sleep (see illustration No. 6), and suggest to him, "Now, sir, when I awaken you all this desire for liquor will be gone from you. Your system does not require the stimulant. You will be perfectly disgusted with it. You will not allow anyone to tempt you. If anyone asks you to take a drink, you will positively refuse. You do not want it. Every day you will be more disgusted with it. It will not make you nervous to stop. Every day you will require less." Repeat these suggestions eight or ten times, then awaken the patient. He should be treated daily, until cured. Also follow the instruction under the head of "The use of Personal Magnetism in the cure of habits."

MORPHINE HABIT. Put the patient to sleep (see illustration No. 6), and suggest to him, "Now, sir, when I awaken you, all this desire for morphine will be gone. You will take smaller doses each day. You will do this of your own accord. It will not make you nervous to stop. Each day you will require less. You will have no desire for it. All your desire for it is leaving you. Your system does not require it. You will feel better each day."

Repeat these suggestions eight or ten times. The patient should be treated daily. After you

awaken your patient, you should tell him, "Now, sir, do not take this except when you feel that you must have it, and then try to lessen the dose each time." Also follow the instruction under the head of "The use of Personal Magnetism in the cure of habits."

OPIUM HABIT. Put the patient to sleep (see illustration No. 6), and say to him, "Now, sir, when I awaken you, all your desire for opium will be gone. Your system will not require it. You will feel better without it. You will require less. You are positively feeling better. All desire is leaving you. You will not want it any more. You will forget that you ever used it, and when you stop its use you will not be nervous."

Repeat these suggestions five or six times, then awaken the patient, and give the same suggestions given in the latter part of the instruction for morphine habit.

BITING THE FINGER NAILS. Put the patient to sleep (see illustration No. 6), and suggest to him as follows: "Now, when I tell you to wake up, you will find that you will not bite your finger nails any more. You will have no desire to bite them. All this desire is leaving you." Then awaken the patient.

There are a number of other habits which might be mentioned, but I feel the above sufficient to give the student the proper idea to treat bad habits by Suggestive Therapeutics.

Perverted sexual desires may be relieved in the same way; in fact, any habit, it makes no difference what it is, can be relieved by suggesting to the patients that they will have no desire to do what they have been doing, giving them suggestions for their particular habit. It is not absolutely necessary to follow the suggestions just as I have given them; all that is necessary,

is to say to the patient what you wish to accomplish, and by doing this you can cure any habit.

Habits are purely mental diseases, and there is nothing so efficacious for diseases of this kind as suggestion. If the student will study this lesson very carefully, he will be able to cure the most obstinate habits in a short time. Should the student wish more information in regard to any special habit, I will be pleased, at any time, to give the same to him.

TO DEVELOP MAGNETISM OR NERVE FORCE. To develop the vital forces within you, a good plan to follow is the breathing exercise herein given. Each morning upon arising, raise your window, so that the fresh air may enter. Stand erect with the hands hanging loosely at the side, then fill your lungs entirely full, taking a long breath through the nostrils; as soon as you have the lungs entirely full, then by a sucking process of the mouth, try to force more air into the lungs, so that the upper and lower lungs are entirely full. Hold the breath for a moment or so, then very slowly exhale it through the mouth until every particle of the air, or as much as possible, has been exhaled; then wait about ten seconds, and inhale again through the nostrils. Hold the body erect during the entire exercise, which should last for about five minutes in the morning, and should be practiced before you are fully dressed. The same exercise should be gone through with in the evening, after you have disrobed. It is a good plan to do this once during the day in the open air, if convenient.

CONCLUSION. In conclusion, I wish to say, that if you will faithfully follow all instructions given in this course, you will be surprised at the results obtained. One thing in particular to which I wish to call your attention before closing is, the importance of being enthusiastic in the presence of your patients. Make them

dence in yourself and in the treatment. (You will have confidence in yourself after you have cured a few people). Remember that when you are enthusiastic, your patient will be the same. Tell your patients that if they expect good results, they must follow your directions implicitly, and impress upon them that you are anxious, outside of any pecuniary benefit, that they shall be well, and you will work upon them just as hard as if they were a near relative of yours.

THE END.



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