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The Power of Suggestion.

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At the meeting of the Vermont State Dental Society, in March, Dr. Fillebrown gave an interesting talk on "The Power of Suggestion." The following report will give a fair idea of his remarks, though, of course, it is imperfect as a whole:

Suggestion in the wakeful state and without any attempt to produce hypnosis, had been so successfully used by him as an obtundent for sensitive dentine, during the past six months, that he felt that a few words upon the subject would prove useful to many, and not entirely without interest to all.

The many duties demanding his time was his excuse for presenting remarks so imperfectly prepared; but he trusted the important points would not seem to be left obscure.

For a good appreciation of the subject he proposed to discuss, it is necessary to understand somewhat fully the results of modern psychical research, especially the newly-discovered fact of a double consciousness or a double layer of mental activity. On the upper plane or layer, so to speak, is the conscious mental activity. In the lower plane or layer, the subconscious or subliminal mental activity resides. For instance, when one passes along the street, the first recognizes what we are conscious of seeing; the second recognizes all that we do see.

It is in the subliminal consciousness that habits are formed. It is in this that the lasting effects of shock are felt. It is in the subliminal mind that fears become fixed that sometimes so entirely control our being and welfare. This subconsciousness directly