

1st. The more suggestible the patient, the more likely is his complaint to be either an imaginary one, or one induced by auto-suggestion.

2nd. Such patients are more likely to relapse into their old conditions or assume new ones.

3rd. Patients suffering with genuine troubles are in inverse proportion to their suggestibility, i. e., therapeutic suggestion is more effective with those who are not so amenable to positive suggestion, when there is an actual trouble to be cured.

*Mesmeric sleep* was the condition now known as induced somnambulism, and was the only condition recognized by Mesmer. Mesmer's patients were attracted to him through their suggestibility and credulity, from all over the country, so that he drew the cream of the class of individuals now recognized as somnambulists.

Bernheim defines hypnosis, not as a condition of sleep, but as one in which suggestion has an exaggerated effect.

Braid, the Manchester physician who studied the subject about 1841, gave the name of hypnotism to the peculiar drowsy or sleep condition coming on from fixed attention. This was the mesmeric condition, somnambulism.

Most all psychologists have adopted the theory of the *dual mind*. I will adopt this theory and shall designate these minds as voluntary and involuntary. Then man has two minds.

In the sleeping condition man is controlled by his involuntary mind, and he is not conscious of its actions in this condition, except through dreams. The involuntary mind controls every bodily function. It is the seat of the emotions and the guardian of memory. Our whole educational experience is stored there; it is amenable to control by the voluntary mind. The impressions received through the five physical senses are stored away in the involuntary mind. Man's voluntary mind is at rest during sleep, but is aroused the instant he becomes conscious of the reception of impressions through the senses.

In a waking condition man is in a position to reason properly upon conscious impressions. He reasons inductively as well as deductively—that is, he analyzes and separates, as well as synthesizes and puts together facts to enable him to arrive at reasonable conclusions. In suggestive therapeutics it is the involuntary mind we wish to impress, since it controls the bodily functions. It is quite easy to