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DEPARTMENT.

HYPNOTISM.

An English hygienic publication, Health, has begun a series of articles on Hypnotism. From the first article we are pleased to quote the following:

The wonderful physical phenomena that are known under the name of hypnotism as a fact are as old as the world itself. From the earliest times they were used in the service of mysticism, pronostication, and religion, by the priests of ancient Egypt as well as by the old Indian fakirs, the Greek oracles, and various magicians. Hypnotism as a science is comparatively new. Mesmer appeared in the last part of the eighteenth century but his work came to nothing on account of fraud, ignorance and exaggeration. In 1841 Dr. James Braid of Manchester interested himself in the question and discovered at last the germs of truth and gave the name Hypnotism to it. In 1860 Dr. Liebeault opened a public dispensary at Nancy, and in 1882 Professor Bernheim, of the faculty of Nancy Medical School, began its study as sceptic at first, but soon was convinced and introduced it into his hospital clinics here.

For a long time I thought that the general public should not be made familiar with the science of hypnotism. I thought then, "Observandum sed non imitandum"—"Investigate, but do not experiment"—is to be applied to both the scientist and the public at large, believing that it is a very dangerous subject and could be used in a harmful way. But in the course of time I came to the conclusion, by study and practice, that hypnotism should be studied, not only by a few professional men, but that it should be known by everybody. Indeed, no educated person should be ignorant of it, and, above all, no physician should pass it by. The influence of suggestion, which underlies hypnotism, is of such vital importance to all men in everyday life that everybody should be made familiar with it. As a therapeutic agent it is on its best. Systems of medicine have come and passed by, but hypnotism as a system of medical treatment, known as Psychotherapeutics, will stay with us forever.

Mesmer claimed that there is magnetism or some kind of electricity; and stated that a magnetic fluid is the power producing the curing effects. From him it received the name mesmerism. Mesmerism is the same as hypnotism, the name and explanation differ, but the same power is in both, the power of the mind.

Dr. Jas. Baird, of Manchester, and the school of Nancy, France, made experiments and discoveries there is no such thing as magnetism or electricity, nor any fluid used in hypnotism, but only the power of the mind over its own body, started by suggestion. So the power of hypnotism resides on the subject; it is his own will, his mind.

If we think that hypnotism is the power of a strong will over a weaker one it is a great mistake. When we analyze hypnotism we see that the power of hypnotism is not in the hypnotist but in the subject. It is his mind which informs the body. His mind makes him see, hear, move, feel, &c. The mind is the motive power of the actions of its body and so-called every concept in human beings has a particular action which is to be recognized by an external or internal effect. Such is a principal of sound philosophy, psychology and physiology today.

Modern psychology discovered that there is nothing in our minds but that has not been in some way first in one of our senses. The method of influencing, of reaching the mind through one of these senses is called suggestion.

By suggestion says Dr. Sidis of Harvard, "is ment the intrusion into the mind of an idea; met with, more or less opposition by the person; accepted uncritically at last; and realized unreflectively almost automatically." Dr. Baldwin, of Princeton, says: "By suggestion is meant a great class of phenomena typified by the abrupt entrance from without into conscious consciousness—of an idea or image, which becomes a part of the stream of thought and tends to produce the muscular and volitional efforts which ordinarily follow upon its presence." There, we mean by suggestion the fact that all sorts of hints coming from without disturb and modify the beliefs and actions of the individual.

There are two kinds of suggestion: 1. Auto-sug. or self-suggestion. 2. Hetero-sug or foreign suggestion.

Hetero-sug. in the sleeping state is hypnotism in the strictest application of the word.

THE THEORY OF HYPNOTISM.

Then, three main opinions have been held concerning the hypnotic state, but the earliest opinion, which is unknown as the animal-magnetism theory proposed by Mesmer, is already given up. Thus, theory of neurosis and theory of suggestion remain as two rival theories as to the general character of hypnosis.

The Paris school, led by the late Dr. Charcot, hold that it is a pathological condition which is most readily induced in patients already mentally diseased and having neuropathic tendencies.

The Nancy school, led by Bernheim deny the pathological character of hypnosis altogether, claiming that the hypnotic condition is nothing more than a special form of ordinary suggestion brought on artificially by suggestion.

The Nancy school must be consid-

ered completely victorious apart from some factor which no theory has yet explained.

THE POWER OF SUGGESTION.

(1) In the waking condition.

The power of suggestion is immeasurable. Everything surrounding us is suggesting to us. A speech we listen to, a book we read, nature we watch, an object we touch, all suggest through different senses. Education is, in one sense, nothing less than suggestion. It is well known that the mind has immense power over the body. Every one knows some curious instances illustrative of its effects, and now let us quote a few cases how mind exercised over the body through suggestion in the waking condition.

1. A consulting physician of a hospital came to see a patient, and gave a prescription, with the remark, "Take this, it will do you good." When he came round next morning, the patient said, "Doctor, I have swallowed the medicine as you directed, and it has, according to your promise, done me a power of good."

2. A student came to ask for an aperient pill, and the dispenser, by mistake, gave him one composed of opium and antimony, which, instead of producing the usual effect of inducing perspiration and drowsiness, acted in the way the student expected.

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REGISTRAR GENERAL'S REPORT.

Birth Rate Low, Marriages Increasing.

The annual report of the Registrar-General of the Province, Dr. P. H. Bryce, on the births, marriages and deaths of the Province, has been issued. The figures dealt with are those of 1901. The birth rate remaining normal, though low in ratio to the population. In 1900 there were 46,126 children born in Ontario, and in 1901 some 46,061, a slight decrease. In fifteen counties there were increases and in 28 decreases. The City of Ottawa alone, which has a large French Canadian population, shows a satisfactory advance. Dr. Bryce points out that all the towns and villages which have a French population stand out prominently in this matter. Apart from the social and moral checks on the birth rate, Dr. Bryce points out that the departure of young men from the old settlements is a contributory cause in the decline. From the settlement of Virgin lands of New Ontario and from the introduction of factories in the old village the chief increases are likely to result in future. The number of marriages in 1901 was high: 18,035, an increase of 928 over those of 1900. This is taken as an indication of the country's prosperity. Deaths totalled 29,608 in 1901, a decrease of 114, compared with the previous year. The large proportion of deaths among persons of advanced years is particularly noticeable. Between the ages of 60 and 69, 3,036 died; between 70 and 79, 4,051; 80 and over, 3,336. Of three thousand cases of smallpox, only seven resulted in death. In 1901 tuberculosis carried off 2,243 persons and in the previous year 3,484, so that there was a decrease of 241.

Brain-Food Nonsense.

Another ridiculous food fad has been branded by the most competent authorities. They have dispelled the silly notion that one kind of food is needed for brain, another for muscles, and still another for bones. A correct diet will not only nourish a particular part of the body, but it will sustain every other part. Yet, however good your food may be, its nutriment is destroyed by indigestion or dyspepsia. You must prepare for their appearance or prevent their coming by taking regular doses of Green's August Flower, the favorite medicine of the healthy millions. A few doses aids digestion, stimulates the liver to healthy action, purifies the blood, and makes you feel buoyant and vigorous. You can get this reliable remedy at Darling's Drug Store.—t.f.

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REV. JOSEPH HILTS DEAD.

I have not seen much in the papers about the death of that grand old veteran minister of the Methodist church, the Rev. Jos. Hilts—indeed, it was by the merest accident that I became acquainted with the fact through a weekly newspaper. He died at Dundas, Ont., Jan. 19th, in the 84th year of his age. For the last thirteen years of his life, Rev. Mr. Hilts made Dundas his home. He was born in the township of Clinton, in the county of Lincoln, Ont., in the year 1819. In 1839 he entered the then Methodist Episcopal Church, and in 1856 he was ordained as a minister of that body. He continued in the active work of the ministry until 1889, when he was superannuated. During the thirty-three years of his active ministry he was stationed at Garafra, Listowel, Teeswater, Mount Forest, Tara, Meaford and Thornbury circuits. After leaving Thornbury, he was appointed Presiding Elder of Huron District for four years. Then he went to Meaford for a second term. After leaving Meaford he went to Kincardine where he received superannuation. He was a descendant of United Empire Loyalist stock, being a son of Wm. Hilts, of Clinton Township, who married Mary Ann Johnston, of Peihm Township. He leaves a widow and four sons—Solon Hilts, of Streetsville; W. R. Hilts, of Dundas; A. B. Hilts, of Hamilton; and M. H. Hilts, of Buffalo—to mourn his departure.

Thus has passed away one of the grandest and noblest pioneer preachers the Methodist Church has ever known, in the person of the Rev. Joseph Hilts. He traversed hundreds of miles of trackless forests in Northern Ontario in the early days, preaching where and when he could, and bringing comfort and consolation to many sorrowing homes. His visits were eagerly looked for by the pioneer settlers, and he was right royally welcomed at every fireside by young and old alike. He had a smile and a kind word for all, and his great warm heart made him friends wherever he went. He labored when salaries as people understand them to-day were an unknown and very uncertain quantity. His was, indeed, a "labor of love" for Christ and humanity; and if in heaven there are some crowns brighter and better than others, the Rev. Joseph Hilts has surely heirship to one of the brightest and best. Full of years, and leaving behind him the glorious record of a blameless and most active life, he has gone to his reward. Green be the sod that covers thy ashes, Father Hilts.—Toronto Junction.

[The Rev. Mr. Hilts was one of the first ministers we have any recollection of hearing, and for a true spirit of evangelism, it seems to us he took a first rank. His bright smile haunts us still.—Ed.]

Women and Jewels.

Jewels, candy, flowers, man—that is the order of a woman's preferences. Jewels form a magnet of mighty power to the average woman. Even that greatest of all jewels, health, is often ruined in the strenuous efforts to make or save the money to purchase them. If a woman will risk her health to get a coveted gem, then let her fortify herself against the insidious consequences of coughs, colds and bronchial affections by the regular use of Dr. Boschee's German Syrup. It will promptly arrest consumption in its early stages and heal the affected lungs and bronchial tubes and drive the dread disease from the system. It is not a cure-all but it is certain a cure for coughs, colds and all bronchial troubles. You can get this reliable remedy at Darling's Drug Store.

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