

# Coue's Own "Method"

By EMILE COUE

(Translated into English from the original French text)  
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Since it is possible to obtain such results by suggestion, would it not seem useful, or rather indispensable, to introduce this method into houses of correction? I am absolutely certain that, by daily suggestions applied to vicious children, more than half could be reformed. Would it not be of great service to society to save and bring back, hale and hearty, members of the human family who were formerly morally, mentally and physically diseased?

It may be said, perhaps, that suggestion is a dangerous thing, and that it might be abused for evil purposes. Such an objection should not be considered as valid. First of all the practice of suggestion would be entrusted to responsible and honorable persons; for instance, to physicians attending houses of correction. Secondly, those who would use suggestion for their own evil ends would ask nobody's permission, anyway.

However, admitting for a moment that there might be some danger (which is not the case), I would ask the objector to tell me what things we use daily are not dangerous. How about steam?—gunpowder?—railroads?—ships?—electricity?—automobiles?—aeroplane?—and the poisons which we doctors and chemists use every day in infinitesimal doses—might they not kill our patients, if by inattention we make mistakes in weighing them out?

The "Method" Applied to Education of Children  
Before going further let me say a few words as to the manner of applying my "method" by parents, in the education and correction of children.

It may appear paradoxical to you, but, nevertheless, the education of a child should begin before birth. As a matter of fact, if a prospective mother, a few weeks after conception, will make a mental picture of the child she expects to bring into the world, concerning its sex and the physical and moral qualities with which she desires her offspring to be endowed, and if she will then continue to hold that mental image during the time of gestation, the child will have the sex and qualities desired.

Spartan women brought forth robust children who became redoubtable warriors, because their strongest desire was to give to their country only such sons as were likely to become heroes; while at Athens the women gave birth to children whose intellectual qualities far surpassed their physical attributes.

A child, thus conceived, will more readily accept good suggestions and transform them into auto-suggestions which may determine the course of its life. For you must realize that all our words and all our acts are but the results of auto-suggestions induced, for the most part, through suggestion by means of example or speech.

What and How to Teach Children

What, then, should parents and teachers do to prevent bad auto-suggestions and induce children to make good auto-suggestions instead? In dealing with children, always be even-tempered, and speak to them in gentle but firm tones. In this way you influence them to be obedient without arousing the slightest desire to resist authority. Above all, be very careful to avoid brutality or harshness, because you risk creating in them auto-suggestions of fear accompanied by hate. Furthermore, avoid making damaging or evil remarks about any one in the presence of children, as often happens in the drawing room when, without deliberate intention, the nurse or an absent friend is picked to pieces. It follows inevitably that they will imitate your bad example, which may be

productive of serious consequences later on.

As soon as children are able to talk, make them repeat morning and evening, twenty times, the words: Every day, in every way, I am getting better and better. This habit will produce excellent health—physical, mental and moral.

Awaken in them a desire for knowledge and love of nature and endeavor to interest them by giving all possible explanations very clearly, in cheerful, good tempered tones. You must answer their questions pleasantly, instead of checking them roughly with: "What a bother you are . . . do be quiet . . . you will learn that later, etc."

Never Discourage Young Children

Never, on any account say to children: "You are lazy and good-for-nothing"; because, by so doing, you will create in them the very faults which you reproach them with. If a child is lazy and always does badly what he has to do, you should say to him sometime, even if it is not entirely justified by his actions: "Ah! You have done much better today than you usually do; well done, sonnie." The child will feel flattered by such unaccustomed praise and certainly work much better the next time and, little

by little, with proper encouragement, will be come an earnest worker. Avoid speaking of sickness before children, as doing so will certainly serve to create in them bad auto-suggestions. Teach them, on the contrary, that health is the normal state of man and that sickness is an anomaly, a sort of drawback, which can be avoided by living temperate, well regulated lives.

Do not develop weakness by teaching them to fear this or that, the cold, the heat, the rain, the wind, etc. Man is created to endure such vicissitudes without injury, without suffering, and without complaining.

Do Not Induce Nervousness

Do not make children nervous by filling their minds with ideas of hobgoblins, and other fearful things, for there is always the risk that timidly, instilled in childhood, will persist throughout life.

Those who do not bring up their children themselves should be very careful in selecting the people to whom they entrust them. It is not enough that those persons are fond of children; it is necessary that they should also have the very qualities which you desire your children to have.

Awaken in the children a love of work and study. Make it easier for them by explaining, as I said before, clearly and in a pleasant manner, the aim and object of their work and study; introduce, if possible, anecdotes which interest children and make them eager for the lesson that is to follow. Impress upon them, above all, that work is essential for man, and that he or she who does not work of one kind or another, is a useless, worthless creature. Impress upon them that all

work produces in the man who does it a wholesome and profound satisfaction; while idleness, which appears so desirable to many, produces weariness, neurasthenia, disgust with life; leading those who have not the means of satisfying passions created by idleness, to debauchery and crime. Tomorrow—"Suggestions" by Parents

## Greenville Food Company Buy Out Meguiar Firm

GREENVILLE, Ohio, Jan. 12.—Purchase of the building and equipment of the Meguiar company by the Union Food Products company of this city, has been announced. Officers and directors of the company are all Greenville citizens and are as follows: J. L. Boyer, president and general manager, C. F. York, vice-president; E. E. Pili-lod, secretary and treasurer; George Mannix, Jr., and Adelbert Martz, directors.

Will of Mary Flannagan, deceased, admitted to probate and record. Harry T. Jones was appointed executor of the will of Mary Flannagan. Bond \$700.

Application filed to admit will of Maudie Virginia York, deceased, to probate and record. Hearing Jan. 15, 1923, at 10 a. m.

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## Boys Travel 15 Miles On Way to North Carolina

NEWCASTLE, Ind., Jan. 12.—Two 12-year-old boys, Milton Wright and "Monk" Tardtraden, made nearly 15 miles of a journey to North Carolina by way of Covington, Ky., Wednesday. Rations were secured from a woman near Hagerstown, who was informed by the boys that they were on their way to visit their grandmother, who was ill in Richmond. The boys were returned to Newcastle by an autoist, and lectured by the police.

## EVELYN NESBIT EXPECTED TO LIVE THROUGH CRISIS

ATLANTIC CITY, N. J., Jan. 12.—Evelyn Nesbit, ex-wife of Harry K. Thaw, who is suffering from double pneumonia, will probably survive the crisis, which will come within the next 24 hours, physicians announced this afternoon.

Billiards have been played since the reign of Elizabeth in England.

## WOMAN SECRETARY OF WEBSTER FARMERS

WEBSTER, Ind., Jan. 12.—Possibilities of accomplishments by women as members of the farm bureau, with especial reference to rural health improvement, and the social features of the meetings, were subjects of a talk by Mrs. Lillian Pierce, of Knights-town, women's director for this farm bureau district, at a meeting of the Webster township association in the school building Thursday evening.

Mrs. Walter Beeson was elected secretary to fill a vacancy caused by a resignation. Webster township, by her election becomes the first farmer's association in the county to appoint a woman to such an office, although several townships are naming women as directors this year.

The association decided to purchase lamps for the school building, in which most of the meetings are held.

## DIES IN THEATRE

VINCENNES, Ind., Jan. 12.—John E. Clinton, 40 years old, formerly employed at a rolling mill in Terre Haute, was found dead in a seat in a local theatre. Indications were that he had been dead some time, as the body was cold when discovered. A number of spectators were seated about him throughout the performance.

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