

the sleep has become deeper, the unconscious mind withdraws more from the surface, and it requires a more sustained suggestion to reach it.

This early first sleep then is the time *par excellence* during which to give suggestion for the cure of physical ills, as the suggestion will then be readily received and most likely to come into immediate action during the night.

In the morning, just before awakening, the unconscious is again on the surface, ready to receive suggestion from the conscious mind, and this, then, will be the best time to give suggestion for the correction of habits, for the behavior, for the stimulation of intellect, memory, and ideas which you have to achieve your purpose through the conscious intellect, because then the conscious mind is about to take up its duties once more, and on this time the idea from the unconscious is already making a passage to the upper mind while it is still unoccupied with thoughts from without.

Also, as these types of suggestion have to work in the child's intelligence during the day, the start of the day is the right time to give and receive them.

DIRECT SUGGESTION BY CARESING

This, as already noted, is the method employed by Miss Kaul in her children's clinic. Sleep suggestion cannot be usefully employed

keep suitable pets and to play with them and care for them.

By this means your sleep suggestion will have its full result without any danger of that modern bugbear, suppression.

Realize that in regard to this matter you are not seeking a gift in the child, or training a discovered talent, but curing a habit. These types of children are often artistic, and as often as not their trouble is due to too much schooling of an artistic gift and not efficient childish expression of it. Do not go hunting for genius in your little one. Let the child develop it itself rather than strive to bring it out prematurely by schooling. By all means teach the musical child music, the young artist drawing, the rhythmic child dancing, and child songs to the young songster, but give them plenty of scope to play as well, encouraging them to enjoy their own music and to play at it, their own painting, the dances they make up for themselves, etc. Remember that every child who has a taste for one or the other of these things need not grow up a genius in that line. The child's impulse may develop into some other channel when matured.

The next habit to be considered is that of inattentiveness. Before undertaking sleep suggestion for the correction of this, study the child to see if there is no contributing cause to be corrected first. The child's sight should be tested to see

question of the determining of the sex will now be dealt with.

Recent research into the factors determining sex have profoundly modified our biological outlook on this question. Embryologists tell us that sex is determined at a period after conception, some weeks on in intra-uterine life. Modern biological and physiological experiments on various animals and insect life have shown us that the sex of the embryo is fixed from the moment that the spermatozoa fertilize the ovum. It will now be seen that auto-suggestion must be undertaken before conception, suggesting not only for conception, but for the sex at the same time, and furthermore that auto-suggestion will need to be dual, carried out by both husband and wife together, if error and disappointment are to be avoided. Where the future mother enjoys a married life perfect enough to render the above dual auto-suggestion possible, there is reason for believing that she can, if a normal healthy body, conceive at will a child of a chosen sex. Both she and her husband must decide that she shall conceive, must settle the sex they wish, and suggest to themselves that they are going to have that sex. Suggest for the sex you would have and suggest the opposite sex to always of the expected child by its sex and never of it not being a girl or a boy. Think only of your child



2. AUTO-SUGGESTION FOR MOTHERS

Avoid, where possible, all negative suggestion; this is, in short, one word, sentence, or phrase in the negative if the positive suggestion can be given. For example, should a child be nervous or restless in a child's tendency to truthfulness, do not suggest that in future it will not tell lies. Suggest, on the other hand, that it is truthful and that even in future it will be brave and will always tell the truth as soon as it can.

A short explanation of some of the reasons for this method of procedure will make clear to mothers the necessity for adhering to it.

The reason why we take the precaution of standing a few feet away from the bed instead of coming right up to it, is fairly obvious. The sleeping child would not long remain consciously oblivious to the presence of a person leaning over it, even were no word spoken. But this is more true in the case of its father, the mother who bends over it than in the case of a stranger. Waking in the night and finding a large figure bent over him in the gloom of midnight and murmuring some incantation is very liable to cause a child to arise in the child's mind, which it did not enter his mind, might also render suggestion more effective for the future, as it would possibly render it less effective for the present. It is a warning not to overdo it when suggestion was at first made.

Very few expressions are to be avoided, because

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