

LECTURE:

Auto-Suggestion.

On Saturday, December 13th, Monsieur Emile Coué gave a most interesting Lecture at the Club to a very large audience. Miss Claridge, M.R.B.N.A., took the chair, and, in introducing M. Coué, referred to the world-wide reputation which his methods had gained and gave instances of the wonderful results which had come to her notice as a lecturer and an exponent of his methods.

In commencing his address M. Coué read letters from patients thanking him for his help and bearing evidence of what it had meant to them. M. Coué explained that he never held himself up as a healer; he was simply a man who taught people how they could help themselves. The means they made use of was auto-suggestion and they used it from their cradle onwards. Even a baby practises auto-suggestion. If the baby is constantly lifted from his cradle when he commences to cry he learns to say to himself, "Every time I wish to be taken from my cradle I shall cry," and cry he does, and he is taken from his cradle, and on through life we influence ourselves and our environment very much on the same lines. Wisely used, the practice of auto-suggestion has wonderful results, badly used it proves intensely dangerous. It is to be remembered always that every idea is capable of transforming itself into a fact; there is ever a conflict between will and imagination and, in nine cases out of ten, imagination wins. The idea of sleeplessness creates sleeplessness, the idea of illness creates illness and so on. By mastering the mind one masters oneself. The sub-conscious mind is the centre of life physically and morally, and therefore the fearful "I cannot" must be replaced by the confident "I can," if the individual is to meet with success in life, and if his body is to function harmoniously and healthily.

In closing M. Coué referred to his well-known formula, "Every day in every way I am getting better and better." "Say it fifty times to-night," said M. Coué, "perhaps forty will do the next night, for the stronger the belief in the power to be well the less the formula will require to be used." The lecturer said that he was lecturing four times daily and taking long journeys, across continents sometimes, and he never felt tired. He did not suggest weariness to himself and therefore he did not grow weary.

Whatever may be our belief as to the degree to which the effect of his theories may extend in the maintenance of health and fitness, we certainly enjoyed our afternoon with M. Coué exceedingly. His cheery optimism and genial, kindly personality would charm away the "vapours" of the most depressed, and there are many lessons to be learnt from his philosophy. Mr. Hamilton Gibson proposed a vote of thanks to the lecturer, and in closing the meeting Miss Claridge extended to M. Coué the thanks of the members of the Royal British Nurses' Association for sparing to their Association so much time from his crowded visit to England.

CONCERT.

The Douglas Concert Party and the Pierrot Merry Madcaps.

The above-mentioned amateur musical and dramatic company gave a most delightful entertainment at the Club on December 8th. We have seldom, except from professional performers, had a cleverer or more entertaining band of artists at Queen's Gate, and the large audience by repeated "encores" and much hearty laughter, gave abundant evidence that they enjoyed the fun. For such a youthful company as those who took their places on the platform, the performance was indeed highly creditable, and displayed very considerable talent indeed. We congratulate Miss Rowe, the principal of the company, very

heartily and express to every member of it our sincere and warm thanks for their great kindness to the Association. We may add that we have, in large measure to thank Miss Giffen, M.R.B.N.A., for our good fortune in having them, as she is a personal friend of Miss Rowe, and it was through her instrumentality that the concert took place at the Club.

CORRESPONDENCE.

To the Secretary, R.B.N.A.

DEAR MADAM,—I am now settling down to work again after my delightful holiday in dear old England.

Please accept my thanks for the warm welcome you gave us at the Club. The hospitality and comfort there made our visit so very pleasant, and we are all grateful for the kindness shown. The fact that the R.B.N.A. Club is a gathering place for nurses from all over the world gave it an added interest to us, and we had the pleasure of meeting the best types in the Nursing Profession.

I should be grateful if you would have this letter appear in the R.B.N.A. JOURNAL, as I feel that all nurses should know that there is a real home for nurses in London.

Yours very sincerely,

LOUISE HARTE,

R.N., New York.

Gen. Direct. of Graduate Nurses,
37, South Goodman Street,
Rochester, New York.

OBITUARY.

"You have deserved
"High commendation, true applause and love."

It is with deep sorrow that we have to report the death of Miss Minnie Lowe, a familiar little figure for many years at the Association's gatherings. The R.B.N.A. never had a friend more true nor one with a clearer understanding of, or interest in, its policy and its work in the profession. She was "part of the soul of the Association," said a fellow worker; she had a deep-seated pride in it, and it was, perhaps, the greatest interest in her life, apart from her work, for many years. She gave to it of herself and thereby it had something to give to her in return; in a curious, personal way, she lived in all its doings, focussed in it many of those longings, ideals and aspirations that, very often, are connected with the individual alone, and she found in it wide interests and a place of good comradeship that meant much to her.

Miss Lowe had an operation last year and early in the autumn we heard rumours that filled us with anxiety, and soon we found of this that the old disease had recurred, and was developing with terrible rapidity, but, up to the last, when her condition was such as to fill our hearts with longing that the end might come, she was as brave and bright as ever. H.R.H. the Princess Arthur, chanced to be at the Club and hearing of her illness, sent her a lovely gift of flowers just before leaving England. The gift, most prized of all the little remembrances that came in these last weary days, were some fine chrysanthemums from the one whom she so often spoke of with respect and gratitude, her beloved matron, Mrs. Strong, of the Glasgow Royal Infirmary, who sent messages of kindness to cheer this little member of her flock whose ship was nearing harbour.

And so we leave her, but in the Association, intertwined with the aspirations, the ideals, the loyalty and all that our grand old motto stands for, there must endure and live always something of Minnie Lowe, M.R.B.N.A., S.R.N.

ISABEL MACDONALD,
Secretary to the Corporation.

[previous page](#)

[next page](#)