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BISHOP SPEAKS ON PSYCHOLOGY

Interesting Lecture by His Grace
In St. Andrew's Church
Last Evening

Archbishop F. H. DuVernet gave a very interesting and instructive lecture on "The Psychology of Suggestion" before a large and appreciative audience in the St. Andrew's Church last night, under the auspices of the Anglican Debating Society.

The Bishop said he had devoted thirty-five years of study to the question of Psychology, a study which had made wonderful progress in that time. The greatest American psychologist that ever lived, William James, in his work, "The Principles of Psychology," had enunciated the law of psychology but he would endeavor to put the study in a somewhat modern language.

First of all, there was the idea in the mind upon which thought was founded, secondly, the feelings or emotions, and, thirdly, the two together or amalgamated. This was in the mental stage. Thus we had the idea, the feeling and then the action expressing the idea. As a demonstration, the Bishop took a book saying he would form the idea in his mind that he would lift up the book. This brought about the idea of movement, the tendency toward action, and then the thought acting through the brain, nerves and muscles made the picking up of the book actually possible. First of all there had to be the idea of movement and then the body completed the action.

The actual building of a house was first made possible through the idea that a person would like to build a house. The imagination then took shape on the idea and began to express itself. Plans were then drawn which formed an expression of the idea. The plans were taken to a contractor who elaborated upon them and in a few months the house was actually built. The house consequently had originated from an idea in the mind. The inspiring poem of the poet and the beautiful picture of the artist had originated in an idea, the idea of movement energized the putting of the work into action.

That, the Bishop said, was the great fundamental law of psychology, which worked just as surely as the law of gravitation.

Psychology of Inhibition
Another phase of psychology was the Psychology of Inhibition, a restraint imposed upon one psychological state upon another. If the book were released by the right hand but caught by the left hand before reaching the floor the fall of the book had been inhibited by catching it with the left hand. As an instance, the Bishop cited the question of a person desiring to play tennis in the summer and at the same time knowing full well that he had important work to do. This was a conflict of ideas. The first idea was energized by the feeling of pleasure in turn energized by the idea of duty, thus the first idea inhibited with the second idea.

The old psychology made a great deal of the energy of will over body while the new psychology put the energy in the feeling, in the instinct and in the motive. In other words, it gave the function of choice in the choosing of the higher rather than the lower idea. Often when

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a person repressed an energized idea within himself the idea would in a great degree express itself in action. For instance, a person having a strong dislike for someone else would not perhaps show the dislike openly but it would nevertheless be evident in the tone of the voice, the twitching of the nerves and in the eye. The dislike could not be absolutely concealed and so we were told of the "tell-tale" face. Our troubles and worries were due to repressed ideas.

It had been scientifically demonstrated that the thought in a person's mind went through the process of energized thought tending to action, which passed through the brain and thence to the muscles, externalizing itself into action. Dr. Carpenter, nearly 50 years ago, called it the law of Ideo-Motor action, the new law being called Ideo Reflex Power.

New Psychology

The new psychology gave importance to the sub-conscious mind. There had been a battle royal between the old and the new psychologists, as to whether there could be such a thing as sub-conscious mental activity. The new psychologists had won. Experiments had proved beyond contest the region of the sub-conscious mind. The sub-conscious mind was the storage battery of mental and spiritual energy which never rested day or night. In the storage batteries of the sub-conscious mind were

stored up all the hidden memories of past experiences. The marvelous discovery of the new psychologists had been that no detail was lost and these hidden memories were unconsciously influencing our lives all day and all night, even up in our dreams. The spirit of our ancestors was stored in our sub-conscious mind.

The Bishop said: "This is not a metaphor but a reality. We have stored within us something of the spirit of God. Some people think that the new psychology is leading us away from God but I think undoubtedly that it is leading us back to God." Continuing, the Bishop said that it is of the utmost importance to know how we could tap this stored up energy of the sub-conscious mind, how could take this idea floating on the surface of our minds and plunge it down into our sub-conscious minds.

It was the law of suggestion that we could best link up with our sub-conscious mind. The word suggestion etymologically meant to bring in something from beneath. It meant suggestion brought in from the sub-conscious mind. If a suggestion was made to a person it passed on but until it was accepted or buried in the sub-conscious mind it was not a suggestion. A suggestion was a sub-conscious realization of an idea. A suggestion was energized by the sub-conscious mind and was always trying to work itself out.

Law of Diffusion

The Bishop, in speaking on the law of the diffusion, said that a sensation in one spot could be spread all over the body through the marvellous nervous system which had its crown and climax in the brain. Upon striking the foot against a stone a sensation was felt all over the body. It caused a mental shock which could be felt through the law of Diffusion. If the suggestion of good health were stored up in the sub-conscious mind working day and night it would likewise have a tremendous effect upon the well being of the body.

The Bishop said that it was possible for a suggestion in the sub-conscious mind to localize a sensation. A person receiving a blow in the chest might think of cancer resulting. This thought was stored in the sub-conscious mind which worked day and night and unless suggestion of a stronger nature were passed to

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