

**THE SUBCONSCIOUS SELF
AND ITS RELATION TO
EDUCATION AND HEALTH**

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The Subconscious Self and Its Relation to Education and Health by Louis Waldstein

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LOUIS WALDSTEIN

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Its Relation to Education and Health

By

Louis Waldstein, M.D.

"What's done we partly may compute
But know not what's resisted."

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1897

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To My Mother

Richard R. 29-27, 9ml6

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The Subconscious Self

I

ALL the knowledge which man has of his surroundings and of himself is derived from impressions received by the different organs of sense, and is conveyed to the brain by means of the connecting nerves. These impressions are modified by the permanent peculiarities of the apparatus of perception and transmission. The color of an object, for instance, affects the eye of one who is color-blind differently from that of another whose color-sense is normal; again, certain sounds and chords produce different effects upon the ear according to the constitution of that organ in different persons. The impressions, therefore, which arrive in the brain of one individual are originally as much unlike the impressions received by another, as the respective eyes or ears, or

any of the other organs of sense, are different in structure and functional power. The same original variations exist in the nerves which conduct, and in the brain which receives, the impressions. It follows therefore that the perception of impressions in the central organ is primarily governed by its organic, presumably structural, peculiarities.

Our impressions are thus modified by these permanent inherent qualities, and they are further subject to temporary variations affecting the organs that convey them to the brain, so that the same object may appear to be different according to the nervous condition obtaining for the moment,—modified, in other words, by changes in *functional energy*. It will not be necessary for the purpose of this inquiry to enter into an examination of these facts, for they refer to another part of the subject than the one here dealt with.

One fact it is necessary to insist upon: that, in whatever degree or manner these perceptions may have been received, they are registered