

**THE RELIEF OF PAIN BY MENTAL  
SUGGESTION: A  
STUDY OF THE MORAL AND  
RELIGIOUS FORCES IN HEALING**

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The Relief of Pain by Mental Suggestion: A Study of the Moral and Religious Forces in Healing  
by Loring W. Batten

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# THE RELIEF OF PAIN

BY MENTAL SUGGESTION

A Study of the Moral and  
Religious Forces in Healing

BY

LORING W. BATTEN, A.B., Ph.D., S.T.D.



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## PREFACE

Some nine years ago I became interested in the ministrations to nervous sufferers inaugurated by the Rev. Dr. Worcester, generally called the Emmanuel Movement from the name of the parish of which he was the rector. I was convinced that the Emmanuel principles and methods were sound, that the Church could fulfill its true mission to suffering humanity, and that such help should be given in New York as well as in Boston.

At that time I was rector of an old down-town parish in New York, whose condition was such that in my opinion it could not hope to justify its existence and its cost by work along traditional lines. It seemed to me that God opened an unusual field of useful and proper activity for the energy of the Church and its priests, and I therefore started what we called the Healing Mission. We held a service in the Church every Sunday night designed to afford

## PREFACE

a moral and religious support not for the whole but for the sick. I was able to secure the willing coöperation of a number of leading physicians, and for three years we carried on the good work on a very large scale. Since I left the parish, I have personally seen a considerable number of cases, as many as my limited time would permit, a limit which tends to become more restricted as the years roll on.

In these nine years I have seen many hundreds of people suffering from the various nervous afflictions, and I have read a great many books and other publications dealing with the subject of psychotherapy. When I was honored with the invitation to deliver the Bohlen Lectures I determined to put into them the results of my years of experience and study. Naturally a treatise like this does not include everything that might be said; yet I have aimed at a comprehensive and popular treatment of the essentials of the great subject.

I suppose it would be quite usual to say that my work is not intended for those who are already familiar with the subject. It is at all events true that I have not attempted to put



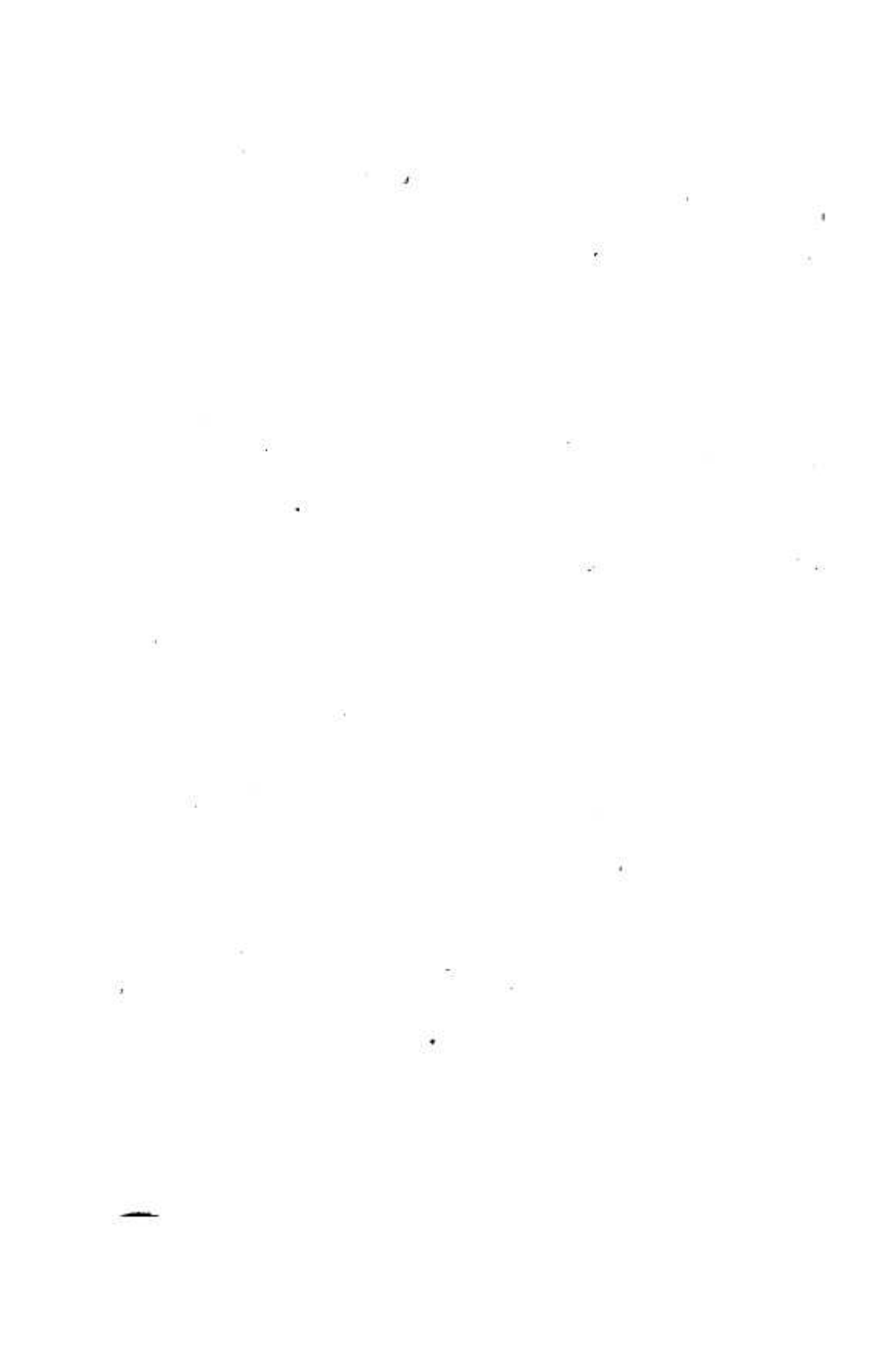
## PREFACE

forth any novel theories, but to content myself with the principles that have been well tested and proved to be good. All I can do further is to express the hope that all who read this book may find some profit thereby.

I offer due apologies to the patients whose stories have been used for illustration. The disclosures made to me have always been sacredly confidential; but put in a strictly impersonal way I am sure that no one of my friends would interpose an objection to the use of their experience as an aid in the relief of the woes of others. I have said "my friends." One of the richest rewards of a work that has often taxed body and soul to the utmost is the fact that some of the best friends I have in the world I first met when they came to me for the relief of pain.

L. W. BATTEN.

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