

YOUNG MEN CONVULSED WITH LAUGHTER AT THE COMMAND OF THE HYPNOTIST.

HYPNOTISM AS IT IS

A BOOK FOR EVERYBODY

BY

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Important Explanation.



The word "Hypnotism" as used in this book, refers to the induction of the hypnotic sleep. This sleep cannot be induced without the co-operation of the subject (see page 62), but this does not mean that one person cannot influence another and cause him to do something that he would not do if it were not for this influence.

All personal influence must be exerted by secret and adroit means, and the person influenced does not dream that his thoughts are being directed or controlled, hence he does not try to resist you.

PREFACE.

“It is better to know a little well than to know so much that ain't so.”—*Josh Billings*.

This work has been prepared in the crucible of experience.

It is designed to give the public a general knowledge of hypnotism.

The author claims no originality ; he has contented himself to be the humble compiler of facts, clearly established by practical demonstrations.

X. L. S.

New York, Sept. 1, 1897.

NATURE OF HYPNOTISM.

ELEVEN FUNDAMENTAL PROPOSITIONS.

1. Hypnotism within itself is absolutely harmless.
2. No one can be hypnotized against his will.
3. No one can be hypnotized without he complies with certain conditions and does his part to bring about the state.
4. Any one who is hypnotized has done more himself to induce the condition than the operator has done.
5. The hypnotist possesses no special power, nor can he gain permanent control over any one, or absolute control even temporarily.
6. To be hypnotized in no respect shows a weakness.
7. Weak minded people (contrary to the opinions of some) do not make good sensitives.
8. The most susceptible subjects are intelligent people having strong minds and will power, with the ability to maintain a certain passivity as to results.

9. All persons cannot be hypnotized upon first or second trial.

10. Hypnotism is not a conflict of will powers in which the stronger overcomes the weaker. The person hypnotized may have a very much stronger will than the operator.

11. The effects of hypnotism will in every case wear off in time, and a spontaneous awakening occur, with no bad results whatever to the subject.

DELUSION IN REGARD TO HYPNOTISM.

There seems to be a wide-spread delusion that hypnotism is some special and august power, through the medium of which its possessor dominates the minds and will powers of those whom he places under its influence, rendering them mere automatons.

We have been taught to look upon the hypnotist as a man peculiar in appearance, possessed of weird, strange, piercing eyes—a Svengali if you please.

We could hardly have conjured up anything farther from the real nature of hypnotism, or the real character of the operator.

WHAT HYPNOTISM IS.

Hypnotism is the induction of a state which has no physiological differences from that produced by



ADA ST. CLAIR SINGING "BEN BOLT" WHILE HYPNOTIZED BY DR. FLINT.

natural sleep. There are no particular sensations, except what may result from the imagination of the hypnotee or the suggestion of the hypnotist. The state seems to be an entirely subjective one, that is, exists solely in the mind of the hypnotee.

The supposition of a subtle fluid passing from the operator need not be resorted to for explanation of the phenomena.

As a matter of convenience, we might divide that part of hypnotism which is ordinarily witnessed in a physician's office, on a public platform, or in private demonstrations into three stages.

DIFFERENT STAGES.

The first stage, or the state of being physically affected only may be produced in the waking condition, the hypnotee at the same time losing consciousness. The hands may be fastened together so that the hypnotee is unable to take them apart, or the arm may be rigid so that he is unable to bend it. This effect would ordinarily wear off of its own accord in a few seconds, or in a few minutes, at the most.

The next stage is a condition of light sleep—the dream-like state. In this condition illusions and hallucinations may be made to appear in the hypnotee's mind, especially the former. When he is

awakened he can recall everything, though it seems to him like a dream.

The next stage might be called the condition of deep sleep. We can now create illusions and hallucinations at will; can produce catalepsy—a rigid condition of the muscles—at command; and anæsthesia by a mere suggestion. Catalepsy and anæsthesia may also be produced in the second stage, but not so well.

SENTINELS.

Hypnotism seems to depend upon the peculiar duality of the mind. It seems to be the duty of certain faculties to act as the sentinels of the mind. These faculties inquire into the nature of everything which enters; if believed to be false, they reject; if true, they accept it. These sentinels have been called the objective faculties of the mind. They are the faculties upon which inductive reasoning depends.

The other faculties of the mind, which have been called the subjective faculties, seem to be incapable of inductive reasoning. They have no power of inquiring into the premises of things, though after the premises have once been established they are in many respects the most valuable faculties of the entire mind. It is probable that with them mem-

ory rests. And it now seems likely that everything we do, that everything we hear, that everything that passes before us, indelibly inscribes its impression on these faculties, never to be erased through lapse of time, through all ages.

It is true many things are forgotten, yet, under hypnosis people remember hundreds and hundreds of things they cannot recall in their natural state. They have been known to speak languages learned in early childhood, which have been forgotten with age; so might not all things be there impressed, some day to be recalled.

The subjective faculties will not accept suggestions contrary to anything they have been taught as right from a moral standpoint.

THE EVIL EFFECTS OF HYPNOTISM.

HARMLESS.

Notwithstanding all the wild and vague talk about the harmful effect of this dreadful (?) and mighty (?) power, it is one of the most innocent agents known to modern science.

In all my experience, and I have hypnotized thousands of people, I have never had an instance in which it produced the slightest evil results. Dr. Bernheim, of the University of France, and Dr. Moll, of Berlin, both able physicians and men of years of experience with hypnotism, make precisely similar assertions. In fact, I know of no man at the present day with wide experience with the subject who claims that hypnotism is a harmful agent, though we frequently read of cases in which people have been hypnotized and remain in the trance condition. It is only justice to state that none of these has the least semblance of truth. I have investigated a large number of them, and found them to be purely fictitious. In fact, even if the hypnotist were mean enough to desire to place a spell

THIS PICTURE REPRESENTS THE AWAKENING OF A HYPNOTIZED YOUNG MAN WHO HAS BEEN UNDER THE INFLUENCE A NUMBER OF DAYS WITHOUT FOOD OR DRINK, HAVING ALL THE FUNCTIONS OF THE BODY, EXCEPT THE VITAL, ENTIRELY SUSPENDED.



over any one, which should continue for a length of time, it would be totally beyond his power to do so; a spontaneous awakening will occur in all cases in time.

NERVOUS DISEASES.

I have heard of cases in which certain nervous diseases have resulted from being hypnotized, and at the cost of considerable trouble I have taken the pains to look most of these up personally, while the few I could not investigate myself were investigated by local physicians who made a report to me. In no instance have I found any one who has ever been permanently injured in the slightest degree even from being practiced upon by raw amateurs, which we do not ordinarily consider advisable, not that hypnotism will in itself hurt any one, but it can be more intelligently applied by persons skilled in its application. On the other hand, I have found many cases in which persons had been cured of chronic diseases by these same raw amateurs, when such diseases had been treated with medicine for several years unsuccessfully.

Upon the mind and nervous system it has an effect similar to natural sleep. It is a quiet, restful condition, which in most cases is very beneficial and hurtful to none.

TEMPORARY EVILS.

Should the ignorance of some operator cause hypnotism to produce even temporary evil effects, which is all that it could ever be made to produce, these effects could be immediately banished by an intelligent application of hypnotism. It stands as a remedy for every evil effect that even a careless operator might cause it to produce.

If I were selfish, as many are, I would say that no one, physician or anybody else, should practice hypnotism without passing an examination therein, but I can find no facts upon which to support such argument. When it comes to treating diseases with hypnotism, I think there is no question but that a man skilled in its application will cure where others will fail, but that any real harm would result from being operated upon by an incompetent person cannot be shown, as nothing of the kind has ever happened so far and hypnotism has certainly been practiced by enough ignorant operators to give this phase of the subject a fair trial. If a technical examination were required how many physicians even would be allowed to practice it?—very few at present.

IGNORANCE.

When a man is hypnotized, and anything of any

nature happens to him thereafter, it is the practice of people who are totally unacquainted with the subject to ascribe it immediately to hypnotism. This accounts for much of the sensational stuff which has appeared. In these cases a little investigation by a party who knows anything at all of the nature of hypnotism and medicine will reveal other causes and show conclusively that hypnotism had nothing whatever to do with the matter.

Sometimes hysterical people have slight attacks of hysteria upon being hypnotized the first time or two, but it would be extreme folly to suppose that such were due to hypnotism. The nervous excitement connected with trying a thing they do not understand brings on the attacks, which, however, immediately disappear if you get the party under the influence; and repeated hypnosis will usually break up the attacks entirely; so, instead of its being harmful, it is very beneficial in all these cases. We need not feel at all alarmed about its developing latent hysteria. On the contrary, it will check all tendencies in this direction if proper suggestions are given.

NEUROTICS.

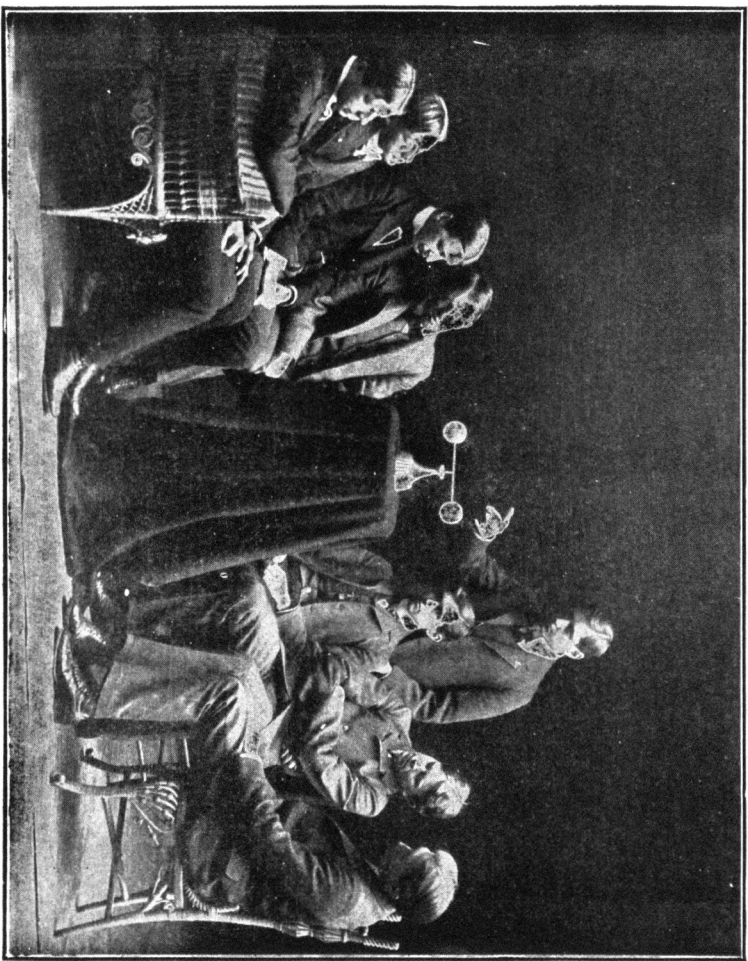
The statement sometimes made that people of a neurotic temperament make the best hypnotic sub-

jects is totally unsupported by experience. I have never found them any more susceptible than others, if, indeed, as susceptible. If any man well versed in hypnotism will select a large number of people promiscuously and give each a fair trial, he will readily see the folly of all such argument. Of course, if you firmly believe that neurotics are the only people who are good subjects, it is likely they will be about the only ones you can hypnotize, as a man never yet accomplished anything without confidence. Neither are people with light hair and blue eyes any more susceptible than any one else, unless the operator firmly believes they are, then he of course, can hypnotize more people from a class that he believes he can affect than he can from a class that he feels his inability to cope with.

Hypnotism is not a pathological condition, and the moment an operator will dispel the illusion that some particular temperaments are more susceptible than others, he will hypnotize just as many from one class as another, if he understands his business.

IMPROPER SUGGESTIONS.

It is possible to give suggestions to a hypnotic subject not conducive to his welfare. For example to hypnotize a man every day for several weeks and



PEOPLE FALL INTO A HYPNOTIC STATE FROM LOOKING AT SAGE'S REVOLVING MIRROR.

tell him while under the influence that his health was very bad, he was going to die, etc., might be productive of undesirable consequences, but dangers of this kind are too remote to waste time in discussing. Have a third party present to hear the suggestions and you never need be troubled.

FREQUENT HYPNOTIZATION.

The evils of frequent hypnotization are more imaginative than real. Here, as in nearly every other phase of hypnotism, experience is the best guide. I suppose one could be hypnotized so often that such would be detrimental, as nearly anything can be overdone; but I have hypnotized the same people several times daily for more than two years in succession in different instances, and they were not injured physically, mentally or in any other way. I am acquainted with persons who have been hypnotized almost every day for ten years without any deleterious effects. There are no grounds for any uneasiness in this direction, at least so long as we keep anywhere near the bounds of reason.

PROFESSIONAL SUBJECTS.

Public performers usually have one or two subjects that are called professionals, as they travel with the performers and are used for various tests. Such

subjects are also sometimes employed in hospitals for experiments. The statement is often made that after a time they become mental and physical wrecks, which is untrue. I have taken pains to see many of these and have never yet seen one who had in any way been injured, and it is difficult for me to understand how any man who presumes to write on hypnotism could be led into making such an utterly groundless assertion. I have seen some of these who did not seem to be blessed with a superabundance of sense, but I found by investigation they were in their normal condition—the same state they were in before they ever heard of hypnotism. I wish to say, however, that their mental deficiencies did not make them any more susceptible to hypnotism, but on the contrary such people are ordinarily more difficult to hypnotize than persons of greater intelligence, as the latter grasp explanations much more readily. It is possible one's duties might be so arduous as to impair his health, but this is a different thing from being injured by hypnotism, and I am slow to believe that any professional subject has had arduous duties to perform, unless perchance he was employed in some cheap museum.

IMAGINATION.

I have seen perfectly healthy people hypnotized,

and immediately after some one would firmly believe a great change had come over the party operated upon—his eyes looked differently, etc. Of course it is needless for me to say this was due to the onlooker's imagination. He expected to see a change from having listened to sensational stories, and he imagined he saw what he expected.

I could write chapters on the errors of the imagination in this connection and fill each one full of actual incidents. It is miraculous how little judgment even scientific men often use when investigating a thing about which they have preconceived notions.

PREJUDICE.

Any one with a fairly good understanding of hypnotism, who will lay aside all prejudice and preconceived opinions and go into an investigation for the truth, and truth alone, will arrive at the inevitable conclusion that if hypnotism has any evil consequences they are so slight as scarcely to be worthy of notice. There can be but two excuses for the authorship of the sensational articles that have appeared along this line; one is ignorance, and the other, a desire to deceive.

WHO MAY BE HYPNOTIZED.

SUSCEPTIBILITY.

Experience seems to show that all, or nearly all, people of good sound mind may be hypnotized after one or more trials, provided they do not resist the influence.

It is true that only a certain percentage may be hypnotized upon first or second trial, but this indicates nothing except that they are difficult. I have placed many people under the influence that I had tried more than twenty times without success. So far, I have never failed in a case which I gave daily trials with my mind thoroughly made up to bring about the condition, if possible.

Some I have tried several times with but little success, but in most cases they were people that I had no particular reason to hypnotize, beyond satisfying their curiosity; I did not give them the attention that should have been given.

There seems to be two principal things upon which susceptibility depends. One is, for the subject to concentrate his attention upon the suggestions

of the hypnotist to the exclusion of other things; and the other, is to give himself up fully, maintaining a state of complete passivity.

It seems this latter condition is by far the harder one for intelligent people to comply with. Many have a desire to be hypnotized, but they offer an unconscious resistance, or in some cases an undue anxiety is present. Ladies are no more susceptible than gentlemen, though they seem to be equally susceptible.

AGAINST WILL OF HYPNOTEES.

The condition cannot be induced against the will of the hypnotee. It is like everything else, it is here given to us for our benefit; if we are disposed to avail ourselves of its advantages, all right; if not, it is within our power to refuse.

Experience and knowledge make the skillful operator. We may concede a certain adaptability, but no special power.

INTELLIGENCE.

It is hard to hypnotize people of a low order of intelligence, for several reasons. In the first place, it is difficult for them to understand what you expect them to do, and often they have not the mental training sufficient to produce a ready concentra-

tion of the mind. Idiots are usually considered un-hypnotizable, and so are insane persons. It is very doubtful whether hypnosis has ever been produced in children under three years of age.

KEY TO HYPNOTISM.

I am inclined to think that the key to the whole matter is suggestion with expectant attention on the part of the hypnotee.

People have been hypnotized by the use of revolving mirrors, and such devices, but we doubt whether such would have ever produced genuine hypnosis had the party not looked for such.

To say the least, when a man who knows nothing about hypnotism at all, who has never heard of it, looks at a revolving mirror, without being told why to do so, a drowsy condition which verges into natural sleep usually ensues; in fact, such has always ensued in every case that I have ever tried, and I have tried quite a large number. Explain to him the nature of the mirror, however, that is, arouse expectant attention, and we get the hypnotic state.

STRONG WILL.

People sometimes imagine that because they have strong will power they will be very difficult to



hypnotize. Such is ridiculous, as the strength or weakness of the will power has absolutely nothing to do with the matter; other things being equal, the man with the strong will power ought to be the more susceptible.

WHO SHOULD HYPNOTIZE.

Hypnosis is best produced by people who are skilled in this particular line; who have a thorough knowledge of the theory and practice of hypnotism, though it hardly seems necessary that we should designate by law certain persons who should be allowed to perform this work. Let every one who wishes to be hypnotized judge for himself who the operator will be. Of course, in many cases a poor operator will be selected, and the results may not prove satisfactory, but I do not see that any particular harm can be done.

ARTIFICIAL AWAKENINGS.

The only thing that I have ever seen in any way undesirable is three cases in which people were hypnotized by amateurs who were afterward unable to produce an artificial awakening. In two of these hypnosis was produced by physicians who were experimenting for purposes of scientific investigation, and the third case happened at Hazleton, Pa. A gentleman who did not understand the subject very well hypnotized a lady, and when he went to arouse



BEING TREATED FOR STAMMERING.

HYPNOTISM IS THE BEST OF AGENTS FOR THE SPEEDY RELIEF OF THIS UNFORTUNATE MALADY.

her, he was totally unable to do so. The lady's friends became very much excited and special despatches were sent broadcast to newspapers, and some were made to read that a lady died under the influence of hypnotism. She awakened, however, of her own accord in three hours, feeling well and very much refreshed from her sleep.

In one of the cases hypnotized by the doctors, the man resisted the efforts of the physicians to produce an artificial awakening for more than six hours, but this was no cause for alarm. When I awakened him he felt better for having taken the sleep, and I think it would have been still better to have allowed him to sleep until he awakened of his own accord. No harm can possibly result.

- In the other case the subject was awakened by a physician who was called in for the purpose, one to whom I had only a few days previously given a course of instruction in hypnotism.

I have been told by reliable persons of several other cases in which amateurs were unable to awaken their subjects, but no evil effects resulted therefrom. I think it would be well, however, for people to get some experienced operator to show them how to produce an artificial awakening before attempting to hypnotize, as this would prevent any

trouble in the matter and save people who are not acquainted with hypnotism the possibility of an unnecessary scare, as nearly every one becomes very much excited the moment an operator fails to produce an awakening; although, in reality, there is no reason for the least uneasiness.

When subjects are hypnotized by suggestion purely, I never knew one to be hard to awaken. When bright objects or sense stimuli (passes) are used they are more apt to be difficult.

USE OF HYPNOTISM MEDICINALLY.

Persons who know something of medicine are undoubtedly the best class of people to use hypnotism medicinally, but a knowledge of medicine as taught to-day does not imply a knowledge of hypnotism.

To be a good hypnotist requires long experience and careful attention to details. While a hypnotist possesses no special power, and hypnotism is something any one can learn, still he who presumes to hypnotize without some special training will likely find very few people susceptible. While the subject does very much more to induce the state than the hypnotist does, the little that the hypnotist does do is not acquired in a day.

Any one who states that there is nothing to learn about hypnotism, etc., shows plainly his total ignorance of the practical application of the science, to say the least. Owing to the training required to make skilled operators, I doubt if physicians generally will ever become such; the practice will probably be reserved for the few who decide to adopt it as a specialty. At the present time there is a sad lack of competent people in the profession, while the remuneration is considerably greater than that offered to the general practitioner of medicine.

HOW TO BECOME A HYPNOTIST.

PERSONAL INSTRUCTION.

The best way to obtain a practical knowledge of Hypnotism is to take instruction from a skillful operator. Such a person can teach you in a short time what you would be years in learning unaided; besides, a good course of instruction will enable you to avoid many humiliating errors which you would otherwise commit.

We constantly hear that only a small percentage of people can be hypnotized. This idea grows out of our ignorance of the proper application of methods. The trouble is not in the unsusceptibility of the people, but in the knowledge possessed by the operator.

It frequently happens that it is very much harder to awaken a subject than it is to hypnotize him. You should get your instructor to give you clear and full explanations on this important point. Also explain to you the method of handling hysterical people.

INDUCTION OF HYPNOSIS.

Hypnotism is induced ordinarily by one of three processes or a combination of these, the combination preferred. First, by suggestion; certain commands given the subject. Second, by sense stimuli; downward passes made in contact with the subject or near him. Third, by the use of bright objects, revolving mirrors, etc. A clear explanation to the subject, setting forth the true nature of hypnotism, and asking him to concentrate his mind upon the suggestions, is a most desirable prelude to an attempt to induce the state.

No one method can be advocated to the exclusion of others, and there are probably special methods which are at times specially efficacious.

As different systems are affected differently by the same drugs, so persons are variously affected by similar processes of hypnotism.

Passes, suggestions and bright objects are all very beneficial. Passes have a soothing effect on account of the monotonous stimulation brought to bear upon the nerves of sensation, and will occasionally induce hypnosis when other processes fail, but the verbal suggestion method properly applied will hypnotize more people than any other single process. There is a knack in giving suggestions which rarely comes

except from long experience, and frequently not then. In the use of bright objects the Luys Mirror has some points in its favor, and the Hypnotic Ball invented by Mr. McIntyre, of Brooklyn, is an ingenious contrivance. When a bright object is used, it should be before other processes, and the moment the eyelids drop or any nervousness is noticed, the object should be removed and suggestions and passes substituted.

BRIGHT OBJECT.

He who depends upon the bright object entirely will find very few people susceptible to the deeper stages at least, and will probably have an incorrect idea of hypnotism.

The bright object sometimes leaves trifling evil effects, while verbal suggestion is always productive of pleasant sensations, and when the patient is susceptible to it suggestion should be resorted to in preference to all other methods, though passes are usually equally agreeable. The efficacy of a pass, however, seems due solely to its effect on the nerves of sensation and not to any subtle fluids, magnetism, etc.

RECORD.

In hypnotizing, a record should be kept of each

patient; the method employed each day, its effect, etc.

I proceed on the theory that every person is a somnambulist (though this may be contrary to authority), and if I fail to induce such a state I consider the failure owing to a lack of knowledge or perseverance on my part, unless I can discern some physical derangement which prevents the concentration of the patient's mind. If a person is cured during light hypnosis, I, of course, proceed no further. Some will get tired of coming regularly for treatment after a week or so, and probably many of these might never enter the deep stage, though I believe the percentage of somnambulists is universally put at too low an estimate.

SOMNAMBULISTIC STATE.

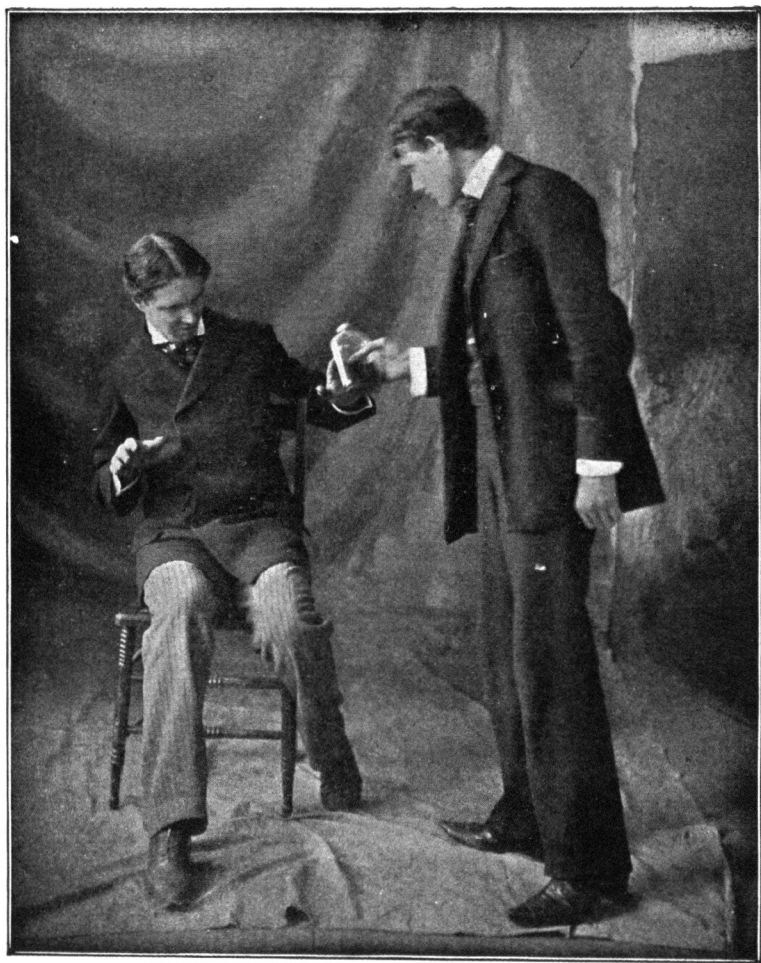
I have never failed to induce the somnambulistic state when such was necessary and when I could get the patient to continue the treatment. The longest time it has ever taken me so far is three weeks, when I had a bad case of dipsomania in hand.

Many of the cases of somnambulism that I have had, had been tried by others and pronounced unsusceptible either to hypnotism at all, or at least to the somnambulistic state; though this, of course,

amounts to little, as the subjects might not have given the other operators a fair opportunity.

SURGICAL OPERATION.

In Pittsburg, Pa., a surgeon had a patient on whom he wished to perform an operation, and did not think it wise to use the ordinary anæsthetics. He had tried to hypnotize her several times, and others had tried, but no success whatever had crowned their efforts. I was called in and made a thirty minutes' trial with practically no effect. I asked permission to try every day for two weeks and the lady consented reluctantly, believing it would be of no avail. The second trial I began to keep my record; I asked the lady after the trial what pass affected her most and what least. My favorite pass (which was ordinarily very effective) was a positive detriment, while one I rarely used was very efficacious. I questioned her regarding the loudness of my voice (which was pitched at the same height which I had hitherto used with the best of results) and I found after several trials that it was too high for her. These and other things were noted. Next time I used what had affected her most deeply previously, and some new details. She felt sleepy and could not open her eyes. After this trial, I asked



THE PATIENT CAN NO LONGER DRINK INTOXICATING BEVERAGES. HE IS JUST TRYING TO SWALLOW SOME, AFTER HAVING BEEN HYPNOTIZED, BUT THE VERY SIGHT OF LIQUOR MAKES HIM DEATHLY SICK.

questions, as before, and made notations. I found she was more susceptible to some words and sleep formulas than to others. The words "fast asleep," though given with the half-Italian sound of "a," grated harshly upon her ears.

This process was kept up for seven days, when she entered the deepest stage of hypnotism. A needle was passed through her arm without pain, and there was a perfect state of amnesia upon awakening. I turned her over to the surgeon for the operation, which was successfully performed the next day. The results I have produced were by persistent application. The operator who uses the same methods, day after day, when he is producing comparatively no effect, had better follow the plow. The man who thinks that the whole method of inducing hypnosis is contained in the monotonous repetition of a few sleep formulas, or a few passes, perfunctorily made, has much yet to learn.

To attribute success as an operator to superior will-power, magnetism, etc., is the conceit of ignorance.



BENEFITS OF HYPNOTISM.

In discussing the benefits of hypnotism, it is our intention to give, simply, a general idea of its use.

It is not our purpose to attempt an explanation of its medicinal virtues, as that properly belongs to a work on suggestive therapeutics.

A volume, and, in fact, several volumes might be written on this subject, and still it would be left totally unexhausted.

A large book might properly be written on "Hypnotism as a Therapeutic Agent." A book of considerable size might be written on "Hypnotism in Surgery;" and, last but not least, much space would be required to give anything like an adequate idea of its manifold uses in developing mental faculties.

FUNCTIONAL AND NERVOUS DISORDERS.

In general, we might say hypnotism is a remedy for functional and nervous disorders.

It has never been claimed that it would cause destroyed structure to regenerate itself. While it does not seem reasonable to the uninitiated that

hypnotism would make a cure, still the fact that it does cure, and in many cases where nothing else will, is incontestable.

We may attribute the cure to the imagination, to the power of the mind to equalize the nervous forces of the system, and throw off the disease, or to anything you please. It matters little to the sick man by what or how he is cured, so long as he gets well.

CURES IN HOSPITALS.

If one would take the trouble to investigate some of the marvelous cures that have been made in the European hospitals with this agent, also some cures that have been made in this country, he would never thereafter descry the use of the most subtle of therapeutic agents—Hypnotism.

BLINDNESS.

We have ourselves relieved a large number of people from blindness caused by functional paralysis of the optic nerve—cases very difficult to cure by medicine. Not long ago a gentleman came to us—a physician, by the way—who had suffered from neuralgia over three months, being unable to cure himself, or even to obtain relief, except by taking powerful doses of morphine. In twenty minutes he

was entirely relieved, and three months afterward the disease had not returned.

STAMMERING.

A young man of Reading, Pa., came to us in the month of May, 1896, a victim of stammering. He had tried to pass examinations for the school-ship on several occasions, but every time had failed on account of this deformity. His scholarship was adequate to the demands, but he was refused on account of his speech.

The young gentleman was a little difficult to hypnotize, but at the end of one week we had him under the influence in the third stage, and at the end of twelve days he was entirely relieved, so much so that he immediately passed his examination and went on the school-ship, thereby accomplishing what he had so long craved.

HABITS CURED.

We might write volumes of descriptions of cases of cigarette and morphine habits that we have broken up.

Hypnotism is undoubtedly the best of agents for the cure of habits; it not only puts a man in the condition in which he was before he contracted the habit, but it prejudices him against the thing he

formerly liked to such an extent that he abhors it; he loathes it.

GOOD DONE TO THE PUBLIC.

Parties giving public exhibitions throughout the country, annually cure hundreds of people of smoking cigarettes, and many are the families that they have made happy by curing some drunken father; and many are the mothers into whose homes they have poured sunshine, by breaking up the habits of some reckless child.

MEMORY TRAINED.

We have used hypnotism in a large number of cases very successfully for training the memory. A little boy was brought to us in Philadelphia, about twelve years old, who was very much averse to study. He had a bright mind, but he preferred to idle his time away on the street. His mother was very sad, and asked us if we would help her.

In a short time we had the boy in the third stage of hypnotism, and in a few days he seemed to care little for his street-playmates, but spent more time over his books.

At the end of one week he entirely renounced his former playmates and was a changed boy, and has remained so ever since. This was all accomplished

through this evil (?) agent—Hypnotism, which the ignorant would stop if they could.

PAIN CONTROLLED.

Pain can usually be controlled through the agency of hypnotic suggestion.

When we touch our finger to a red-hot stove, pain warns us that we are in contact with a harmful agent, and, were it not for pain, we might cut ourselves in pieces, or burn our limbs off before we were aware of it.

But pain was only designed to act as a sentinel. It is only meant to cry out "Danger!" and then its mission is ended.

When pain has sounded his warning, hypnotism steps in and controls the pain, so that the wound will heal without our suffering. How great is the wisdom of Nature if we were only wise enough to avail ourselves of what she has provided for us!

PUBLIC EXHIBITIONS.

EVIL EFFECTS.

For full discussion of the so-called evil effects of hypnotism the reader is referred to our special chapter on this subject, as anything we might here say would only be a repetition of what is more fully presented elsewhere.

In the chapter referred to we have patiently pointed out the follies of that class of individuals whose unacquaintance with hypnotism has prompted such vague and illogical conclusions regarding the evil effects of a practically innocent agent.

We will now consider the objections urged other than this against the public performance.

NOT DEGRADING.

First, it has been said by some that public entertainments are degrading, and that no person of proper morals can witness same without being disgusted. The truth is that a public entertainment in the hands of a properly qualified person is one of the most refined and instructive performances any one could wish to see. Certainly nothing is

said, nor done, that could in any way mar the pleasure of the most fastidious. The acting is all of a refined nature and the student of science can find much food for reflection. I defy any one to point out anything improper in dress, speech or manner in a high class hypnotic entertainment; so just where the disgusting part comes in is hard to see. Unquestionably there is a class of pessimistic minds who fail to find enjoyment in anything that does not exactly coincide with their peculiar and fanatical views; or it may be that those who "have been disgusted" have seen hypnotism when attending some questionable variety resort, where it would likely be adapted to the audience.

REMOVE PREJUDICE.

Second, some physicians have claimed that public performances prejudice people against the use of hypnotism medicinally. This is exactly the reverse of the truth. The prejudice exists before the performance, and instead of increasing the prejudice, I know from actual experience that it is very much lessened after even a single good entertainment has been given. This is also in accord with reason.

There is usually more or less prejudice against that which is new to us or that which we do not un-



derstand. This prejudice diminishes with knowledge. Let some intelligent person give a proper explanation of hypnotism, actually demonstrating that it is not harmful, but a science which all can understand, something entirely devoid of any power or influence to be dreaded, it is obvious to any thinking person that this must be beneficial to both public and physician alike, and we believe all broad-minded physicians so regard it.

There are some doctors, however, who are constitutionally opposed to the public's having the slightest knowledge of anything medicinal for fear some poor mortal might treat himself and thus deprive the doctor of his eagerly sought fee. This is something, however, not indigenous to the medical profession, but to all professions and trades. Narrow, avaricious men are found everywhere.

IGNORANCE.

Third, one of the "pet objections" offered by those who want the public performance suppressed is that in view of the general ignorance of the people on the subject it is well to regulate the practice of hypnotism by law. The American public may not be versed in the science of hypnotism, but we deny that we have a people too ignorant to learn it

or too stupid to profit by seeing a public demonstration of it. And again, if the people are ignorant of it, by what process of reasoning have we reached the stupendous conclusion that the proper way to teach a person a science is to pass a law keeping him in ignorance? The inconsistent incongruities of such sophistical argument are too plain to require refutation.

AMATEURS.

Fourth, it is held that after a public entertainment has been given a large number go to practicing hypnotism who are incompetent to do so and thereby much harm results. This is really the only objection worthy of any notice whatever, the others being inconsistent upon their faces. It very rarely happens that a crop of amateurs spring up, but even when they do, no real harm results. In most cases, no one is hypnotized, the boys simply play "hypnotist" the same as they play "circus" after witnessing a show, but the onlookers many times being ignorant of hypnotism and ready to imagine all sorts of things, really think the boys are plying the "mystic art," and dream of serious consequences so remote that to the educated mind they are in many cases positively ridiculous, and often carry us back to the superstitions of mediæval times.

Every year the bicycle records its number of deaths and injuries; pleasure riding and driving do the same; base-ball rolls up a startling list and football has caused more than one to "rest his head upon a lap of earth." Yet these are taken as natural consequences, while the simple insinuation that hypnotism has probably produced the slightest harm through the carelessness of some ignorant operator creates a whirlwind of excitement, and we talk about controlling the mighty power by law with as much erudition and wisdom as characterized the decisions of the learned judges in the days of Salem witchcraft.

SERIOUS INJURY.

I have searched diligently for a long time to find a case in which an amateur ever seriously injured any one with hypnotism, and have yet to find a single one. I have heard of several whose health and minds had been destroyed—tales that would fill the soul with horror, and at considerable expense of both time and money I have gone to see these persons myself to ascertain the exact truth, only to find no foundation whatever for the reports. And if people generally had only run down half as many of these wild tales as I have, little credence would be

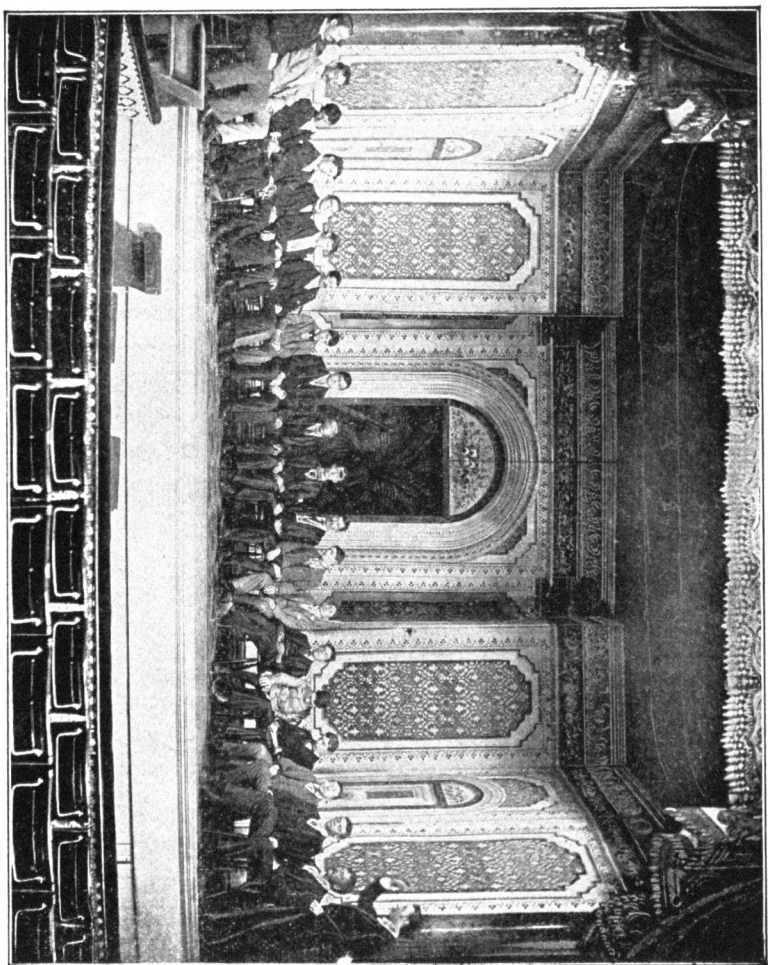
given to such, and the writing of this chapter would be practically unnecessary.

SUPERSTITIOUS MINDS.

It is easy to convince superstitious minds that public entertainments do great harm in hundreds of ways, notably in spreading a knowledge of a science, which they firmly believe emanates from the devil, or if not that, they are opposed to letting a dreadful (?) and mighty (?) power loose in the land. The very thought that hypnotism is something by which one person acquires a certain control over another fills them with awe, and they look upon a hypnotist as people formerly eyed a witch. They believe you can hypnotize a man whether he wishes it or not, the same as witches were supposed to bewitch their unfortunate victims, and with much display of pomp and bigotry hypnotism is summarily pronounced an abnormal condition, very deleterious to the nervous system, which if persisted in makes a man inevitably a "nervous wreck."

It seems here that truly,

"A little learning is a dangerous thing;
Drink deep or taste not the Pierian spring.
There shallow draughts intoxicate the brain;
But drinking largely sobers us again."



HYPNOTIZING A LARGE NUMBER AT ONCE.

CULTURED PEOPLE.

The best evidence of the refined and instructive nature of a hypnotic entertainment, as well as the greatest reason for its existence, lies in the fact that such are attended by the best educated and most cultured people of our country. Few entertainments or lectures attract such intelligent audiences. There undoubtedly exists a demand for these performances or such would not be so liberally patronized, and considering the character of the patrons, it seems an unwarranted presumption on the part of any one to allow his antagonism to run so wild as to advocate their suppression by law. If they were attended by the riffraff of the community and were of an immoral nature we might appropriately express ourselves in favor of their discontinuance, but under the circumstances such acts seem to be a residuum of the dark ages when our ancestors issued edicts against everything not strictly in accordance with their own peculiar notions.

GENERAL USE.

Without the public exhibition, hypnotism would have been comparatively unknown to-day. The only way that it will ever come into general use is through the medium of a healthful public sentiment.

The people must be familiarized with it, they need to see it.

Ignorance and superstition cry out against it, the same as they have always cried out against the advancement of science.

The public might gain more information from scientific lectures, accompanied by a limited number of demonstrations, than it gains from the performance which is ordinarily presented. But again we are confronted with the fact that the people will not go, as a rule, to hear the scientific lectures—they must be entertained as well as instructed. We must present some of the simpler phases of hypnotism; we cannot start a man in logarithms when he begins the study of mathematics.

LAWS AGAINST HYPNOTISM.

The result of the passage of a law allowing only some special class of people to use hypnotism would at the present time virtually amount to prohibiting its use. The passing of laws against public exhibitions means to deprive the masses of the people from an opportunity to learn something of a valuable science, which we really have just commenced to investigate. Some will argue the less the world knows of hypnotism the better. Our only

reply to such persons is, that they have been born out of date. They should have existed a thousand years ago when their ideas might have been more in keeping with the times. To-day the world cries out for knowledge, upon which rests the safety of our nation and republican institutions. A thorough understanding of nature's laws has always ensured to the benefit of humanity, while ignorance has ever been a curse, an incubus on a country's welfare, a hotbed of superstition, bigotry, and idolatry.

HYPNOTISM AND FRAUD.

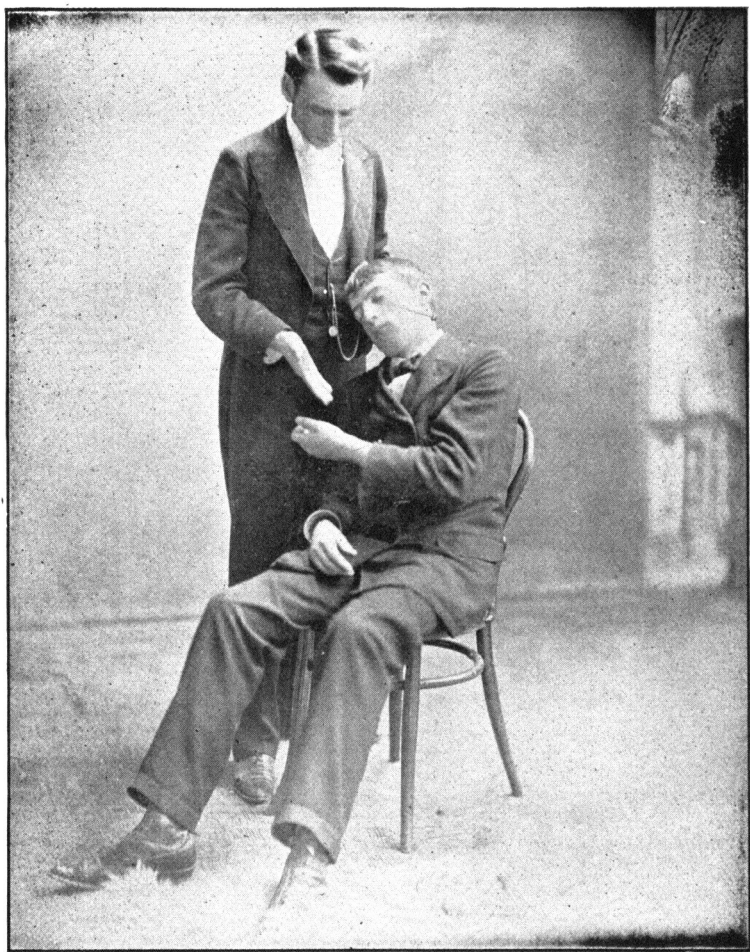
I do not pretend to say that every man is a hypnotist who says he is, nor will I say that a man is always hypnotized simply because such is represented to be the case.

IGNORANT PERFORMERS.

There are a class of people who go about giving demonstrations in hypnotism whose principal qualifications seem to be ignorance and deception. Sometimes they undoubtedly hypnotize their subjects and other times they do not. The harm they do this way, however, is less than that which results from their deceptive statements. They continually endeavor to lead others to think they possess some strange and God-given power, and are ever ready with some weird story to amaze and mystify their listeners with the wonderful things they have done with this mighty unseen force.

GENUINE AND FRAUDULENT.

It is not hard for any one of average intelligence to distinguish the genuine from the fraudulent; the careful investigator from the charlatan. It is unfor-



SUBJECT IN A COMPLETE STATE OF ANÆSTHESIA, HAVING ORDINARY STEEL HAT PINS PUSHED THROUGH THE ARM AND FACE. IN THIS CONDITION A SURGICAL OPERATION CAN BE PERFORMED WITHOUT PAIN.

tunate that we have these pretenders with us, but the fact that they are able to subsist shows that they are not entirely without patronage, and indicates a hunger and thirst on the part of the public for knowledge. If we fail to supply the people with a sufficient number of proper persons to give public demonstrations and they are thereby forced to patronize these charlatans that is largely our fault, and the best way to stop the impostors is to give the public an adequate number of public demonstrations presented by intelligent and scholarly people. It is simply a question of the "survival of the fittest" and the improperly qualified will cease their rounds when there is no longer a demand for their services. There never was a spurious without a genuine, and it would be very unfair to say that hypnotism is a fraud because we have seen a fraudulent operator. The science commands the attention of many of our most intelligent and learned people and both it and its benefits are too well established as facts to be uprooted by either the mountebank or so-called exposés.

HYPNOTIC SUBJECTS.

It is characteristic of many of the best hypnotic subjects that when they get to studying over the matter afterward; that they will conclude they were not really hypnotized, that they could have resisted

had they wanted to do so. This is one of the best evidences of hypnosis—the fact that the subject did not want to resist—he had a desire to follow the suggestions of the operator.

WHAT MAKES HYPNOTISM.

When an inhibition takes place in certain brain centers of the subject's mind, certain remaining centers which are active accept certain suggestions which the operator gives as true (carrying them out because they wish to do so), and this makes hypnotism.

If the subject had not wanted to carry out the suggestion he would not have done so, hence the impossibility of causing the commission of crime with persons who are antagonistic to such.

But you will say a person does things when hypnotized that he would not think of doing in his natural state. True, but why? The subject gives himself up to the operator to be put through such innocent tests as the operator may desire. There would be no point in going through these tests without being hypnotized, hence the subject would refuse; if for no other reason to keep from being a party to a fraud.

Most subjects think this way: "If I am hypnotized the operator may do anything with me he wishes

to do" (barring criminal actions). They are anxious to convince themselves and their friends as to the reality of hypnotism, and realize that the more arduous the tests, the more convincing they will be. Thus the operator has the most favorable condition possible. The subject may not remember what he has done when he is awakened, but this renders my proposition none the less true. But you argue, when the subject comes from under the influence and realizes what he has done, frequently he will not go through the same again. Correct, but did you never do anything once willingly that you did not care to do again immediately afterward. For example, you sing a song, but after you are through the audience laughs at your singing; would you care to sing again at that particular time?

THERAPEUTIC SUGGESTIONS.

In medical treatment only therapeutic suggestions are given, and the subject is only too anxious to accept them as true, as they relate directly to his welfare. In treating people there is no reason for giving any suggestions except what are necessary for the cure of the disease. Experimental suggestions are not harmful, but people are sometimes afraid they will be used for the amusement of others. If a subject made up his mind, however, that he would ac-

cept none but therapeutic suggestions, he would not carry the others out.

FRAUD.

From long experience we are convinced that there is much less fraud practiced in hypnotism than the public ordinarily imagines. I have often heard it said by reputable people that a certain person's hypnotic demonstrations were purely fraudulent, that the subjects themselves said they were not hypnotized. Upon investigation I have been surprised in many of those cases to find the public entirely wrong.

PUBLIC SENTIMENT.

The subjects made statements in accordance with public sentiment, for the simple reason that to say anything else was to subject one's self to ridicule and all sorts of incredulous questions, and the easiest way out of it was to say: "I was faking."

Many times people are so very skeptical that to maintain you were hypnotized means to be put down as a "liar" and of the two "the fake" seems less obnoxious.

CONFESSIONS.

You ask about the confessions of certain professional subjects,* notably among which stands Min-

*See "Professional Subjects" under "Evil Effects of Hypnotism" for explanation of what is meant by this term.

nock. Most of these are genuine hypnotic subjects, but being devoid of principle they get mad at some one who has employed them and resolve to attempt his ruin and make some money from selling their confessions by declaring hypnotism a "fake." After a man has been hypnotized a large number of times, he often gets so he can throw himself into the state, or produce auto-hypnosis. Hence he can do many of the same things that he did under the influence of some one else. The public, not knowing this, look with a certain amount of incredulity upon the whole affair. Occasionally some one of peculiar temperament becomes a professional subject who has never been hypnotized. He never makes a good one, however, and the fact that he is not under the influence is plainly apparent to the audience. Such usually secure employment in some museum, as their inferiority to genuine subjects is so marked that no high class performer could possibly use them.

EXCUSE.

These subjects who pretend to confess usually do so under the guise of duty, etc. It is hardly presumable that a man who has little enough principle to go on for years deceiving the public would become so good all at once as to decide to give up his position and tell the world what he knows for noth-

ing. Their so-called confessions are usually sold for sensational stuff for newspapers and "thereby hangs the tale." Thus they have sacrificed truth, honor and integrity, for a few paltry dollars and a little ephemeral notoriety, because down deep in their hearts they are bound to know that there is such a thing as hypnotism and that they have been hypnotized.



POST-HYPNOTIC SUGGESTION.

By post-hypnotic suggestion we mean suggestions which are given to the hypnotee in the sleeping state, or when he is hypnotized, which continue to act, or are intended to act, at some future time in the awakening state. It has been called "deferred suggestion."

It is this phase of hypnotism that is especially valuable from a medicinal standpoint. It enters into the cure of every habit.

CIGARETTE SMOKING.

The man who smokes cigarettes is told when he is in a hypnotic state that he will not crave cigarettes in the future; that he will have no desire for them; that he cannot smoke them; that he will feel well without them; that the odor of the cigarette will nauseate him, etc.

When he is awakened he remembers nothing that has happened. The suggestions that have been given are to him a blank; but the moment he comes in contact with the once delightful cigarette, what a change has come over him! He now turns his

head away; he grows sick at the stomach; a feeling of hate and disgust takes place, and he quickly pushes the harmful agent aside.

He knows not why he dislikes cigarettes, but he simply dislikes them. It is done. He is not only placed in the same condition in which he was before he acquired the habit of smoking cigarettes, but hypnotism goes further—it excites a disgust, a loathing, for the article once so much coveted.

INSOMNIA.

Post-hypnotic suggestions are given in various forms. For example, a man may be troubled with insomnia; he is totally unable to secure the required rest at night. He is hypnotized, and in the third stage he is given a suggestion that he will go to sleep promptly at ten o'clock every night and sleep soundly. He remembers nothing, but when ten o'clock comes each evening he becomes drowsy, he feels sleepy, he retires, and secures the much needed rest.

As a therapeutic agent for the treatment of nervous disorders post-hypnotic suggestion is certainly unequaled. We do not mean that it is always the only remedy that should be used: in many cases it should be used in connection with proper medicines, and in others it will bring about the normal condition unaided.





PATIENT BEING TREATED BY HYPNOTISM FOR A SEVERE CASE OF NEURALGIA.

HYPNOTISM AND CRIME.

CRIMINAL AGENT.

Whatever position may be taken on the criminal phase of this subject there is no likelihood that hypnotism will ever become a criminal agent. Grant that you could cause a subject to commit crimes, detection of the real criminal is too easy to warrant its use for this purpose, and again the fact that no one can be hypnotized against his will would prevent those immorally inclined from getting subjects for evil purposes.

It is held by the highest authorities on this subject that no one can be compelled to perform an act in the hypnotic state that is contrary to any well-settled moral principles. An honest man could not be made to steal, or a moral man to take human life. Hypnotism does not destroy a man's previous education. His sense of right and wrong are due to auto-suggestion, and are not interfered with by hypnosis.

AUTO-SUGGESTION.

Auto-suggestion, or the subject's own suggestion,

is stronger than the suggestion of a hypnotist, and when the hypnotist gives a command opposed to the subject's auto-suggestion, or moral belief, the subject will refuse to carry out same. I am not theorizing in making these statements, but simply recording facts which able experimenters have deduced from a series of practical demonstrations. For experiments of this kind to possess any value, a suggestion must be given which if carried out would constitute a real crime. Subjects may be caused to commit all sorts of imaginary crimes, but these prove nothing.

SECRETS:

We have no instances on record in which any one has divulged a secret while under hypnotic influence, although this has been tried upon subjects over and over again. Hypnotism is of no value in extorting confessions from criminals.

People will tell falsehoods while under hypnosis the same as they will in their natural state, and the law of self-preservation would prevent a criminal from saying anything detrimental to his interests.

I have heard of a number of cases, in both this country and Europe, in which hypnotism was supposed to play a part in crime, but upon looking them

up closely have found no evidence whatever upon which to support such a belief.

KANSAS.

True, a man was acquitted of murder in Kansas upon the ground that "he was hypnotized," but he afterward made a death-bed confession stating that he did not even know what hypnotism was, had never seen any of it, and had merely set up this plea to prey upon the superstitions of the public.

The Supreme Court of Kansas, however, reviewed the case long before the confession was made, and stated that the man should never have been acquitted, that it seemed to be a case of miscarriage of justice, etc.

GENERAL KNOWLEDGE.

Even if hypnotism were a criminal agent, a general knowledge of the subject would protect any one from being caused to do something against his wishes after permitting himself to be hypnotized. This knowledge can be obtained in a short time, from reading a good scientific work and witnessing a few demonstrations. For a full discussion of this subject, showing why hypnotism can not be made a criminal agent, the reader is referred to Hudson's **Law of Psychic Phenomena**.

THOUGHT-TRANSFERENCE, CLAIRVOY- ANCE, ETC.

Many clairvoyants, probably a majority of them, are charlatans; but, there are others whose honesty and integrity cannot be questioned. Clairvoyance means clear seeing—the ability to see and tell of things existing at a distance, but not things which will happen in the future. Thought-transference has reference to the ability of one person to read the thoughts of another person's mind, or to transfer his thoughts to the mind of another.

The London Society of Psychological Research has gathered a large amount of scientific data which seems to establish clearly the reality of Thought-transference or Clairvoyance.

In making investigations of this character, it must be borne in mind that, when a person is hypnotized, all the faculties are hyper-sensitive, and suggestions may be given that are hardly intelligible to persons in their waking state. Often things are attributed to telepathy which are in reality due to the hyper-sensitive condition of the subject's senses. It is argued by some that, if telepathy and clairvoyance exist, that the conditions are exceedingly rare; but, we believe that the reader will concede that the rarity of a thing

does not necessarily disprove its existence. Diamonds are rare but they exist the same as dirt.

As a rule, those who attempt to investigate these subjects are unfortunate enough to fall into the hands of some charlatan, and, with one or two so-called sittings, they are completely disgusted and pronounce the whole thing a delusion. But, on the other hand, we have yet to find a single individual who really made an honest and scientific investigation of clairvoyance and telepathy, but that at the end of the investigation he admitted that he had been confronted with certain phenomena which was inexplicable through ordinary channels.

About the only way that one can investigate these subjects properly, is to go to a clairvoyant who is well known for honesty and integrity; or, a better way, perhaps, is to hypnotize a large number of different persons and develop Clairvoyance and Thought-transference in some of these subjects. It is not with every subject that you can develop this power, but it can be developed to a greater or less degree in some, and anyone who really wishes to convince himself that remarkable phenomena actually exists, can do so if he is persistent, and is willing to try a number of different persons.

CAN A PERSON BE HYPNOTIZED AGAINST HIS WILL?

We have been criticised for our position on this question, as outlined in the first part of this book. We believe the criticism, however, is largely founded upon a misunderstanding of the will. If a person is hypnotized in natural sleep when his will is not acting, but in a dormant condition, he is not hypnotized against his will, because he is not exercising his will one way or the other. If, by adroit means you hypnotize a man, he is not thrown into the condition contrary to his will, because he has not used his will to resist the influence. If the subject firmly believes that you can hypnotize him, whether he wishes to be hypnotized or not, his fear of you may produce an inertia of the will, and, if you hypnotize him he is still not hypnotized against his will, because he has not exercised his will to resist you. So our position, as laid down in "Eleven Fundamental Propositions," still seems to be true, that it is utterly impossible to hypnotize any person against his will, "if that person uses his will to resist the influence." People may seem to be hypnotized against their wishes or desire, but never against their will.

REVIEW OF MR. ERNEST HART'S WORK ON HYPNOTISM, MESMERISM AND THE NEW WITCHCRAFT.

NOT AN AUTHORITATIVE WORK.

It is questionable whether this work should be accorded the dignity of being mentioned. Owing, however, to the general scarcity of scientific knowledge on hypnotism we have deemed such advisable as some might read the book and imagine Mr. Hart an authority on the subject, thus doing him, and hypnotism as well, a great injustice. The easiest way to show the fallacies of the work from a scientific standpoint is simply to quote from the pages of Mr. Hart's own book. Here it may truly be said: "Out of thine own mouth will I condemn thee."

MR. HART TELLS OF SOME OF THE VALUES OF HYPNOTISM.

"Dr. Elliotson attended a very near and dear relative of mine who was suffering from a chronic and painful affection of the joints which murdered

rest. He was successful in giving her sleep at nights by the use of hypnotism unaccompanied by other anæsthetics."—Mr. Hart's book, page 4.

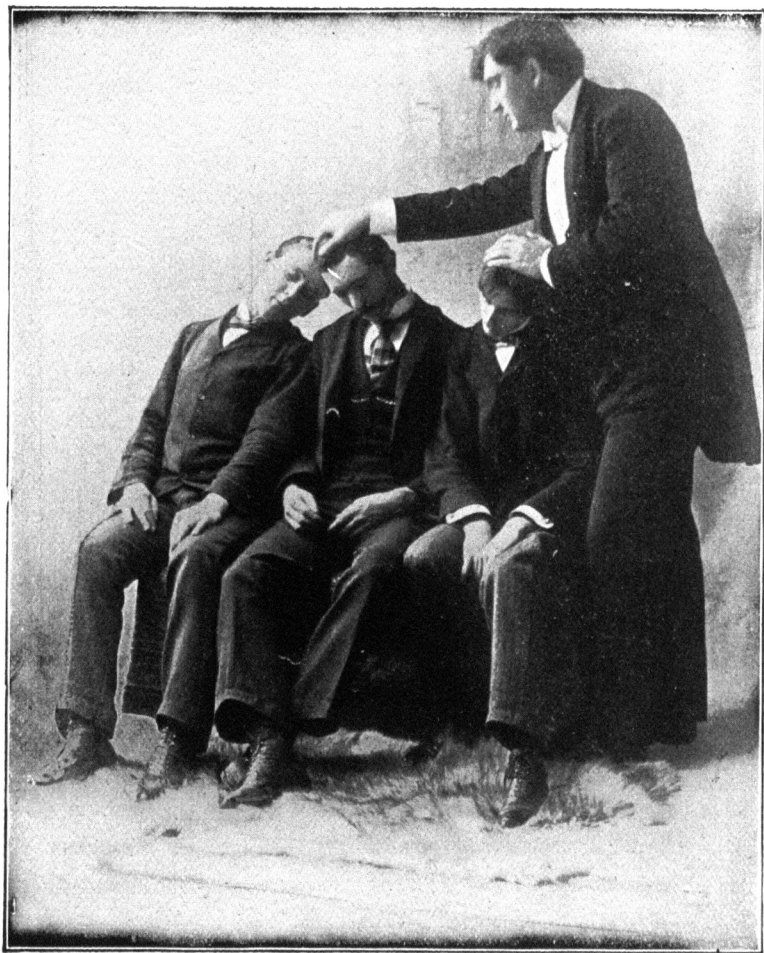
MR. HART CURES DISEASES.

"Staying at a well-known country house in Kent of a distinguished London banker, I had been called upon to put to sleep, and to arrest a continuous barking cough from which a young lady who was staying in the house was suffering and who consequently was a torment to herself and friends. I thought this a good opportunity for a control experiment and I sat her down in front of a lighted candle, which I assured her I had previously mesmerized. Presently her cough ceased and she fell into a profound sleep which lasted till twelve o'clock next day."—Mr. Hart's book, page 11.

MR. HART FORGETS WHAT HE HAD PREVIOUSLY WRITTEN.

"Hypnotism for curative purposes is very rarely useful, generally entirely useless and often injurious."—Mr. Hart's Book, page 68.

The inconsistencies of the preceding are too apparent to require any comments from us, so we leave his argument thus far to rest in the field of its own inimitable glory.



THREE PERSONS BEING TREATED AT ONCE FOR THE TOBACCO HABIT, BY MR. A. B. MCDOLE,
IN POUGHKEEPSIE, N. Y.

HYPNOTISM IS ONE OF THE VERY BEST TREATMENTS FOR ANY HABIT.

MR. HART HYPNOTIZES HIMSELF.

"I can generally succeed in putting myself to sleep at any hour of the day, either in the library chair or in the brougham. This is, so to speak, a process of self-hypnotization, and I have often practiced it when going from house to house, and when in the midst of a busy practice, and sometimes I have amused my friends and family by exercising this faculty, which I do not think it very difficult to acquire."—Mr. Hart's book, page 16.

MR. HART AGAIN FORGETS HIMSELF.

"I fully admit that, under the influence of certain psychological stimuli, persons whose nervous system is ill-balanced, or at best in a condition of unstable equilibrium, readily pass into a state which we may, if we choose, call 'hypnotic sleep.'"—Mr. Hart's book, page 167.

MR. HART'S LAMENTABLE CONDITION AS TOLD BY HIMSELF.

I merely quote the above to show Mr. Hart's lamentable condition. He says he is a first-class subject, and that the nervous system of all good subjects is ill-balanced. As a matter of courtesy if noth-

ing more, I will concede that part of his argument which relates to the ill-balanced condition of his own nervous system, which, however, might have been inferred from his numerous contradictions, but simply because he happens to be a good subject in spite of his ill-balanced nervous system, I deny that Mr. Hart's condition is the ideal one for good hypnotic subjects, or for the author of a reliable work on hypnotism.

MR. HART SANCTIONS THE USE OF HYPNOTISM IN
SURGERY.

“When an abscess is to be opened, a foreign body to be extracted or one or more teeth to be drawn, I do not hesitate to hypnotize the subject and to hand him over to the surgeon. It happens to me frequently enough to have a certain number of subjects with teeth to be drawn. I place them in the condition of lucid somnambulism, I address myself to the dentists, who examine the mouth at leisure, and extract the diseased teeth, whilst the subject, insensible throughout, on waking has no recollection of the operation he has undergone, and is quite astonished to find his extracted teeth in his hand.”—Mr. Hart's book, page 156.

**MR. HART DISAPPROVES OF THE SURGICAL USE OF
HYPNOTISM.**

“At the present time the application of hypnotism to surgical therapeutics is of absolutely no account.”—Mr. Hart’s book, page 155.

The reader will please contrast the two above quotations and draw his own conclusions.

MR. HART TELLS US THE NATURE OF HYPNOTISM.

“I have illustrated the identity of the phenomena of hypnotism with those of hysteria.”—Mr. Hart’s book, page 74.

**MR. HART SAYS HE DID NOT KNOW ANYTHING
ABOUT WHAT HE TOLD US.**

“As to the nature of hypnotism or the condition which it underlies, we are at present in the dark.”—Mr. Hart’s book, page 167.

Mr. Hart has first presumed to explain hypnotism, then frankly admitted that he knows nothing about it, which from his writings, I am inclined to accept as true.

Any person who possesses a fair knowledge of hypnotism can take a few subjects and demonstrate in thirty minutes the utterly untenable positions which Mr. Hart has taken.

MR. HART ASSERTS THINGS WITHOUT PROOF.

While I would not say that he has desired to deceive, still the credulity with which he accepts statements regarding the evils of hypnotism is certainly most lamentable, and he further seems to have the unhappy faculty of allowing himself to write things as facts without one iota of proof.

**MR. HART AND COTTON MATHER, THE NOTED WITCH
PERSECUTOR.**

Mr. Hart's book as a whole very much reminds me of Cotton Mather's vehement denunciation of witchcraft, and his advocacy of capital punishment for such offenses; though Mather's work was not marked by so many contradictions. However, if Mr. Hart had lived at Mr. Mather's time, they undoubtedly would have found each other most agreeable companions.

IEWS OF THE HYPNOTIC MAGAZINE.

To give the reader an intelligent idea of the real nature of hypnotism, I do not know how I could do anything better than to present the articles of belief of the "Hypnotic Magazine." While I do not coincide with all the opinions of the editor, I cannot do otherwise than say that he is undoubtedly possessed of more than ordinary erudition and genius, and that the world owes to him a debt for his careful and painstaking investigation of the science of hypnotism and the clear and true explanation of it as presented by his magazine.

The following is the creed of the magazine, as printed in each number thereof:

1. The subject, or hypnotized person, is always responsible for his actions.
2. The subject's moral resistance is as strong in the hypnotic as in the waking state.
3. The subject will not accept a suggestion, or a post-hypnotic suggestion, which conflicts with his principles, or his all-potent instinct of self-preservation.

4. The subject submits to be hypnotized; he cannot be influenced against his will.

5. The subject can break the hypnotic sleep and return to his normal state of consciousness, even in defiance of the operator's suggestion.

6. The subject is never unconscious; the subjective mind is always on the alert.

7. The suggestions which can be made to take root most readily in the subjective mind are those which are to the therapeutic advantage of the subject.

8. Suggested sense delusions are accepted by the subject with the subconscious understanding that they are produced merely for the purpose of experiment.

9. A subject of good moral character cannot be induced by hypnotic suggestion to perform an act which he would consider immoral or even undignified in his waking state.

10. A subject of loose morals will exhibit the same characteristics in the hypnotic state, but will refuse to commit a crime which endangers his person (see "Instinct of Self-Preservation," No. 3).

11. A crime committed through post-hypnotic suggestion by a subject (if such a thing were possible) would be assuredly bungled, since the carrying out

of a complicated post-hypnotic suggestion entails a return to the state of active somnambulism, in which state inductive reasoning is impossible.

12. The assent of the subject is always necessary to the carrying out of every suggestion.

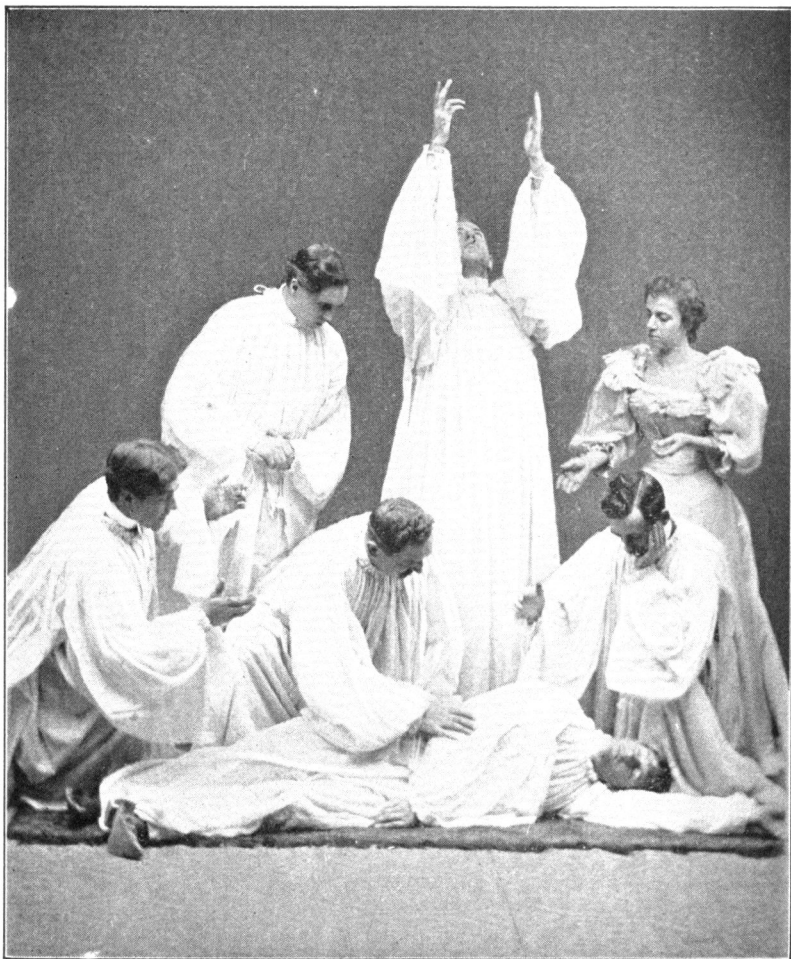
13. Auto-suggestion is more powerful than the suggestions of another.

14. The only harm which can result to a subject lies in the possible ill results of foolish tests which the subject is willing to carry out.

AUTO-HYPNOSIS.

Many persons possess the faculty of throwing themselves into the hypnotic state, this is accomplished in several different ways: Some do so by merely lying down upon a couch and concentrating their minds strongly on sleep; others make use of bright objects and revolving mirrors. I do not approve of continued auto-hypnosis by the use of bright objects and revolving mirrors as it sometimes produces eye trouble. This, however, would not ordinarily result from the state being produced any reasonable number of times. When the state is produced by mere concentration of the mind, it is certainly a most desirable ability to possess, as not the slightest evil consequences in any respect can possibly result; the effects will wear off in every case and the party will awaken the same as he would from an ordinary sleep. People who are the happy possessors of this faculty need never suffer from insomnia, besides being able to alleviate many pains to which the flesh is heir.

In auto-hypnosis, the same as in being hypnotized



SUBJECTS IN A CATALEPTIC STATE (WITH THE LIMBS PERFECTLY RIGID) POSED TO REPRESENT A DEATH SCENE. THE PICTURE GIVES ONE BUT LITTLE IDEA OF THE SCENE ITSELF WITH COLORED LIGHTS FLICKERING THEREON. ALSO MUCH OF THE FACIAL EXPRESSION HAS BEEN LOST IN ENGRAVING.

by any other means, it is often a question of repeated trials before the party can fully enter the state. If one wishes to induce the condition upon himself he ought first to become acquainted with hypnotism, after which he should lie upon a couch for half an hour at a time, at the same period each day, with his mind strongly concentrated upon the fact that he is going to sleep; he must lead himself to believe that he is asleep, in some cases he may find it desirable to keep his mind concentrated by a process of counting from one to ten and repeating this for a considerable number of times, sometimes it is well to repeat the same sleep formulas for oneself that he would use to produce the state upon others. After a person once passes into a state of auto-hypnosis it will ordinarily be easy for him to do so in the future, as he has learned the process and is able to comply with the conditions necessary to bring about the desired results.

SIMPLICITY OF HYPNOTISM SHOWN BY AUTO- HYPNOSIS.

This self-induced state shows, beyond the shadow of a doubt, that hypnotism is entirely a subjective condition; that is, exists within the mind of the subject, and that the operator merely assists the subject to enter the state: it also gives us a better understanding of hypnotism in general. When we remember that the state can be induced by a person's simply lying down upon a couch and thinking of sleep, we cannot help but realize its simplicity, and for any one to say that thinking of sleep impairs the intellect or affects anybody unfavorably, deservedly subjects him to ridicule. *The idea of its hurting any person to lie down and put himself to sleep by mere concentration of the mind is too preposterous for further consideration.* The majority of people who have talked so vaguely about the dangerous effects of this mighty power, are unacquainted with the fundamental principles thereof—or golden silence would have supplanted their wild and unwarranted assertions. While many people are able to hypnotize others to a greater or less ex-

tent, very few seem to have anything like a definite idea of the subject; they fail to go back to first principles; they persist in looking upon it as a power of some kind. I have no desire to criticise such persons for their deficiency of knowledge, but they are certainly to be criticised for presuming to write articles intended for the edification of the public. Simply because a man happens to understand one thing, does not necessarily imply that he knows all things. In this age of specialties, a man might, even in the field of medicine, be quite eminent in the histology of the brain, and know very little about setting a broken arm, so the fact that a man's name is followed by M.D., Ph.D., or D.D., does not necessarily imply within itself a thorough scientific knowledge of hypnotism. This is only acquired by the study of this particular subject. Whenever a man says the hypnotism within itself is injurious, he says that to throw himself into a sleep by thinking of it for a few seconds is injurious; whenever he says that hypnotism is a dangerous power, he says to fall asleep by concentrating the mind upon sleep is a dangerous power. You may say this is different, but these are the elementary principles of hypnotism, and there is no way for any one to get around them. When a man looks at the process of the ex-

traction of cube root who has never studied arithmetic and who knows nothing about notation and numeration it seems very strange and complicated to him. If he presumed to tell how such was accomplished, his explanation would probably be very ridiculous—still this is what we constantly do in hypnotism. We look at the advanced phases; we are totally ignorant of the fundamental principles; yet we presume to promulgate our opinions and hold on to them with a tenacity that is more remarkable for stubbornness than for common sense. The only way to understand the extraction of cube root is to commence at the first of arithmetic and acquaint yourself with the subject step by step, then we comprehend the simplicity of the subject; this is the only way to learn hypnotism. Without a clear idea of its fundamental principles no one can ever get a good idea of the science. The majority of articles that have appeared have been written by persons who have never hypnotized more than fifty people in their lives and most of them by parties who never hypnotized ten people; they know nothing about the subject from experience and little from theory. It is to be hoped that the reader will carefully investigate auto-hypnosis, as it throws a flood of light upon the whole subject.

SUPERSTITIONS CONNECTED WITH THE PRACTICE OF HYPNOTISM.

Owing to the peculiar nature of hypnotism it most unfortunately has been made a fertile field for superstition, sensation and imaginary evils. Many people look upon a hypnotist as a person possessing some dreadful and awful power and are decidedly in favor of prohibiting the practice of such a dangerous (?) thing by law. Any one who will take the trouble to read the history of witchcraft carefully cannot fail to discern how analogous some of the fanatic opinions of that day, regarding witchcraft, are to those of the present day regarding hypnotism. Undoubtedly the next generation will read our views on this latter subject in a similar light to that in which we now peruse the history of witchcraft. It will be a wonder to our progeny that a science so simple in its nature, one so easily understood, could have been made a hotbed of so much bigotry and fanaticism.

A large number of people are firm in their belief that hypnotism is the work of the devil.

PECULIAR INCIDENTS.

An incident happened in Middletown, Conn., not long ago. A lady sent her son to have his tooth extracted. The dentist employed hypnotism as an anæsthetic, and when the boy returned, his mother gave him a dollar to go to the priest to have the devils cast out. I do not know what the priest did in the matter, but I am inclined to think that his good sense would prompt him to dispel the superstitious phase of the subject and instead of wasting his time in trying to cast out devils he made a few plain scientific statements to the boy's mother.

I knew a gentleman who was connected with a religious institution was so unfortunate as to sprain his ankle very severely. The sprain caused him great suffering which was not abated with the ordinary remedies. A friend of his induced him to try hypnotism to relieve the pain. This he very reluctantly consented to, and the very moment that the pain was partially eased he would make the hypnotist cease his work, never at any time going fully under the influence. When the pain would return to

its greatest severity he would allow the hypnotist to work upon him a little more. He would not take much at once, as he believed the power was acquired from intercourse with his Satanic Majesty. However, he thought rather than to suffer so much pain he could take a little of Satan's influence at a time.

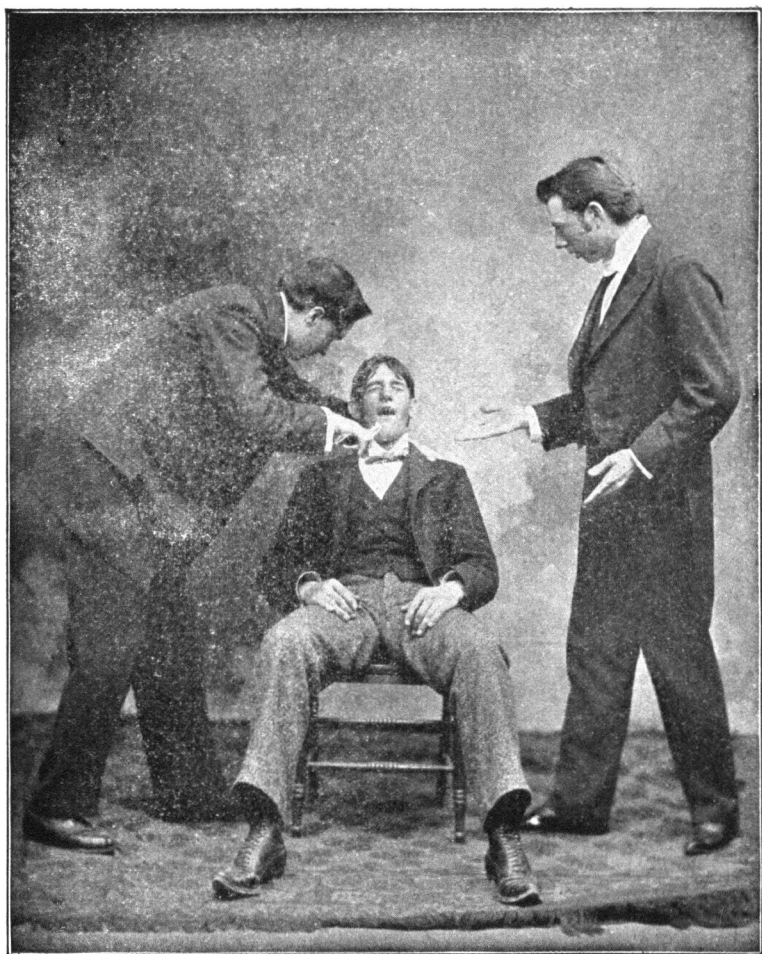
A rather curious instance happened at Montreal, Canada. A young lady was suffering from a certain form of functional paralysis, so that locomotion was practically impossible. After other remedies had been tried in vain, she was hypnotized by a local physician and restored to normal state. A number of her friends were very much opposed to her taking the treatment. They declared that such treatment emanated from the evil spirits, and further that it had no effect—that it would do her no good. After she was cured, however, they could not deny the cure; but they all got together and decided that such cure was brought about by intercourse with the Evil One, and that a life of suffering and misery was preferable to a life of happiness by such means.

A gentleman in Wilmington, Del., was suffering from a very severe attack of neuralgia. It had continued for nearly three months with only temporary relief at times by the use of powerful opiates. Against the wish of his wife and several of his

friends he consulted a hypnotist. In a few days he was relieved and was greatly elated over his cure. A number of his friends got together, however, among whom was a very pious deacon. They got down their Bibles and read and re-read the references to witchcraft, and looked up everything that could in any way reflect upon the dreadful power of hypnotism. Finally all the passages were put together and this valuable therapeutic agent was summarily pronounced as the work of the demons. The man was denounced for allowing himself to be cured by such nefarious means and threatened with expulsion from church and society, unless he forthwith pleaded for forgiveness from God and solemnly promised never to allow any one to exercise this terrible thing over him again.

EXTRAORDINARY CASE.

Another case happened in Delaware, in which a young lady was treated and cured of a certain nervous disorder by hypnotic suggestion. After her cure her friends denounced the method of treatment as being sacrilegious and asked that the lady make a public confession of her wrong doings. She spoke lightly of such, but her friends kept pressing the matter and talking to her until finally they partially



EXTRACTING A TOOTH UNDER HYPNOTIC INFLUENCE. THE PATIENT PERCEIVES NO PAIN WHATEVER, NOR IS THERE ANY SORENESS IN THE GUMS AFTER THE OPERATION.

convinced her that she had been guilty of a great evil, so that in a few months her mind was so affected that she was a fit subject for the insane asylum, and it was reported over the country that hypnotism had caused a beautiful and accomplished lady to go insane, and its practice was severely denounced and stringent legislative enactments recommended. Her father, however, possessing more than ordinary good sense, immediately took his daughter away from her associates, and had her re-hypnotized, and these hallucinations and her melancholy dispelled by hypnotic suggestion. In the course of a week she was all right. He then sent her away to a school so that she might be relieved of the dangerous influence of the community. Here hypnotism got the credit of being a terrible thing, but we ask the reader from whence the harm emanated? Instead of passing laws controlling hypnotism, the thing needed was appropriation for the education of that particular community. It will be very unfair, however, to judge Delaware as a State from these two cases. Similar instances have doubtless occurred in nearly every State in the Union. We personally know of something or other of this kind in at least two-thirds of the States. It simply shows that while we are educated as a mass still there are cases of super-

stition just as rank to-day in our midst as those in the mediæval times, and this superstition is a thousand times more dangerous to the welfare of the community or country than hypnotism and all the things like it ever can be or ever will be. We have known of a number of cases in which the health of people has been ruined and their minds affected through this very superstition, either in themselves or their friends. In investigating the dangers of hypnotism this superstition has been very forcibly presented to my mind, and presented in a way that I never dreamed of before. Previous to this time I could hardly conceive of its existence to such an enormous degree; but it is a fact more marvelous to me than this, that intelligent physicians even will sometimes fail to make any allowance for it in accounting for certain injuries, when such injuries are claimed as a result of hypnotism or some kindred force. I do not doubt but that in some cases people who have been hypnotized have been injured, but not by hypnotism. The injury was ascribed to hypnotism when it should be ascribed to superstition and ignorance.

SIMILARITY OF THE HYPNOTIC STATE TO NATURAL SLEEP.

As has been previously stated there is no physiological difference between natural and hypnotic sleep. Certain quantitative differences exist which are determined by experiments. It is impossible at the present time for any physician or anybody else, merely by making an examination without giving any suggestions, to determine in every case whether a man is in a hypnotic or natural sleep.

Many persons have the idea that a man will not move in a hypnotic sleep, but this depends entirely upon the suggestions that are given and the belief of the subject before he enters this state. In considering all phases of hypnotism we must make allowances for the belief of the subject before being hypnotized. If a man firmly believes a thing before he is operated upon, that thing will influence him under hypnosis. If he believes that when he is hypnotized he will lie as a log perfectly dead, his belief is equivalent to a suggestion. The same is true in regard to anæsthesia.

ANÆSTHESIA.

I do not believe that hypnotism within itself ordinarily produces a state of anæsthesia or insensibility to pain. Of course, when a suggestion is given that there is no pain a state of anæsthesia will result; also if the subject firmly believes before he is hypnotized that hypnotism within itself will produce a state of insensibility to pain, this would be equivalent to a suggestion. Hypnotism might produce anæsthesia in some other cases on account of the mind being so strongly concentrated upon some particular thing other than feeling that the subject would take no notice of bodily injury; but I think in the absence of suggestions, that cases of this kind are not plentiful. I have never found a single one in all my experience. Some subjects are more sensitive to pain, when hypnotized, than in the natural state; while others are less sensitive. I am now speaking of subjects who know absolutely nothing about hypnotism as an anæsthetic. There is no question but that anæsthesia, as produced by hypnotism, is purely of psychical origin and is in no sense a pathological condition due to congestion of brain centers. My experiments lead me to the inevitable conclusion that subjects who have no preconceived idea of hypnotism, as an anæsthetic, are

sensitive to pain to a greater or less degree, until the suggestions are given that there is no feeling; if they are hypnotized by suggestions or by passes. I cannot say so well what the result might be when a bright object is used, as I have never employed it for such purposes for any considerable length of time. However I do not think it should ordinarily produce results different from the other processes. I think the majority of us fail to make sufficient allowance for the belief of the subject before being hypnotized and for things told him before he enters the state. I know the public generally make no allowances whatever for this, and still it is an indispensable fact in determining the weight to be given to demonstrations. Suggestion is beyond question the great key to hypnotism, and as suggestions may be given in hypnotic sleep that will continue to act in the awakening state, so suggestions may be given in the waking state that will act in hypnotic sleep. It matters not when, how, or by what person the suggestion is implanted on the subject's mind; so long as it is firmly implanted there it unquestionably will have its influence in whatever condition the subject may be, whether in his waking state, his ordinary sleeping state or in a hypnotic sleep.

FACULTIES OF THE MIND ACTIVE UNDER HYPNOTISM.

There is no doubt but that the same faculties of the mind are active in the hypnotic sleep that are active in natural sleep. The fact that a subject in a hypnotic sleep is *en rapport* with the operator and will carry out certain suggestions given, while in the natural sleep the subject will ordinarily not carry out suggestions, seems to be the great difference between the two sleeps.

Some persons, in their natural sleep, however, will carry on a conversation with you and accept certain suggestions carrying them out the same as the subject would in a hypnotic sleep. I have found two cases of this kind in my experience. This shows that while certain faculties of the mind are dormant, either in natural or hypnotic sleep, there is a disposition on the part of the faculties remaining active to accept certain false or other suggestions, as true. I know of one case in which a party was broken of a habit simply by having suggestions given him in his natural sleep. The suggestions were given him in

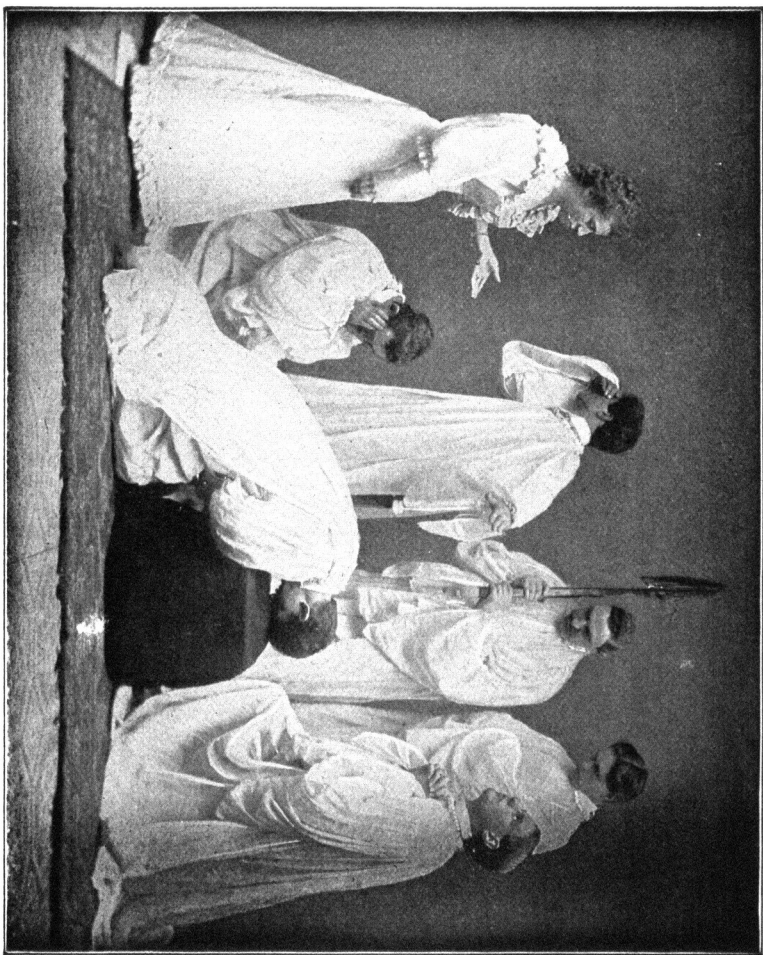
a very low tone. The next morning when he awakened he knew nothing about them. He did not know that any one had spoken to him. But in three nights they had taken such a hold on him that the habit was entirely broken. I am not inclined to think that this mode of procedure would be possible with the average individual, as he would likely awaken from the noise of giving the suggestions. But the fact that it can be done, even in some cases, adds very much to our understanding of hypnotism.

LEGISLATIVE ENACTMENTS.

Parties who have been active in advocating legislative enactments in regard to hypnotism would do well to reflect on the above facts. It might be advisable to pass a law restraining a man from speaking in the presence of any one who is asleep for fear his words would take effect as suggestions, and unfavorable results follow. You can readily see the folly of all such argument as this. For the want of a clear understanding of the nature of hypnotic phenomena, we become very much excited from imaginary evils.

THE REAL DANGER.

The real danger connected with hypnotism is very different from that which people ordinarily imagine. While we have repeatedly said and still adhere to our former statement that hypnotism within itself never hurt anybody, still we must concede that in a few cases harmful effects have followed hypnosis as the result of the patient's ignorance of the subject. This may seem a little queer as we have been led to believe that the great danger was in the improper application of it by the operator. This would be true, if the danger were in hypnotism; but this, alas, is not the real danger. If it were it could be much more easily controlled than it is. The great trouble lies in the imagination of the people. This imagination is heightened by ignorance and superstition. While it is not possible to hypnotize any one against his will, still if some person firmly believes that he can be actually hypnotized and controlled by another person, the party with such a belief is in a lamentable condition. He is the subject of a delusion, and his great belief in this direction



YOUNG MEN IN CATAPLECTIC STATE POSED TO REPRESENT AN EXECUTION SCENE. THE PICTURE DOES NOT DO THE SCENE JUSTICE, AS COLORED LIGHTS WERE THROWN ON THE ORIGINAL, AND AGAIN THE FACIAL EXPRESSIONS HAVE BEEN MARRIED IN ENGRAVING.

might possibly enable some one else to control him to a certain extent. This control, however, is in no sense dependent upon the operator's knowledge of hypnotism nor his ability to hypnotize others; in fact, the party who presumes to exercise such a control need know nothing of hypnotism at all. We have a question here to deal with virtually outside of the domain of hypnosis, the whole thing is dependent upon the subject's belief. Sensational newspaper stories in regard to the great dangers of this subject have done more to injure people than everything else put together.

PECULIAR CASE AT LANCASTER, PA.

A man came to me in Lancaster, Pa., who said that some one was controlling him by an unseen power, and that his mind was affected so that he was unable to attend to his business. This latter statement I ascertained to be true. The gentleman said that he was hypnotized unconsciously on a train about a year previous to the time he came to me, and that ever since that the hypnotist had been exercising a control over him which totally unfitted him for business. He wished to know if I could break the spell. I assured him that I could do so and asked

him to close his eyes. After making a number of passes over him, and giving him the proper suggestions, I commanded him to open his eyes and he seemed very much relieved. From this time he was apparently all right. More than two years have now elapsed and he attends to his business as usual.

If the man had understood hypnotism he would not have been the victim of this unfortunate circumstance.

PERSONAL MAGNETISM.

Personal Magnetism is a term which is generally applied to that peculiar and indescribable influence which some people exercise over others. Whatever may be theories concerning it, we cannot deny but that it comes under the same law as hypnotism. Both owe their existence to a common basis.

We cannot develop one without acquiring in some degree, the other. Hypnotism is A, B, C, of personal magnetism. This latter is the application of the hypnotic law in its higher and more advanced phrases. While some are undoubtedly more magnetic than others by nature, still anyone can acquire the power who chooses to do so.

In his admirable work on public speaking, Professor Nathan Sheppard says: "All this magnetic power of which we read so much, now turning up in the shape of a miraculous gift from Heaven in the hands of a Mesmeric Doctor, and now in the familiar ambiguity of our ancient friends, Biology and Psychology." All this, whatever it is, works out from the physical side of our nature, and whatever may be our superstitious notions, or scientific solutions of it, there it is, the most powerful constituent element of public speaking, or oratory, or fishing for men or winning souls, and all the way from that, to carrying an election for village constable."

The person who possesses this mysterious force is always interesting, he may not say anything of great consequence, but he is nevertheless interesting, there is a charm about his manner and his voice which attracts and holds your attention. There is often more in the way a thing is said than there is in what is said.

Every one who expects to come into contact with people who desires to influence people, and exercise a power for good in the world, should devote himself assiduously to the study of this subject. There is nothing which will bring such rich reward for the time and money spent.

CASE IN NEW YORK.

A case happened in a city in New York State in which a gentleman went to a dentist to have a tooth extracted, and the dentist used a local anæsthetic. He did not employ hypnotism at all; but the anæsthetic, being entirely new to the patient, he got thinking over the matter afterward, and imagined that hypnotism had been used on him unconsciously as he was ignorant of any anæsthetic other than chloroform and ether, and as no inhaler was employed he naturally inferred that he had been hypnotized, as he had read a number of sensational articles in which people had been hypnotized unconsciously (one in particular in which it was represented that a dentist had hypnotized a young lady one time and caused her to elope with him). After he had the tooth pulled, every day at 10 o'clock he would come to the dentist's office claiming that he was acting under the influence of hypnotism, that the dentist had placed a spell over him of some kind. This was continued for over a month when he brought a suit for

damages against the dentist. In the trial it was shown that the dentist had no knowledge of hypnotism whatever, so the case was dismissed and the patient got rid of his hallucination. It would have been utterly impossible for the dentist to have placed the spell over him even if he had desired to do so; here again hypnotism got the credit for being a very dangerous thing.

PALPITATION OF THE HEART CAUSED BY IGNORANCE OF HYPNOTISM.

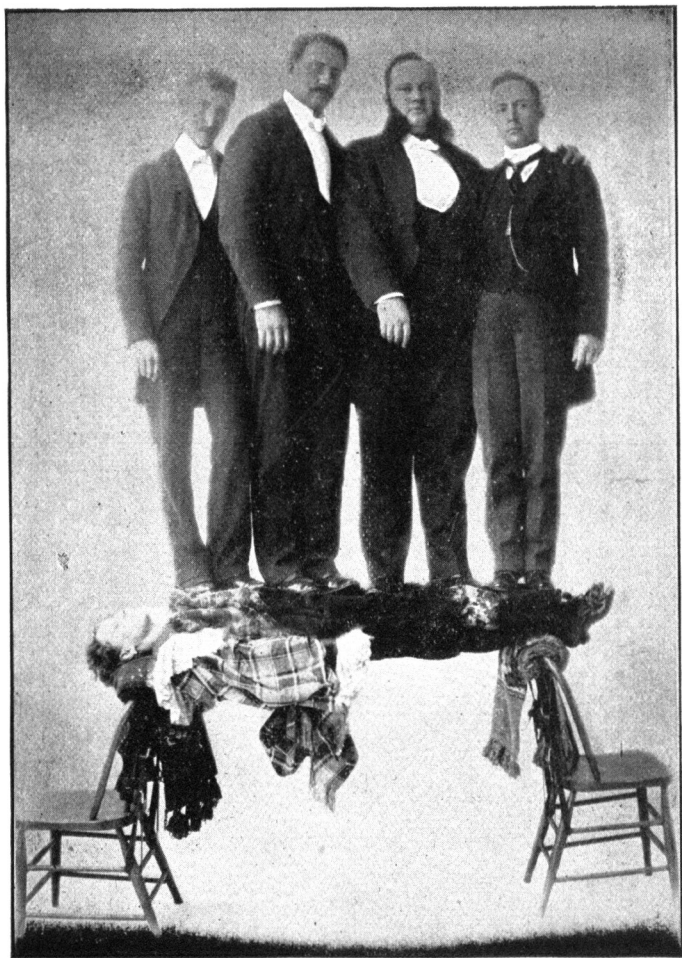
An incident happened in a city in Eastern Pennsylvania in which a young man was hypnotized by a physician for the cigarette habit and a cure therefore effected. An unscrupulous physician, who belonged to another school, got hold of the young man and told him what a dangerous thing hypnotism was, producing sensational newspaper articles to substantiate his statements. He cited a number of cases of palpitation of the heart that it had caused, and examined the heart of the young man who had been hypnotized and told him that he was also suffering from palpitation of the heart, which undoubtedly had been brought on by being hypnotized for the cigarette habit. He so impressed the young man that in the course of a week or two he actually

had palpitation of the heart, or at least well-defined symptoms of the same. He most firmly believed that it had been produced by hypnosis and the papers took it up telling how a young man had been seriously injured by this dangerous power. I happened to be in the city about this time and heard of the case. Bringing considerable influence to bear upon the matter, I induced the young man to call on me. This he did against his wishes and only upon condition that he was not to be hypnotized. I made an examination of the heart and questioned him about his cure for the cigarettes, which I found was still permanent; though he stated that the other was much more harmful to him than smoking cigarettes and he wished a thousand times that he had never been hypnotized. I showed him several scientific works on hypnotism and read extracts from them to him. I explained to him the nature of the subject, what effects it produced. He became interested and I saw that he began to have confidence in my statements, and I now pressed him still farther and told him the harm that had been done him by misrepresenting hypnotism to him. This, he at first resented, but after a time he finally consented for me to hypnotize him and give him suggestions to cure palpitation of the heart. This I did in a few minutes

and also gave him a suggestion that what the doctor had told him was utterly false, etc. When he awakened he felt very much better; he realized I benefited him. I asked him to call again the next day and he did. I repeated the suggestions. Since that time he has been all right, he has no trouble with his heart and has felt well in every respect. Here is a case in which we cannot deny the injury, and unless one looked into the case he would naturally infer that hypnotism had harmed the young man because people would say that before he was hypnotized he was well and afterward he was sick. But the man who looks into the case can readily see where the real harm came in—the danger was not in hypnotism but in ignorance of hypnotism. Had the young man paid no attention to what the second doctor told him, there would have been nothing on earth the matter with him. If people only understood it we would not read of these harmful effects. This lack of knowledge of the science is a thousand times more dangerous than all the suggestions of a hypnotist. With the advent of information the mighty unseen dangers of this awful power readily diminish until there are practically none left. It is to be regretted that such a valuable therapeutic agent should be so misjudged, even many physi-

cians will cry out against it, and some scientific men have written articles detrimental to it simply because they fail to grasp the fundamental principles of it. They see results, they jump at conclusions in regard to causes, hence such erroneous beliefs.

I have no desire to criticise any one, because no one should be criticised for that which he does not know. It seems to me that it would be a wise thing if physicians and others would investigate the subject before forming definite opinions thereon. The best way for a physician to do is to learn hypnotism himself, apply it in his practice and treat one hundred or one hundred and fifty cases with it which are adapted to this mode of treatment. Then let him say what he has to say. If every man would do this, before expressing his opinions, there would be very few things indeed said detrimental to the science.



THIS REPRESENTS A CATALEPTIC TEST PERFORMED BY DR. HERBERT L. FLINT, A VERY EMINENT HYPNOTIST. IT IS USUALLY CONSIDERED A MOST REMARKABLE FEAT.

CASES TREATED BY HYPNOTIC SUGGESTION.

These cases are compiled from reports furnished by different eminent physicians. The author has thought the experience of many worth more than the experience of one. Reports could have been given much more glowing in character but these were omitted as being exceptional. We have endeavored to select cases which neither overdraw nor underestimate the true value of Hypnotism as a therapeutic agent. Much care has also been taken to get reports from physicians of undoubted honesty and qualifications, and we feel that the character of the names here enrolled are in themselves sufficient guarantee for anything they may say in regard to the subject.

The following cases are taken from reports furnished the *Hypnotic Magazine* by Dr. Herbert A. Parkyn, M. D. (Chicago).

Mrs. R., the next case, came to the clinic suffering from nervous prostration. She had taken several rest cures, and had spent months at different well known mineral springs without receiving

benefit. Six months before coming here for treatment she had given up all hope of recovery and had contented herself with staying at home and dosing herself with patent medicines. After a great deal of urging on the part of a friend she reluctantly presented herself for treatment here.

On examination she was found to be very anemic, hysterical, hypersensitive and her weight forty pounds lower than normal. She suffered greatly from dyspepsia, constipation and insomnia. Her appetite was poor and her diet was limited to a very few articles. The patient complained continually of intense weakness and pain in the lumbar region. She had "prolapsus uteri."

After her first treatment she made the statement at her home that she was greatly improved. She prided herself on being a hopeless invalid, and when this statement of hers was repeated by her friends it annoyed her so that for over a week she refused to come back to the clinic, apparently for fear of being cured.

During her absence, however, she had followed out the suggestions given her during her first treatment, and her restoration towards health was so marked that she was compelled, in spite of her convictions, to acknowledge that she had received

marked benefit. The progress made in her case showed itself in the restoration of the normal action of the stomach, bowels, and general circulation. When she did return for treatment she entered very heartily into the work and within four weeks following she gained sixteen pounds in weight. At the present time she weighs more by several pounds than she ever did. The insomnia did not leave her until she had taken about six treatments upon her return.

Mrs. H. and Mr. A. both suffered from self-consciousness, and a description of one will fit both.

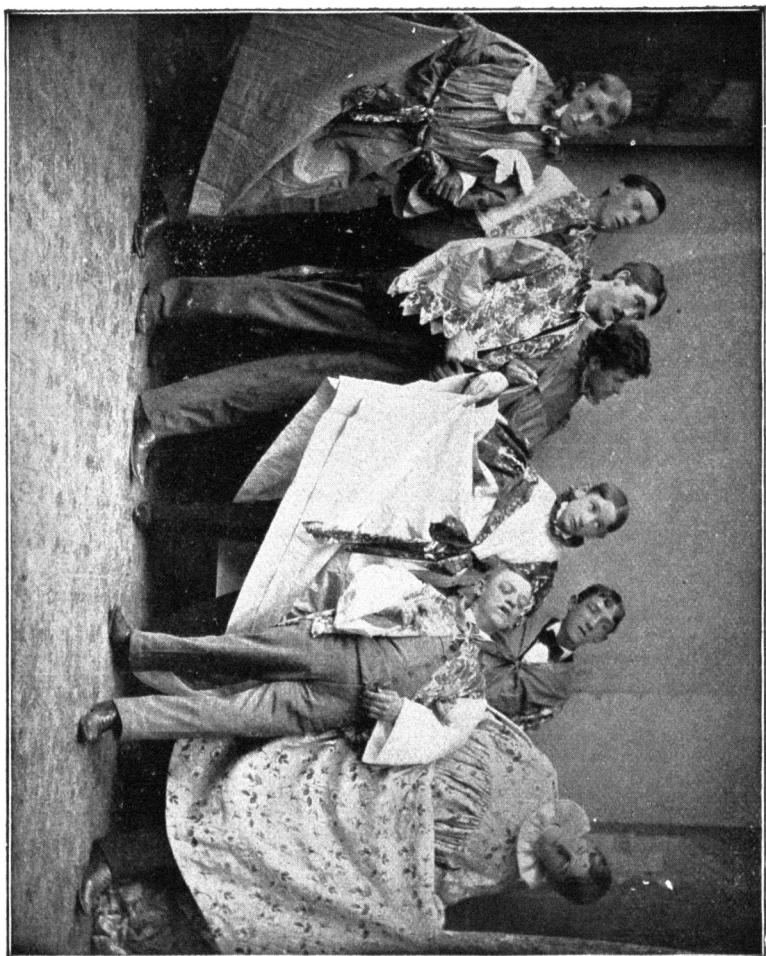
In this condition the patient is always thinking of himself, of the impression he is making on those with whom he comes in contact, and always suspects that those who look him directly in the eyes, do so simply to watch his embarrassment. A person of this sort will seldom look a person with whom he may be speaking straight in the eyes, and when enjoined to return the glance, he invariably declares that he would not like to do so because he would feel that the person he was looking at would feel embarrassed himself, and think an attempt was being made to stare him out of countenance; and he would not inflict the same torture upon others which he fancied they were intentionally inflicting upon him.

At other times the patient may be enjoying himself,* with no trace of self-consciousness, but if a question be directed to him or a lull occur in the conversation, the patient's mind immediately reverts to himself, self-consciousness returns and in an instant his hands and feet feel heavy, he feels awkward, he blushes deeply, feels that the eyes of every one in the room are upon him, and he is afraid to speak or move, much less look around him. If this condition continues for any length of time the victim usually becomes very retired, refusing to meet strangers or even his intimate friends.

The two cases I have mentioned were of this nature, and after four weeks' treatment in one case, and six weeks' treatment in the other, they were dismissed cured. It is impossible for one who has never suffered from this trouble, or who has never come in contact with such cases, to form any idea of the mental torture experienced by the sufferer. Physical pain seems to vanish into insignificance beside it, and when the demon of self-consciousness fastens upon an individual, I know of no torture to which it can be compared. The only escape from this psychic torture is found in absolute quiet or sleep.

These cases, strange as they may seem to those

HYPNOTIZED YOUNG MEN BELIEVE THEMSELVES TO BE DARKIES PARTICIPATING IN A GREAT CANE WALK.



unacquainted with mental conditions, are very common, although seldom heard of, and the only relief for them on the face of the globe is found in Suggestion.

In the treatment of these cases the first thing to be done is to completely change the environment of the patient, to get him away from his old haunts and associates, away from those whom he fancies must be aware of his condition. A patient of this class should receive as many treatments each day as are possible. He must have constant mental stimulation. He must have constant encouragement. For mental stimulation he is given certain commissions to execute, and these commissions are of such a nature that if left to his own inclinations, the victim would never carry them out.

For the time being the sufferer places himself in the relation of employee to employer ; and I have never failed to secure the patient's assistance in carrying out this plan of action.

During his treatment I lecture to him on timidity, pride and self-esteem. I tell him that he has no physical defects, that his education is much better than that of the average individual, (which is generally true,) that there is nothing in his personal appearance from head to feet that would tend to at-

tract attention towards him, that he is very foolish to flatter himself that the average busy individual has time to examine critically his mental or physical appearance.

I never tell the patient that I am going to break him of self-consciousness, but I impress upon him the idea that I am going to teach him a new method of making and receiving advances from those with whom he comes in contact; and how to place himself in harmony with his environments. I do not refer to the old condition at all, but keep holding before him mental pictures of the way he should act, until eventually he unconsciously carries out the suggestions.

When he arrives at this stage the fact is impressed distinctly upon him that if he acts as a man should, under ordinary circumstances, he really does not attract the attention of those around him. In time the patient's manhood, independence, confidence and self-esteem assert themselves, and his old condition (self-consciousness) disappears from the horizon of his conscious thought and is only recalled as one recalls a bad dream.

DR. MASON ON EDUCATIONAL USES OF HYPNOTISM.

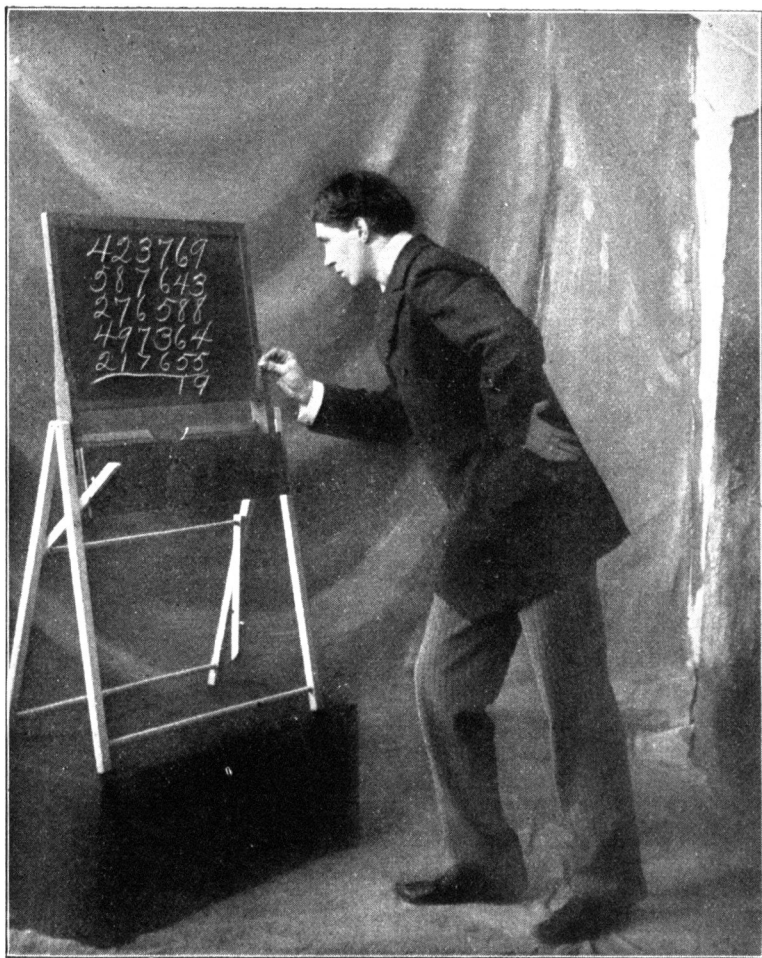
R. Osgood Mason, M. D., in *Pediatrics*, February, 1897, replies to a critic under the above title, and defends the use of hypnotism in general and its use for educational purposes in particular. He denies that it will produce, in the hands of any intelligent physician, hysteria, imbecility, or susceptibility to every fleeting idea or impulse. He also denies the assertion of his critic that "the susceptibility to hypnotic influence is itself a stigma of neuroticism, perhaps of hysteria."

Among other cases of his own, which he recites, are these effects accomplished in children:

A little boy, seven years of age, was a most unhappy coward, afraid of the slightest pain, and a coward and cry-baby among his playmates. He had some slight disease of the scalp which it was necessary to treat, but he would cry and run away the moment I entered the room. After one or two unhappy and only partially successful attempts at treatment, I decided to try suggestion. Placing him in a chair opposite me, I took his face and head firmly between my hands, and putting my face near

his, I commanded him to look steadily into my eyes. It was very difficult to secure his attention, but having secured it, I soothed him with passes and light touches until his eyelids drooped—he was then perfectly quiet, subjective and sleepy, but not asleep. I then suggested that he would no longer be a crying, whimpering coward, but a strong, brave boy; that he would take his treatment without fear, and that he would stand up sturdily for his rights among his playfellows. This was repeated over and over, gently but firmly—he all the while remaining passive and sleepy, and apparently taking no notice whatever of my suggestions. The next day I called he was shy but not troublesome, and with two or three repetitions of the suggestions he came promptly and bravely to his treatment. I was also informed that the change in his manner among his playmates was equally marked; certainly all the crying and cowardly manner had disappeared, and he seems self-reliant and happy.

The next case recited was one of night terrors in a little girl five years of age. Under light hypnosis she was assured that the “big black man” would appear to her no more, and that she would sleep soundly the night through. This one suggestion was sufficient to relieve her.



THIS YOUNG MAN NOW ADDS FIGURES AT THE RATE OF 150 PER MINUTE, WHILE ONLY A SHORT TIME AGO HE COULD NOT ADD 75 PER MINUTE. THIS RESULT WAS BROUGHT ABOUT BY HYPNOTIC SUGGESTION, THIS CUT SHOWING HIM WHILE BEING DRILLED UNDER HYPNOSIS.

Another case is given of a girl of fifteen, who experienced great difficulty in reciting. She could learn, but when called upon to face the school and answer to questions she was entirely unable to respond, and was obliged to take her seat in disgrace. Hypnosis and suggestions of her ability to perform these tasks, and suggestions against her timidity enabled her to pass very creditable examinations.

**CASES TAKEN FROM THE "HYPNOTIC MAGAZINE,"
AS REPORTED BY PROF. THOMAS BASSETT
KEYES, M.D., LL.D. (CHICAGO.)**

Mrs. L. W., age 37, gave a history of having taken large doses of morphine hypodermically for eight years. The habit was acquired from the prescribing of the drug by her physician to relieve a difficulty in her throat, and coughing spells. During the past year she had not coughed owing to the fact that she used a large amount of morphine, and at the time she came to the clinic she was using morphine every two hours.

Dr. Keyes turned the case over to me for treatment. From July 2nd to July 9th she was hypnotized daily, passing into a lethargic state, and strong suggestions were made for the relief of the habit. Suggestions were given that she would gradually lengthen the intervals of time between the doses of morphine, and also that she would reduce the amount of the dose. By July 10 she was much improved. The dose had been cut down to one-half the amount she originally took, and the frequency to twice, instead of several times, a day. At this time her old throat trouble returned with

symptoms of coughing and difficult breathing. Suggestions were made as to their relief until July 13. Prof. Keyes at the time made a laryngoscopic examination, and a small growth was found on the left vocal cord. The growth was removed with the snare, and considerable relief followed. Hypnotic treatment was continued; the effects were more apparent, and she has now ceased taking morphine at all. She is hypnotized every third day, and is certainly cured. Nothing is left of her asthma and the morphine habit, with its many soul and body destroying symptoms.

In the above case the operation of removal of the small growth from the vocal cord was accomplished with some difficulty, but it was done at the first effort. We were enabled to do this from the fact that the patient was in a hypnotic state. No one can appreciate the great advantage here gained better than myself, for during my practice I have had occasion to perform the same operation before, and it took weeks to train the patient to hold herself in proper position. In the above case it was accomplished the first time, with much less soreness and discomfort to the patient.

Mr. F. L. E., salesman, age 47, married. His general history was that he had drunk freely for the

past thirty years, and that he had had delirium tremens three times. When he came for treatment he was on the verge of having the delirium tremens again; in a very nervous state, and considerably intoxicated, a face very red and bloated, and hands trembling.

The history of this case was not taken until after the treatment. The friend who accompanied the patient had some difficulty in persuading him to be treated. Upon his first entering the room I asked his name. He had only told me when he started for the door, saying that he could not stay longer without a drink. He remained after being told that his treatment would not detain him long. We immediately commenced. Inside of two minutes he was in the somnambulistic state. Suggestions were made to the effect that it would make him vomit to think, smell, or taste whiskey or beer. When I told him that whiskey was poison and would inflame his stomach he shuddered. .

Upon awakening him we inquired whether he cared for a drink, and he at once commenced to gag and vomit. In his waking state suggestions were again made to the same effect, much stronger suggestions than are here printed being used.

The following day he presented himself again for

treatment. This time he was sober, though very nervous. He had been unable to eat anything since his last treatment. He was again put in the somnambulistic state, and it was suggested that he would have a good appetite for food, but not for whiskey, etc.

The following day when he came for treatment he said that he could not get enough to eat he was so hungry. He had improved greatly in appearance. One more treatment was considered necessary, though from the first he had lost all desire for whiskey and it had become repulsive to him. He could pass saloons without going in, something which he had not been able to do before for years. Cases of this kind should be kept under observation and treatment much longer, and occasionally hypnotized. The craving very seldom returns again. Should it do so, the treatment if applied again will have a more lasting effect.

The following case is one that I treated in private practice about one year ago:

July 20, 1896.—Mr. G. H., aged 54, lawyer. A continual drinker for the past twenty years. His friends said that they could truthfully say that he had not drawn a sober breath for five years. He has had two attacks of delirium tremens and when

he was presented for treatment was in a very nervous condition. He was put into the somnambulistic state, and suggestions and impressions were made in a similar manner as in the preceding case, and with similar results.

The patient remained well for one year, when I lost track of the case.

One of the worst effects of drink is an enervation and destruction of the will power, and here hypnotism has an important use. After a careful review of medical literature on the subject of drunkenness, I find that the most immediate and indisputable results have been obtained by the aid or use of hypnotic suggestion. On this all authors are agreed who have had any experience at all with suggestion and the treatment of these habits.

**THE FOLLOWING CASES ARE TAKEN FROM "SUG-
GESTIVE THERAPEUTICS," BY H. BERNHEIM,
M. D., PROFESSOR ON THE FACULTY
OF MEDICINE AT NANCY.**

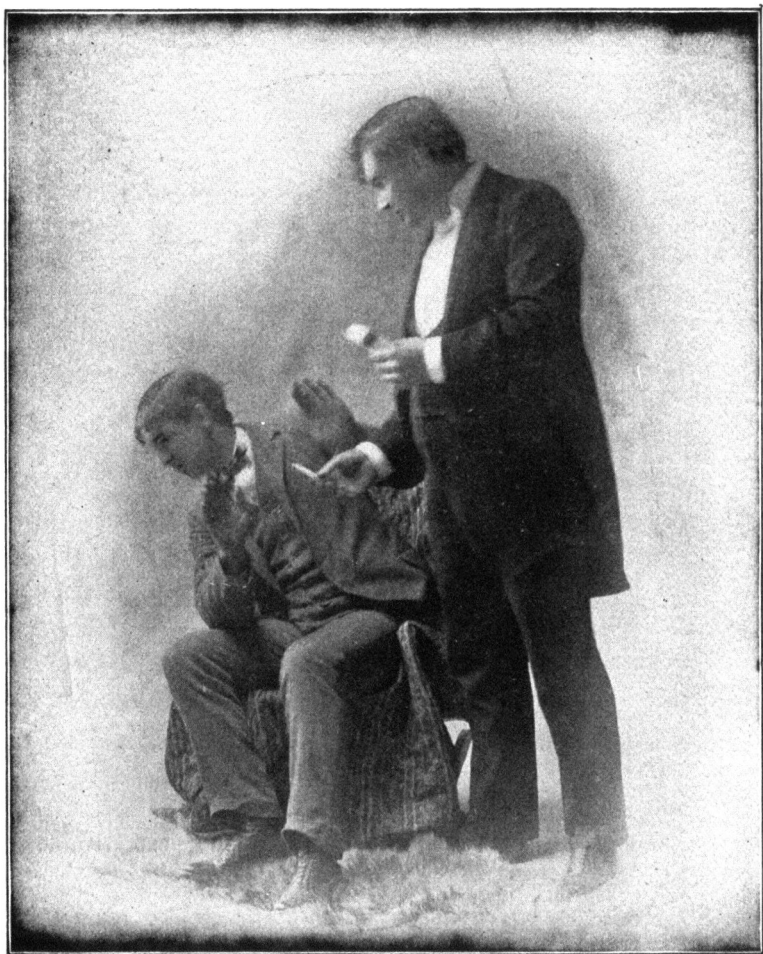
Alphonse L—— is a weaver, 40 years old. He has epilepsy. He came to the hospital on Oct. 21, 1884. There is no direct hereditary history. Between the sixth and thirteenth year he had glandular abscesses in the sub-maxillary region. When he was eight years old he had his first attack, without any aura. Four years afterward, if his memory is correct, which is always doubtful in cases of epilepsy, he had the second, preceded by a burning sensation which went through his head, by a blow upon the head, epigastric weight, and alternate flexion and extension of the thumb. He was pretty well, except for slight attacks, until he was twenty years old. Since then the attacks have been more frequent. Four years ago he broke his arm by falling. His wife says that he sometimes has three or four attacks a week. For the last twelve years he

has gone more than two months without having an attack. For the last seventeen days he has had three attacks a day, after having passed eight days without one. The week preceding his admission to the hospital he had three attacks. He often has three or four attacks during the day, with intervening coma. He has sometimes bitten his tongue. On the 18th, at eight o'clock in the evening, he had an attack, and had two during the next day, the 19th, and one in the evening; the next day he felt too weak to go to work. Each attack is followed by tremor, which lasts for several days. Further, for the past two years he has had convulsive shocks nearly every night. Before or after the attacks, sometimes after an interval of eight days, he often has wanderings and transient hallucinations.

We find that his intelligence is somewhat dull, his temperament lymphatic, and his constitution delicate. There is slight tremor in both hands which has existed since the 18th. The right hand gives 22 by the dynamometer, the left 37.

23rd.—Tremor still continues. He says that his upper limbs were rigid during the day.

24th.—Condition same. Neuralgia. Hypnotization; light somnambulism. Suggestion. Upon



THE YOUNG MAN IN THE PICTURE HAS JUST BEEN HYPNOTIZED AND HAD SUGGESTIONS GIVEN TO BREAK HIM OF SMOKING CIGARETTES. THE VERY SIGHT OF ONE NOW TURNS HIM DEATHLY SICK.

awaking the neuralgia has disappeared. The next night the patient sleeps well, which he has not done for eight days. The tremor has also disappeared.

On the 26th, a new suggestion; the patient still feels better; the tremor, which was very decided before the first seance, has not reappeared; and the patient sleeps well.

On the 31st, the right hand gives 30 by the dynamometer, and 47 after a hypnotic suggestion. The left hand gives 27 before and 37 afterward.

On the 1st of November, the right hand gives 40 before, and 51 afterward; the left still gives 37.

On the 2d the patient is still doing well. He has had no paroxysms and no tremor. The right hand gives 37 before, and 43 afterward; the left hand 39 and 46. The patient stays until November 9. He no longer complains of anything and asks for his discharge.

Mlle. X —, twenty-seven years old, generally enjoys good health. She is intelligent and has never been neuropathic, until, in August, 1885, she had two nervous crises, in consequence of some unpleasantness. The first lasted two hours, the second appeared four days after the first and was characterized like the first by severe convulsive movements with strangulation, without loss of consciousness,

and lasted from nine o'clock in the morning to four o'clock in the afternoon.

The crises have not been repeated. Mlle. X—— was nervous for some time and impressionable. She had no appetite. Then a visit in the country restored her to her usual health.

Since November she has again felt a good deal of discomfort: complete loss of appetite, gloomy ideas, general demoralization, insomnia, often she does not sleep until daybreak; if she sleeps she has nightmare, and for about ten days she has had vertigo, especially when in bed. Constant tremor agitates her limbs to such an extent that she can hardly pour out a glass of water. This nervous condition has resisted all treatment: bromide, ether, and other antispasmodics.

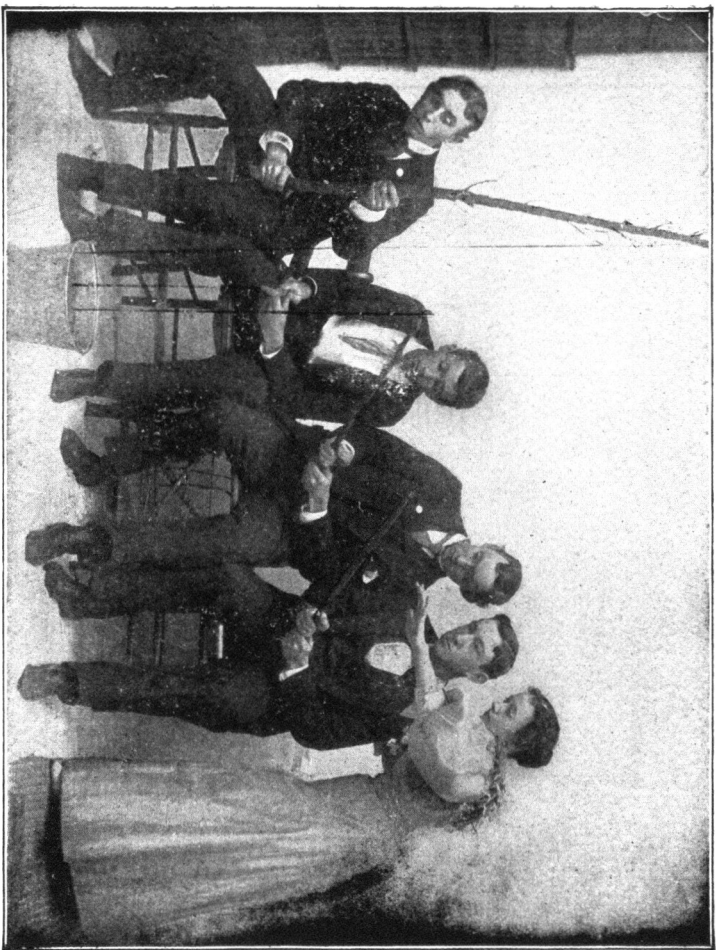
Mlle. X——, who is very courageous, tries in vain to regain her self-control.

After long hesitation, she comes to consult me on February 15, with the idea of trying hypnotic suggestion in spite of her scepticism.

I hypnotize her easily; she goes into profound sleep; post-hypnotic hallucinations can be induced.

I suggest the disappearance of all the morbid symptoms, and sleep at night.

After two seances, on the 15th and 16th, she no



HYPNOTIZED PERSONS BELIEVE THEMSELVES TO BE FISHING, WHILE UNDER THE INFLUENCE OF
ALBERTA LEE, A VERY ACCOMPLISHED LADY HYPNOTIST.

longer feels the slightest discomfort; no more tremor; she sleeps until six o'clock in the morning without any disturbance, her appetite is better than ever, her melancholy has disappeared. The cure has continued up to the present day.

G——, 49 years old, a laborer, was in a cafe on June 21, 1884, at six o'clock in the evening, when he suddenly felt that he could not lift his right hand. The fingers and the lower third of the forearm were anæsthetic and felt dull and heavy. Seven years ago he had articular rheumatism, localized in the upper limbs; the pain and swelling lasted four days, then disappeared; but the arms were paralyzed for six weeks. G—— works in a damp atmosphere. Diagnosis: rheumatic paralysis.

He came to the dispensary for four days, and electricity was used without result.

He then went to consult my former chef de clinique, Dr. Elime Levy, who found complete paralysis with anæsthesia of the limb. The patient could not make the slightest movement.

Dr. Levy hypnotized him (profound sleep). Upon waking, sensibility was restored, and the patient could again lift his hand.

After the second seance, the movements were still more pronounced.

Dr. Levy sent the patient to my clinic on June 30. We find the right hand slightly swollen. The middle, fourth, and little fingers are bent into the palm of the hand at an angle of 120 degrees. The patient can grasp well with the hand. He straightens the wrist, but with some difficulty. No anæsthesia.

After two hypnotic seances, the patient opens his hand easily, and straightens his wrist perfectly. The cure is complete.